

# *Engaging Spirituality*

**OUT OF THE LIGHT:**  
CREATING SACRED SPACE FOR SELF AND OTHERS



**JF** *JustFaith*  
MINISTRIES

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# Out of the Light

*Creating Sacred Space for Self and Others*

Like the other programs in the EngagingSpirituality series, **Out of the Light: Creating Sacred Spaces for Self and Others** is for those who are seeking an undivided life that reinforces the link between “loving God and loving our neighbors as ourselves” (Mt. 22:36-40). Creating Sacred Space for Self and Others offers daily practices for living deeply (a contemplative life) and loving broadly (a compassionate life).

## Program Outline

**Opening Retreat:**  
Community Building & Self Reflection

**Session 1:**  
Engaging Sacred Space - Part One

**Session 2:**  
Engaging Sacred Space - Part Two

**Session 3:**  
Engaging Wonder - Part One

**Session 4:**  
Listening Session

**Session 5:**  
Engaging Wonder - Part Two

**Session 5:**  
Engaging Gratefulness - Part One

**- Immersion Experience -**  
Sacred Experience

**Session 7:**  
Engaging Gratefulness - Part Two

**Session 8:**  
Discerning Action Steps

# Out of the Light

*Creating Sacred Space for Self and Others*

## Participant Information

### Program Host & Location:

### Meeting Dates & Times

### Local Program Contact:

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#### Books

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*Jesus Today:  
A Spirituality of  
Radical Freedom*  
Albert Nolan

*Embracing the  
World: Praying for  
Justice and Peace*  
Jane E. Vennard

*EngagingSpirituality  
Journal*  
JustFaith Ministries

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*“I have been enriched by this program: inspired readings, warm and thoughtful discussions, and time for introspection and prayer. Thank you to all involved!”*

*- Mary Ann E., Participant*

*Learn more about program  
costs and facilitating a group...*



## Facilitation & Facilitation Support

Two volunteer facilitators are needed. There is strong facilitation support from JustFaith Ministries, including:

A Facilitation Overview / Comprehensive Session Outlines  
Full Access to JFM Support Staff / Training Videos  
Promotion Kits / Promotion Support / Monthly Update Email

## Registration and Prices

Visit us online at [www.JustFaith.org](http://www.JustFaith.org) to learn more about group and participant prices.

## Program Goals

**Out of the Light: Creating Sacred Space for Self and Others** invites participants into “spacious living,” through which participants create both physical and emotional sacred spaces for silent reflection, discernment, and social action.

### **This program seeks to help participants:**

- To discern how to embody prayer in our daily lives, that our prayer might be active and our action prayerful.*
- To practice engaging in service and advocacy that is grounded in contemplative practices.*
- To develop practical tools for noticing the Holy Presence, deepening personal relationships, and experiencing inner peace.*

## Sessions Include

- Prayer and Reflection
- Discussion of Reading
- Faith Integration
- Videos and Group Activities
- Spiritual Practices

