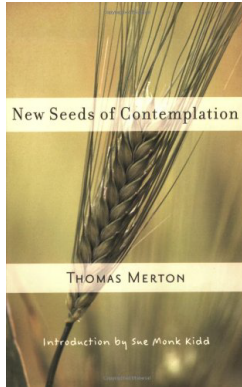
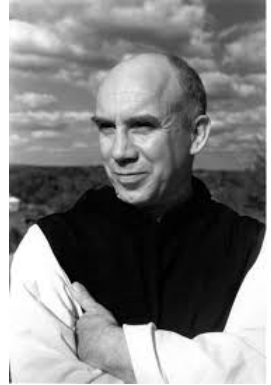


# Exploring Contemplative Living with Thomas Merton's New Seeds of Contemplation



*Every moment and every event of every man's life on earth plants something in his soul.*  
- Thomas Merton



## Overview:

New Seeds of Contemplation is one of Thomas Merton's most widely read and best-loved books. Christians and non-Christians alike have joined in praising it as a notable successor in the ancient Contemplative tradition of St. John of the Cross, The Cloud of Unknowing, and the medieval mystics. New Seeds of Contemplation seeks to awaken the dormant inner depths of the spirit so long neglected by Western man and to nurture a deeply contemplative and mystical dimension in our lives. For Merton, "Every moment and every event in every man's life on earth plants something in his soul. For just as the wind carries thousands of winged seeds, so each moment brings with it germs of spiritual vitality that come to rest imperceptibly in the minds and wills of men."

Our 3-month Contemplative journey will explore Thomas Merton's insights on Contemplative Living. The bi-weekly workshop sessions will follow the well-established format used in previous Contemplative Living with Thomas Merton workshops. In our sessions we will crack-open chapters from Thomas Merton's New Seeds of Contemplation and explore questions designed to engage us in the process of self-exploration and personal sharing. We will encourage participants to incorporate insights gained each evening into their lives during the 2 week period between sessions and we'll have time to share them at the start of each session.

## Workshop Details:

Each session runs on Thursday evenings from 7:00 to 8:30 p.m. Although we may need to make adjustments based on the pace of the group, the current plan is to cover the following chapters in the evenings listed below:

- (3/12) Chapter 3 Seeds of Contemplation & Chapter 4 Everything that is, Is Holy
- (3/26) Chapter 5 Things in their Identity
- (4/9) Chapter 6 Pray for your own Discovery & Chapter 7 Union and Division
- (4/23) Chapter 8 Solitude is Not Separation
- (5/14) Chapter 9 We are One Man & Chapter 10 A Body of Broken Bones
- (5/28) Chapter 11 Learn to be Alone, Chapter 12 The Pure Heart

\* We are asking workshop participants to read Chapters 1 - 4 of New Seeds of Contemplation prior to coming to the first session of this workshop.

## Cost and Facilitators:

The cost of our 6 session program is \$60. This does not include the cost of the book. The book can be purchased from Amazon or borrowed from your local library.

The facilitators of the program are Mike Smoolca and Paul Ucello who have previously co-facilitated this group for the Spiritual Life Center.

For more information please visit the website at [www.spiritlifectr.org/merton](http://www.spiritlifectr.org/merton)

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