



2019 Annual Report

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Spirituality

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 the spiritual, psychological and somatic aspects of ourselves to become more our true selves, more who we are created to be in the image of God.

Why the term Spiritual Director?

Spiritual Direction is really not about being “directed.” Rather, it is 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 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.



Spirituality (cont.)

Are You Called to be a Spiritual Director

God calls a diverse and rich mix of persons to the ministry of Spiritual Direction. It is a ministry, which calls for discerning hearts and a variety of gifts. The Spiritual Director has a great responsibility to the peoples/he works with and as a faithful companion, serves as a conduit of grace in the lives of those s/he serves. Consequently, Spiritual Direction is a ministry that requires a person capable of a great deal of care and love.

The ministry of Spiritual Direction/Companioning provides an opportunity to intentionally reflect on one's relationship with God in the presence of another who listens with compassion. It is a religious and spiritual relationship. Spiritual Direction is not psychotherapy or counseling. It is not a treatment, diagnosis, testing, or therapeutic assessment.

While all aspects of a directee's life are welcome in spiritual direction, these serve as a backdrop for the primary focus of spiritual direction, which is the relationship with God and the discernment of the Holy Spirit's guidance in the past, present, and future life of the directee.

The critical and animating aspect of prayer saturates and embraces the spiritual direction relationship. The spiritual director covenants to pray for and with the directee. The directee seeks to deepen her/his practice of prayer. Some form of prayer, initiated either by the director or the directee, is often included in the time of spiritual direction.

The spiritual director is servant to the spiritual direction relationship, acting sometimes as prophet, pastor, teacher. S/he listens to the directee in a humble and receptive mode and responds with compassion. The responses may include questions, comments, challenges, images, Scripture passages, affirmations, teaching, or holy silence. The spiritual director, knowing that s/he is an instrument of the Holy Spirit, will also engage in spiritual direction with his or her own director.

Our relationship with God is bound up with one another and the whole created order. Therefore, spiritual direction is a private time in the context of community and is never a substitute for community nor does it serve as an escape from the world. Through spiritual direction, the directee discerns the unique ways that God calls her or him to love and serve the world.



Mission and Vision Statement

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

Spiritual Direction Colorado is a committee of the Colorado Episcopal Diocese and an ecumenical group of spiritual directors and others who support the work of Spiritual Direction. 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 several workshops and daily long retreats throughout the year and hosting a Women's Rest and Renewal Retreat, 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:

- To equip people to be free, connected and engaged by building the capacity to create a compassionate world,
- Be more collaborative and partner with like-minded organizations,
- Increase Spiritual Direction Colorado's visibility and relationship within the Colorado Episcopal Diocese,
- Increase awareness of spiritual direction,
- Embrace both the Mission and Vision Statements of Spiritual Direction Colorado.

This year, 2019, has continued to be a year of growth and learning about ourselves and our audience. It has been a year of transitioning into a place of financial stability and realistic expectations of our Committee members.

- The subcommittee Taking it on the Road had a name change to Social Media and Publicity. This subcommittee continues to work with a group on the Western Slope to bring information about Spiritual Direction to the other side of our state and to churches on the western plains.
- In late summer we introduced our new membership platform on our website and a new website was unveiled in December.
- We reduced our number of workshops in 2019 to give us time for discernment of future offerings.
- The format of our yearly conference was changed from a speaker to workshop offerings. Many people were excited about the new format but by the end of the year not enough participants had signed up for the new format. Sitting around the table discussing whether or not to cancel the 2020 February Conference we realized there was more excitement among Committee members for the workshops being planned for 2020 than there was for the Conference. As a result the 2020 February Conference was cancelled.
- The Committee is excited to be offering our third Women's Rest and Renewal Retreat at Cathedral Ridge.



Spiritual Direction Colorado Leadership - cont.

- In each of the workshops we realized there were not enough scholarships for those unable to afford our workshops/retreats. In 2020 we are including the cost of scholarships into the cost of the workshops/retreats.
- A need we see outside of the Front Range 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.

2019 Spiritual Direction Colorado Committee Members

Chair – Rev. Charlotte Shepic, Episcopalian

Amy Agape, Episcopalian

Vickie Bailey, Episcopalian

Catharyn Baird, Episcopalian

Maria Caddell-Harris, Methodist Episcopalian

Gail Chamley, Presbyterian

Rev. Anthony Hill, Methodist Episcopalian

Rachel Parsons, Episcopalian

Connie Shelley, Mennonite

Carol Davenport, Webmaster, Episcopalian



Events

2019 Offerings

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

Body Movement Workshop, May

Women's Rest and Renewal Retreat, September

Death and Dying, Workshop, November (2nd and 4th)

Forgiving Self, Forgiving Others, November

2020 Future Offerings

Walking with Human Dignity, April

Contemplation and Liberation: Lessons from the African American Sacred Folk Song Tradition, May

Forgiving Self, Forgiving Others, Webinar April/May

Nature Connection for Transformation, June

Women's Rest and Renewal Retreat, August

Navigating Chronic Conditions: Companioning Ourselves and Others as Spiritual Practice, Webinar, September

Exploring Racism and White Privilege, September

Conversations with the Other, October

Silence and Sound: Exploring Music and Ritual for End of Life, November

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



Financial Future

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

The February Conference for 2019 incurred a significant financial loss for Spiritual Direction Colorado. The workshops continue to create additional funds for the Committee. The only retreat we offered in 2019 was the Women's Rest and Renewal Retreat which was financially successful.

With help from Mike Orr, Canon for Communications, we unveiled a new website in December of 2019. The costs for the new website are approximately \$2000 per year and we continue to pay a webmaster to manage the website. The service which accepts payments has a fee of 3% much lower than the previous service.

Paul Alexander, Missioner for Development and Financial Stewardship is helping us to apply for funding for the Women's Rest and Renewal Retreat. This year we participated in Colorado Gives Day which raised around \$300.

In an effort to boost revenue in 2019, Spiritual Direction Colorado instituted Participating Memberships for \$30, Professional Membership for \$80, an Enhanced Professional Membership for \$110. At the present time we have over 600 people on our email list, 81 whom are members and 23 who are listed on the resource listing.



Financials

2019 Event Financials

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

Embodiment Workshop, May
Income \$420; Expenses \$423.89; Loss \$3.89

Death and Dying, November 2 (Denver)
Income \$870; Expenses \$200; Profit \$670

Death and Dying, November 4 (Colorado Springs)
Income \$605; Expenses \$100; Profit \$505

Women's Rest and Renewal, September
Income \$5005; Expenses \$3516; Profit \$1489

Forgiving Self, Forgiving Others, November
Income \$590; Expenses \$506; Profit \$84

Respectfully Submitted by: Rev. Charlotte Shepic, Chair
February, 2020



Addendum I - Conferences & Retreats

| Year | Conference Speaker | Conference Notes | Retreat Speaker | Retreat Notes |
|------|--------------------------------|---|-----------------|--|
| 1998 | Seminar Rose Mary Dougherty | Group Spiritual Direction Loretto Center | 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 | Regis | ?? | |
| 2009 | Richard Rohr | Arvada Center | ?? | |
| 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 |

continued



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 | Sunday Brunch Begins 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 | | | | |

