

**RETREATS, WORSHIP, CONSULTS**

# Listen to Heart Song

**conspire with divine love  
find and share your gift**



**CONNECT WITH YOUR HEART AND  
SOURCE AS YOU WORK TO BUILD  
THE WORLD WE DREAM OF**

In the tradition of Theresa of Avila,  
St. Francis and Hosea Ballou,  
in the company of UU ministers  
sharing writing, music and justice  
ministries,  
I'm joyful to offer my gifts.  
I invite us to conspire with divine love,  
together.

**REVEREND AMY**





Dear congregational leaders of Flagstaff,

I'm writing to offer some suggestions for and resources for a visit! I invite you to browse the attached information. You may also want to visit my web site at <http://amybeltaine.info> to hear and see me, or download the complete catalog. Send an email to [abeltaine@uuma.org](mailto:abeltaine@uuma.org) for pricing and scheduling details.

I look forward to exploring possibilities and creating with you!

Blessings,  
Amy



## Biography (for your bulletin)

Reverend Amy Beltaine provides spiritual support for justice-makers through Sunday services, retreats, and spiritual accompaniment. She lives in Portland, OR with her spouse Thorne, son Corey, a pug, a beagle and a cat. Amy serves as the president of the Covenant of Unitarian Universalist Pagans, the webmaster for the UU Spiritual Director's network, and as a board member of the League of Women Voters of Portland. She travels with her portable home, visiting UU congregations throughout the SW in the cool months and the NW in the warm months. Amy aspires to become a love ninja!

## Credentials

- Credentialed Spiritual Director, Namasté Contemplative Listening Program, Portland OR 2012
- Transitions Specialist, Interim Ministry Network, 2012
- Supervision Certification, Project Management Certification, and classes in Adult Education, Cornell University, Ithaca NY 2000-2009
- MDiv, Meadville Lombard Theological School, Chicago IL 2010
- BA, Religious Studies, Lewis and Clark College, Portland OR 1986

Her internal and external life are clearly joined and her faith as a UU shines through. She is what she teaches.

- Matthew

## Earth-Relating Consults

Bring the president of the Covenant of Unitarian Universalist Pagans (CUUPS) for coaching or information sessions. CUUPS is an international affiliated Covenanting Community of the UUA.

- Coaching for existing or nascent CUUPS chapters
- Relationship-building between and among congregations, individuals, and/or the broader Pagan community
- Uncovering our Pagan and Earth-Relating histories
- Round-Tables on 'What are Earth-Relating theologies?' and "Am I Pagan?"
- Plan and lead large-group rituals
- And more! Let's talk about what would be supportive to area Earth-Relating UUs



## Guest in the Pulpit

Fill a Sunday, bring a special topic, experience a different worship format, address a specific need of the congregation... all good reasons to bring Amy for a Sunday service, Vespers service or other worship service.\*

- Storytelling, song... Thematically integrated...
- Collaboration with music providers, worship associates, RE director
- Always customized for the congregation and emerging events
- Option for facilitating collaboration among congregants to create a participatory service

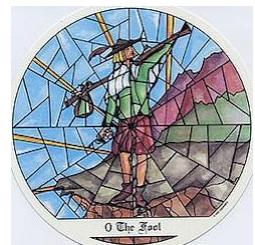
For congregations approaching, experiencing or integrating transitions:

- **Epiphany (Twelfth Night)** – What gifts do the wise ones bring us? Epiphany, which traditionally falls on January 6, is a Christian feast day that celebrates the revelation of God as a human being in Jesus. It is associated with the arrival of the wise Magi, bearing gifts, for the newborn babe. The original Greek word meant the arrival of dawn, sunrise. Later it indicated the encounter of a human being to God. In January we are blessed by the gifts of a few more moments of sunlight each morning. Today we use epiphany to mean a bright flash of insight. What are the gifts that wisdom brings to us on this day, in this time, and how might we celebrate our own encounters with sacred wisdom within us and around us?
- **Cooking up Transformation (Imbolc)** – Groundhog day asks us to commit to emerging from our winter gestation. With Brigid the Poet, we invoke Air and Inspiration. With Brigid of the Forge, we invoke Fire and Creativity. With Brigid of the Well, we invoke Water and Healing.
- **The Sacred Fool** – Show us truth, teach us courage. The Trickster, the Prankster, the Jester and the Muse: keep us humble by revealing our limitations; show us that anything is possible when we let go of expectations; teach us the healing power of laughter; inspire us to share our joy and sadness; remind us to see the world with new eyes; and sting us out of complacency and stagnation, returning us to the path.
- **The Inanna Journey** – With a little help from our friends... In every life there comes a time when it feels like all is lost. While this journey is painful, it is also rich with lessons, not the least of which is that you need your friends. As the Beatles sang: 'I get by with a little help from my friends, ... Mmm, gonna try with a little help from my friends.'
- **The Bounce** – Finding our resilience. Why do many people and organizations crumble in the face of difficulty, while others use adversity to bounce back even stronger? The experience of bounce can range from an uncanny feeling of levitation to a supreme tranquil relaxation. It is precisely when all seems lost that the opportunity exists to rewire your brain. It's often during life's most difficult times that we discover our most critical hidden strengths and that we forge our most important capabilities.

