

Spiritual Practices for Courageous and Compassionate Living

Tuesdays at 7 PM First Unitarian Church of Oakland

January 21 through March 24, 2020

Co-Facilitated by Reverend Mary Foran, Affiliated Community Minister and Spiritual Director, together with Patricia St. Onge, Spiritual Director and Coach, Seven Generations Consulting and Assistant Adjunct Professor at Mills College, Department of Race, Gender and Sexuality Studies.

A Spiritual Direction Group for seekers who want more spiritually grounded lives. With liberation for all in mind, our aim is a diverse group of 10 to 12 participants, who are willing to experiment, reflect and support each other's search for inner wisdom.

There will be listening and speaking, silence, ritual and prayer, inviting authenticity, and cultivating trustworthiness.

The content of each week will emerge from the questions and concerns, mysteries and yearnings of the participants. Such as

feeling spiritually stuck or adrift,

wondering how spiritual practices can help with being weighed down by oppression and trauma,

or the negative impacts of white supremacy culture.

Maybe they will include questions about personal responsibility and collective power,

the crush of doing too much or not enough.

There are numerous other possibilities.

In all, we will offer spiritual practices to try on and affirm the importance of each person's experience.

Suggested donation to cover expenses is \$190 for 10 sessions.

Please donate generously in proportion to your resources. **Scholarships available.** Paying more allows others to attend by increasing the availability of scholarships.

If you are interested, please contact Mary at mpforan@earthlink.net

About the Co-Facilitators

Patricia St. Onge (Haudenosaunee and Quebécoise, adopted Cheyenne River Lakota) is a grandmother and mom. She's also the founder of Seven Generations Consulting and Coaching, working primarily with social justice organizations. She is the lead author of *Embracing Cultural Competency: A Roadmap for Nonprofit Capacity Builders*. She is Assistant Adjunct Professor at Mills College, Dept. of Race, Gender and Sexuality Studies.

As an activist, she is a member of the coordinating committee of 1000 Grandmothers for Future Generations. She serves as Co-Chair of the board of directors of Highlander Research and Education Center in Tennessee and East Bay Permanent Real Estate Cooperative, based in Oakland.

Patricia is a writer, avid reader and lover of ceremony. Between them, she and her life partner have six grown daughters, daughters and sons-in-law, and 8 grandchildren. Patricia is part of a growing community in East Oakland called Nafsi ya Jamii (The Soul Community), an Education/Spiritual Center and urban farm.

The Reverend Mary Foran was ordained a Unitarian Universalist minister by the First Unitarian Church of Oakland in 2011. She received her Master of Divinity from the Starr King School for the Ministry and a certificate in Spiritual Direction from the Chaplaincy Institute. She has served as a parish minister, a sabbatical minister for the UU Justice Ministry of California and a leader in UU district circles. Before entering the UU ministry, Reverend Foran worked in Public Health.

Today she offers Spiritual Direction for individuals and groups, testifies, marches and witnesses for social justice and participates in the life-long, life-enhancing quest to build multi-cultural, multi-everything Beloved Community.