



Restoring Connections

TRANSFORMING THE WORLD THROUGH RELATIONSHIP

formerly the Center for Spirituality at Work



Life-Giving Ways

Spirituality is how we live and breathe and work. It is the way in which our values and beliefs show up in our words and our actions. Our spirituality is evident in how we spend our money, spend our time, invest our energies, honor relationships, and treat our planet. Erich Fromm, a German social psychologist and Holocaust survivor, posed two questions still relevant today. Are we living and breathing in a way that is life-giving for us, for those in close relationship with us, and for the broader community? Or are we living and breathing in a way that is deadly for us, for those in close relationship with us, and for the broader community?

Thoughtfully,
Vie Thorgren, Director

Soul Care and Healing

Soul Care is the core service we provide through all our programs. Soul Care is about the whole person. It goes by different names, including spiritual direction, spiritual companioning, spiritual friendship, and soul care mentoring.

Soul Care responds to the need for life purpose and meaning. It is concerned with the integration of all of one's life, physically, emotionally, spiritually, relationally. It attends to healing and calling; interior life and relationships; family and community; sabbath and work; service and social justice.

The pandemic, economic issues, environmental disasters, and social division have made this a particularly challenging time. How do we find meaning amid all this? What is the truth? How are we called to respond? How do we hold onto our soul with the losses that beset us? So many live day-to-day reacting to the latest stress and feel depleted. Soul care fosters thriving, not just survival.

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Formation in Soul Care



We are accepting applications for our **2022-23 Formation Program in Soul Care**. We have been involved in the preparation and support of spiritual directors and all those who serve on the margins for 35 years, training more than 650 individuals on six continents. Our online 15-month program addresses the needs of anyone called to the ministry of spiritual direction, desiring to serve and companion people in poverty or seeking renewal in their service of others. Our present interns and graduates are providing soul care for justice-involved people, unsheltered people, youth-at-risk, refugees and migrants, victims of trafficking, terminally ill people, survivors of abuse, elderly homebound individuals, and wounded veterans.

The history of spiritual direction and our own experience have taught us a great deal about the mutual transformation that results from being in relationship with people in poverty. Meggie Flores, who is now serving migrant workers, recently shared the following with us, “When I have encountered the poor and listened to their stories, I have learned that we can heal together.”

Additional information about our Formation Program in Soul Care is included with this mailing and on our website at www.restoringconnections.org

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Soul Care and Healing

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Restoring Connections has a team of well-trained Soul Care mentors serving individuals seeking healing, wondering about their calling, or wanting a listening presence as they deal with the stresses and challenges of everyday life. Our Elder Wisdom programs have a Soul Care focus empowering those 55+ with a sense of purpose and the opportunity to be a healing influence in the family and the community. For further information about our services, see www.restoringconnections.org



Heal the Divisions

Our Elder Wisdom program invites you to two different opportunities to develop the skills and understanding for difficult conversations and conflictual situations.



Healing Conversations: Dialogue not Disaster

SATURDAY, FEBRUARY 5, 2022
9:30 AM - 12:30 PM MOUNTAIN TIME
Online via Zoom
\$45 USD

Register at www.restoringconnections.org
Registration Deadline is February 3rd

Whether we realize it or not, we each have our conflict styles and ways of showing up when conflict occurs. These ways of being in conflict are shaped by a variety of factors, including how/when we were raised, what we've been taught, what we've observed, and more. We will explore barriers to respectful conversation, practice dialogue techniques, and discuss when to engage and when to walk away.

Want to Talk?

Communication Tools for Divided Times

WEEKLY, MONDAYS MARCH 7-APRIL 11, 2022
10:00 AM - 12:00 PM OR 6:00 - 8:00 PM
Online via Zoom

Free Will Donation, Suggested Donation is \$50
Additional required books approximately \$30
Registration Deadline is February 22nd

Want to Talk? is a six-week, online Lenten Series designed for small groups and utilizing tested materials from JustFaith Ministries. Deepen your relationships while staying true to your values, whether you find yourself navigating a heated disagreement with a family member, interrupting racism in the office, facilitating political tension in church, or working for systemic change on any justice issue.

News from the Board



It is with deep gratitude that we say farewell to Corky Thompson who completed her term of service on the Board of Directors. Corky is an author and a grandmother. She continues to serve with the Society of St. Vincent de Paul at Our Lady of Loreto Catholic Church and is the Colorado State Chair of its advocacy division, Voice of the Poor, She is a member of the Denver Women's Press Club and the British Society of Women Writers and Journalists. Corky has mentored incarcerated women through our program at the Denver Women's Correctional Facility. Her enthusiasm and experience have been invaluable to our growth over the years and we are grateful for her service.



We welcome Carolyn Luebbers to the Board in the role of Treasurer. Carolyn brings a rich history as a Vincentian. As a young woman she was a member of the Sisters of Charity of Leavenworth for 4-1/2 years. That commitment to compassionate service has continued through her participation in the Society of St. Vincent de Paul. She is the President of her local conference.

She regularly serves single mothers through home visits, many of whom are struggling with rent and utilities. She is a graduate of our *Formation*

Program for Soul Care. Carolyn has also served as the Secretary for the Denver Vincentian Family Committee for 5 years. We are delighted by the guidance, attention to detail and wisdom she brings to Restoring Connections.

“
[The *Spiritual Direction Formation Program in Soul Care*]...helped me bring a deeper spiritual presence to my work...and also helped me become more aware of social justice issues.
-Carolyn
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To receive monthly email newsletters and event invitations, go to our website at www.restoringconnections.org and subscribe. If you aren't getting our email newsletters, be sure to add rc@restoringconnections.org to your "safe senders" list.