



A Prayer for Our Jubilee Year

Holy One, we ask a special blessing on our Sacred Art of Living Community this year.

- Our Jubilee Year is a welcome opportunity for gratitude and grace —
- > For nearly three decades that brought together so many dedicated mentors and students in the art of living and dying
 - > For our vocation to create and nurture *anamcara* 'soul friendship' in our world today and,
 - > For a time to deepen and discern our vision and work for the future.


May this year be a pilgrimage into a "space for grace" — to re-member what is ours to do and to pass on our legacy for a new generation of seekers in our time.

May the good work begun in us continue to offer healing and life!




THE **Anamcara** PROJECT™
The Anamcara Project is a core part of the Sacred Art of Living Education and Retreat Center.

 The Art, Science & Practice of Sacred Relationship



Mary Groves



Michael Kearney

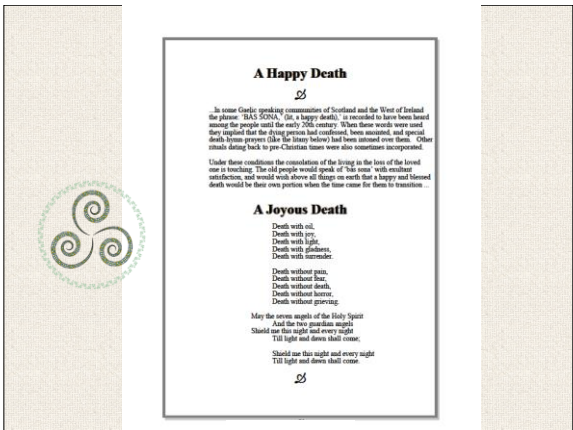
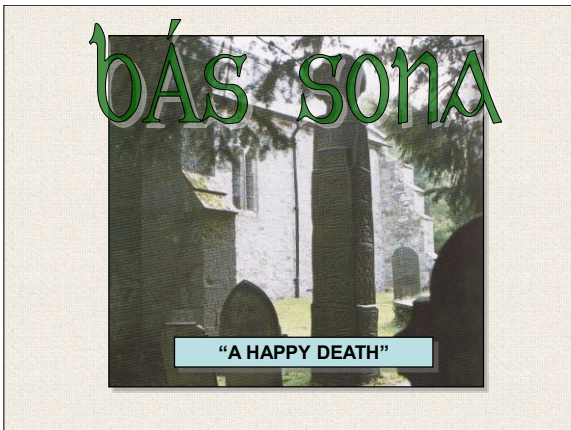
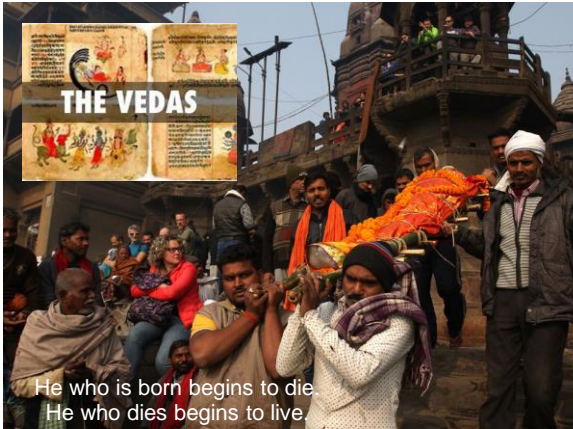
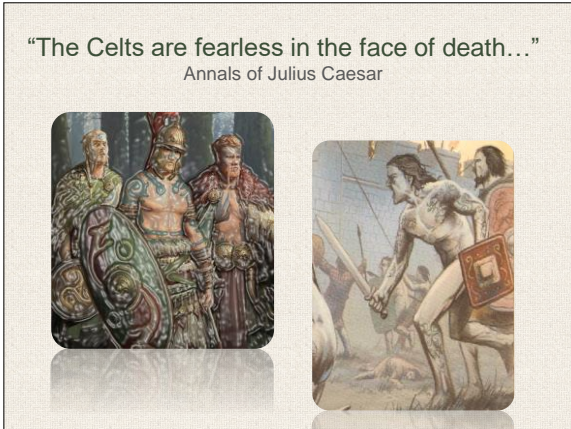
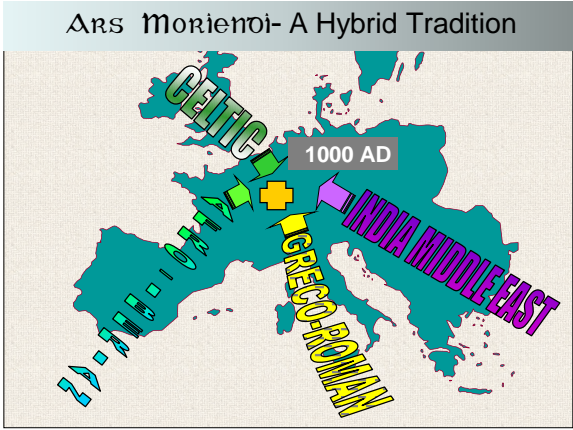
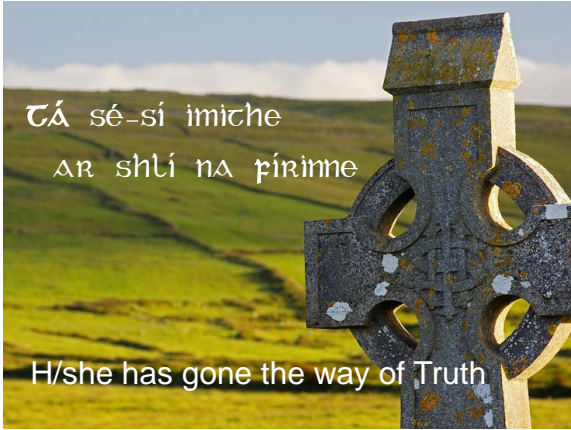
CIRCLE OF BELONGING

