

The Episcopal Diocese of Kansas

The Rev. Lisa Senuta

Canon for Spiritual Life and Clergy Care

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Canon Lisa offers retreats and classes to support the spiritual life of the clergy, parishes, and the diocese. All are welcome to the public events published through diocesan communications. And she is happy to meet and discern what is the next good thing for you or your parish.

What is the Spiritual Life?

In the broadest sense to be spiritual is to choose to use the energy and gifts you have been given to nurture values, virtues, and intentions. Spirituality can be any number of practices that foster growth into wholeness inside and out, personal, and communal. As Episcopalians our spiritual practices are grounded in the deep love of God in fellowship with Christ and sustained in the Spirit. Retreats and a variety of practices are meant to help us, “Lean back into God’s loving and life-giving heart, so you can lean forward in compassion and courage.”

Advent Quiet Day - Let it Be: The Spirituality of Mary of Nazareth

December 2, 2023, 9:00 am-2:00 pm - Good Shepherd, Wichita

An Advent Quiet Day at Good Shepherd Wichita. The day will begin at 9am with coffee and check in. Beginning at 9:30am Canon Lisa Senuta will guide you through times of spiritual learning, personal reflection, and listening groups. Expect music, poetry, and guided prayer times to nurture a sense of your own deepening affirmation with the spirit of Mary.



Zoom Guided Retreat with Brother Lawrence

January 28-29, 2024 - Online

This is a way to have a retreat in the warmth of your own home and with community from around the diocese. The retreat begins Sunday evening and continues through Monday at 2pm. Supporting sacred time at home, Canon Lisa Senuta will guide you through times of spiritual learning, personal reflection, and listening groups. Using the teachings of Brother Lawrence, we will gather at specified times throughout the day. Plan a quiet day at home opening your spiritual heart



Intentional contemplative community for spiritual growth to be announced at the Diocesan Convention!

This community has been forming through a prayerful circle of lay and ordained people for the past two years. The purpose is for communal prayer, study, and encouragement for spiritual growth. Named, **The Bethany Community of Saints Mary, Martha, and Lazarus**, like Jesus was encouraged by his friends in Bethany, our study and prayer will be rooted in ten spiritual practices/principles: silence, service, scriptures, sacrament, sabbath, sharing, simplicity, surrender, solitude, and stability. This will be further defined at the Convention, October 20-21.

Upcoming Public Events (Open to Anyone in the Diocese)

2023

December 2 Advent Quiet Day: Let it Be: The Spirituality of Mary of Nazareth
Good Shepherd, Wichita

2024

January 28-29 Zoom Guided Retreat with Brother Lawrence

March 2 Lent Quiet Day: The Courage to Forgive
9:30 am-2:30 pm, St. Paul's, Manhattan

March 6 Monastery Day, St. Scholastica Benedictine Monastery, Atchison
*An opportunity to learn about monastery life, Sophia Center's ministries, and
prayer as a grounding center of life.*

May 4 Discernment Day, St. Andrew's, Emporia
*For those God is inviting to consider a new step toward more formal
ministry training both for lay ministry and clerical orders.*

May 15-16 Tocher Formation Event: Living God's Future Now with the Rev. Sam Wells,
St. Michael and All Angels, Mission, Kansas.
*This is a three-part experience of Author and Vicar of St. Martin-in-the-Fields, Trafalgar
Square, London Sam Wells' wisdom on church reformation in the 21st century. The
event will be educational for lay leaders and music directors as well. Clergy and parishes
from BKSM sponsor dioceses are welcome.*

August 24-26 Discernment Weekend, Upton Hall, Topeka

September 20-22 Silent Retreat, Marillac Center, Leavenworth

Upcoming Events for Specified Groups

2023

October 21 Guided Christian Meditation at Diocesan Convention
7:30am, St. Mary's Chapel, Grace Cathedral, Topeka

October 28 Women's Retreat with St. Thomas the Apostle, Overland Park

November 17-19 Retreat, St. James, Wichita

December 9 Centering Prayer in Advent, St. Margaret's, Lawrence

2024

January 10-11 Ordination Retreat Upton Hall

April 19-21 Clergy Retreat at St. Crispin's Conference Center, Wewoka, Oklahoma
*Deacons and Priests gather in community for a retreat with the bishop for an experience
of rest, renewal, and inspiration together.*

For information about these retreats and upcoming Spiritual Life news, sign up for the DioLog diocesan
newsletter. episcopal-ks.org/diolog/