**Practice Circle in Fayetteville, NY** (just outside of Syracuse)

The Nancy Simmons Wisdom House, 113 Chapel Street, Fayetteville, NY, is a Spiritual Outreach Ministry of Trinity Episcopal Church. Over the past eight years our intention has been to provide a place of hospitality and welcome to seekers of all faith traditions. Wisdom House is designed to be a place where we might honor one another through respectful dialogue and inquiry and open hearts through the teaching and sharing of spiritual practices and contemplative study. Besides a mid-week Contemplative Eucharist on Wednesday at noon, we have programs every Wednesday evening at 7 pm. This is a brief description of the current programs:

1.) Open and respectful dialogue with traditions that are different from our own not only assists us to appreciate the fullness of the world’s spiritual landscape, but it also helps us to understand ourselves and our own tradition more deeply. In our Vital Conversations program that meets on the first Wednesday of the month, we invite a leader or representative from one of the many spiritual traditions represented in Central New York to engage with us in meaningful dialogue. But dialogue is very different from a lecture with questions and answers. More than an intellectual presentation, we are given a picture of that person’s spiritual path as it is uniquely lived out by our guest. This difference is accentuated by the fact that we begin and end with silence. It is led by Bill Redfield.

2.) The second Wednesday of the month we have Wisdom of the Body, guided by Deborah Welsh, a dance and movement therapist. The body’s wisdom is accessed through attentive, non- judgmental exploration. Our gestures, impulses, and energy are welcomed in contemplative acceptance and prayer. In this group we are gently introduced to breath and movement practices within silence and with music, individually experienced, and as part of a larger moving community. It is at once simple and accessible to everyone, and at the same time, profoundly spiritual and connecting. No e\previous experience is required or expected.

 3.) The third Wednesday of the month is a study of the Gospel of Thomas. Using a group-oriented expression of *lectio divina*, we seek to touch some of the depths of this unitive text. It is led by Bill Redfield and Lois Barton.

 4.) On the fourth Wednesday of the month we hold a candle-lit Open Labyrinth Walk. At times this is introduced with a special theme or opened with a particular meditation.

 Other occasional programs include Centering Prayer Instruction and Sacred Chant. We also bring in special speakers and spiritual practitioners from time to time. In all of our programs we try to be responsive to the needs that are expressed. All are always welcome.