

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

All the E-Courses and Online Retreats in S&P's on-demand system can become a Custom E-Course for your group. Here are some of the most popular with groups:

- Practicing Spirituality with Children – for Sunday School parents, preschool parents, grandparents
- Intercessory Prayer with Jane Vennard – for prayer teams, clergy groups, and others called upon to lead prayers
- Practicing Spirituality during Illness – for support groups, caregivers, chaplains
- Welcoming Prayer: Consent on the Go – step-by-step instructions via email and video on this Christian practice; led by Contemplative Outreach
- Lovingkindness with Sylvia Boorstein – step-by-step instructions via email and audio on this Buddhist practice
- Practicing Spirituality in Nature – a fun way to stay connected over the summer while many members of congregations travel and spend more time in nature
- Practicing Spirituality with the World's Religions – a good introduction to the teachings and practices of the major traditions. After this introductory course, groups can follow-up with our courses on individual traditions: Anglicans, Buddhists, Catholics, Hindus, Jews, Native Americans, Protestants, Sufis, Taoists, and Quakers.
- Practicing Spirituality with Master Teachers – 15 different courses focus on the writings and practices of such spiritual teachers as Joan Chittister, Pema Chodron, Henri J. M. Nouwen, His Holiness the Dalai Lama, Thich Nhat Hanh, Thomas Merton, Thomas Moore, John O'Donohue, Ram Dass, Joyce Rupp, Rumi, and Brother David Steindl-Rast. Study short passages and also see reviews of books to read as a group.



E-COURSES AND ONLINE RETREATS WITH YOUR OWN PRIVATE GROUP

Many people in 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 e-courses and online retreats at Spirituality & Practice to create a retreat experience for your private group using emailed lessons and your own online “Practice Circle” discussion community.

Create a virtual spiritual retreat for your spirituality circle, church small group, or spiritual direction group who wants to share and go deeply into your faith life together.

E-Course and Online Retreat Benefits:

- Time to reflect upon the meaning and purpose of life
- Time to nurture your 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
- links to any additional course elements, such as audios and videos

Designed to fit your schedule and budget, the e-courses range in price from \$25 - \$35 per person and can be done daily; every Monday and Thursday; every Monday, Wednesday and Friday; or weekly.

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 a private 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 participants

WHAT YOU NEED TO GET STARTED:

- A minimum of 15 people to take the e-course and 3 weeks notice for adequate course registration time
- A \$100 fee to be paid to Spirituality & Practice to set up the course and provide technical support
- 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
- Someone who can prepare personalized notes for the e-course emails (if desired) and get them to S&P in a timely fashion

Contact Mary Ann at Brussat@SpiritualityandPractice.com for more information and to get started today.

Sample Email with Personalized Message



I love the way (UU Minister) 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

Day 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:

[href="http://www.spiritualityandpractice.com/community/topic.php?"](http://www.spiritualityandpractice.com/community/topic.php?)