



2023-24 Groundings at a Glance

Groundings is a monthly lecture series open to anyone interested in deepening their spirituality, their capacity for deep listening, and their contemplative engagement in our world.

Saint Thomas More Catholic Church, Ignatius Hall
1079 Summit Ave., St. Paul, MN 55105



Tuesday Sept. 19, 2023

1:00-3:00 PM

Christine Luna Munger,
Ph.D

Contemplative Dialogue through Movement

In this session, we offer our attention to Five Ordinary Movements (FOM) as we tend to contemplative dialogue with God, with others, and with our self. Together, we will look at the FOM: ups and downs, back and forth, cycling of spirals, tension of a web, and vibration of concentric circles as metaphors for both discerning the Presence of the Holy One in

the context of ordinary life, as well for choosing life-giving responses in our interactions with others through contemplative dialogue. The session will include input from the facilitator, personal reflection time, small group sharing, and guided meditation practice.



Tuesday Oct. 17, 2023

1:00-3:00 PM

Stephanie Spencer

Wrestling to Expand How We See

What happens when we seek questions instead of answers when we read the Bible? How are we expanded when we listen to the wisdom of a gathered community? When we bring our lived human experiences to the Bible, could we find resonance to the stories inside? Stephanie Spencer, from 40 Orchards, believes opening to these questions, and more, when we read Scripture changes everything about how we see it.

At 40 Orchards, participants experience the power of reading the Bible using Midrash, the ancient Jewish practice that makes room for multiple possibilities, perspectives, and questions to belong. This will be less of a presentation and more of a practice, as Stephanie leads the group through a passage, helping us all learn from each other, wrestle together, and search for how God might be speaking



Tuesday Nov. 21, 2023

1:00-3:00 PM

Sam Rahberg

Listening for God with Our Whole Selves

Benedict insists that the divine presence is everywhere, just as Ignatius urges us to watch for the movements of the Spirit. These ideals sound straightforward enough until our attention becomes clouded by the noise around and within us. Countless traditions have raised up practices over the ages, supporting the human desire for deeper attention to what matters.

What they hold in common is the encouragement to listen with our whole selves -- through thinking, feeling, and bodily sensations. On our way toward clearer attention to the divine presence and the movements of the Spirit, we'll explore each of these dimensions together, drawing on some practical tips often used to train spiritual directors. All that is needed is a willingness to be open and honest with yourself.



Tuesday Jan. 16, 2024

1:00-3:00 PM

Osheta Moore

Wading in the Waters of Belovedness

Race is one of the hardest topics to discuss in America. Many Christians avoid talking about it altogether. In "Wade in the Water of Belovedness" we'll explore the intersection of contemplation and activism through the lyrics of a cherish Negro Spiritual.



Tuesday Feb. 20, 2024

1:00-3:00 PM

Dan Johnson

Ignatian Spirituality:

Imagination and Holy Wondering for Today

500 year old Spanish mysticism is not the stuff of headlines, tweets, or tic-tocs. It is, however, wildly appropriate for the challenges and hunger of today's society.

Using parts of Ignatius' own story and prayer, we will see how imagination and wondering are key gifts for recognizing and trusting how the holy is moving at the core of our lives. From that place of trust we receive what we need to choose and live boldly in difficult times. We will also look at Ignatius' encouragement to adapt the practices for the benefit of those we see in direction.



Tuesday Mar. 19, 2024

1:00-3:00 PM

Rev. Dedra Herron-Slack

Curating Culturally Based Contemplative Experiences

Who has the authority to parse out that which is sacred for another? As persons of color we often enter "white spaces" to participate in contemplative practices. Rarely do those spaces offer experiences where we feel included.

How do we decolonize contemplative practices so we include all people especially African Americans without doing more harm? How can we be more inclusive and sensitive creating "brave" space for everyone who desires to enter into contemplative communities?

People of color need contemplative places in which we can gather and be free from the mainstream stereotypes and marginalization that permeate every other societal space we occupy. Using contemplative practices and curating contemplative experiences for an exhausted community is one way to address individual as well as collective healing in our communities.



Tuesday Apr. 16, 2024

1:00-3:00 PM

Claire Bischoff

Dabbling in Artistic Prayer (for Artists and Non-Artists)

In this presentation, we will explore two spiritual practices connected with art, one ancient, one contemporary. First, we will learn about praying with icons, a centuries-old practice grounded in the Orthodox Christian tradition.

Second, we will experiment with prayer doodling, a practice developed by Sybil MacBeth. Both of these practices are widely adaptable for use with individuals and groups and with an array of artistic and natural media.



Tuesday May 21, 2024

1:00-3:00 PM

Joan Olson

Spirituality at the End of Life

With our aging population, many of us will be companioning people who are facing the end of their lives. What issues come up as death approaches? What might we need to pay attention to in our own lives? And what might we learn from those who have walked this path?