Rev. Beltaine was clear and prompt in her communications regarding the collaborative design of the service. She offered to do an All Ages presentation and did it well. She honored the time restraints, was prompt in her arrival, and graciously stayed after the service to speak with congregants. She was friendly, warm, relaxed, and confident.  
- Marilyn



La Befana ([www.lathuille.it](http://www.lathuille.it))  
A figure from Italian folklore, bringing gifts to baby Jesus



O The Fool

## Retreats/Learning Opportunities

Learning opportunities that nurture the soul, strengthen skills, and help you connect to your gifts. See the list of topics for more details. Note that many pair well with certain worship-service themes.

- **Descent and Return** (NOTE: only available as 6 class-hours) – Making meaning from your underworld journey, working with the Inanna myth. We will travel with the ancient Goddess as she descends through the seven gates to the dark night of the soul. Then with a little help from our friends, we will return renewed, with gifts for our journey. Informed by Eco-Feminist thought, Sumerian myth, and the insights of theologian Starhawk, we will connect with the divine in our relationships with one another, nature, and the sacred feminine.
- **Cauldron of Transformation** - With Brigid, the Poet, we invoke Air and Inspiration. With Brigid of the Forge, we invoke Fire and Creativity. With Brigid of the Well, we invoke Water and Healing. We connect down deep into the Earth to turn our most challenging times into fuel for the work we are meant to do. *Pairs well with [Cooking up Transformation](#) service.*
- **Social-Justice Conversations** – Craft love-based “crucial conversations.” Tongue-tied when talking to your neighbor about #BlackLivesMatter? Your co-workers don’t recycle, but you get too irritated to have a constructive conversation? Time to explain micro-aggressions to Uncle Rob? How to start? Drawing on research and experience to craft faith-based conversations, in a safe space we will give you skills to begin the conversation, and carry it to a transformative conclusion.
- **Holy Laughter** – Angels fly because they take themselves lightly... Koans, jokes, the sacred fool, the court jester, the ritual clown, and Coyote the trickster open us to deeper insights, sting us out of complacency, and help to make our lives livable. Come share truth-telling & laughter while deepening spiritual experience. Connecting with the holy does not need to be solemn. In fact, sometimes it MUST be playful. “Laughter,” theologian Karl Barth reminded us, “is the closest thing to the grace of God.” *Pairs well with [Sacred Fool](#) service.*

“Integrity and spirit,” are my description of Rev. Amy.  
- Matthew



She was kind, open, patient and embodied the humor we discussed.  
-Elizabeth (“Holy Laughter”)

## Spiritual-Direction Consults

One-hour in-person (or Skype) spiritual accompaniment.

When visiting your site, just-in-time, 1-3 session arrangements available.

[Rev. Beltaine has] Great energy!  
- Amber

Rev. Beltaine was unfailingly kind and thoughtful as we talked, laughed and worked towards deepening my existence as a spiritual person. She focused always on what I needed, out of a whole realm of possibilities, and always supported me with gentleness and grace.

- Barbara

- Credentialed Spiritual Director
- Member UUSCM, UUSDN, and IMN
- Graduate, Namasté Contemplative Listening Program (2012)
- Steering Committee for UU Spiritual Directors' Network
- Use of minister's office or classroom when on site appreciated
- Collaborate using congregation's e-list and Amy's Facebook network to get the word out

Place this blurb in your newsletter:

*"Book a Spiritual Direction session (one-on-one sessions)*

*For a limited time, while she is in your area, Spiritual Accompaniment sessions are available with Reverend Amy Beltaine, Spiritual Director. Inviting you to conspire with divine love to trust and live your HeartSong. Cost and appointment times visible on <http://listentoheartsong.org>, Or email Amy at [abeltaine@gmail.com](mailto:abeltaine@gmail.com)."*

Introductory session of group spiritual accompaniment: Learn how spiritual accompaniment can work in tandem with the pastoral care and faith development provided by your congregation's minister and RE Team.



## Speaking, Keynote, Presentations

Presentations (see 'Guest in the Pulpit') and retreat themes also work well for:

- Civic Service organizations such as Rotary
- Grief and transition support organizations such as Hospice
- Justice organizations such as Greenpeace
- Pagan groups such as your local CUUPS Chapter
- Spirituality or Yoga centers

[Rev. Amy's] pastoral presence is wonderful and full of joy.  
- Kirsten

Split travel costs!

**I look forward to conspiring with you to support your congregation's spiritual growth.**

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