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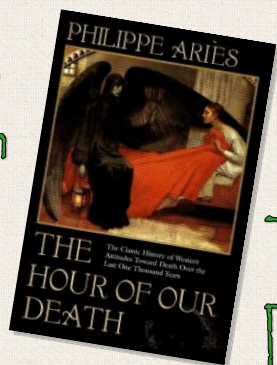
SOUL FRIEND
 SPIRITUAL MENTOR
 GRIEF HEALER
 HOLY CHALLENGER
 END-OF-LIFE MIDWIFE

"Life offers us two great adventures:
Love and Death.
We rarely explore the second..."

Institute for Ecology & Spirituality

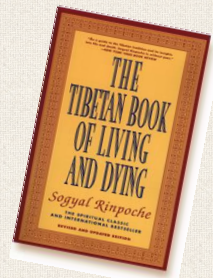
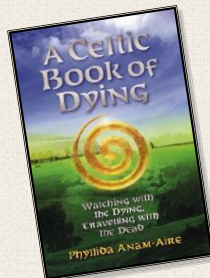


Good
Death

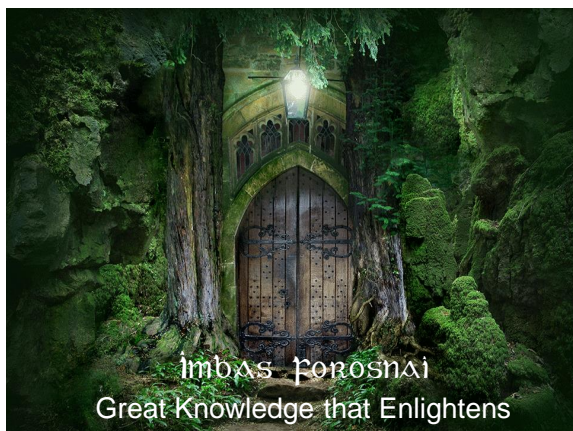


Tame
Death

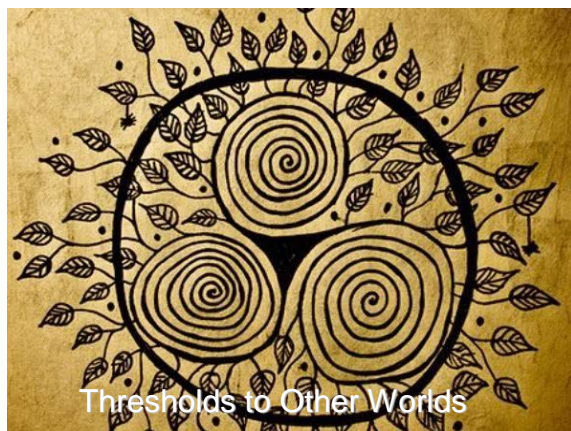
The Rite of Death



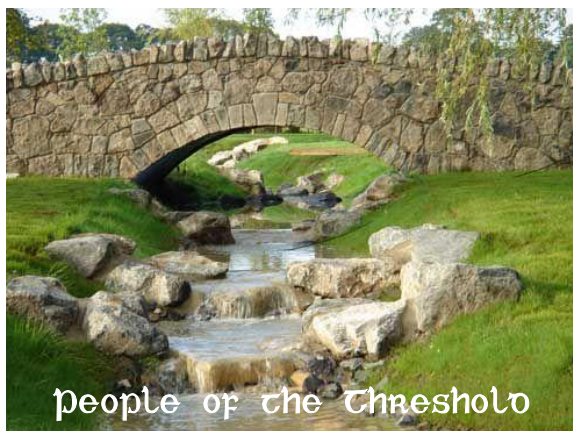
The 'soul knows'... 28 days before death and 49 days after dying



Imbas Forosnai
Great Knowledge that Enlightens



Thresholds to Other Worlds

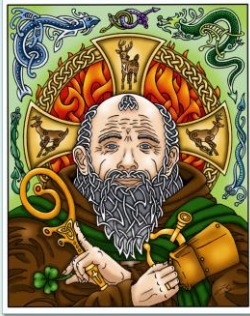


People of the Threshold

Celtic Scholar, Sean O'Duinn



THE POWER OF LORICA



caim
 (cáim) n.
 Sanctuary; an invisible circle of protection, drawn around the body with the hand, to remind one of being safe and loved, even in the darkest times.
 Derived from the root word meaning 'circle', to bend, or turn.



CAIM AGUS CURRACH



Sean O'Duinn Interview Part 1



The Lorica of Rising Hearts

Rediscovering Celtic Wisdom and the Transformative Power of Prayer

Rob Chapman

The Circling Prayer and Blessing

23

