

Four Spiritual Practices

This summer we're offering a four part series on spiritual practices. These sessions aren't designed to provide answers but to provoke questions and flip established assumptions on their heads. Proceed with caution: some of this material could stay with you for months, maybe even years to come!

Four Spiritual Practices (Part 1): Sacraments

Sunday, June 3 at 9:00 am in the Bloom Room

The sacraments aren't just spiritual practices. They have been at the center of the church's greatest break-ups, start-ups, and controversies. All that drama over bread and water and wine. But as Phyllis Tickle explains, there is far more to a sacrament than taking a drink from a cup or dripping water on a forehead. Join us for a brief video and a real conversation about reclaiming the history and meaning behind the sacraments of the church.

Catherine Penn Williams is a longtime presenter and small group leader for the adult spiritual programs at GSP. In the world she is a Jungian-oriented psychotherapist in private practice.

Four Spiritual Practices (Part 2): Food

Sunday, June 10 at 9:00 am in the Bloom Room

For Sara Miles, it's no small thing that one of Jesus' final acts before his death was to share a meal with his friends. After experiencing life alongside some of the nation's poorest and richest people in her work at a food pantry in San Francisco, Miles believes more than ever that food plays a crucial role in our spiritual well being. Join us for a brief video and a real conversation about the role of food in our spiritual formation.

Victoria Stefani is a writer, artist, and scholar of literature, folklore, and mythology. She has taught literature, cultural studies, and writing at the University of Arizona and Humboldt State University. With her husband Joe she moved to Tucson in 1992; they have been part of the Grace St Paul's community since 2013.

Four Spiritual Practices (Part 3): Community

Sunday, June 17 at 9:00 am in the Bloom Room

Who doesn't want to be part of a community? And yet the practice of community can often be one of the most painful experiences we have as people of faith. We try to find churches where we fit in only to feel left out. Or we get involved in small groups that fall apart in a jumble of dysfunction and hurt feelings. How do we find our place in messy communities? How can we create communities that welcome others no matter what kind of baggage they bring with them? The church can be an awkward family—and maybe just the kind we need. Join us for a brief video and a real conversation about building community at church.

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Four Spiritual Practices (Part 4): Prayer

Sunday, June 24 at 9:00 am in the Bloom Room

Why pray? Brian McLaren explores this question and his own prayer life, including the comfort it has brought him throughout his life. Like most of us, McLaren has struggled with messages about the “right” way to pray. How do we find our way to a prayer practice that feels meaningful, life giving, and soul soothing? Join us for a brief video and a real conversation about creating a personal prayer life that works.

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