

# Welcome



## Navigating Paths of Transition in Life's Journey

G25020205

with Jeannie Bowman

February 11-16, 2025

Greetings!

I am delighted you have enrolled in Navigating Paths of Transition in Life's Journey. This is a course that will be based on my personal history of transitioning, as well as my current professional practice which focuses on people who are facing transition and change. In the many years as trained educator, Quaker leader, and spiritual director, my work has centered on people who have experienced a major change – that of debilitating disease through working with cancer patients, those making a major move or change in profession, and clients who are transitioning from working to retired status or changing professions. Many new issues have begun to surface as we are immersed in so many worldwide fears in addition to our own immediate changes that life brings.

Our class will incorporate practical and useful strategies for coping, as well as supporting the physical, mental, and spiritual approaches that will be helpful in maneuvering successful passage through these transitions. Sharing our stories will be key to each session's success. Individual 1-hour spiritual direction sessions (\$60) may be scheduled in advance with me directly.

I look forward to your joining me in exploring our past pathways of change, paths that created crises, waiting in the liminal space, and looking forward with hope and expectation to new paths we may encounter. We will be drawing from the practices and rituals of the world's wisdom traditions, as we continue to face change in a world of unknowns, finding what will be a "new normal."

Feel free to contact me for any questions or concerns you may be experiencing. You might want to bring a writing instrument and personal journal for our class. I am looking forward to meeting new friends and encountering familiar ones as we gather on the first night of our workshop right before dinner (dinner begins at 5:30) in the dining room.

May you find moments of joy and peace until then!

Jeannie

There is a quiet light that shines in every heart. -John O'Donohue

Jeannie Bowman, Spiritual Director

Responding to the light within.

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### ITINERARY

#### **Feb 11, Tues:**

3:00PM CHECK-IN Ghost Ranch

#### **Feb 12-15 (Wednesday - Friday) Brief Daily Schedule:**

9:15 Morning Introduction

9:45 Intention

9:50 Touchstones in pairs

10:10 Meditation

10:45 Reflection and Response: What came up for you in this meditation?  
(Sharing our stories)

12:00 Lunch

1:00 Time on your own (Spiritual Direction scheduled in advance with instructor)

4:30 Discussion and Spiritual Practice

5:30 Dinner

6:45 Closing Blessing

#### **Feb 16 Saturday**

10:00 AM CHECK-OUT Ghost Ranch