

CHOOSE FROM A WIDE ARRAY OF S&P E-COURSES

Most popular S&P e-courses for private groups include:

- *Practicing Spirituality with Jesus*
- *Practicing Spirituality with Children*

Spirituality in Places, Activities, and Relationships

- Practicing Spirituality at Home
- Practicing Spirituality at Work
- Practicing Spirituality during Illness*
- Practicing Spirituality in Nature
- Practicing Spirituality through Creativity
- Practicing Spirituality with Animals
- Practicing Spirituality with Children
- Practicing Spirituality with Friends

Spirituality of the Religious Traditions

- Practicing Spirituality with Anglicans
- Practicing Spirituality with Buddhists
- Practicing Spirituality with Catholics
- Practicing Spirituality with Hindus*
- Practicing Spirituality with Jews
- Practicing Spirituality with Native Americans
- Practicing Spirituality with Protestants
- Practicing Spirituality with Sufis*
- Practicing Spirituality with Taoists
- Practicing Spirituality with the World Religions*

Spirituality with Master Teachers

- Practicing Spirituality with Pema Chodron
- Practicing Spirituality with Henri J. M. Nouwen
- Practicing Spirituality with His Holiness the Dalai Lama*
- Practicing Spirituality with Jesus
- Practicing Spirituality with Jesus (2)
- Practicing Spirituality with Joan Chittister*
- Practicing Spirituality with Rumi
- Practicing Spirituality with The Peacemakers*
- Practicing Spirituality with Thich Nhat Hanh
- Practicing Spirituality with Thomas Merton
- Practicing Spirituality with Thomas Moore

*Current E-Course - email us for available dates.



PRACTICING SPIRITUALITY E-COURSES WITH YOUR OWN PRIVATE GROUP

Most people these days have little time to focus on their spiritual lives and to participate in any kind of regular “in-person” spirituality group. Now you can use the 40-part e-courses from SpiritualityandPractice.com to create a retreat experience for your private group using email and your own online “Practice Circle” discussion community.

Create a virtual spiritual retreat for your church group, spirituality circle, spiritual directees, or other group that wants to connect, share, and go deeply into your faith life together.

Practicing Spirituality E-Course Benefits:

- Time to reflect upon the meaning and purpose of life
- Time to nurture connection to Spirit
- Time to learn from the great teachers of our time
- Time to expand one’s repertoire of spiritual practices
- Time to connect more deeply to your community

All without having to leave home . . .

Even just a few minutes a day with the email readings, practices, and online community can have a profound effect on your spiritual lives.

“Taking the Practicing Spirituality with Children E-course with fellow parents at my church reminded me to pause and live in the moment with my kids as much as possible. I left the e-course experience with good examples and messages for extending spirituality into our home and also with deeper friendships at our church.”

-- Emily E., White Plains, New York

HOW THE E-COURSES WORK:

The E-Courses are delivered via email. Each “lesson” consists of:

- a short reading for reflection
- a practice suggestion to be done amidst your everyday activities
- access to a private “Practice Circle” for your group where you can share your wisdom and experiences with your own group members

Designed to fit your schedule and budget, each e-course is only \$25 per person and can be done daily for 40 days; every Monday and Thursday for 20 weeks; Monday, Wednesday and Friday for 14 weeks; or weekly for 40 weeks.

WHY A PRIVATE GROUP?

- Involve people who have never participated in your groups due to time and/or travel constraints
- Help group members get to know one another better through the online discussions so they are able to relate more when they see each other again in person
- Connect as a leader with members in a new way, discover ideas for future activities and sermons, and identify needs for other educational and spiritual formation programs

WHAT S&P PROVIDES:

- The technology to deliver the emails to your group and an online forum at SpiritualityandPractice.com where you can interact
- A secure e-commerce system to take registrations
- The ability to personalize the daily emails with a branded banner from your organization and a box where your group leader can put personalized notes about the teaching for the day, relating it back to your community’s interests and needs (see sample email at right)
- A Guide to the E-course Practice Circle with “Frequently Asked Questions” for your e-course participants

WHAT YOU NEED TO GET STARTED:

- A minimum of 20 people to take the e-course and 3 weeks notice for adequate course registration time
- Someone available to be the Group Coordinator to promote the e-course to your group and also handle non-technical queries for the duration of the e-course (S&P handles technical support)
- Someone who can prepare personalized notes for the e-courses emails (if desired) and get them to S&P in a timely fashion

Contact Persephone@SpiritualityandPractice.com for more information and to get started today.

Sample Email with Personalized Message



I love the way Robert Fulghum approaches serious topics in a light manner. Why can't all the children in the world join in our coloring activity? This could lead to a good discussion of suburban privilege, and I suspect we'll find that our children care deeply about equity for all people.

John Cavallero, DRE, Hastings

16: Color with Some Friends

Maybe we should develop a Crayola bomb as our next secret weapon. A happiness weapon. A beauty bomb. And every time a crisis developed, we would launch one. It would explode high in the air – explode softly – and send thousands, millions, of little parachutes into the air. Floating down to earth – boxes of Crayolas. And we wouldn't go cheap, either – not little boxes of eight. Boxes of sixty-four, with the sharpener built right in. With silver and gold and copper, magenta and peach and lime, amber and umber and all the rest. And people would smile and get a little funny look on their faces and cover the world with imagination.

– Robert Fulghum in *All I Really Need to Know I Learned in Kindergarten* quoted in *Bless This Child* edited by Edward Searl

To Practice This Today: Have a coloring party with some children. As you are enjoying this activity, imagine what it would be like if all the children of the world could join you.

Read the review:

<http://www.spiritualityandpractice.com/books/books.php?id=10178>

Visit our **Practicing Spirituality with UU Children Practice Circle** to talk about today's passage and practice:

<http://www.spiritualityandpractice.com/community/topic.php?id=>