



*I will instruct you and teach you in  
the way you should go; I will counsel  
you with my eye upon you.*

*Psalm 32:8*

# **2018 Annual Report**

# Spirituality

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## *What is Spirituality?*

Spirituality has to do with the spirit as in the essence of being human – your soul or your inner life. It is the quality of being concerned with the human spirit or soul as opposed to material or physical things. Spirituality can be about a journey of transforming our spiritual, psychological and somatic aspects of ourselves to become more our true selves, who are created in the image of God..

## *Why the term Spiritual Direction?*

Spiritual Direction is really not about being “directed.” Rather, it is very much about being transformed and guided to draw closer to God. It invites you into this relationship whether you attend a church, mosque, synagogue, temple, or none of these. Other descriptive words that could be for Spiritual Direction are Soul Care, Spiritual Companionship, Walking With or Walking Along Side someone.

## *Reasons people come to Spiritual Direction*

- To seek a closer relationship with God
- To discover God’s presence in your life, the Presence within you
- To make difficult choices
- Share your hopes, struggles, and losses
- Identify and trust your experiences of God
- If desired, to explore different prayer practice such as contemplative prayer and meditation
- To connect with God as a source of strength, comfort, and guidance

## *Meeting with the Spiritual Director*

The Spiritual Director journeys with you as you deepen your relationship with God. The journey takes place in the context of a confidential session with your Spiritual Director. The person coming for Spiritual Direction is trying to be serious about some form of intentional prayer and reflection on God’s presence in everyday life. The Director is a facilitator, conduit with God, Spirit, or Higher Power being the true Director.



# *Mission and Vision Statement*

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## **Mission statement:**

To promote spiritual direction, support spiritual directors in Colorado, and provide resources for all those on a spiritual journey.

## **Vision Statement:**

We envision a Colorado where spiritual guidance permeates people's lives, faith communities, and human organizations, transforming life for all, especially for the most vulnerable.

## *Who We Are*

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Spiritual Direction Colorado is a committee of the Colorado Episcopal Diocese and is an ecumenical group of spiritual directors and others who support our work. Joanne Womack and Deacon Sally Hicks founded the Committee at Bishop Jerry Winterrowd's request in 1995. In 2020 we will be celebrating our 25th anniversary. Spiritual Direction Colorado lives out its Mission and Vision Statements by connecting people who are seeking spiritual directors; offering a minimum of four programs a year and hosting a Women's Rest and Renewal Retreat, a yearly retreat for spiritual directors, and an annual spirituality conference. We invite all to become a part of our community by participating in any of our events. Our Committee encourages greater awareness of spirituality throughout Colorado.

Spiritual Direction Colorado is devoted to prayer and service, contemplation and action. The Committee considers how we operate in our church communities, in the Colorado Diocese and in the larger community. Through prayer, listening to God, and following the guidance of The Spirit we are being asked to discern where our next steps are in the present world climate we find ourselves experiencing. As a result Spiritual Direction Colorado continues to evolve, becoming an ecumenical committee, with faith traditions that are devoted to both the mission and vision statements of Spiritual Direction Colorado. The Committee embraces their Christian faith as they step into the word to provide a safe place where spirituality can be explored.



# *Spiritual Direction Colorado Leadership*

Present Chair: Rev. Charlotte Shepic, February, 2018 to Present

The goals begun under past leadership have been continued under the present leadership. The goals are:

1. Be more collaborative with like-minded organizations,
2. Increase Spiritual Direction Colorado's relationship with the Colorado Episcopal Diocese,
3. Increase awareness of spiritual direction,
4. Embrace both the Mission and Vision Statements of Spiritual Direction Colorado.
5. Partner with various groups. Presently, we are in contact with Iliff School of Theology to explore possibilities in which Spiritual Direction Colorado and Iliff could work together. In Spiritual Direction Colorado's offering in 2020 of The Pilgrimage along the Camino in Spain we will be using Iliff's online learning portal.

Living out these goals this year has been challenging as we lost four members of our Committee in the first part of the year. In an effort to continue being a financially self sustaining Committee of the Episcopal Diocese the resource listing of Spiritual Directors and membership was realized in August, 2018. The *Taking it on the Road* subcommittee is in the process of fleshing out what it means to "take it on the road" and how to financially support this part of the Committee's mission. Usually, Spiritual Direction Colorado has six offerings a year. In 2018 the Committee had seven offerings. See listing under the Event heading. In 2020 Spiritual Direction Colorado will be using Iliff's online learning portal in its offering of the CAMino Pilgrimage in Spain.

