

REPORT TO THE 226th DIOCESAN CONVENTION  
FROM THE SPIRITUAL GROWTH RESOURCES COMMITTEE

The Spiritual Growth Resources Committee (SGRC) consists of lay and ordained persons whose mission is to support and strengthen the spiritual life of the diocese. We seek to be a resource for parishes and individuals in matters relating to prayer and spirituality.

The SGRC actively engages in ministry by:

- Offering two days of quiet reflection during the 2008-09 program year. Although gentle guidance was given during the sessions, these days are designed to be a gift of time which we give ourselves as we try to live at a sacred pace. They were held on Saturday, November 15, 2008, at St. James', Downingtown and Saturday, March 21, 2009, at Gloria Dei Church, Philadelphia.
- Offering a two-day overnight retreat entitled, *A Time Apart: Enter into Simple Silence and Quiet Prayer*, at Daylesford Abbey, Paoli, from Friday, January 16 to Saturday, January 17, 2009. The retreat was an opportunity for rest, simple presence to God, worship and community silent prayer. More than 30 lay and ordained Episcopalians and Lutherans attended.
- Creating brochures on spiritual disciplines and making them available to parishes and individuals in an easily printed downloadable format. Brochures exist for: Anglican Prayer Beads, Walking the Labyrinth, Spiritual Direction, Centering Prayer, Spirituality and Art Workshops, and Worship in the style of Taize.
- Acting as a conduit for those seeking to work with a spiritual director.
- Providing a calendar of intercessions to all members of the Diocese. This is currently available through the Diocesan Website.
- Evaluating the work we have done in the past, exploring how we might be part of a healing presence within the diocese, and planning offerings for the first half of 2010. Committee members gathered at a retreat day on September 22, 2009 at the Church of Saint Martin-in-the-Fields
- Providing SGRC events for the 2009-10 program year: SGRC will co-sponsor with the Philadelphia Theological Institute an Advent retreat, led by Frank Griswold and Barbara Braver, from December 6 – 9, 2009, at Daylesford Abbey; *Pathways to Prayer* on February 20, 2010 at St. Mary's, Wayne; and two *Days of Quiet Reflection*, March 20 at Trinity, Ambler, and April 24 at Church of the Holy Spirit, Harleysville.

Our members bring a wide variety of interests and experience to their ministry. We welcome new members. Meetings are held at Trinity Church, Ambler.

Respectfully submitted,  
Diane L. Powell, Chair

**Current membership**

The Rev. Kathryn Andonian, Church of the Holy Spirit, Harleysville  
Henry Carnes, Diocesan Liaison  
Helen Jennings, Church of the Redeemer, Bryn Mawr  
The Rev. Linda Kapurch, St. Matthew's, Maple Glen  
The Rev. MaryJo Melberger  
Jonathan Nidock, St. Paul's, Chestnut Hill  
Theodore E. Olson, Trinity Church, Ambler  
Diane L. Powell, Chair, Trinity Church, Ambler  
Carroll Sheppard, St. Paul's, Chestnut Hill  
The Rev. Judith Sullivan, Church of the Redeemer, Bryn Mawr  
Candace Woessner, Christ Church, Pottstown