



Bread of Life

Cultivating practices that transform lives

Resource Development at Bread of Life

We call it Resource Development at *Bread of Life*, but it is fundraising. We've been doing it for 22 years and we need to do it now, perhaps more than ever.

Bread of Life has been able to keep moving forward because we have had a wonderful combination of earned income and donated income. We have had, and continue to have, committed donors and new donors who help support *Bread of Life* in its totality. Each earned income program has its own associated overhead which includes a built-in percentage that comes to *Bread of Life* for salaries, rent, marketing, utilities, IT, insurance, payroll costs, etc., and it is not enough. And our fundraising has not been enough. The truth is that historically we have kept salaries low in order to meet all the associated costs of doing business.

Currently there is movement in the nonprofit world toward the open and honest conversation about what it really costs to run a nonprofit and if it is acceptable to ask talented people to take small salaries. I can see this paradigm of nonprofit salary martyrdom shifting— it is not okay to ask talented, well-educated program directors, administrative staff

Continued on back

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

Visit www.breadoflife.org or call (916) 648-1803.



I've had the book: *Einstein and the Rabbi* by Naomi Levy on my nightstand for a while — that's how I tell you I'm not sure how long and I have no idea if it was a gift from a friend, or my mom or if I heard about it and ordered it from Amazon....it's a complete blank. What is clear is that on Memorial Day weekend I pulled the book out of the very embarrassingly large "I'm going to read these books" stack and started to read. All I know is that something in the universe had made it clear — NOW IS THE TIME.

Truthfully this is a bit how it goes at this nonprofit too. There are lots of excel spreadsheets and lots of program budgets, and plans, and board meetings, and conversations and honest attempts. Often I focus intently on one goal and somehow I end up going in the completely opposite direction, sometimes it is right direction and other times it is back to the spreadsheets. What I do know is that since finishing the book this weekend, after a lot of tears from chapter 33 — Know Who Your Are — I am not the same person I was when I started the book.

Levy's book is life changing, in much the same way I know the Internship, Listen to Your Life and Dynamic Dialogue are at *Bread of Life*. Levy's book is intense and loving, directive and friendly, funny, honest and deeply moving all at the same time. And that is a lot like everyone at *Bread of*

Life, and a lot like life. Levy completes each chapter by adding a prayer of her own in italics — I offer to you the prayer from the end of chapter 33:

"The seal of the Creator is on you. God is waiting for you to finally use the gifts that are already planned inside of you. A new time of blessing is waiting for you. Know who you are. Amen".

And so it goes, we continue to work on who we each are at *Bread of Life*, who we are as staff members and board members, and program participants and who we are as people in this complex world.

We, that's me and the staff and the board, are working on what this nonprofit will become, it is a searching and a redefining, a journey much like life itself. What gifts will we continue to offer, what new gifts will spring forth from all that is afoot? As Levy writes — "building the foundation is not very glamorous, but there is majesty in it, and magic too."

I encourage you to be a part of the magic that is *Bread of Life*, whether as a program participant, or a donor. We have some wonderful programs planned, join us. We value your donations, we are good shepherds of your generosity, and we can't do the *Bread of Life* magic, or this life, alone!

Make sure to check our website for upcoming classes and workshops.

— Pia Spector
Executive Director

Classes / Groups

Unless otherwise noted, register at www.breadoflife.org

Listen to Your Life: A Sacred Voice is Calling

This depth program has a faculty team of seasoned staff with experience as spiritual directors, and supervisors. We maintain a 6:1 ratio of participants to faculty.

Second Sunday of the month, continuing class.

The program is grounded in the Christian story AND draws from and honors diverse traditions. We consider the movements of Spirit in whatever tradition or life arena they arise to be an essential work of the human family in our time. Cost is \$1500 and includes retreat cost. Personal spiritual direction and books are separate. Flexible payment plans can be arranged.