## *Taking it on the Road*

*A new program designed to get the word out about spiritual direction and Spiritual Direction Colorado. To generate more interest in the Episcopal community and spiritual formation programs.*

## *2018 Spiritual Direction Colorado Committee Members*

Chair – Rev. Charlotte Shepic  
Amy Agape, Episcopalian  
Vickie Bailey, Episcopalian  
Laurie Cassidy, Catholic  
Gail Chamley, Presbyterian  
Rev. Mickey Cox, Nazarene

Rev. Anthony Hill, Methodist Episcopalian  
Rev. Patricia Laudisio, Episcopalian  
Megan Nagel, Catholic  
Connie Shelley, Mennonite  
Carol Davenport, Webmaster,  
Episcopalian



# Events

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## 2018 Offerings

*Jewish Art and Culture at the Mizel Museum, Workshop, January*

*The Three Interfaith Amigos, Conference in February*

*Exploring Racism and White Privilege with Jane Vennard, March*

*Women's Rest and Renewal Retreat, Cathedral Ridge, April*

*A Deeper Look at the Enneagram, Workshop, Denver (May) and Colorado Springs (June)*

*Walk2Connect, Workshops with Maria Rosa Galter, June and August*

*Pilgrimage to the Stations of the Cross, San Luis, October*

## 2019 Future Offerings - Front Range

*Revive My Soul Again: Deep Connections in Times of Crisis, February*

*Body Movement Workshop, May*

*Denver Art Museum, Jordan Castell: Returning the Gaze, June*

*Women's Rest and Renewal Retreat, September*

*Death and Dying, Workshop, October and November*

*Exploring with Walk2Connect walking events with Spanish speaking Congregations*



## *Events - cont.*

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### 2019 Future Offerings - Western Slope

*Enneagram Workshop*

*Visits to Congregation to present Spiritual Direction*

*Retreat on Discernment*

### 2020 Future Offerings

*A Pilgrimage to the Camino de Santiago*

See Addendum I for a list of all past Conferences and Retreats

## *Financial Future*

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In order to make Spiritual Direction Colorado a financially self-sustaining committee several issues have been explored.

For the past two years the workshops Spiritual Direction Colorado have offered have not only paid for each event but have made money for the organization. In the past several years Spiritual Direction Colorado did not offer a retreat in the fall as these retreats did not pay for themselves. In 2017 we offered an art workshop twice that was very successful. In 2018 we offered a Pilgrimage to San Luis and the Stations of the Cross, which was financially successful. Since 2016 our annual conferences have not paid for the event with the exception of the 2017 conference with Richard Rohr as our speaker. The annual conferences are held at the Arvada Center who continually raise their fees.

Previous to 2016 the number of people attending the annual conference, and the charges for registration paid for the conference. In 2019 we spent roughly \$2000 more than what we realized. The website platform we use has also taken a toll on our coffers as we are paying over \$3000 a year for our present platform. The platform we

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## *Financial Future - cont.*

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use for accepting payments also charges high rates for their services. To assist with our website we do pay approximately \$2000/year for the services of a Webmaster. In an effort to be more sustainable the committee is exploring offering more workshops and ways to make the annual conference pay for itself, i.e. planning not for 250 people but for a more realistic number. The Arvada Center does not want to lose our business and is willing to work with us in creating a smaller space for the conference. This year our registration charges for the conference were increased, which helped us to come closer in meeting the financial obligations of the conference.

Mike Orr is working with Spiritual Direction Colorado to move from the current website platform to another more cost effective platform. This new platform will cost us approximately \$300 per year. Website platforms that offer the services we need at a reasonable cost have only been available in the past year. Pam Greenfield is currently working with us to use a different platform for accepting payments with lower fees.

Paul Alexander is helping us to apply for funding for the Women's Rest and Renewal Retreat, funding from the regions of the Colorado Episcopal Diocese to increase our ability to be visible across the state, and for Colorado Gives Day. We feel as an ecumenical committee of the Episcopal Diocese of Colorado we are being called to offer events for people who would not financially be able to attend our events as well as events in all parts of the state. A need we see outside of the eastern part of Colorado is for spiritual directors. We would like to offer opportunities for people to learn about spiritual direction and to discern whether or not they may have a calling to be a spiritual director. Presently, we offer a limited number of scholarships for spiritual direction training, which we would like to increase.

