

***Swedenborg related Spiritual Growth Series being held in
Mt. Waverley, Melbourne, Victoria during February & March 2018***

Two series are being offered designed to support individuals to grow spiritually in the way the Divine directs them, within an atmosphere of mutual respect and support. They are based on a system developed by the Arizona Spiritual Growth Foundation in the late 1990s for guiding people to nurture the spiritual dimension to make their lives more loving, peaceful and effective. It recognises that in our worldly existence our lives are goal-orientated even in its most mundane aspects and we spend much of our time and energy moving towards these goals. Yet obstacles get in our way requiring changes of direction. The more we become immersed in material goals, the easier it is becomes to ignore the spiritual dimension of our lives where we should be dealing with the important issues such as our core values, our dealings with others, our inner feelings about ourselves and most importantly, our relationship with the higher power in our lives – the issues that will transcend our death.

The system essentially involves working in small groups to discuss and implementing, through tasks using particular Swedenborgian teachings for enriching and strengthening personal spiritual growth and the sense of community. It is a non-judgmental sharing scenario with guidelines which a facilitator ensures are strictly adhered to. While Swedenborgian concepts are introduced, individuals from other backgrounds can participate just as readily.

Facilitators for these two series will be Rev. Glenn and Mary Alden, who were involved in the Arizona Foundation for 11 years:

Tuesday evenings commencing at 7.30pm. The first session will be on 6 February 2018 and on this occasion held at 3/14 Lang Road, Mount Waverley (please park in a nearby street). Future sessions will be held in the New Church hall, 426 High Street Road, Mt. Waverley.

The **Rise Above It** series, facilitated by Mrs Mary Alden, focuses on both the universal and the deeper meanings of the Ten Commandments to help participants practice applying them more fully in their personal life. Building on the complementary teachings of Christianity, Judaism, Islam, Hinduism, and Buddhism and emphasising that God's law is in all the world, the teachings of Swedenborg will guide weekly practice and application of each commandment.

Wednesday evenings commencing at 7.30pm. All sessions will be held in the New Church hall, 426 High Street Road, Mt. Waverley, the first being on 7 February 2018.

The **Joy of Spiritual Growth** series, facilitated by Rev. Glenn Alden, will help participants wake up to spiritual life, help deal with difficult emotions and identify more closely with positive emotions, present opportunities to learn to let go of baggage such as criticism and judgment, lying, and false anger, learn the practice of following the golden rule, and experience allowing the Lord to be in charge of our lives.

There is no cost for attending although participants will need to purchase a book (\$15). Due to the nature of the sessions, though, it is only practicable to join one of the series. You may begin joining a series at any time although it preferable that you contact either Mary (mary@sunrisechapel.org) or Glenn (glenn@sunrisechapel.org) beforehand. Their phone number is 0412 637 179.