



What is Spiritual Direction or Guidance?

Have you ever wondered what your purpose is in life?

Have you ever felt that something was "missing" from your life or that you were on some kind of journey through life? Do you struggle with decisions and are beginning to feel pressures of today's world

and wonder if answers will ever be coming. Maybe you feel something is "missing" in your life.

Spiritual direction is not advising, nor coaching, but helping one to discern with her heart. It is an ancient practice that spans cultures. It's not based in church dogma nor

is it psychotherapy. While knowledge of many wisdom traditions is integrated in the practice, the focus is on the individual seeking to understand herself and her place on her individual path through life.

The practice includes contemplative listening, listening while focused on the directee. While focused, the director is actively thinking about what is said and how it pertains to the individual's life experiences. She simply directs the orchestra that is playing in front of her. She pulls together all the sounds that are played into a full and resonant reflection of that which the directee can then hear herself.

Spiritual direction may be for you.



Peace Place for Spiritual Growth

A Place to Learn, Experience & Grow in Mind/ Body/ Spirit

A unique adult school

Offering:

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Healing Mandala Workshop • Medicine Wheel Workshop
Nine Insights for Inner Growth • Spiritual Foundation I
Spirit of Change • Spirit in Education (teacher workshop)
Reiki Sessions and Classes

Drumming and Sound Healing
& Private and Group Spiritual Direction

Catch the Spirit!

Registration date: Wednesday, Sept. 9

1:00-3:00 pm & 6:00-8:00 pm

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Peace Place

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Community

Breast Cancer Diagnosis Inspired Moser's Miles 5K Walk

Autumn brings to mind family gatherings, crisp mornings, and the hustle of the holidays drawing near. Fun and laughter abound.

Imagine being told at that time of the year, that your future is far from certain. Imagine your doctor using a word that we are all conditioned to dread. Imagine hearing: "I'm sorry, it's cancer."

Late in November of 2007, Toms River resident Terry Moser heard just those words.

Many of us would fall into depression and stay within our own comfort zone, surrounded by immediate family. Not Terry. Not only did Terry face her diagnosis head on, battling her disease with the support of her family, friends and a team of medical professionals, but she decided to "give back" even as she waged her own war against cancer.

Terry brought her idea to the Board of Toms River Little Indians, who immediately banded



Terry Moser, Cancer Survivor and Found Of Mosers Miles 5K Walk

together in support of Terry's vision to have a 5K walk to raise funds for research at Memorial Sloan Kettering Hospital.

In September of 2008, hundreds of Ocean and Monmouth County residents were there to join in when every TRLI cheerleader on the field shouted the Moser's Miles slogan of "Go, Fight, Win" as the survivors took their victory lap.

At the end of the day, an astounding \$23,000 had been raised to help find a cure for this dreaded disease.

Move forward to 2009. Terry is a cancer survivor. But her vision remains.

Please join Terry as the Toms River Little Indian League sponsors MOSERS MILES 2009.

The event will take place on September 12 at Toms River North High School. There will be a large gift auction, face painting for the kids and



A survivor celebrating the survival lap at the beginning of the walk.

a luncheon to honor survivors. Information and a registration form can be found on the Indians web site at: www.TRLI.org. (click news page)



Terry Moser Director, Kerry Lorenca Ass't Director

Sept. 12, 2009
Join Us!

Moser's Miles 5K Walk has many wonderful supporters