This blessing is traditionally used for new born children and at the end of life. It is also appropriate for use in an emergency before a priestly arrival. An alternative use is a spiritual protection circle or shield of prayer, recitation of which may be set and used to circle the field of the person to be blessed.

The measure circle with the candle in a counter clock-wise direction only.

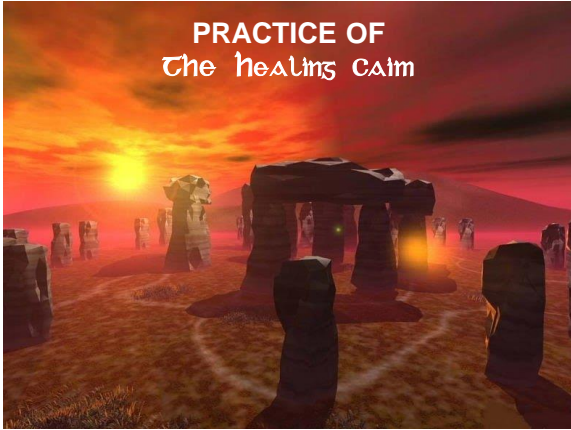
Circle kar/ben. I seek keep hearts without
 Circle kar/ben. I seek keep soul without
 Circle kar/ben. I seek keep mind without
 Circle kar/ben. I seek keep love without
 Circle kar/ben. I seek keep body without

The measure circle in a clock-wise direction only.

Circle kar/ben. I seek keep grace within
 Circle kar/ben. I seek keep joy within
 Circle kar/ben. I seek keep trust within
 Circle kar/ben. I seek keep hope within
 Circle kar/ben. I seek keep good within

Always end every circling the wish in the light within.

Consider the blessing with the following questions.
 May you have the commitment to know what has hurt you,
 to listen to the voice close to you, and in the end, to become one with you. Amen.

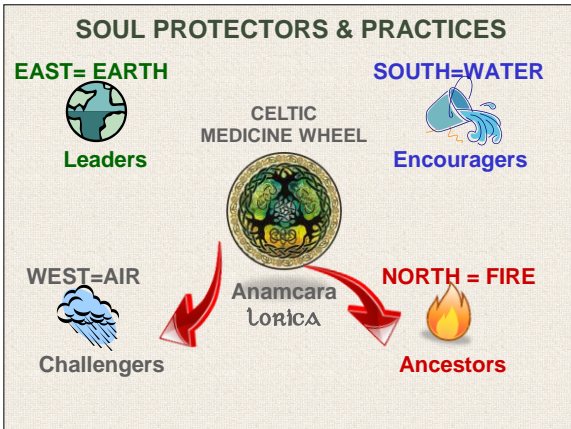


Completing the Celtic Circle



ANAM CÀRA
LORICA

“FACING INTO THE WESTLANDS”





