

# WE'RE ON THE LOOKOUT!

Greetings Friends!

I want to let you know about an exciting new way of sharing your ideas and talents with the Spiritual Life Center Community. The Center will soon begin publishing a (digital) quarterly newsletter. It will provide an opportunity for you to share your reflections, ideas and creative work with others. It will also contain news about what is happening at the Center and updates from our leaders.

**What kind of submissions are we looking for?** Anything that has to do with Spiritual Life in general or our life together in this community. Entries can be in any digital form – feel free to follow where Spirit leads you!



*Karrie's daughter, Delaney, keeps watch*

Here are some ideas to get you started...You can submit poetry, an original prayer, photography, essays, commentary on your enneagram noticings, a journal entry, consultation questions, compliments, collage, musings, a photo of your art piece, how your spiritual direction session helped you this month, mandalas, drawings, doodles, what you love about your spiritual director, what you've been wondering, reflections, an original music piece (with a video or audio link), a book review, etc.

**The next edition will be published this Fall.** To view prior newsletter(s), click on the following link. (Be patient, please--it takes a minute to download.)

[Prior Newsletter\(s\)](#)

Please include your name, phone number and email with submissions. By submitting your piece, you give the Spiritual Life Center permission to publish your work. You will be notified if your submission will be included in the newsletter. **Our newsletter will be shared with the Spiritual Life Center community.**

Thank you for being a part of this wonderful community! We look forward to hearing from you!

Sincerely,  
Karrie Kirchner

*To submit material for consideration for inclusion, attach it to an email sent to*

[info@spiritlifectr.org](mailto:info@spiritlifectr.org)



*Karrie lives in the quiet corner of Connecticut with her husband, Kevin, and daughters Delaney and Einin. She will complete the Internship Program at the Spiritual Life Center in a few weeks. Karrie enjoys discovering metaphors for Spiritual Direction through following the life cycles of her garden. Spring is her favorite season to clear out the old and plant new intentions. Her favorite dessert is bonfire roasted s'mores in the summertime shared with dear friends. Autumn is spent hiking and reveling in the season's colors. In the winter, you can find her teaching restorative yoga or creating a page in her art journal. Karrie loves Nutella, Minimalism and spinning fiber into yarn. Nature is central to her spirituality. Her prayer word for 2018 is ALCHEMY. Karrie wants to help foster communication and community among the many members of the Spiritual Life Center.*

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