In an effort to boost revenue in 2018, Spiritual Direction Colorado instituted Support Memberships for \$10 and an opportunity for members to participate in a Resource Listing on our website for \$50. At the present time we have 627 people on our emailing list, 40 whom are members and 14 who are listed on the resource listing.



# Financials

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## 2018 Event Financials

*Jewish Art and Culture at the Mizel Museum, Workhsop, January*  
Income \$620; Expenses \$180; Profit \$440

*The Three Interfaith Amigos, Conference in February*  
Income \$23,320.92; Expenses \$25,669.58; Loss \$2348.66

*Exploring Racism and White Privilege with Jane Vennard, March*  
Income \$1,200; Expenses \$389; Profit \$811

*Women's Rest and Renewal Retreat, Cathedral Ridge, April*  
Income \$4225; Expenses \$4250; Loss \$25

*A Deeper Look at the Enneagram, Workshop, Denver (May) and  
Colorado Springs (June)*  
Income \$475; Expenses \$345.40; Profit \$129.60  
Income \$600; Expenses \$269.50; Profit \$330.50

*Walk2Connect, Workshops with Maria Rosa Galter, June and August*  
Income \$520; Expenses \$260; Profit \$260  
Income \$360; Expenses \$200; Profit \$160

*Pilgrimage to the Stations of the Cross, San Luis, October*  
Income \$325; Expenses \$353; Loss \$28

## 2019 Event Financials

*Revive My Soul Again: Deep Connections in Times of Crisis, February*  
Income \$20,462; Expenses \$23,600; Loss \$3139





# Addendum I - Conferences & Retreats

Year	Conference Speaker	Conference Notes	Retreat Speaker	Retreat Notes
1998	Seminar Rose Mary Dougherty	Group Spiritual Direction <b>Loretto Center</b>	Lynne Smith	
1999	Margaret Guenther	Exploring SD: Reclaiming the Ancient Ministry		
2000	Jane Vennard	Sensuality, Sexuality, and SD	Jane Vennard	Sensuality, Sexuality, and SD
2001	Richard Rohr	Men & Women: The Journey of Spiritual Transformation	Donna Frysinger	Spiritual Typology
2002	Corinne Ware	Rule of Life for the 21st Century	Bill Jarema	Journey Through the Labyrinth
2003	Curtis Almquist & David Vryhos	A Challenge for SD: 4 Qualities Needed in the Present Age	Vie Thorgren	The Wisdom Journey
2004	Christopher Bryan	Biblical Spirituality	None	
2005			None	
2006			??	
2007	Thomas Troeger		??	
2008	Cynthia Bourgeault	<b>Regis</b>	??	
2009	Richard Rohr	<b>Arvada Center</b>	??	
2010	Lauren Artress		Jane Vennard	Welcoming the Stranger
2011	John Philip Newell	A New Harmony: The Spirit, the Earth, and the Human Soul	Chris Webb	The Fire of the Word: Meeting God on Holy Ground

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# Addendum I - Conferences & Retreats *cont*

Year	Conference Speaker	Conference Notes	Retreat Speaker	Retreat Notes
2012	Rabbi Rami Shapiro	Faith Beyond Faith: Exploring the Promise of Inter-Spiritual Living	Peggy Godfrey	Living and Loving the Questions: Spiritual Direction in Unmapped Territory
2013	Christine Valters Paintner		Tessa Bielecki and Fr. Dave Denny	Sand and Sky: Landscape, Seasons, and Spirit
2014	James Finley	<b>Sunday Brunch Begins</b> The Spirituality of Healing	Fr. Vincent Hovley	Encounters and Conversations with the Gospel of John
2015	Paula d'Arcy		Margie Arms	
2016	Terry Hershey	Find Your Sanctuary: Create Spaces of Rest, Renewal, and Refuge	No Retreat	
2017	Richard Rohr	Join The Divine Dance: An Exploration of God as Trinity	Suzanne Frazier	Contemplative Art 2 - One Day Retreats in the Fall
2018	The Interfaith Amigos	Interfaith Dialogue	Pilgrimage to San Luis, Connie Shelley Mickey Cox	
2019	Rev. Dr. Barabara Holmes and Cliff Berrien			
2020				