SOUL PROTECTERS = challengers



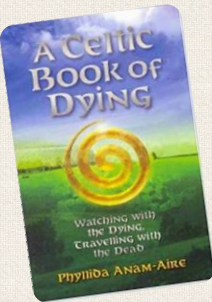

Offering support... while naming our shadow

SOUL PROTECTERS = ANCESTORS



Offering unconditional love
 because they dwell closer to the Light

Anam Aire


**GRIEF, DEATH,
 LIVING AND
 PSYCHOPOMP
 HEALING**



Skellig Michael

Sean O'Duinn Interview Part 2

ANAM AIRE

“Soul Carer”

- ❖ Watching with the dying
- ❖ Traveling with their soul
- ❖ To a final place of peace

personal Reflection Questions

- How/do the notions of ‘psychopomp’ or Anam Aire resonate with you?
- What is your belief/experience about connecting with persons who have died?

ANAMCARA vigil practices

- End of Day Ritual
- 2-3 AM Vigils/Candle
- Circling Blessing
- Invoke Anamcara Protectors
- Psalm 139
- Geanncanacht

*The peace of all peace
be mine this night.
Let all tumult
within me cease.
Enfold me, my Beloved
in your peace.*

immanaire

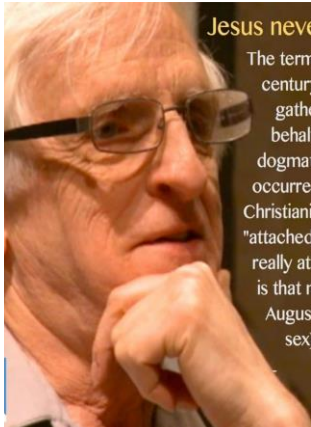
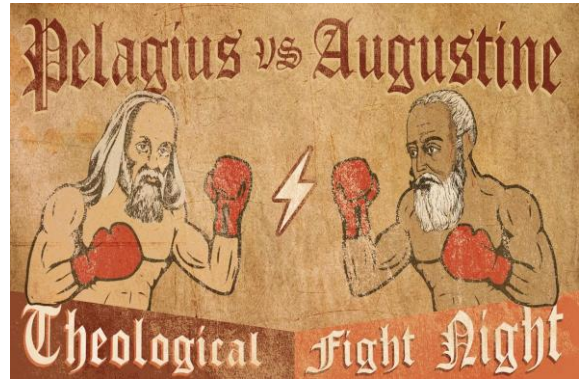
SPIRITUAL CARE FOR THE DYING A MEDIEVAL RECONSTRUCTION: 9th - 15th Century <small>Primary Source: Gregoire's Dialog; Tertius's Prayers; Rufinus' Prayers; Sacramentary; Celtic Sources: Nagelberg & Macneil's Medieval Manuscript Libraries; British Isles</small>		
STAGES	PSALM ANTIPHONS	RITUAL
During various illnesses in the home	Psalm 150 Psalm 41	See Celtic Prayers [end of document]
Rites for Carers	Psalm 32	Intercessory Prayers for carers Blessing of bread and water for fast
Deathbed Reconciliation	Psalm 31 Antiphons Deus Misereatur [1]	Penitential garment
Blessing of Oil [2] Rite of Extinction [3] (cont.)		Anointing: James 1:13-16[3]
Vigil	Litany of Release [4]	
Sacred Light	Antiphon Lumen [5]	Vigil Candles lit
Rites for Final Agency	Psalm 150 Psalm 32 Psalm 111:10 Psalm 74:19 Psalm 115:17-18 Psalm 145:2	
Moving toward final hours	Psalm 51:3-13	Sprinkling of leaves [6]
Baptismal Reaffirmance [7]		
Offering of Cross and Light [8-9]	Psalm 41	
Victims Post-Victims	Psalm 23 Psalm 31:14-21 Antiphon Requies [10]	Remove penitential garment
Final Vigil	Antiphon Entiaque [11] 77	