<https://www.breadoflife.org/listen-to-your-life>



Collage for the Soul

Facilitated by: Carol Mathew-Rogers

Thursday Evenings Starting:

July 18th, 2019

August 15th, 2019

From 6:00 pm to 8:30 pm

Class Cost: \$20.00

Sept. 11-Oct 2, Oct 23 - Nov 13

4 week sessions: \$100



Take some time every

month to let your creative juices flow as you cut and paste images into expressive art collages. Based on the SoulCollage® program, this easy-to-learn and addictive art form is a tremendous way to give voice to the experiences and musings that so often go unspoken. We will work in silence to support creativity. Positive sharing will conclude each gathering.

www.breadoflife.org/collage-for-the-soul

Grief Support Group

Facilitated by: Seasons Hospice & Palliative Care

Monday's Starting: July 22nd, 2019 – August 26, 2019, From: 12:00-1:30 pm

Cost: Free of charge

Hosted and facilitated by Seasons Hospice & Palliative Care



Grief groups provide a comforting environment that support the grieving process and attend to participants' unique needs. All adults experiencing the loss of a loved one are welcome. Please note that the group remains open to all expressions of grief/bereavement, these themes are simply designed to help initiate conversations and foster community--not restrict them. To register, please call Seasons Hospice at 916-307-6458

www.breadoflife.org/grief-support

Finding Balance: Journaling and Techniques for Inner Freedom

Facilitated by: Marilyn Buehler, M.Div.

July 28, 2019

From 2:00 pm – 5:00 pm

Class Cost: \$35.00



This afternoon workshop provides techniques to identify charged, and sometimes hidden, emotions or beliefs. Come

learn how to gently free yourself, and find balance through journaling, and silent reflection. Learn practical and liberating journaling techniques to uncover and release the unconscious emotions and beliefs that may draw these situations to you. As these states of mind come to light, you will naturally find peace and balance. Please bring a notebook and pen.

www.breadoflife.org/finding-balance

DynamicDialogue Workshop

Facilitated by: Jean Holsten,

Director of Dialogue

August 1st - 4th 9:00 am – 5:00 pm

\$50 Registration Fee

Class Cost: \$500 (\$125 / day for the series of four which can be taken in any order.) or \$150 / day.



No matter how hard we try, difficulty interacting with others is a common experience. The gap between the desire to connect well and a reality filled with different ways of perceiving, thinking, and expressing ourselves derails even best intentions in families, organizations, workplaces, and communities.

These challenges are especially frustrating when we see that competent, caring people are unable to work through life's problems. DynamicDialogue® introduces learners to concepts that explain underlying difficulties while offering an array of tools and practices that help avoid or work through challenges to a more satisfying conclusion.

Day One – Awareness, Day Two – Compassion, Day Three- Creative Freedom and Day Four - Interdependence



Payments must be made in FULL by July 19, 2019. Once you have paid your deposit, please call Nichole at 916-648-1803 or email nichole@breadoflife.org to schedule your desired dates and additional payment information.

www.breadoflife.org/dynamicdialogue

Thank you...

Dear Ones,

I am so thankful for the warm welcome I've received here at *Bread of Life* since I began my "orientation" period of one-day-a-week, from April through June. It has been such a delight to meet so many wonderful and prayerful people—the staff, the Spiritual Directors, participants in Listen to Your Life, Soul-Tenders, and Board members. I've also had the privilege of providing spiritual direction to two new directees, and look forward to adding more as my schedule permits.

The transition for *Bread of Life* as founder Sandra Lommasson retires is significant. I trust that the Holy One is active during this time, insuring the health and vitality of the powerful force for transformation which *Bread of Life* has been in the Sacramento region for over 22 years.

Thank you for the opportunity to continue to discover new and life-giving ways to further the mission of *Bread of Life*.

