

# Southdown Community Wellness Services

## Interactive Spirituality Group

### Long, Loving Look at the Real: Contemplative Theological Reflection for Lent

**Description:** Not sure what to “do for Lent”? Do you desire transformation? Are you looking for a way to reflect more deeply and holistically on your life experiences and find meaning in them? Theological reflection is a dynamic process that leads to transformation by bringing your life experiences into conversation with context, faith tradition and spirituality. The insights and integration from this process can lead to new actions and transformation.

We invite you join us for this two-hour workshop based on the teachings of Kathleen McAlpin in her book *Ministry That Transforms: A Contemplative Process of Theological Reflection*. You will be led through the goals, sources, and components in the process of theological reflection. There will be opportunities to share in small and large groups.

**Date:** Thursday, February 18, **or** Thursday, March 4, 2021  
7:00 pm – 9:00 pm Eastern Time (ET)

**Participant Limit:** 15

**Fee:** \$20.00

**Duration:** 2 hours

**Delivery Platform:** Zoom Meeting

**Presenter:** Greta DeLonghi, M.A., D.S.D.

**Participants will:**

- learn about the process of contemplative and transformative theological reflection
- work experientially through a theological reflection in the session by focusing on one personal life experience
- integrate the insights from their theological reflection and discern a personal Lenten action as a result.

**Registration:** An interview with the facilitator is required for registration. Please email Greta DeLonghi at [gdelonghi@southdown.on.ca](mailto:gdelonghi@southdown.on.ca) for further information.

**About the Presenter:**



Greta DeLonghi has a deep and abiding interest in attending to people’s stories. She has been a spiritual director at The Southdown Institute since 2017, providing residents with one-on-one accompaniment and leading group experiences of contemplative theological reflection. Greta earned an M.A. in Ministry and Spirituality and a Diploma in Spiritual Direction at Regis College, the Jesuit graduate school of theology at the University of Toronto.

