

ON RELATIONSHIPS:

“Engaging Difference as Spiritual Practice”

QUESTIONS? Email Donnel at donnemillermutia@gmail.com / Website: www.growingedgesnm.com



FALL CONVERSATIONS AT ST MARK'S (Sundays, 11 am - 12 noon)

Location: Anderson Chapel

Open to Everyone

9/8. **Relationship 101.1 Receiving Feedback for Self Awareness** (Facilitator: Donnel)

In our faith tradition, we are called to “speak truth in love” (Ephesians 4 v.15). And at the same time we are called to be “kind and compassionate” and “forgiving towards each other” (v. 32). How do we practice these in our day to day lives in the act of giving and receiving feedback at work or at home? How do we receive feedback non-defensively and with joy? In this session, we will discuss two models (the Cultural Iceberg and the Johari window) to view feedback as a tool to increase self-awareness and self-growth.

9/15. **Relationship 101.2 Nonviolent Communication** (Facilitator: Donnel)

To explore how we might embody Jesus’ compassion (aka agape), in this session we will talk about the main components of Empathy, Active Listening & Marshall Rosenberg’s Non-Violent Communication (NVC). What is mindful listening all about? What does “presence” mean when someone (client, co-worker, friend, partner/spouse, or family) is in crisis, or is bringing up an issue with you?

9/22. **Relationship 101.3 Mindfulness & Emotional Self Regulation** (Facilitator: Donnel)

In our Christian faith practice, we greet each other and “pass the peace of Christ.” How can we practice Christ’s peace in our lives in emotionally volatile situations, when we are in conflict with others? When our emotions are triggered? In this session, we will talk about the Christian Desert Mothers’ spiritual practice of “apatheia” and the Buddhist practice of “mindfulness” & “shenpa” as tools to connect with Christ’s peace within ourselves.

9/29. **Relationship 101.4 Conflict Resolution** (Facilitator: Donnel)

St. Theresa of Avila states that “Christ has no body now but yours, no hands no feet on earth but yours; Yours are the eyes through which he looks compassion on this world.” In this session, we will use Prepare-Enrich curriculum’s “10-Step Process for Resolving Conflict”, using tools that embody peace & reconciliation (The Toolbox and the Communication Cheat Sheet).

10/6. **Relationship 101.5 Attachment Theory** (Facilitator: Donnel)

Even though we pray, “And lead us not into temptation but deliver us from evil,” we are inextricably linked to our ancient reptilian brains (our subcortex) which tends to default to the the war model of communication (fight, flight, or freeze reactions) in moments when we feel vulnerable. In this session, we will explore Attachment Theory by John Bowlby and how awareness of our particular attachment style might help us move towards relationships that value peace and reconciliation.

Geared for Couples

10/20. Relationship 201.1 (Couples-Spirituality)
10/27. Relationship 201. 2 (Couples-Finances)
11/3. Relationship 201.3 (Couples-Intimacy)
11/10. Relationship 201.4 (Couples-Parenting)
11/17. Relationship 201.5 (Prepare/Enrich Inventory)

Specifically for Couples Taking Prepare-Enrich Inventory

12/8. Relationship 301.1 (Couples-Personality)
12/15. Relationship 301. 2 (Couples Family Maps)
12/22. Relationship 301.3 (Couples Goals)