

Carl McColman mccolman@gmail.com

Carl McColman offers classes, workshops, and retreats on a variety of topics related to Christian spirituality, including:

Crafting a Personal Rule of Life — What does it take to integrate a meaningful spirituality into the demands and challenges of everyday life? Over the centuries, many Christians have found purpose and direction by creating a personal “Rule of Life” — a statement of our spiritual commitments and intentions. This program introduces participants to the concept of a personal rule, explains what it is (and isn’t), and how it can help ordinary Christians to deepen our spirituality, grow closer to God, and more fully live the promises of our baptismal covenant.

Embracing Contemplative Prayer — Mindfulness, meditation, centering prayer: it goes by many names, but it all points to the same reality: a spirituality grounded in silence, waiting, and trust in God. This program introduces participants to contemplative prayer, clears up common misconceptions, and helps everyone to taste the beauty and serenity of “being still and knowing God.” Our time together will include time for prayer, journaling, and group discussion.

Spirituality of the Monastery (for the Rest of Us) — Monasteries and convents have been part of Christian spirituality since the fourth century and continue to inspire visitors with their serenity and continual round of daily prayer. But can those of us who aren’t monks incorporate some of their wisdom into our own lives? Yes — and this program shows us how. We’ll explore the history of Christian monasticism, the gifts (charisms) of monastic spirituality, and monastic practices that anyone can integrate into their own Christian faith.

The Spirituality of Julian of Norwich and The Cloud of Unknowing — Two masterpieces of English spirituality from the middle ages, *The Cloud of Unknowing* and the *Showings of Julian of Norwich* continue to inspire Episcopalians and other Christians today. Julian offered an optimistic vision of God’s love where “all shall be well,” while *The Cloud* gives practical advice for Christian meditation and prayer. This program introduces participants to the wisdom found in these ancient manuscripts, and practical ways to apply those insights to ordinary life in the 21st century.

Stipend: \$150-\$200/hour; \$400-\$800 partial day; \$1000-\$2000 day. Mileage reimbursement outside metro Atlanta.

Bio: Carl McColman is a contemplative writer, speaker, retreat leader and spiritual companion. He is the author of several books, including *Befriending Silence*, *Answering the Contemplative Call*, and *The Big Book of Christian Mysticism*. His writing appears in the Huffington Post, *Contemplative Journal*, Patheos, as well as his own blog on Christian spirituality and contemplative living, www.carlmccolman.com.

McColman is a life-professed Lay Cistercian (a layperson under formal spiritual guidance of Cistercian monks) affiliated with the Trappist Monastery of the Holy Spirit in Conyers, Georgia. He first received formation in the practice of Christian spirituality and contemplative leadership through the Shalem Institute for Spiritual Formation, and he learned the art of spiritual direction through the Institute of Pastoral Studies.