ON DEATH: FOR WISDOM AND CONSOLATION

LITANY OF THANKSGIVING

For all Thou hast given *Deo Gratias or Domine De*
For all Thou hast withheld *Deo Gratias or Domine De*
For all Thou hast withdrawn *Deo Gratias or Domine De*
For all Thou hast permitted *Deo Gratias or Domine De*
For all Thou hast prevented *Deo Gratias or Domine De*
For all Thou hast forgiven me *Deo Gratias or Domine De*
For all Thou hast prepared for me *Deo Gratias or Domine De*
For all Thou hast chosen for me *Deo Gratias or Domine De*
For the place Thou art keeping for me in heaven *Deo Gratias or Domine De*
For having created me to love Thee for eternity *Deo Gratias or Domine De*
Deo Gratias or Domine De
Deo Gratias or Domine De

From the Celtic Book of Lament & Praise




Jesus never heard of "Original Sin."
The term wasn't even used until the 4th century, so it's "strange to run a church, a gathering, an ekklesia – supposedly on behalf of Jesus – when one of its main dogmatic tenets, Original Sin, never occurred to Jesus." Sadly, Western Christianity is dependent on and chronically "attached to Original Sin – but what they're really attached to is St. Augustine. The fact is that most Westerners believe more in Augustine (and his preoccupation with sex) than they do in Jesus."
- Matthew Fox in "Living the Questions 2.0" www.livingthequestions.com

psalm 119 The "Beati"



Sean O'Duinn Interview
Part 3



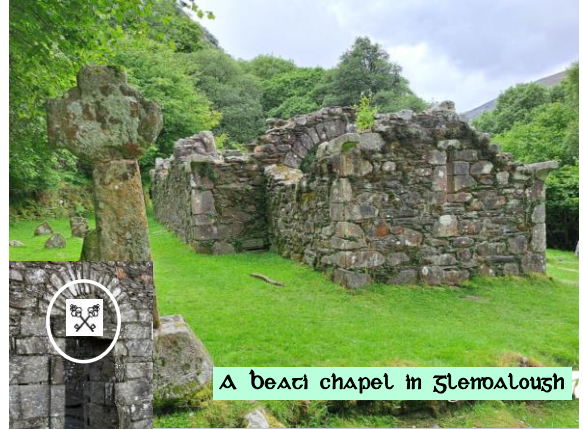
PRAYERS FOR THE DYING
CELTIC TRADITION
(Translated from a 8th–9th c Manuscript)

Death

Of an Enemy
☩
This soul did little good to me, O Lord,
But this soul was yours.

So to this soul I say:
I bless the day you were born
I bless your growing up
I bless you, even in your dark deeds
And I bless you, soul, at your end.

Travel to the God who transforms
Travel to the Arms so wide
Travel to the Spirit all generous.



A PSALMS DEVOTIONAL ON THE PASSAGE OF A BELOVED

The Early Christians borrowed a practice from their Jewish ancestors after the passing of a special beloved person. Psalm 119 (the longest of the psalms) was written to honor the passage of the Jewish people from Babylon to Jerusalem. Each verse corresponds to a different day and step in this journey that also represents the journey of a person from death to new life. The first verse of the psalm, "Blessed are those on the way" speaks to those who are on the way between this world and the next.

Early Celtic Christians formed special communities with the sole purpose of praying the psalms for persons who have died. The tradition evolved to pray Psalm 119 each day for a year following the death of a beloved. The person who agreed to do the prayer for the deceased was called an "anam aire", meaning eternal soul friend. Women's spiritual communities of the times especially dedicated themselves to this practice.

SOUL PROTECTORS & PRACTICES

EAST= EARTH
Leaders

SOUTH= WATER
Encouragers

WEST= AIR
Challengers

NORTH = FIRE
Anamcara
lorica
Ancestors
Seamcanacht

CELTIC MEDICINE WHEEL

**THE PRACTICE OF
Seamcanacht**

"Soul Flight" Meditation



Personal Reflection Questions

- How/are you attracted to any of the practices being presented here?
- Do you or have you had any personal practices regarding your beloved ancestors who have died?



HONORED MENTORS



Thomas Keating



Dolores Krieger



Rabbi Zalman



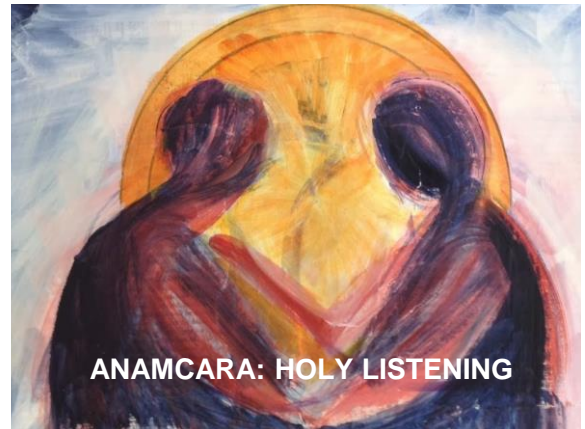
Sean O'Duinn



Mary Groves

breakout groups

- 1) Reflect on what speaks to you about the video teaching you just heard...
- 2) How/has your personal belief regarding life after death been influenced by the Anamcara Tradition?



