



# Bread of Life

Cultivating practices that transform lives

## The Ways We Give

People give to *Bread of Life* in various and meaningful ways.

Currently two volunteers, Pat Murphy and Terry Marks, are working on cataloguing our library, and reorganizing the books for ease of use.

A family has established a named fund and others have made annual stock donations.

Don Bisson offered his workshop — *Confronting the Collective Dark Night* — as a fundraiser and the net proceeds allow *Bread of Life* to “keep the lights on.” Yes, sometimes it is just that simple.

Our Spiritual Directors, who pay a set percentage to use *Bread of Life* to see directees, also make substantial donations to Bread of Life on top of their percentage. Their generosity makes a big difference in allowing us to meet our overhead.

*Bread of Life* has a 100% giving Board of Directors, who not only give of their time and expertise and act as ambassadors for *Bread of Life*, they’ve each made an annual financial commitment too.

As we move into the last quarter of 2018 and we look towards 2019, I encourage all of you to think about how you would like to give to *Bread of Life*.

— Pia Spector

Learn more, get involved, and support the important work of *Bread of Life*.

Visit [www.breadoflife.org](http://www.breadoflife.org) or call (916) 648-1803.

## The Things That Matter



I sat recently with a long-time directee (one who comes for spiritual direction), listening as she explored the ways her story is evolving backwards as well as forwards. Her personal story, which once seemed set rather like a building’s foundation, is no longer so set.

The factual details of her history remain what they are, but what she makes of them is evolving and liberating her sense of meaning, purpose and connection as she moves into her senior years. She is alive with fresh possibility. A profound sense of gratitude leavens her life today, shines through her eyes as she talks and is moving out into service in small acts of great love in the community where she dwells.

I found myself saying in response, “The life in you *matters!*”

She laughed, and true to the scientist she is, commented: “*Like Einstein said, E=MC2. Deep down matter and spirit are the same stuff.*”

We paused with the play on words. When something *matters* to us, it’s important, and it takes on flesh in our lives, in our choice-making and in the ways we live it out in our world. Spirit wants to incarnate! And, to take on fresh form it needs our participation, our “Yes.”

Twenty-one years ago this month, a “Yes” that came from the hearts, minds, prayers and hands of too many to count gave birth to *Bread of Life*. I consider her my youngest

child, and she is now officially an adult. Like my directee, *Bread of Life* has an evolving back story flavored by the NOW where the story incarnates today and a hoped-for trajectory.

Many have leaned into shaping this entity called *Bread of Life*, sometimes aware, sometimes not. If you have read this far, you are part of this vital mission of transformation. Your interest and support flow from and into the “Yes” that has created this fertile family tree we now share — a tree that bears good fruit in tending souls and developing leaders who can bear their gifts into our world; building community that transcends tribe; and practicing dialogue in a world that has largely forgotten how. These things *matter*.

A year ago, I stood back from the Executive Director role and have been delighted as Pia Spector took her place as ED alongside a maturing board of genuine leadership and investment. A healthy organization must plan for the next generation of leadership. It is now time for me to stand back from serving as the Director of Spiritual Formation Programs to make intentional space for that next layer of leadership to emerge. **Take notice of the online job description with a target date of January 2019.**

I intend to stay connected to the work here — because the way we do it *matters!* The glad work of tending souls as a spiritual director, of co-leading depth formation programs like our internship and the occasional workshop on a topic close to my heart are very much in my intended future. And, as I approach my

*Continued on back*

# Bread of Life

2018-2019 CALENDAR

## MONTHLY OFFERINGS

### Grief Groups

First Monday of the month, 6-7:30 pm; Second Monday of the month, 12-1:30pm. At *Bread of Life*. Facilitated by Seasons Hospice Staff. No RSVP required, complimentary.

### Silent Sunday Afternoons

2nd Sunday, 2:30-5:30pm for experienced Centering Prayer practitioners. Facilitated by Janice Boyd of Contemplative Outreach. RSVP to [jboydcp@gmail.com](mailto:jboydcp@gmail.com) Free will offering.

