

THE AWAKENED HEART:

LIVING BEYOND ADDICTION

TUESDAY, MAY 11, 2010

9:30AM-3:30PM

RETREAT LEADER:

KAREN LEWIS FOLEY



“It is an addiction of the first order that we feel we must always be filling up our spaces,” writes Gerald May. Addiction goes deeper than attachment to substances. In our desire for love, meaning, even the sacred, we are “always...filling up our spaces” only to feel empty. How do we free ourselves to be available for the love that is always available to us? How do we live more fully in the “current” of being with God beneath the surface of our lives?

Instead of making resolutions can we simply allow ourselves “to be recalled to God”? How do we find ways to create space in our lives? What is “practice”? As we explore these ideas, we will lift out and practice some of the exercises May offers in the book. Prior knowledge of *The Awakened Heart: Living Beyond Addiction* is not necessary. Read it if you wish; but don't let not having read it keep you away!

Karen Lewis Foley

Rev. Karen Lewis Foley is a Unitarian Universalist minister, spiritual director and writer. After serving congregations in Massachusetts for 18 years, she moved to midcoast Maine with her husband Dan, where her ministry comprises spiritual direction, retreats and small groups, pastoral care consulting, and hospice chaplaincy. She completed Shalem Institute's Individual Spiritual Guidance program in 2004, where she was fortunate to have Gerald May as a teacher before his death in 2005. She completed Shalem's program for Retreat and Contemplative Prayer Group Leaders in 2009.

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The Day Apart retreat series includes your gourmet lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs.