

Welcome Letter 2026

Navigating Paths of Change

January Session: Sunday Evening, January 25 – Friday Morning, January 30

November Session: Sunday Evening, November 1 – Friday Morning, November 6

Greetings!

I am delighted you have enrolled in ***Navigating Paths of Change***. 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 major change – that of debilitating disease through working with cancer patients, those making a major move or change in profession, clients who are transitioning from working to retired status, and those who are grieving the loss of a beloved one. Many new issues have begun to surface as we are immersed in a new and changing world.

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 the "new normal."

Feel free to contact me for any questions or concerns you may be experiencing. Please have a writing instrument and journal or paper ready for our class. I am looking forward to meeting new friends and encountering familiar ones as we gather on Sunday for dinner (dinner begins in the Dining Hall at 5:30).

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 Direction

Responding to the light within

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Workshop Itinerary:

Sunday Evening:

5:30-6:30 Dinner together

6:45-7:30 Opening Gathering and Introductions in Meeting Space

Daily Schedule, Monday-Thursday:

8:45-9:15 Journaling in Meeting Space (optional)

9:15-10:00 Morning Introduction, Intentions, Touchstones, Meditation

10:00-10:15 Break

10:15-11:45 Reflections and Responses (Sharing our stories)

Noon-1:00 Lunch

1:00-4:15 Afternoon on your own to explore Ghost Ranch

❖ Individual 1-1 Spiritual Direction sessions (scheduled in advance)

4:30-5:15 Spiritual Practice and Discussion

5:30-6:30 Dinner

6:45-7:30 Closing and Blessing

Friday Morning:

7:30-8:15 Breakfast (have your room cleaned and “ghosts” at the front door before)

8:30-10:00 Day 5 and Beyond

10:00 Departure