

THE CENTER FOR
**SPIRITUALITY
PRACTICE**
RESOURCES FOR SPIRITUAL JOURNEYS

E-Courses and Online Retreats

Turn your email inbox into a
spiritual retreat center.

Most of us love to go on a spiritual retreat:

- to reflect upon the meaning and purpose of our lives,
 - to nurture our connection to Spirit,
 - to learn from great teachers,
 - to expand our repertoire of spiritual practices,
 - to connect with a new spiritual community.

... but we find it hard to get away.

We bring the retreats to you!

The Online Retreats are four to seven-week programs that present classic spiritual practices of the world's religions or explore key teachings of sacred texts via:

- email essays and text selections
- audio programs and video clips
- teleconferences with spiritual teachers
- access to an online Practice Circle to interact with the retreat leaders who have long worked with these practices and texts*

The Practicing Spirituality E-Courses are 40-day retreats delivered via email. Each "lesson" consists of:

- a short reading for reflection
- a practice suggestion to be done amidst your everyday activities
- access to a private "Practice Circle" where you can share your experiences with other e-course participants from around the world*

* Practice Circles not available for On-Demand E-Courses

Go to www.SpiritualityandPractice.com/ECourses for our current offerings.

223 W. Foothill Blvd., 2nd Fl. • Claremont • CA • 91711

909•447•8800

Brussat@SpiritualityandPractice.com

The Center for Spirituality & Practice is a project of CISTems, Inc., a nonprofit 501(c)(3) tax-exempt organization. The multifaith and interspiritual Center is affiliated with the Claremont School of Theology.

What People Say about SPIRITUALITY & PRACTICE E-Courses and Online Retreats:

"The readings and practice suggestions were easy to apply to everyday life. They were thought provoking and just challenging enough to facilitate small, but important changes in behavior to bring about a deeper spirituality."
- Diana

"This course gave me a place to start each day – a grounding for my spirit and a spiritual impetus for the day."
- Ann

"This online retreat is very user-friendly. What a great idea to bring such wonderful spiritual wisdom into homes and hearts via the Internet. The material was fresh and inspiring. I looked forward to each new lesson. This course is the answer for those who think that they don't have time for a retreat!"
- Mary Liz

"Although I have my own daily practice, I found incorporating this course enriched it tremendously. I was aware of hundreds of others all over the world focusing on the same teaching every day."
- Mary

"Given the deeply personal nature of the material, this format helped provide the privacy and unlimited time needed to work through whatever came up."
- Bob

"Allowed me the opportunity to share, listen and participate in the comfort of my home and in my own time."
- Sonia

"I have grown, and it has mercifully come during a time of trial."
- Yvonne

"This retreat has provided yet another way to deepen my relationship with God... It was wonderful!"
- Pat

"It was a rich spiritual experience that provided much to ponder in addition to daily practices that helped me to deepen my connection with God and others."
- Beginner's Mind

"This online retreat will challenge, inspire and motivate you to expand your awareness of 'how,' 'when,' and 'where' you encounter and experience God."
- Paul

"The format was terrific! I liked the different activities (written, audio, video components) and the way they were paced. Best of all, I have access to the archives and can re-visit anytime."
- Vivian

"It was an easy and gentle way to learn so much new information, and it was presented in such a focused way that I was able to incorporate my learning into my daily life. The structure was terrific! I was never over-taught, never burdened with more than I could handle easily. I found myself coming back to the passage again later in the day to reinforce the lesson."
- Amy

And on the Practice Circle Community:

"My spiritual understanding of oneness and other faiths has broadened tremendously. I have learned a great deal from not only the course but from the many wonderful sharings through the posts every day."
- Michelle

"It has been rather awesome to touch bases with so many like-minded individuals."
- Jerry

"I am a spiritual director and will recommend this e-course website to most of my directees. Because I live in a remote area of Alaska, I often feel a sense of isolation in regards to my spiritual friends. It was wonderful to experience closeness with others as we journeyed together for a while."
- Janet

"This course helped to spur a deeper spiritual awareness in me, and the Practice Circle helped to remind me that I was not alone in looking at myself or in making changes."
- Dave

"I entered into this retreat thinking it would be about me and my experience. It very quickly became about 'us' in the Practice Circle. I met some amazing people and learned more about myself in this process than I would have imagined possible."
- Lisa

More than a Course - A Community!

www.SpiritualityandPractice.com/ECourses

S&P On-Demand E-Courses

Choose your start date and frequency (daily, three times a week, twice a week, weekly). The written lessons are delivered via emails which may also include links to audio recordings, video clips, online slide shows, and other materials.

Retreats on Classic Spiritual Practices

Instructions from well-known spiritual teachers on practices from the world's religions.

