

Other Tools for Your
Spiritual Journey

(Winter 2010-Spring 2010)

What: Worship and Healing Service

When: 4th Tuesday of Every Month
(Jan. 26, Feb. 23, March 23,
April 27, May 25)
6:30-7:30pm

Where: Messiah Lutheran Sanctuary
Cost: Free-Will Offering

What: Walk the Labyrinth

When: 2nd Monday (12-5pm) and
Tuesday (8am-6pm) of the mo.
(Jan. 11/12, Feb. 8/9,
March 8/9, April 12/13,
May 10/11)

Where: Enter north doors
Cost: Free

**What: Contemplative Meditation
Service**

When: 2nd Tuesday of the month
5:15-6pm
(Jan. 12, Feb. 9,
March 9, April 13, May 11)

Where: Messiah Lutheran Sanctuary
Cost: Free-will offering

What: Quiet Meditation

When: Every Tuesday
8am-7pm
Where: Enter north doors and enter
Sanctuary
Cost: Free



HeartSprings

HeartSprings
Messiah Evangelical Lutheran
Church
2010 Elm ST N
Fargo, ND 58102

Phone: 701-261-3142
Fax: 701-237-4937
email:
jnelson1409@yahoo.com

Tools For Your Spiritual Journey

HeartSprings

An Integrated Center for
Health, Hope, and
Healing



Tel: 701-261-3142

**Meditation
Series
On Tuesdays
in January/February**



What: A Taste of Meditation: A Six-part Series

When: January 19-February 9th
6:30-7:30pm [Additional Sessions held on Jan. 26 & Feb. 9 from 5:15-6pm]

Where: HeartSprings
Located at:
Messiah Lutheran Church
2010 N Elm St.
Fargo, ND 58102
[Please enter the north doors and enter the sanctuary]

Why: To develop skills to quiet the mind to be able to “listen to God”; to develop skills of relaxation and the release of healing hormones

Cost: \$20 for the series or \$10/class
Students \$10 for series
(if you are unable to afford this fee, please contact Jan)

Registration: Call Jan at #701-261-3142
jnelson1409@yahoo.com

Pastoral and Lay Instruction:
January 19: Social Worker:Denise Morris
Meditation using Nature
(6:30-7:30pm)

Denise was a past hospice social worker in Bismarck, ND. She currently took a course in ecopsychology which looks at the way nature can help us to meditate and heal.

January 26: Most Reverend Jamie Parsley
Centering Prayer
(5:15-6pm)
Worship and Healing Service (6:30-7:30pm)

Jamie Parsley is an Episcopal priest currently serving as Priest-in-charge of St. Stephen’s Episcopal church in Fargo and serves as Executive Assistant to the Bishop of the Episcopal church. He is a Benedictine Oblate of Blue Cloud Abbey and has been very active in the healing ministry and a member of the Order of St. Luke for over ten years. Rev. Parsley used meditation in his own recovery from cancer.

Most Reverend Parsley will lead a session on Centering Prayer (5:15-6:30pm) which is an ancient technique of quieting the mind to “listen to God”.

Most Reverend Parsley will then lead a worship and healing service consisting of singing, short message, reading from scripture, Holy Communion, and prayers for healing. All are welcome! (6:30-7:30pm)

February 2: Chaplain Tom Holte
Tonglen

Chaplain Holte is a hospice chaplain with Hospice of the Red River Valley. He will teach us about the tradition of performing Tonglen, which is an act of taking something into ourselves and transforming it for greater good. It is considered a work of compassion.

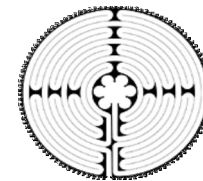


February 9th: Chaplain Sonja Kjar
Lexio Divina (5:15-6pm)

Chaplain Kjar is a board certified chaplain and is currently serving as visitation pastor at Bethlehem Lutheran Church in Fargo. She is practiced in the use of Lexio Divina; an ancient practice of “listening to God” through scripture. She will share this practice as part of the Evening Contemplative Service out the Benedictine tradition.

Pastor Tiffany Sundeen
Walking the Labyrinth
(6:30-7:30pm)

Pastor Sundeen is pastor at Olivet Lutheran Church in Fargo. She recently returned from Chartes Frances where she studied the Chartes Cathedral labyrinth. She will be explaining the history of the labyrinth and its uses as well as walking the labyrinth.



Chartes
Cathedral
Labyrinth