



Navigating The Art and Science of Change



InnerChange[®]

Helping Women Transform Their Lives From the Inside Out

Integrating Our Spiritual Path with Nan Weir

December 17, 2008 - 8:30- 12:00 noon

The Depot – 919 Old Henderson Road, Columbus, OH 43220

The Seminar

"[The] spiritual life is a matter of becoming who you truly are. It's not about becoming Catherine of Siena, or some other saint, but who you are. It sounds easy enough, but being who you truly are is work... [it takes] courage and faith."

- Richard Rohr-

Does the rhythm of your life and work seem in harmony or discord with who you really are and what you value? Has it been a while since you've heard a sounding from that wise, quiet voice deep inside you? Perhaps its time to be still and listen...

In this session, participants will be invited to pause and reflect on their spiritual lives... to notice the obstacles that get in the way, and identify opportunities and practices that will support their individual journey of spiritual deepening and integration.

The morning includes an overview of the topic, and opportunities for experiential learning, and individual and group reflection. This is an interactive/experiential session where participants will bring content to the table from their own spiritual lives.

Key Topics:

- Reflecting on your individual spiritual journey.
- Noticing obstacles that get in the way.
- Identifying practices and opportunities for spiritual deepening and integration.

Benefits

The women who attend this seminar will be offered a retreat-like experience where they will have the opportunity to be still and listen to the wisdom of their deepest self as they shape their vision for a more integrated life.



Nan Weir

Nan Weir is an architect, facilitator, and retreat leader who dedicates much of her time and energy to creating sacred space and building community. She has over 25 years experience working with groups to build consensus and create a common vision for the future. Her architectural practice has been focused on creating sacred spaces in which people live (single-family residential), learn (academic and public libraries), worship (churches), and work (corporate office environments).

Nan facilitates small groups and retreats nationally, regionally and locally. She completed the Leading Contemplative Prayer Groups & Retreats and Facilitating Group Spiritual Direction extension programs with The Shalem Institute for Spiritual Formation in Bethesda, Maryland. She currently is a member of Shalem's adjunct faculty (Midwest Regional and Personal Spiritual Deepening Program staffs), The Spirituality Network's Wellstreams Advisory Board, and First Community Church.

Cost - \$99 covers seminar cost, continental breakfast, breaks, session materials and InnerCircle networking package.

For more information go to www.ncompass-consulting.com or www.The-Depot.org

SPACE IS LIMITED – Register TODAY!