As It Is: Spiritual Journaling
By Judith Favor

Becoming Truly Human
By Cynthia Bourgeault

Beyond Recovery
By Rami Shapiro

Breaking Free: Liberation through Interfaith Dialogue
By Imam Jamal Rahman, Rabbi Ted Falcon, Pastor Don Mackenzie

Centering Prayer
By Cynthia Bourgeault

Child of the Light
By Sharon Conley, Beth Richardson

Choosing to Love
By Patricia Campbell Carlson, Br. David Steindl-Rast, Margaret Wakeley

Contemplative Discernment
By Fr. Carl Arico, Pamela Begeman, Gail Fitzpatrick-Hopler

Crafting Your Own Religion
By Thomas Moore

Creating a Monastery of the Heart
By Mary Lou Kownacki, Joan Chittister

Creating Sanctuary for Ourselves and Others
By Terry Hershey, Patricia Campbell Carlson

Creating Your Life
By James Kullander, James Hollis

The Cry of the Prophet
By Joan Chittister and Benetvision

Discovering What's Enough
By Wayne Muller

Embracing Living: The Welcoming Prayer
By Contemplative Outreach, Mary Dwyer, Therese Saulnier, Cherry Haisten, Jim McElroy

Engaging Hope
By Patricia Campbell Carlson, Br. David Steindl-Rast, Margaret Wakeley

Every Body's Prayer: Expressing Faith through Movement
By Lindsay McLaughlin, Patricia Campbell Carlson

A Field Guide to Solitude
By James Kullander

Finding Peace in Turbulent Times
By The Interfaith Amigos, Ted Falcon, Jamal Rahman

Forgiveness: A Growth in Love
By Contemplative Outreach

The Grace of Advent
By Contemplative Outreach

The Grace of Lent
By Contemplative Outreach, Fr. Thomas Keating

The Gift of Life
By Thomas Keating, Mary Anne Best, Susan Rush

Gifts of a Scarred Soul
By Joan Chittister

The Holy Fool
By Thomas Moore

Holy Silence: The Quaker Way
By J. Brent Bill

Intercessory Prayer
By Jane Vennard

InterSpiritual Meditation
By The Teachers of the Spiritual Paths Institute, Ed Bastian

Journey into Mercy
By Joan Chittister

Lean In, Lighten Up and Let Go
By Contemplative Outreach, Mary Dwyer

Lectio Divina
By Contemplative Outreach

The Liberating Promise of Mindfulness
By James Kullander, Sylvia Boorstein

Living the Hours
By Patricia Campbell Carlson

Lovingkindness
By James Kullander, Sylvia Boorstein

Lumen Divinum: A Retreat for Advent
By Contemplative Outreach

Mastering the Art of Resilience
By James Kullander

The Mindful Life
By Donald Altman

The Miracle of Breath
By Drew Leder

One Love: Navigating Life by Heart
By Mirabai Starr

Pausing
By Terry Hershey

Photography as a Spiritual Path
By Jan Phillips

The Practice of Compassion
A Multifaith Guide

Practicing the Presence of God
By Pamela Begeman, Gail Fitzpatrick-Hopler, David Frenette

Praying for Justice and Peace
By Jane Vennard

Presence - Relationship with Divine Love
By Kabir Helminski

Releasing the Contemplative in You
By Joan Chittister, Benetvision

Remembrance - The Spiritual Practice of Zhikr
By Kabir Helminski

Silence and Centering Prayer
By Contemplative Outreach, Carl J. Arico, Gail Fitzpatrick-Hopler

Silence Night, Holy Night
By Contemplative Outreach, Mary Anne Best, Gail Fitzpatrick-Hopler, Pamela Begeman

Silence and the Spiritual Journey
By Contemplative Outreach

A Simple Immediacy: Desert Wisdom for Advent
By Cynthia Bourgeault

Spiritual Practices from the Gurdjieff Work
By Cynthia Bourgeault

Teilhard for Our Times
By Cynthia Bourgeault

The Transformation of Suffering
By Contemplative Outreach, Fr. Thomas Keating

Transformative Travel
By Phil Cousineau

Trusting in Life
By Patricia Campbell Carlson, Br. David Steindl-Rast, Margaret Wakeley

Walking on Sacred Earth
By Nancy Rowe

The Way of the Spiritually Independent
By Rami Shapiro

Ways to Pray from Around the World
By Maggie Oman Shannon

Welcoming Prayer
By Contemplative Outreach

Zen and Everyday Life
By Brenda Shoshanna

We also offer many other online programs . . .

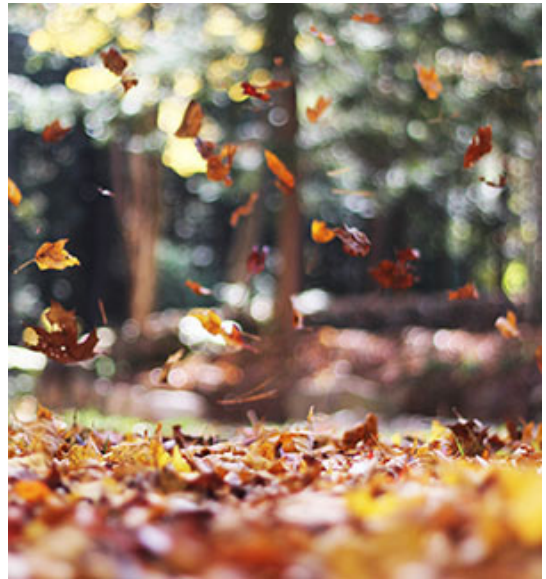
Retreats on Sacred Texts

Passages from sacred texts and commentaries by our teachers on living the wisdom.



Elder Spirituality E-Courses

For elders by elders: e-courses that reframe aging and the spiritual work of this stage of life.



Practicing Spirituality

40-part programs on everyday spirituality in Places, Activities, and Relationships and as taught in the World Religions and by Master Teachers. All led by Frederic and Mary Ann Brussat.



21- Day Programs to Break Habits

Spiritual nuggets and practice suggestions to catalyze personal transformation. Based on the idea that it takes three weeks to change a habit or start a new practice.



Read more and subscribe at:
www.SpiritualityandPractice.com/Ecourses