### Brown Bag Membership Lunches for "Soul-Tenders"

3rd Wednesday of the month with Tom Morgan and Sandra Lommasson, 12-1:30pm for September and October, a special holiday meeting on Wednesday, December 5th. We come together to explore and encourage one another in the vital principles of spiritual formation for our lives and world. Join us for these last 3 meetings complimentary to see if you'd like a 2019 membership. RSVP to [Tom@breadoflife.org](mailto:Tom@breadoflife.org)

## WORKSHOPS AND SERIES

### Word Gathering Women's Writing Circle with Holly Holt

Fridays, September 21-28 & October 5-12, 10am-12:00pm, Midtown Sacramento. Forget discipline. Let's talk devotion. Open yourself to your own voice and the story you are here to tell. Writing isn't just about putting pen to paper. It's something deeper. It can be transformational. \$115, for reservations, contact [Valerie@breadoflife.org](mailto:Valerie@breadoflife.org).

### A Taste of Silence

Thursday, September 27, 6:30-8:30pm with Janice Boyd at *Bread of Life*.

If you're curious about centering prayer, join us for a casual evening of teaching and conversation about the practice. Free will offering, register with [Valerie@breadoflife.org](mailto:Valerie@breadoflife.org)

### Embodied Gratitude for Open-Hearted Living: The Way of Qigong

Four sessions, Wed. evenings Oct. 24-Nov. 14, 6:30-8:30pm with Renee Dryfoos, \$90 for the series.

When gratitude is experienced in the body, not just thought about or held as an emotion, our entire self comes to know deep release into the community of connection to Spirit and to love that participates in the world. Register on line at [www.breadoflife.org](http://www.breadoflife.org). Limited to 10 people.

### Introduction to Centering Prayer

Saturday, November 10, 1-4:30pm with Janice Boyd and Joyce Faidley. "Centering Prayer is a gentle, silent method of consenting to God's presence and healing action within us. Rooted in the rich Christian contemplative heritage, Centering Prayer offers a way to open to God for those of all faith traditions." \$30, register on line at [www.breadoflife.org](http://www.breadoflife.org)

### Tending the Communal Soul

Saturday, November 3, 1:30-3:30pm at Mercy Burlingame with Sandra Lommasson. We live in a culture obsessed with individualism and unaware of our deep interconnectedness. How might we notice the 'communal soul' and commit as soul-tenders to actively calling it out? Register at [www.breadoflife.org](http://www.breadoflife.org), open to everyone.

### Cosmology & Grace: Exploring the Universe as Spiritual Practice

Saturday, January 12, 2019, 9:30am-3:30pm with Bishop David Mullen. The experience of wonder, awe, and even terror before the vast mystery of the universe is in common to human beings everywhere. Science and faith — which explore this phenomena in different ways — reveal one another and deepen us into the experience of Grace. \$45 BYO lunch. Register at [www.breadoflife.org](http://www.breadoflife.org)

### Collage for the Soul: A Monthly Creative Art Event

Starting January 17, 2019 and continuing every third Thursday 11:30am-2:00pm, \$20 each session with Carol Mathew-Rogers. Let your creative juices flow as you cut and paste images into expressive art collages. Based on the Soul Collage™ program. Learn more at [www.breadoflife.org](http://www.breadoflife.org) or [www.Creative-Edge.org](http://www.Creative-Edge.org)

### Annual Day with Directors

Hold the date: February 2, 10am-3pm, a Mercy Auburn partnership. Topic TBA.

### Yoga for Seasonal Self Care with Holly Holt

Watch for this offering in late February or early March 2019, 1-3pm at *Bread of Life*, limited to 10 people.

### Conscious Living in the Last Third: A New Vision of Aging

Eight Thursday evenings April 4- May 23, 2019, 6:30-8:30pm with Cathy Cook, at *Bread of Life*. \$200 for the series, includes Jan Vernard's book *Fully Awake and Truly Alive*. The years around age 50 present genuine choices for life as well as real challenges. A consciously chosen vision of aging for oneself gives meaning and allows us to engage these years "fully awake and truly alive." To register: [www.breadoflife.org](http://www.breadoflife.org)



## DYNAMIC DIALOGUE WORKSHOPS



**Couples Dialogue Training**  
September 29th 9am–4pm at *Bread of Life* with Jean Holsten and Talib Huff. \$60 per couple. Reserve your space at [www.dynamicdialogue.org](http://www.dynamicdialogue.org).

**Dynamic Dialogue 4-day Training**  
October 1st and 2nd, October 26th and 27th at *Bread of Life* with Jean Holsten. \$150 per day or \$500 for the series. Want a tune up? Past participants ½ off the 4 full day fee. For more information or to register [www.dynamicdialogue.org](http://www.dynamicdialogue.org)

**Dynamic Dialogue for Folks in Recovery**  
November 12, 2018, 9am–3:00pm at *Bread of Life*, with Jean Holsten. \$30 BYO lunch. This workshop includes, videos, and experiential learning you can use immediately. Register at [www.dynamicdialogue.org](http://www.dynamicdialogue.org).

**Dynamic Dialogue Workshop for Faith Leaders**

October 4th 9am–4pm Sacramento  
Location TBD with Jean Holsten \$12 for lunch. This program provided by a grant to fund workshops for non-profits by the Sisters of the Presentation of San Francisco. To register, [www.dynamicdialogue.org](http://www.dynamicdialogue.org).



## *Listen to Your Life:* A Sacred Voice is Calling

The next round of our depth formation program begins in March 2019. For more information [www.breadoflife.org](http://www.breadoflife.org). Apply now.

This is also the foundation year for our Internship in the Art of Spiritual Direction.



## *Board Member Update:*



MARK SIMON



MARGO FOWKES



TAMAR FOSTER

## *Welcome!*

We are so pleased welcome three new members to the *Bread of Life* Board of Directors. This spring Mark Simon, Principal Consultant of Storywalkers and Margo Fowkes, President and Founder of OnTarget Consulting began their service to *Bread of Life*. This summer we welcome Tamar Foster, Senior Project Manager, Little Hoover Commission and recipient of the Best Business Plan and Best in Showcase awards from the Sacramento Entrepreneurship Academy, May 2018.

Mark is co-chairing our annual board retreat committee, and Margo has worked alongside our board president, Shari Roeseler, on board governance. Tamar is looking forward to putting her skills to work on our marketing and communications committee. You can read more about all our board members at [www.breadoflife.org](http://www.breadoflife.org)



If you believe the work of *Bread of Life* is important to the community and would like to support it, scan this QR code and it'll take you directly to our online donation page. Thank you for your gift!



## Change is in the Air

Our beloved foundress, Sandra Lommasson is preparing for her semi-retirement, California is burning, and election propaganda is heating up. We are all facing challenges from the intra- personal to the global. It is so tempting to simply shut off the external forces and hope things get better.

How do we cope? The Dynamic Dialogue program is “doubling down” our commitment to provide services to meet these challenges of transition. And let’s be honest—almost everything is in transition these days.

Hiding only exacerbates problems—so, let us help you, your family, or your organization clean out the backlog of blocked communication, angsty interactions and stressful environments. Let us show you how to dialogue through life’s challenges in ways that improve relationships and information sharing while decreasing the stresses that threaten our health and well-being.

We work with individuals, families, organizations and agencies in a variety of settings and ways. Take a look at myriad of opportunities we have for you at [dynamicdialogue.org](http://dynamicdialogue.org) or feel free to give me a call.

Blessings, Jean Holsten

## The Things That Matter, continued from cover

70th year — a time to pause in significant sabbatical – I am eager to listen more deeply to the currents of my life and where they seek to carry me next. Writing is a definite part of it. So too is time with family and those seeking depth in a spiritual community. These are ways Spirit ‘incarnates’ for me.

As I look around, I trust that we have the right team attending to *Bread of Life* now and listening for what seeks to be born next through the organization. And, because the mission of cultivating transforming practices is not an easy one to live or to interpret, you are essential to what will emerge.

Ken Wilber, a student of how consciousness evolves, makes the striking statement that transformation is not about a change of belief, but rather the ‘death’ of the believer. In other words, the capacity and moral will to let go of the small selves we think we are into something we cannot ‘strategically plan’ requires trust in the Something More that holds us all and invites the faithful to let go.

A mission like ours requires courage, hope and the commitment of a dedicated community of care. That’s YOU. Thank you from the depths of my heart for your presence and tangible support across 21 years! Please join me in considering how you will intentionally seed the next generation of this crucial work as an enduring ‘Yes’ that *matters*.

In wide gratitude,  
Sandra Lommasson