



May/June 2019

# UPDATE

Renew · Refresh · Refocus

## Meet Rachel Drotar

We all crave community - a group of people that shares the same values of inclusion, justice, reflection and contemplation; people who are not afraid to ask the hard questions. After moving back to Cleveland as a 20-something, I looked for a place and people to walk with me as I wrestled with issues related to family, relationships, who I am becoming, my work, and my spiritual life. I was thrilled to find Centering Space and this type of community.



More programming for young adults has increased opportunities for individuals in their 20s and 30s to gather for faith sharing, meditation, and relationship building. Having space to reflect on the changes and challenges of life, within a loving community of support, is important. Examples of past young adult events include a reading and discussion of *Mercy in the City* by Kerry Weber about our challenge to work for social justice, and a reflection series called "R-chitecting Your Life Experience" facilitated by Cindy Carty to help navigate the roads of career, relationships and social connections.

Centering Space is grateful to provide these opportunities for people like me who are searching and questioning. As a board member, I look forward to meeting you and invite you to take part in our community.

## The Power of Example

Mahatma Gandhi was once asked by a reporter to give him a message he could take back and share with his people. Gandhi wrote on a scrap of paper, "My life is my message."

His answer reminded me that whatever my message might be, I express it through my life, or more specifically, by my example. I'm judged by what I do, not the bumper stickers and yard signs I display. Do I talk about patience then fume when the person in front of me violates the "Express Lane - 10 items only" checkout line policy? Am I kind while driving my car even when others are not?

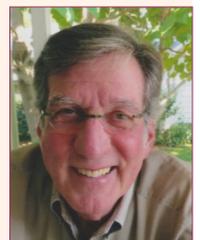
Years ago someone asked me what would happen if a video camera secretly tracked me for a day. Would I be pleased with the playback or cringe at my behavior?

Kindness and anger are like the flu bug. When you infect another person with either one, they're bound to pass it on and suddenly you've started an epidemic. Which one do I want to spread?

The key, I believe, to finding joy is to turn inward through prayer and meditation to become aware of my real self, the Lord within. And a wonderful setting for practicing reflection, contemplation, and stillness of spirit is our own Centering Space. Stop in soon.

Dan D'Ettorre

Lifelong man of prayer. Fresh energy here at Centering Space



## Upcoming Programs

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| May 2 – Respite Time                 | June 1 – Circle of Trust Mini-retreat |
| May 4 – R-chitecting Your Life       | June 2 – <a href="#">Deliberate</a>   |
| May 5 – Heart Centering              | June 9 – Respite Time                 |
| May 9 – Respite Time                 | June 14 – Dances of Universal Peace   |
| May 10 – Dances of Universal Peace   | June 15 – Resilience                  |
| May 11 – Contemplative Spirit        | June 20 – Dances of Universal Peace   |
| May 12 – Fearfully and Wonderfully   | June 22 – Drum Circle                 |
| May 18 – Send my Roots Rain          | June 23 – Taizé at River's Edge       |
| May 18 – Drum Circle                 | June 27 – Respite Time                |
| May 19 – Spirituality of Forgiveness |                                       |
| May 25 – Into the Woods              |                                       |

A Sponsored Ministry of the Sisters of Charity of St. Augustine



There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. — Albert Einstein

# Program Listing



## May

### Fundraiser at Aladdin's in Lakewood

**Thursday, May 2 | 11 am - 10:30 pm**

Advisory Board

Support us by treating yourself to fine cuisine at Aladdin's on Detroit. 10% of their proceeds that day come to us. No ticket or flyer required. Reservations suggested.

### R-chitecting Your Life - Young Adults

**Saturday, May 4 | 1 - 3 pm**

Cindy Carty

What are your hopes and dreams?  
What paths call to you?

Join us as we explore together. \$10

### Respite Time

**Saturday, May 4 | 10 am—Noon**

**Thursday, May 9 | 6 - 8 pm**

Betsy Nero & Carol Kandiko, CSA

An opportunity for those who care for others to come for self care, stillness and God's healing love. *Cost is covered by a grant.*

### Heart Centering

**Sunday, May 5 | 2 - 5 pm**

Mike Reiling

Come and explore the centrality of the heart as it comes to us in the Bible, contemporary spirituality and science. \$20

### Quaker Spirituality

**Saturday, May 11 | 9 am - 3 pm**

Alan Kolp

This daylong retreat will both introduce and deepen each person's knowledge of Quaker spirituality. Alan Kolp is a Professor of Religion at Baldwin Wallace University, a Benedictine Oblate and a lifelong Quaker. \$30

### Fearfully and Wonderfully

A TED Talk Discussion

**Sunday, May 12 | 2 - 4 pm**

Carol Kandiko, CSA

From our mother's wombs we are indeed each a unique expression of God. These TED talks remind us to cherish all God's children.

Donation benefits Centering Space

### Send My Roots Rain

A Companion on the Grief Journey

**Saturday, May 18 | 9:30 am - Noon**

Kim Langley

The only way out of grief is through. Kim's mindfulness approach to poetry is a spiritual exercise. Copies of her new book will be available. \$15

### Spirituality and the End of Life

A Conversation about Forgiveness

**Sunday, May 19 | 2 - 5 pm**

Patrick Gibbons

What does forgiveness involve at the end of life and what are its effects on individuals? \$20

### Into the Woods: A Forest Walk Retreat

Bradley Woods Reservation in Westlake

**Saturday, May 25 | 9 am - 2 pm**

Mike Reiling - Co-sponsored with RE

Bathe your spirit in beauty and wonder.

For details contact Mike at 216-482-0891 or mreilingllc@gmail.com \$20

## June

### We Make Our Way by Walking

Seasonal Mini-Retreat

**Saturday, June 1 | 1:30 - 4:30 pm**

Tony Vento

Explore the essential wisdom of pilgrimage to enliven your daily journey into summer. \$20

### Respite Time

**Sunday, June 9 | 2 - 4 pm**

**Thursday, June 27 | 6 - 8 pm**

Betsy Nero & Carol Kandiko, CSA

An opportunity for those who care for others to come for self care, stillness and God's healing love. *Cost is covered by a grant.*

### Resilience & the Science of Happiness Part 2

**Saturday, June 15 | 9:30 am - 12:30 pm**

Kim Langley

Uniting positive psychology and soul work provides a path to wholeness and holiness that anyone can walk. One need not to have attended Kim's first presentation to reap the benefits of this one. \$20

To register for a program,  
call 216.228.7451 or visit  
[www.centeringspace.org](http://www.centeringspace.org)

*Please let us know ahead of time that you are coming, since there are often materials to prepare.*

Although programs have a set fee, no one is turned away because of an inability to pay. Give what you can.

## Weekly Circles

### Reflective Prayer

An hour of inspiration, reflection, silence and sharing.

- Tues. evening 7 - 8 PM
- Wed. afternoon 1:30 - 2:30 PM
- Wed. evening 7 - 8 PM

## Monthly Circles

### Dances of Universal Peace

Drawing on sacred traditions, the dances blend chant, music and simple movement.

Friday: May 10, June 14 | 7 - 8 pm  
Thursday, June 20 | 7 - 8 pm

### Intentional Drumming

Our drum circle is open to all. Come to relax with rhythm and make friends.

Earth laughs in flowers.



Ralph Waldo Emerson

14812 Lake Ave. | Lakewood  
[www.centeringspace.org](http://www.centeringspace.org)  
216.228.7451

Our third floor retreat rooms are beautifully renovated and ready for retreatants!  
Call soon to reserve your time for peace and spiritual renewal. 216-228-7451