

Heart and Soul of Transformation | Sept. 2021-May 2022

Discovering that which is deepest within you.

Do you long to experience all of life as spiritual? Are you desiring a deeply integrated life where you see the Divine in the daily? Join teacher, pastor and spiritual guide, Matt Krick for an experience beginning in September 2021 to enter more deeply into the journey of transformation. This experience will include a small cohort of people who will meet as a group via Zoom 6 times and Matt will meet one on one with each participant monthly for a spiritual direction session. We will read a couple of books together to help shape a spiritual practice based experience for the year. The Heart and Soul of Transformation will be a deeply formative opportunity for the spiritual development of each participant as we look to be formed more and more in the way of Jesus. This will be an experience where God's Spirit will bring about greater transformation in our lives for the good of the world.

Texts we will use

The Ignition Adventure: Experiencing the Spiritual Exercises of Saint Ignatius in Daily Life by Kevin O'Brien

An Altar in the World: A Geography of Faith by Barbara Brown Taylor

Suggested Supplemental Texts

Spirituality and the Awakening Self: The Sacred Journey of Transformation by David G. Benner

The Practice of Prayer by Margaret Guenther

Christ of the Celts: The Healing of Creation by J. Philip Newell

Everything Belongs: The Gift of Contemplative Prayer by Richard Rohr

Water from a Deep Well: Christian Spirituality from Early Martyrs to Modern Missionaries by Gerald L. Sittser

Schedule

One on one spiritual direction will be scheduled individually for a time that works for each participant

Group Zoom Meetings

We will schedule group zoom meetings every other month at a time that will hopefully work for everyone.

Schedule for *An Altar in the World* - Each month we will focus on a different practice presented in Taylor's book:

- September - Chapters 1
- October - Chapters 2-3
- November - Chapter 4
- December - Chapter 5
- January - Chapters 6-7

- February - Chapters 8-9
- March - Chapter 10
- April - Chapter 11
- May - Chapter 12

Schedule for working through the Ignatian Spiritual Exercises in O'Brien's book:

By September 26 - (1-37)
 Sept 26-Oct 2 - Week of Prayer #1
 Oct 3-9 - Week of Prayer #2
 Oct 10-16 - Week of Prayer #3
 Oct 17-23 - Week of Prayer #4
 Oct 24-30 - Week of Prayer #5
 Oct 31-Nov 6 - Week of Prayer #6
 Nov 7-13 - Week of Prayer #7
 Nov 14-20- Week of Prayer #8
 Nov 21-27 - Week of Prayer #9
 Nov 28-Dec 4 - Week of Prayer #10
 Dec 5-11 - The "Second Week" (115-128)
 Dec 12-18 - Week of Prayer #11
 Dec 19-25 - Week of Prayer #12
 Dec 26-Jan1 - Week of Prayer #13
 Jan 2-8 - Week of Prayer #14
 Jan 9-15 - Week of Prayer #15
 Jan 16-22 - Week of Prayer #16
 Jan 23-29 - Week of Prayer #17
 Jan 30-Feb 5 - Week of Prayer #18
 Feb 6-12 - Week of Prayer #19
 Feb 13-19 - Week of Prayer #20
 Feb 20-26 - Week of Prayer #21
 Feb 27-March 5 - Week of Prayer #22
 March 6-12 - The "Third Week" (203-215)
 March 13-19 - Week of Prayer #23
 March 20-26 - Week of Prayer #24
 March 27-April 2 - Week of Prayer #25
 April 3-9 - Week of Prayer #26
 April 10-16 - Week of Prayer #27
 April 17-23 - The "Fourth Week" + Week of Prayer #28
 April 24-30 - Week of Prayer #28
 May 1-7 - Week of Prayer #29
 May 8-14 - Week of Prayer #30
 May 15-21 - Week of Prayer #31
 May 22-28 - Week of Prayer #32

Cost: \$120 per month or \$1000 up front (Sliding scale available)

Register by contacting Matt: matthew.r.krick@gmail.com | 616 443 8758