

# BE STILL AND KNOW THAT I AM GOD!

PSALM 46:10

Signs of a healthy spirituality include:

- ❖ SELF-ESTEEM
- ❖ WONDER
- ❖ FRIENDSHIP
- ❖ COURAGE
- ❖ TEACHABILITY
- ❖ TOLERANCE
- ❖ JOY
- ❖ INTERDEPENDENCE
- ❖ PERSEVERANCE
- ❖ FREEDOM
- ❖ LOVE
- ❖ GENERATIVITY
- ❖ BALANCE
- ❖ FORGIVENESS
- ❖ GRATITUDE
- ❖ PLAYFULNESS
- ❖ COMMITMENT
- ❖ HOPE
- ❖ RESTLESSNESS

*From Traits of a Healthy Spirituality*  
By Melanie Svoboda, SND  
Twenty-Third Pub., Mystic, CT 1996

## About the Spiritual Growth Resources Committee

The Spiritual Growth Resources Committee consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese.

Members bring a wide variety of interests and experiences to their ministry of service to enhance the prayer life of parishes and individuals.

If you have an interest in participating in the work of this committee, contact the chair listed below.

## How to contact us

Diane Powell, Chair (215) 242-2055 X25

E-mail [dpowell@stpaulschestnuthill.org](mailto:dpowell@stpaulschestnuthill.org)

Mail St. Paul's Church  
22 East Chestnut Hill Avenue  
Philadelphia PA 19118



To access this and other  
resources on the web

Go to

[www.stpaulschestnuthill.org](http://www.stpaulschestnuthill.org)

Scroll down and click on:

Diocese of Pennsylvania

Spiritual Growth Resources



This takes you to the Spiritual Growth  
Resources Committee's Introduction Page  
under

Links to Resources

You will find brochures and information to  
browse or print.

## Spiritual Growth Resources Committee



DEDICATED TO  
ENHANCEMENT  
OF LIFE IN  
THE SPIRIT

A Committee of the Episcopal  
Diocese of Pennsylvania

## SERVICES PROVIDED

- ✝ *CLEARINGHOUSE* for information and activities centered on development of individual and corporate prayer.
- ✝ *GUIDANCE* for persons seeking spiritual directors.
- ✝ *RETREAT CENTERS* and reading material resources.
- ✝ *PRAYER CONFERENCES*
- ✝ *WORKSHOPS*, retreats and seminars offering spiritual growth opportunities.
- ✝ *LABYRINTH* meditation experience at St. Stephen's Church in Philadelphia (phone 215-922-3807.)
- ✝ *COLLABORATION* to help parishes understand their ministries and outreach in a Gospel context.

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*Members bring a wide variety of interests and experiences to their ministry of service, to enhance the prayer life of parishes and individuals.*

*Meetings are generally held on the fourth Thursday of each month at St. Mary's, Wayne at the intersection of Route 30 and Louella Avenue. It is conveniently accessible via I-476 and SEPTA.*

*All interested persons are welcome. Meditation begins at 4:30 p.m. followed by the meeting at 5 p.m.. Contact any member for information.*



*Walking Meditation Retreat held at Wapiti.*



*DEVOTED TO BEING  
A SPIRITUAL LEAVEN  
THAT WILL PROMOTE  
MUTUAL MINISTRY  
AND  
DEEPER PRAYER LIFE  
AMONG  
INDIVIDUALS AND  
PARISHES.*

### *COMMITTEE MEMBERS*

*Chair: Diane Powell*

*Members:*

*The Rev. Kathryn Andonian*

*The Rev. Paul W. Gennett, Jr.*

*Helen Jennings*

*Jonathan Nidock*

*Carroll Sheppard*

*The Rev. Nancy Webb Stroud*

*Candace Woessner*

*Henry Carnes: Diocesan Staff Liaison*