

CONSONANTIA

A school of spiritual practice

Consonantia: a word used by Thomas Merton
literally: "sounding together" to refer to the essential inner harmony of the universe

EVENTS

Saturday, October 25, 2014

- 9:30 am Hospitality and gathering
10:15 am Two concurrent workshops
(take one in the morning, the other
in the afternoon)
Crystal Bowl Meditation
(Ken Jones)
Listening into the Divine
(Sally McShane)
12 noon Lunch
1 pm Gathering
1:15 pm Workshops repeated
3 pm Closing ecumenical Eucharist

Workshops

Crystal Bowl Meditation

Come and experience how the vibrations of crystal bowls can be used to bring you into a deeper meditation and encourage a healing state for body, mind and Spirit.

Ken Jones has loved music all his life. In 2000, he began studying music for healing and transition, achieving the designation of Certified Music Practitioner. Combining this knowledge with his Healing Pathways and Reiki training, Ken purchased a set of Singing Quartz Crystal Bowls and began leading Crystal Bowl Meditation in 2005. Ken serves in ministry at Revelstoke United Church.

Listening into the Divine

What is the Spirit doing when you pray? Listening. The Spirit has been named the Advocate, the Counsellor, and the Listener. Yet how does the Spirit listen to you? We will explore listening: to one another, to ourselves and to the Divine, the Music that is Soundless, within the context of our question.

Sally McShane is the Community Minister in shared leadership at First United Church on the DTES of Vancouver. Her BA work was grounded in the wisdom of the Canadian theologian Bernard Lonergan, followed by an M. Div. at Atlantic School of Theology and a Masters in Pastoral Care and Spirituality at Emmanuel College, Toronto.

Location

St Andrew's United Church | 1044 St. George's Avenue in North Vancouver

Registration and Information

Please register for the Saturday events through the TMSC in order to facilitate hospitality and workshop planning.
Contact Susan Cowan, Community Relations Director, TMSC.

Participation by donation – all welcome!

Co-sponsored by the Thomas Merton Society of Canada and St. Andrew's United Church, North Vancouver



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