

Creating Spiritual Home Makeovers

“Does your heart lift when you return home each night? Do you leave home in the morning feeling refreshed, comforted and confirmed in your innate worth? Whether you live in an efficiency apartment, a home, or a manse on a hill, your home should be a sanctuary for repairing hurts and celebrating joys.”

Throughout our time together, we will meet in a home environment over light refreshments and help each other figure out how we want our home spaces to function so as to enhance the activities, interests and relationships that take place in them. We will assess the obstacles that get in the way of having our homes function the way we want them to and help one another devise solutions to them. We will explore how we are connected to past relationships through our homes and how they influence present relationships. We will look at how our homes support our spirituality, our values, our relationships and our well-being. We will end our time by celebrating with a time of hospitality and a home blessing ritual, the recipient of which will be chosen by the group.

Session 1: Longing for Home

Music: Cathedrals

Reading: Longing For Home: Buechner

Questions to consider:

- As a child, where did you feel most at home? Why?
- What smells do you associate with your childhood home?
- What family legacy/history influences your home today?
- How do you know when you're home away from home?

Session 2: Assessing Our Home

Reading: My Life As a House: Butler

Questions to consider:

- What makes a house a home for you?
- Who are the people or pets who share your home?
- What could a stranger learn about what's important to you by looking around your home?
- What do you like best about your home? Least?

Session 3: Finding the Heart of Our Home

Music: Our House

Reading: How Does A House Become a Home? Sanders & Weltner

* Where is the heart of your home?

- What is the role of hospitality in your home?
- What obstacles would you like to overcome in order to strengthen the heart of your home and promote the well-being of its occupants?

Common Examples:

overcoming clutter; issues with working from home; blocked energy in the home; lack of intimate or sacred space; not enough color or light; competing interests among occupants in usage; ghosts of the past which crowd out the present.

Session 4: Creating Sacred Space In Our Home

Reading: Passion For Pilgrimage: Alan Jones

Spiritual Practice in the Home:

Daily rituals: reading; meditation; prayer; blessings; bodywork

Home Altars/Sacred Spaces/Gardens:

Transparent doorways to deeper realms

Anecdote: From TV to Altar

Planning Spaces in your home which:

-inspire you and heal you;

- connect you to creation; to loved ones past/present;
- Choosing spaces where you can:
 - place memorabilia, found objects, symbols, photos;
 - things that relate to important experiences/relationships;
- offer up your worries & your gratitude;
- seek wisdom; meditate; pray;
- grow and tend life

Session 5: Blessing Our Homes

Our last session takes place in the home of one of our group members who will be the recipient of a home blessing ritual created by the group. The home blessing will be followed by a time of hospitality over a potluck meal together. Location to be determined.

WHEN: Option 1: Third Saturdays from January 16 through May 15, 9:30-11:30 am - **This class is full.**
Option 2: Third Thursday from February 18 through June 17, 6:30-8:30 pm. **Call 651-696-2788.**

WHERE: Carondelet Center

REGISTRATION CONTACT: 651-696-2788

Space limited to 10 people.