Deep blessings,

Chris Shiber
Director of Spiritual Formation Programs



The Art of Quilting as Meditation

In July of 2018 Brother Don Bisson presented *Confronting the Collective Dark Night and Journeying Toward Hope* as a fundraiser for *Bread of Life*. The afternoon was very powerful and people talked about their experience long after. It was a delightful surprise to discover that Terri Wolfe, who attended Don's presentation, was inspired to create a quilt for Don which memorializes the title of the day and its meaning. Terri is a talented quilter, she tells us it is her meditation!



She brought the quilt in to give to Sandra who was on her way to visit Don and the Marist Brothers in New York for the week. We are so lucky to have the before and after photos! Thank you Terri for your inspired artistry and generosity and thank you Sandra for the in person delivery!

Classes/Groups, Continued

The Blessing Path

Facilitated by: Rev Lois Mueller
August 24, 2019 9:30 am - 4:00 pm
\$75.00

Through art, poetry, music, journaling, guided meditation and sacred sharing we will explore what it means to bless and will practice blessing our lives and each other.
18 person maximum for this class.
www.breadoflife.org/the-blessing-path



The Spiritual Exercises of St. Ignatius

Facilitated by: Chris Shiber
Select Mondays
Starting September 16, 2019 10:00 - 12:00 pm or 6:30 pm to 8:30 pm
Retreat cost \$900.00 + \$50.00 Registration
This 30-Week course has an emphasis on prayer, group, and individual spiritual



direction. The exercises are designated for those feeling a personal desire for a deeper relationship with Jesus and a commitment to their own spiritual journey. This practice is held in a small group setting of 4-7 individuals. Upon registration and receipt of your deposit a discernment interview will be held with Chris Shiber.

www.breadoflife.org/exercises-of-ignatius

Spiritual Direction Group

Facilitated by: Chris Shiber
First Wednesdays
Starting October, 2019 10:00 - 12:00 pm
Retreat cost \$450.00 + \$50.00 Registration

The Spiritual Direction Group is a small contemplative group that will meet once a month for nine months. This group focuses on prayer, reflection, and silent meditation practices. There is a 4-5 person maximum for this group.

www.breadoflife.org/spiritual-direction-group





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Listen to Your Life

THE BREAD OF LIFE CENTER

Donations are now accepted online. Click below to go to our donation page:

[Donate](#)

Thank you to all the faithful donors who helped us raise \$16,500 on the Big Day of Giving 2019. Though we fell short of our stretch goal of \$20,000 we are grateful for those donors who have been with us from the beginning, those of you who are new to Bread of Life and to our 100% giving board of directors.



We are very happy to share with all of you that those donated dollars are spent supporting programs at Bread of Life, providing the building we are in and all our associated costs.

We are all grateful to be doing this work. We are grateful there is a place in Sacramento for

people to receive spiritual direction, and that there is a safe place to explore in community, whether that is by attending a Collage for the Soul workshop, a Grief group, a journaling group or one of the stellar depth programs. We couldn't do this without your support! Thank you.

Resource Development, *Continued*

and, enthusiastic facilitators to accept low wages which, as a single income source, would not make it possible for that person to live in California, let alone plan for retirement.

This is a dangerous and stressful model to sustain when change and growth are a necessary part of our strategic plan. We have been walking a tightrope while hoping to expand the footprint of *Bread of Life*, to attract new donors, younger people to carry the mission torch, to attract the unaffiliated who are searching, or to be the plus place for the affiliated who want more. In order to do all this good growth work, we need to improve our fundraising model so we can afford to keep great staff and hire more equally talented staff.

So, as we start to budget for 2020 we will be taking a deep dive to see how we can adjust the resource development budget goals and our funding sources. We will be reaching out to existing donors, cultivating new donors, asking for new board and committee members, cultivating funders and hoping to write grants. So, we will be reaching out to you to help us take the next giant steps forward. Your ideas, your volunteerism, and your financial support is welcome as we dream and plan to make a future for *Bread of Life*.