

# Spiritual Life Center

January–February 2012

**Mission Statement:** The Spiritual Life Center promotes the evolving journey of the mind, body and spirit through the transforming love of God. Following the compassionate and inclusive example of Jesus, the Spiritual Life Center nurtures spiritual community and offers diverse, holistic & experiential opportunities to all.

Register for classes by calling  
846-3404 X367

On-line Registration &  
Payment Now Available:  
[www.stlukesumc.com](http://www.stlukesumc.com)

## PRAYER & MEDITATION

### **Prayer Request Line, 317-846-7300**

You may leave a request to be included on the weekly prayer list or for someone to call and pray with you. Your call will be returned within 48 hours. You may also leave a request on line by going to [www.stlukesumc.com](http://www.stlukesumc.com) and hitting the "prayer request" icon.

### **Two Prayer Chapels!!!**

St. Luke's is blessed with TWO beautiful Prayer Chapels. ONE is located next to Robertson Chapel and the Spiritual Life Center. You will find a book on the altar for written prayers, and a book on the rear table especially for prayers of gratitude. This Chapel is open whenever the church is open. The SECOND Prayer Chapel is in Luke's Lodge but is not for the use of youth only. You will find a beautiful stone prayer wall and you may insert your prayers just like the faithful do every day in Jerusalem. For security reasons Luke's Lodge is not always open. Please check with Kevin Davis ([davisk@stlukesumc.com](mailto:davisk@stlukesumc.com)) about hours of availability.

### **Evening On-Going Meditation Group**

Led by Merri Leffel. Beginners & experienced meditators are welcome to join in 1/2 hour discussion followed by 1/2 hour Christian meditation. You will find support for your practice, new ideas and a community of others who welcome silence.

Mondays, 6:30-7:30 pm, Spiritual Life Center. No fee or registration.

### **Guided Meditations with Kent & Others Available on Website**

Kent Millard, Scott Semester, Barbara Burke and Carol Ernst have recorded guided meditations to help you develop your meditation skills. Just go to [www.stlukesumc.com](http://www.stlukesumc.com) and Google "Guided Meditations" and click on "Prayer & Meditation." You will be able to hear and participate as often as you want to or download onto your iPod or CD. If you would like to purchase a CD, they are available in Oasis.

## CLASSES & DISCUSSIONS

### **New Perspectives**

This class explores the work of religious scholars who are giving voice to reimagining the essence of Christianity. Bring your questions about the church, religion and faith to this non-judgmental conversation in search of alternative answers and paths to experiences of the Holy. Scott Severns and Bruce Roberts, Leaders.

Sundays, 10:45am-Noon, E105. Newcomers are always welcome!

## SPECIAL EVENTS

### **Heaven!**

Retreat and group leader, Merri Leffel MS, has been interested in and study-focused upon the formation of her understanding of Heaven for several years. Is Heaven a place? A state of consciousness, in this life as well as the next? Her most recent study was an in depth C. S. Lewis seminar at Oxbridge UK with conservative Christian Randy Alcorn. She brings to you her Christian interest in this mystery and the studies by Christian theologians and people of other faiths. Bring your own sources to share or just listen. You may leave more confused but hopefully also more curious.

Monday, January 9, 1-2:30pm or 5-6:30pm,  
Spiritual Life Center. Registration required, fee: \$10.

### **An Introduction to Spirituality**

"Spirituality" is a term that describes many different experiences in many different religious traditions. It is not about creeds or doctrines or specific theological arguments. Rather the term usually refers to an individual seeking God through personal experience. Even though Judaism, Christianity and Islam are all considered "religions of the Book" there are strong spiritual and mystical traditions in all three. Join Dr. Michael Condit in examining the role of spirituality in Christianity and other religions now and over the course of history. Some reading will be suggested.

7 Thursdays, January 12-March 1 (omit 2/16),  
noon-1:30pm, Spiritual Life Center. Registration required, no fee.

### **Making a Difference in 2012**

How can you use your unique set of God given gifts and talents to make a difference in your life and the world? What are your spiritual gifts and talents? What is your mission, right now, this month, this year? How do you reconcile what you most desire with what you feel God is calling you to do? Join facilitator Amy Barnes, Creativity and Relationship Coach and CTS graduate for this meaningful, interactive workshop.

Saturday, January 21, 9am- Noon, Spiritual Life Center, registration suggested, donations appreciated. For questions please contact Amy Barnes at 317-257-7544 or [amy@couragous-creativity.com](mailto:amy@couragous-creativity.com).

### **Infant Massage**

Taught by Kim McClain. Would you like to learn to massage your baby? Come enjoy our parent baby classes. They are an excellent way to learn this loving way to communicate with your baby. Some of the benefits of infant massage include, but are not limited to: infant-parent attachment or "bonding," promoting better sleep, relief for teething pains, improved circulation and digestion, parents learn techniques to comfort, calm and soothe their babies, and stimulates production of oxytocin (oxytocin is a hormone which can be produced by both male and female persons during massage. It is useful as a pain reliever and has a calming effect on the person). Infants (ages 2 months-1 year) and their parents are welcome to attend! Please bring 2 pillows, a blanket, and a wash cloth to each class. Sunflower oil will be provided for the massage. You will learn key strokes each week and will be provided with handout descriptions of the massage positions so that you can continue the process in your home!

5 Mondays, January 23-February 20, 10:30-11:30am, Spiritual Life Center. Registration suggested by calling 317-846-3404x367 or go to [www.stlukesumc.com](http://www.stlukesumc.com). Childcare available with reservation by 1/17/2012 (317-846-3404x367).

### **New Year's Eve Labyrinth Walk**

Welcome the New Year with a time of reflection and celebration. Make 30 minutes on our indoor canvas labyrinth part of your New Year's Eve ritual. Host/hostess will greet you and introduce you to the labyrinth if you have not walked one before. All are welcome!

Open Walk, Saturday, December 31, 6-8pm,  
Fellowship Hall. No registration or fee.

### **St. Luke's Next E-Waste Recycling Event**

St. Luke's will host a community electronic waste recycling event on Saturday, January 7, 2012, 9am-1pm by Door #7. You may bring anything with a cord plus white molded foam packaging (no peanuts) to be safely recycled by Recycle Force. Beginning January 1, 2011, Indiana households, public schools and small businesses are no longer able to mix unwanted computer monitors, computers, televisions, printers, computer peripherals (such as keyboards and mice), DVD players, video cassette recorders or fax machines with municipal waste that is intended for disposal at a landfill or intended for disposal by burning or incineration. This disposal prohibition can be found in [Indiana Code 13-20.5](#). Everything with a cord must be recycled! For a complete list of what can be recycled at this event go to [www.stlukesumc.com](http://www.stlukesumc.com). Tell your friends and neighbors!

### **Zumba Party – Back by Popular Demand!**

The amazing 23 year old Argentinean Zumba teacher, Matias (Macc) Arellano, and his talented Venezuelan wife, professional dancer Sally Arellano, will bring the contagiously exuberant energy of Zumba back to the St. Luke's community. Everyone over age 12 is welcome. Drinks provided, bring a healthy snack to share.

Friday, January 27, 7-8:30pm, Fellowship Hall, fee: \$11, registration suggested.

### **Philip Newell Comes to St. Luke's**

Celtic scholar and author J. Philip Newell will be at St. Luke's May 18-20, 2012. Mark your calendars now. Details of weekend available in early 2012.

## TRAVEL OPPORTUNITY

### **Morocco Trip – Sacred Sites and Traditional Healing**

If you are interested in learning more about a trip to Morocco with the St. Luke's Healing Ministry, April 20-May 1, 2012, please come to an informational meeting on Sunday, January 8, 12:15pm in the Parlor. Here is an opportunity to learn more about a Muslim country's art, sacred sites and ancient traditions. Twelve day trip costing approximately \$3880 includes flight from Indianapolis, most meals and accommodations. Itinerary (available on [www.stlukesumc.com](http://www.stlukesumc.com)) includes Casablanca, Fes, 3 nights in the desert, Ouarzazate and Marrakech. Tour arrangements by Moroccan Caravan. Details will be confirmed at this meeting. If you are interested but unable to attend the meeting, please contact Betty Brandt, 317-846-3404x339 or [brandtb@stlukesumc.com](mailto:brandtb@stlukesumc.com) before 1/6/12.

