

Dr Jeff Ediger from Chicago has attended several weekend retreats at the Small House for Contemplation in Ann Arbor, Michigan over the last year. He is offering the fruits of his lifetime study and immersion in the Wisdom literature of the Old Testament. As a Christian he is steeped in this wisdom as guidance for daily life in this troubled world. All are welcome, no prior experience is needed.

Spirituality from the Ground Up: Ancient Wisdom for Transforming life into LIFE

Presenter: Dr Jeff Ediger

Dates: Friday October 19th 7-8.30pm - Saturday October 20th 9am-4pm

Fee: \$40 — sliding scale available

Location: Small House, [3269 Lohr Rd, Ann Arbor MI 48108](https://www.google.com/maps/place/3269+Lohr+Rd,+Ann+Arbor+MI+48108)

To register: email Alison Hine at Alihine@gmail.com

What's the most common age of first-time marathon runners? It's not a single age, but what Alter and Heschfield have called the "nine-enders.". So...29, 39, 49, 59—these are all common ages of first-time marathon runners. Motivated by the inescapable turn of a decade, these people kick their butts into gear to accomplish an important life goal before it's too late! They are using what Daniel Pink calls a "temporal landmark." Similar to the way we use physical landmarks to find our way through space, temporal landmarks help us find our way through time.

While insightful, Pink's observations are not new. The sages of the Hebraic Wisdom Tradition would have discerned these insights as relevant to the "proper time." Every human activity, they had discovered, has its proper time, even if it is a "better late than never," "nine-ender" sort of timing. The wise person is one who discerns the proper time to undertake any activity, then "seizes the day," doing what needs to be done without delay...and s/he scores! (Wisdom is all about developing skill and taking action so as to achieve success in life. But it is a kind of success that is centered on something greater than the ego.)

Our exploration of this wisdom theme will offer a useful introduction to the body of biblical literature commonly referred to as the Hebraic Wisdom Tradition, an ancient tradition which, nevertheless, offers wisdom that is useful for today. (The biblical writings associated with this tradition include the following books: Job, Proverbs, Ecclesiastes, The Wisdom of Ben Sira, The Wisdom of Solomon, and selected Psalms.)

While exploring this tradition, we'll dig down to the roots to ask "What is wisdom?" In doing so, we'll discover what turns out to be nothing more than an *apparent* gap between everyday and contemplative wisdom. To bridge this gap, we'll turn to an amazingly versatile Hermetic tool, a kind of cosmic stretching device derived from the "as above, so below" principle. Focusing our attention primarily on the importance of skill in confronting life's challenges, we will learn about a path we might choose using this Hermetic device to achieve an alchemical transformation of the seemingly mundane stuff of our everyday lives (the lead) into the transcendence of spirit-filled being (the gold). This transformation is essential to wisdom spirituality, a spirituality of *transformational integration*.

That's what we'll explore on Saturday. But any farmer can tell you that before you plant seeds, you've got to prepare the soil. So that's where we'll begin on Friday evening—learning about what it takes to cultivate the ground of wisdom; that is, a "listening heart."

Recommended Reading: Proverbs 8, Job 28, Wisdom of Ben Sirach 24. (These are three poems in praise of Wisdom. We'll focus particular attention on Proverbs 8.)

Presenter: Jeff Ediger, Ph.D.

Jeff has been a student of the Hebraic Wisdom Tradition his entire adult life. (Alas...he's a slow learner!) His discovery that what Solomon asked for when he asked to be given wisdom--literally, a "listening heart"--was the inspiration for Jeff's doctoral thesis on listening. Jeff has taught introductory courses on this tradition in a number of Chicagoland area churches.