

PROGRAM FOR "DAYLIGHT SAVINGS TIME" ENLIGHTENMENT SERIES

MAY - OCTOBER, 2025 On the Last Wednesday

May 28th

[The Shaping Silence: Contemplation as a Path to Becoming](#)

Contemplative practice opens us to divine qualities like honesty, hope, and love—allowing them to take root in us. This session invites us to encounter the sacred and cultivate deeper, more authentic connection.

Presented by Frank Krebs

June 25th

[Contemplative Prayer and Practice: Nurturing Surrender, Holy Imagination and Courage](#)

The fruits of contemplative prayer are unpredictable but there are some fruits that we can practice toward: surrender beyond the ego, horizons wider than we can ever imagine and boldness shaped by humility. Who doesn't wish, hope and dream for a sufficient portion of all of those?!

Presented by Don Wester

July 30th

[Life's Concerto: Wholeness through Poetry and Expressive Arts](#)

Discover how poetry, art, and reflective writing can open pathways to healing and spiritual growth. This interactive workshop invites you to engage the creative process as a contemplative practice for navigating life's changes with hope and depth. Bring your favorite pen and journal!

Presented by Terri Goslin-Jones

August 27th

[The Privilege of Presence: Contemplative Companionship at the End of Life](#)

Explore how an end-of-life doula offers presence, compassion, and spiritual support in life's final chapters. This session weaves together story, reflection, and the importance of healthcare directives as part of a sacred transition. Discover how letting go—through practices like Centering Prayer—can bring peace, meaning, and grace at the end of life.

Presented by Joan Bretthauer

September 24th

[Centering Prayer and Emotional Sobriety](#)

We will explore Thomas Keating's 11th Step insights and the spiritual friendship between AA cofounder Bill Wilson and Jesuit priest Father Ed Dowling. Drawing from *The Soul of Sponsorship* and Bill's article *The Next Frontier: Emotional Sobriety*, this session highlights contemplative tools, discernment, and lasting serenity in recovery.

Presented by Terry Endres & Jim McElroy

October 29th

[The Quiet Arts](#)

Prayer, meditation, music, poetry, visualization – we will be talking about spiritual praxis, practice, and its relevance to community organization, politics, a hundred blessings a day, the daily-ness of spiritual practice as creative strategies for daily spiritual renewal. This is the level of changing the world, one person at a time.

Presented by Rabbi James Stone Goodman