

There is a depth and integrity to what you offer that has touched our community.
We won't be the same.

Thank you for your time with us. Being challenged to think about our roles as leaders and what kinds of patterns we want to develop as a Congregation was very helpful. We're also aware of those patterns we may *not* want to keep and now have some tools for engaging that work.

You have helped me trust there is something in me worthy of expression. Is it possible I'm an artist? I am learning that I am!

I never realized before that the story of Jesus and his disciples is also my story, **OUR** story. I am awakened to the gospels; Thank you.

Listen to what people are saying.

650 EL CAMINO AVENUE
SACRAMENTO CA 95815

BREAD OF LIFE



BREAD OF LIFE
wherever you are...

Fostering Healthy Community;
Encouraging Spiritual
Leadership... *with you.*

Bread of Life

**Bring your group to us,
or we'll come to you...**

A sample of what we offer:

- Discerning Well Together
- The Spirituality of Aging
- The Art of Dialogue
- Resistance & Spiritual Growth
- Creative Arts as Spiritual Practice
- When Change Comes Knocking:
Welcoming 'Betrayal' as Friend
- The Unrecognized Power of
the Gospels for Everyday Life
- Reclaiming Goodness:
A Celtic Way of Being
- Allowing Joy to Unmake Us

Spiritual Directors & Mentors

We work with individuals, organizations and communities wanting to deepen in their spiritual and creative life. Some expressions of our work include:

Contemplative Dialogue as an ongoing practice of the stances and skills that free persons and organizations to live their mission through creative engagement in the world.

The Four-Gospel Journey (called 'Quadratos') as the Christian expression of the four universal, sequential and cyclical movements of transformation recognized in every major faith tradition and school of psychology.

Creativity as a Spiritual Practice that connects persons with the creative well residing in each individual and culture for expression and contribution to our world.

A Wide Variety of Spiritual Life Retreats & Workshops

Sowing, Tending, Reaping



We live in a time of great trial and turbulence when nothing less than transformation is being invited. Such times are a natural part of the way Grace works in our lives and world, but that doesn't make the journey easy.

Dedicated companions and guides along the way can help an individual or community notice and step into the Spirit's invitation to grow. The Spirit sows the seed. Our part is tending the environment where it can flourish for eventual harvest.

Bread of Life's seasoned staff has many combined years of experience in leading retreats, workshops, and trainings for local, regional, and national groups in the religious, non-profit, for profit, and public service sectors. In these settings we successfully work with broad groups of people across faith traditions or of no faith tradition.

Bread of Life spiritual directors, contemplative dialogue facilitators, and creative arts facilitators have completed extensive formation for this work in recognized programs. Each brings a unique mix of perspectives, skills, and experience.

Please visit our website at www.breadoflife.org for more about our spiritual directors and mentors. We would love to work with you to design a program or retreat that meets your needs. To explore next steps call (916) 648-1803 or email us at office@breadoflife.org.

Bread of Life Spiritual Directors & Mentors	Contemplative Dialogue	Quadratos	Creativity & Spirituality	Spiritual Life
Lucie Chalifour		X	X	X
Rena Grant		X	X	X
Jean Holsten	X			
Bill Kees		X		X
Carolyn Kees		X		X
Ron Lagerstrom			X	X
Sandra Lommasson	X	X	X	X
Carol Mathew-Rogers			X	
Kathy Miranda			X	X

