

# Newsletter

## Centre for Contemplative Spirituality

### March 2026

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#### Reflection

Dear friends

It is Lent. And I feel that the season is turning. Evenings and early mornings are cooler. Leaves are turning yellow, orange and brown. Most of the summer flowering plants have but a few flowers left.

For us as Christians, Lent is a time of turning inward, time of reflection, preparation and spiritual renewal. Time to shed that which is unnecessary and debilitating. The stuff of shadow and ego which we accumulate in the summer of life.

Although in the northern hemisphere it is the end of the long dark winter and beginning of spring which brings new life and growth, I like the fact that Lent falls in Autumn in our part of the world. Autumn brings a natural quieting down and turning inward. In America this season is called Fall – which is also quite appropriate for what is happening in nature and should be happening inward. I like to embrace the rhythm of the natural world and fuse it with my spiritual life.

Simply allowing myself the quieter moments of being still, embracing the shedding and letting go. Allowing God to be who He is – the one who loves us unconditionally, always! But also, the One who prompts us to be receptive of His still voice in us.

May this Lent be a time of great blessing and deep peace.



#### Spiritual Directors training.

At the end of February, we had week 4 of the 2025-2027 Directors' training in Pretoria. The theme was Contemplative Living.

I was once again struck by the depth and wisdom that George brings to the teaching. We are deeply blessed to have him! The required reading for this class was Sharon Grussendorff's book *Deeper*, which was also prescribed for the

Refresh course of 2024. (I strongly advise you to read or re-read it! Such practical wisdom for contemplative living!)

The first year of this SD training is focused on the spiritual formation of the person. And as is emphasized, the 'Contemplative Root system' is the essential base for spiritual direction. Spiritual direction can/may happen in many traditions, but if practiced from a purely evangelical or 'active' base (as opposed to a contemplative base), Spiritual Direction can easily drift into mentoring, coaching or pastoral counseling.

Therefore, a deep contemplative foundation is essential. As was said: the director must move from a theology of 'instruction' to a theology of 'indwelling'. This is the 'root system' found in the Desert-, Monastic- and Ignation traditions to carry its full weight.



## **The Emmaus book discussion group**

Erna reports the following:

Since we started in March 2025, we have consistently met every 6 weeks on Zoom and we're now slowly nearing the end of the book "Spiritual Direction – a practical introduction" by Sue Pickering. In a few months' time we will decide on a next book.

Responses from the participants are so meaningful:

*Vir my is dit so verrykend om te kan hoor hoe mede-pelgrims geraak word deur dieselfde gedeelte as wat ek gelees het.*

*Die geleentheid om my verstaan te mag klankbord met geesgenote is van onskatbare waarde. As George sê "read up!", dan is ons groep 'n waardevolle ruimte om die dissipline van lees by my te vestig.*

*Erna, dankie vir jou inisiatief in hierdie verband.*

"I am enriched by the sounding board that co-pilgrims can be for one another. As George says, "read up!" – so this group is a useful space for the discipline of constructive reading. (Pieter de Wet)

*Om te kan deel in medereisigers se verskillende perspektiewe op dieselfde geleesde stukkie is 'n diep verrykende ervaring. Geseend is ons om so deel van mekaar te kan wees.*

*Dankie Erna vir inisiatief en aan elkeen ander vir deel uit julle eie rykdom van wysheid en ervarings.*

Sharing our various perspectives about the same text, is deeply enriching. This is a great blessing to travel together as pilgrims – the rich wisdom and experiences. (Fransie Hanke)

*Dit help my om meer teenwoordig in die oomblik te bly terwyl ek lees omdat ek dit weer met mederisigers gaan deel. Ek lees ook meer refleksief en met aandag want ons gesprekke en ander se ervarings dring my om dieper na materiaal te kyk en dit te oordink.*

Reading together helps me to be more present in the moment, because I have the opportunity to share; read with reflection, intentionally, and deeper contemplation. (Charlotte Ras)

If you're interested in joining the group, feel free to contact Erna Möller at [erna@tlm.co.za](mailto:erna@tlm.co.za) or 082 731 9857.

This group discussions are in Afrikaans. Erna has offered to also facilitate a group for English speakers, should there be interest. Feel free to contact her.

### **Upcoming Zoom meeting**

Please join us for a Zoom get-together on Wednesday 15<sup>th</sup> April 2026 at 19:00. Our Facilitator will be Magdalene du Toit. Our theme is 'Journalling as Spiritual Discipline'.

Please save this date. Suzette Fisher will share the link for you to register closer to the time. She will kindly host this Zoom session.

### **In Person Gathering**

In the second half of the year, we would like to have an in-person gathering for all our 'pilgrims on the way'. Probably in Pretoria. More info will be shared later in the year.



## Website

Good news!

Our Website is up and running. Please check if your info is correctly captured.  
Should you have queries kindly contact Brenda White (info@sd-za.org)

**Website Link:** <https://sentrumvirspiritualiteit.lekoko.co.za/>

Deep peace and blessings

Nicolin together with George and Marina

CENTRE FOR CONTEMPLATIVE SPIRITUALITY

DRC: Circuit of Southeast Pretoria