



Spiritual Life Sunday Morning Offerings 9:35 - 10:45 am in the Heritage Room

A Proposal for Reformed Spirituality

September 20, & 27, 2009

Led by Rev. Dr. Thomas Yorty

In this 500th anniversary of John Calvin's birth, we will explore the importance of rediscovering his spiritual compass for daily living. The goal of these two sessions is to reconsider the spirituality of the mainline church and contemplate some possible new directions for deepening our personal and corporate faith

Discovering Your Motivational Spiritual Gifts

October 11, 18, & 25, 2009

Led by Joan Lehman

How does the Holy Spirit empower everyday people to do the work of God? Could some of what you think of as your natural talents be considered spiritual gifts? We will use a questionnaire developed by Presbyterian Minister Larry Selig, D. Min, to focus on the seven spiritual gifts mentioned in Romans 12:6-8. A video with Dr. Selig will help us to understand these gifts. Discussion and personal reflection will help us to see how an awareness of own "gift-mix" can enable us to be more effective and fulfilled in serving God at home, work and through the church.

Cultivating Wholeness: Body, Mind and Spirit in a Fractured World

November 8, 15, 22, 2009 & April 11, 18, 25, 2009

Leaders Rev. Judith Brown Bryan, Dr. Trevor Watt, Ellen Bean

Christians are called to bear witness to God's presence and goodness, even and especially in the midst of a fractured world. How might we cultivate wholeness, body, mind and spirit? What are the practices we might nurture individually, in our relationships and in our community? Ellen Bean, Judith Brown Bryan and Trevor Watt will present six approaches for Christian living. Come add your wisdom and voice to the conversation.

Prepare Yourself for the Purpose of Christmas

Nov. 29, Dec. 6, 13, & 20, 2009

Do you feel that Christmas has become little more than a source of emotional and financial stress? Have you lost the "reason for the season?" Be with us as we prepare ourselves for understanding and receiving the Christmas gift from God.

Nov. 29: Christmas is a time for Celebration

The good news of Christmas is worth celebrating for three reasons - it is personal, its positive and it is universal. For the angel said, "I bring you good news of great joy that will be for all people." Luke 2:10. So why should we celebrate?

Dec. 6: Christmas is a time for Salvation

God sent Jesus to save use from our past, present and our future. God's salvation is freedom, purpose and life. So what do we get out God's gift?



Dec. 13: Christmas is a time for Reconciliation

God's gift offers us restoration of peace with God, with others and within our hearts. Where do we start to ask for reconciliation?

Dec. 20: Unwrapping your Christmas gift from God.

A gift that is priceless, that will last forever and that we can use every day for the rest of our lives. How can we use God's gift in Buffalo?

Buffalo Zen Dharma Community

January 10, 2010

Ray Ball is the coordinator of the Buffalo Zen Dharma Community, which has been meeting at Westminster for 11 years. Come learn about his long association with our church and what exactly they do up in the Parish Hall on Tuesday nights. Zen is transmitted directly from teacher to disciple. This group of lay practitioners is associated with the Mountain & Rivers Order, a Western Zen Buddhist ancestral lineage, maintaining a 2,500 year old religious tradition.

The Yoga Tradition at the Himalayan Institute

January 17, 2010

While not a religion, yoga offers a spiritual approach to life. We are pleased to welcome Rolf Sovik, PsyD, who is the president of the Himalayan International Institute. He and his wife, Mary Gail, are the co-directors of the Institute's branch in Buffalo, which this year celebrates its 30th anniversary in its home at the corner of Delaware and Barker. Rolf will speak about the role of meditation in yoga practice and teach us some breathing exercises that can help in calming tense nerves and awakening a sense of self-control.

Exploring The Power of Now

January 24 & 31, 2010

Led by Robert Rutland

In one of his recorded talks, Eckhart Tolle reflects upon an article, where he was described as having "suddenly emerged from complete obscurity..." He adds wryly that "...if it was in a magazine, it must be true." Indeed, to the egoistic mind" this makes perfect sense. Mr. Tolle, a little known counselor and spiritual teacher, was introduced to America by Oprah Winfrey. She had read his book, written in complete obscurity, called The Power of Now, and decided to feature him for several consecutive days on her show. In The Power of Now, Mr. Tolle reflects upon the transformative power of eternal present, and how it can dissolve the pain we create when we isolate ourselves within a mind-based ego, lost in past and future. When we "are" together, we can consider some of the teachings offered in this book.

Mapping the Spiritual Journey

February 7 & 14, 2010

Led by George T. Hole, PhD, Professor at Buffalo State College

Joseph Campbell's ideas of the spiritual journey of the hero will be described to give insight into the nature and experience of the spiritual journey. Several of Carl Jung's basic ideas, that influenced Campbell, will be explained. In the light of current interest in spiritual practices, often in competition with traditional religion, the underlying question for us to explore is, "Where an I in a spiritual journey?"



Walking the Labyrinth

February 21, 2010

The labyrinth is a beautiful, ancient design that has been in use for over 4000 years as a meditation tool. Often reproduced on a large floor mat, the Labyrinth consists of a spiral design of pathways and turns, symbolic of our search for insight and meaning. Walking the labyrinth provides a sacred spiritual path, giving us the opportunity to be still and listen for the word of God. Whatever one's spiritual comfort, walking the labyrinth helps clear the mind.

Lenten Series:

Altar in the World, Barbara Brown Taylor

February 28, March 7, 14, & 21, 2010

Cultivating Wholeness; Body, Mind and Spirit in a Fractured World

April 11, 18, 25, 2009

(Continuation of the series begun in November.)

Spiritual Issues & Concerns

Facing Urban Communities in Transition

May, 2 & 9, 2010

Led Sister Sarah Gordy & Rabbi Ilana Swartzmann

Rabbi Ilana Swartzmann and Sister Sarah Gordy will discuss their views on spiritual life issues and concerning facing the Buffalo urban communities going into the next decade from two different perspectives.

Evolution: Faith's Friend or Foe?

June 6, 13, 20, 27, 2010

Led by Rev. Dr. Thomas Yorty, Dr. Fred Cooley, & Rev. Trevor Watt

Today, the permeating of all our thinking and action by the sciences constitutes the sharpest challenge to the beliefs of Christianity and of other religions. This has been a preoccupation of mine since my schooldays when my incipient and ill-informed faith encountered the evidence of evolution and initiated by own long trial of integrating evolution with a transformed articulation of Christian belief. Arthur Peacocke, chair, British Biophysical Society.

June 6: Rev. Dr. Yorty: Charles Darwin

June 13: Rev. Trevor Watt: Darwin's Theory of Evolution

June 20: Dr. Fred Cooley: Religious Response to Evolution

June 27: Process Theory