LABYRINTH ACTIVITIES**Open Labyrinth Walk**

Walking a labyrinth is as simple as putting one foot in front of the other. There are no rules or special words, no dogma that you have to know or agree with. Come wanting a tool to help you slow down, focus, pray/meditate and listen for the still, small voice of the Divine. The path is unicursal—there is only one entrance/exit. There are no tricks or dead ends. Just stay on the path and you will reach the center. Reverse your steps on your journey out. The walk takes about 20-30 minutes and is a wonderful way to find peace at the end of a busy week.

Every Friday, 5-7pm, Fellowship Hall or N103-104. No registration or fee.

If you want to help with Daylily labyrinth maintenance in the spring, contact Betty Brandt, 846-3404x339, [brandtb@stlukesumc.com](mailto:brandtb@stlukesumc.com).

SPIRITUAL FORMATION**Conversation about Religion, Meaning, Ethics & Ideas**

Led by Betty Brandt. Where can you find discussion about religion in America, the wisdom of Zen master Thich Nhat Hanh, the effect of torture on democracies, African American Spirituals or the biology of the spirit? These topics and many more are discussed every Sunday morning. The time together is based on the American Public Media show "Being," [www.onbeing.org](http://www.onbeing.org). Meet new people, learn about current trends and ideas and energize yourself for the week to come.

Sundays, 9:30-10:30 am, Spiritual Life Center. No registration or fee. Listen to FM90.1 broadcast at 7 am every Sunday or listen on your computer beginning the Thursday prior to airing of show—[www.onbeing.org](http://www.onbeing.org).

**Spiritual Companionship/ Direction**

For centuries people who wanted to deepen their walk with God sought out a Director or Companion to help them explore and clarify where God was in their lives. Sue Main can provide you with general information and help you find a trained Director.

Call Sue Main, 317-842-0026 for information or check website.

**Tuesday Women's Spiritual Book Study**

This interesting group of women focuses on fiction or non-fiction books with spiritual themes.

Every Tuesday afternoon, 1-2:30 pm, Spiritual Life Center. Contact JoAnne Waeltz, [jwaeltz@comcast.net](mailto:jwaeltz@comcast.net) or 872-0895.

**New Earth Community**

This evening book study reads and discusses innovative spiritual books.

Thursdays, 7:00 to 8:30 pm, Spiritual Life Center. Contact JoAnne Waeltz, [jwaeltz@comcast.net](mailto:jwaeltz@comcast.net) 872-0895) for reading assignment.

SPIRITUALITY AND THE ARTS**Studio 3 Art Ministry for Artists and Dabblers**

Anyone interested in building an art community at St. Luke's is welcome to come spend the day (or a portion of the day) with other artists. Bring your favorite medium and plan to go out for lunch. Occasional field trips and pitch-ins too.

Every Thursday, 9am-4pm, C122. For more information, contact Karen Porter, [porter.joe@sbcglobal.net](mailto:porter.joe@sbcglobal.net).

**Daytime Prayer Shawl Ministry**

If you are called to knit or crochet shawls for those in need of God's encircling love, come for fellowship and instruction.

Group meets every Tuesday, 1-3 pm, W120, Donna Cripe, (627-9026, [drcripe@att.net](mailto:drcripe@att.net)).

**Crochet Guild**

If you are interested in learning to crochet or enriching your crocheting experience, please come meet with other enthusiasts. Expect special charity projects and fellowship.

1st Saturdays, 10 am-noon, E107-109. No registration. For information contact Edie Huffman, [johnediehuffman@hotmail.com](mailto:johnediehuffman@hotmail.com) 317-228-0496.

HEALING MINISTRY**Pilgrimage Healing Process**

The Pilgrimage Healing Process is a "hands on" healing developed by an Episcopal priest, Tanya Beck. The process involves lying on a massage table as two trained healing partners open themselves to God's healing power and go through a series of prayers and movements to help God's love flow into you. All those experiencing physical, emotional or spiritual pain or those wanting to more fully experience God's love and peace are invited to make an appointment. You may bring family members or friends with you to pray during the session.

Times: Tuesday pm, Wednesday pm, Friday am & pm. Available by appointment, 846-3404 ext 442. Visits to hospitals, hospice or private residence available. No fee, donations accepted.

THE GREEN MINISTRY:  
FOR ENVIRONMENTAL HARMONY**Green Ministry Leadership Team**

Our ministry leadership team meets Wednesdays, Jan 11 & Feb 8, 5:30-7pm, E213 and welcomes new people to the discussion.

Contact Sharon Chambers, [sharonchambers39@comcast.net](mailto:sharonchambers39@comcast.net).

**Green Gratitude Award**

The Green Ministry wishes to thank Amy Barnes for her willingness to serve as the Chair of the Care for Creation Committee at the Conference level. Amy is working on bringing Green Ministries to all the Methodist Churches in the State of Indiana. If you have friends or family attending another Indiana Methodist Church and those people are interested in caring for creation, please contact Amy, [amybarnescoach@gmail.com](mailto:amybarnescoach@gmail.com).

**Grab a Mug on Sunday Mornings**

The Green Ministry provides mugs for your Sunday morning use. Pick up a mug instead of a paper coffee cup, use it and then return it to the cart. Keep one-use cups out of landfills and incinerators!

**Collapsible, Ecologically Safe, Reusable Bottles**

The group that brought you THE Reusable Green Shopping Bags now brings you reusable water bottles. Contact Betty Brandt (846-3404x339).

**Recycling Center in Central Passage**

Find a place to recycle: 1)Children's books for Fletcher Place, 2) Yarn for Needlecrafters' projects, 3)Eyeglasses and hearing aids for Lion's Club, 4)Electronic waste for RecycleForce. 5)Pull tabs from pop cans for Ronald McDonald House, 6)Household Batteries, 7)Printer Ink Cartridges.

**More Than Four Tons**

The yellow and green Abitibi paper collection bins located at the east driveway of our campus are emptied twice a month. If we weigh in at over 4 tons a month, the Green Ministry earns a considerable amount of money to use on projects. Less than four tons earns a very small amount of money. Here is a simple way for you to help the environment and the Green Ministry - bring your newspapers, catalogs, junk mail and office paper (no corrugated board or cereal boxes). FYI - the blue recycling bins located in the NE corner of the back parking lot are for internal use only. Please do not bring your recycling from home to these bins.

BODY/MIND/SPIRIT DISCIPLINES**"Drum On" Circle**

Live with Vibrancy, Rhythm and Passion. All are invited to experience an hour of drumming every 4th Wednesday. Led by Dane McCullough. Drums are provided or bring your own. No prior experience necessary.

4th Wed each month, January 25 & February 22, 2012, 6:30-7:30pm, Modular Bldg. No registration, donations appreciated.

**Aikido Training**

This discipline uses martial training as a means of character development rather than fighting prowess. Open to men and women. Come observe a class or email through website, [www.indianapolisaikikai.org](http://www.indianapolisaikikai.org). Mondays, Wednesdays & Fridays, 7-9 pm, Saturdays, 8-10 am, N103-104.

**Integral Hatha Yoga Daytime Classes**

Taught by Marsha Pappas. Bring a mat or blanket. **Option 1:** 6 Mondays, Jan 9-Feb 20 (omit 1/16), 7:30-8:45 am, N101/102, \$72

**Option 2:** 6 Mondays, Jan 9-Feb 20 (omit 1/16), 9:30-10:45 am, N101/102, \$72.

**Option 3:** 7 Thursdays, Jan 12-Feb 23, 8:30-9:45 am, N102/103, \$84.

Registration suggested. Walk-ins/\$15. Classes continue March 5 & 8, 2012.

**Pay What You Can Happy Yoga!**

Led by Robin Howard. This yoga class is open to all, regardless of your finances or yoga experience. Come to class and find your strength and happiness through poses, breath and meditation. (Bring a mat and blanket).

Mondays & Thursdays, 5:30-6:30 pm, N103/104. Come whatever your financial resources—donations appreciated.

**Meditation in Motion**

Some people find sitting meditation difficult. Here is an opportunity to meditate and be in motion too.

Enhance your overall health, relieve stress, recover from illness, lower blood pressure, increase blood circulation and reduce chronic pain. Taught by Amy Barr.

Thursdays, 10:30-11:30am, Luke's Lodge, upstairs. No registration. \$10 a session.

**Kundalini Yoga**

Kundalini Yoga combines mantra, motion and posture to create an individual experience of the Infinite. Bring a blanket or mat. Beginners welcome, taught by Karla Becker.

6 Wednesdays, January 11-February 15, 5:30-6:30pm, N103/104. 6 sessions/\$60 or walk-ins \$15.

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