ANAMCARA: HOLY LISTENING

upcoming events

- Your Track Evaluations
- Closing Year Two Retreat (31 May-2 June)
- Anamcara Reunions (8 June/Bend & 9 June Ireland)
- Kevin's Way Pilgrimage (10-11 June/Glendalough)
- IONA PILGRIMAGE (June) **SOLD OUT**
- 2024 SALC Jubilee Year
- Hard Drive Offer
- Fall Tracks Options
- Anamcara Graduate Community



2023-24 ANAMCARA TRACKS & MENTORS



Art of Spiritual Discernment

Richard Groves

Eileen Heaton

Soul of Wellness

Dean Sharpe

Maris Beier

End of Life Spirituality

Kevin Dieter

Ann Jacob/Stam Tomandl

Healing through Grief

Elizabeth Johnson

Marv Klassen-Landis

Wendy Howard

Art of Spiritual Eldering

Nadya Gross & Victor Gross

Maryhelen Zabas

Seasons of our Lives

Michael Kearney

Debbie Doornbos/Joanne Friedt

Patricia Hallahan/Gloria Schlack

The Spiritual Exercises in Everyday Life

Martina Breen

Elizabeth McCrory

Living Celtic Mythology

Margaret Brady

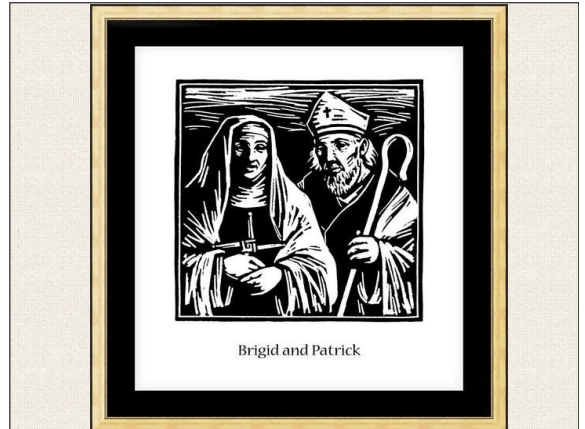
Phil Larkin



CORGUS

A Season for Rebirth

- WELCOME
(Choose your 'Cail')
- OBSERVE
(without judgment)
- LEARN
(notice new aware-nesses)



flight of
st brigid



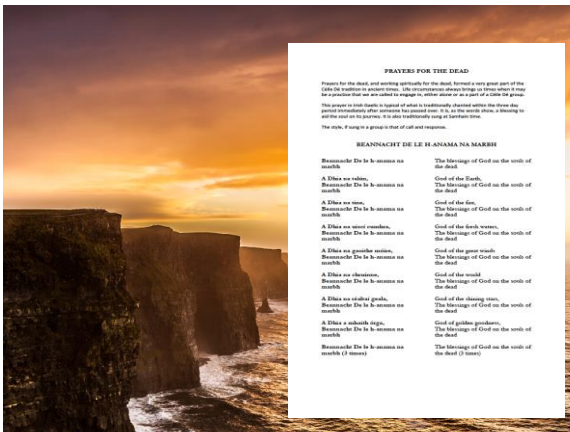
Death of
st patrick



brigido
the elder



pallans an bhaile



PRAYERS FOR THE DEAD

Prayers for the dead, and suitable especially for the dead, formed an important part of the Liturgy of the Mass in ancient times. The circumstances often being so grave, and the need for prayer so great, that we are called to regard the living as well as the dead.

This prayer is read, usually in a church, or in a private house, after the Mass, and is also traditionally sung at funerals.

REANNACHT DE LE HANAMA NA MARRI

Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Earth.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Sea.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Air.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Sun.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Moon.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Stars.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Planets.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.
A Eilias na rólúin.	God of the Universe.
Beannacht Dú le h-annam na marbh.	The Message of God on the souls of the dead.



immanaire