

THE CENTER FOR SPIRITUAL IMAGINATION

THE GUIDED EXPLORING WAY

2025-2026



The Exploring Way is a great way to experiment with the prayer practices we teach in order to see what speaks to your sense of spirituality and how you experience God in your life. At this level of belonging, you are simply engaging with our community and its teachings on your own terms. The Guided Exploring Way (previously known as Candidacy) offers more support and accountability with fellow practitioners and members of our new monastic community. Completion of the Guided Exploring Way qualifies you to apply for the Companion Way or the Vowed Way of belonging to our Community.

You can start the Exploring Way at any point of the year. Applications for the Guided Exploring Way open once a year during the Summer.





THE GUIDED EXPLORING WAY

MONTHLY EXPLORING CIRCLE

FIRST THURSDAY OF THE MONTH

**October 2, November 6, December 4, (no meeting January 1),
February 5, March 5 | 6:45PM-7:45PM ET**

This monthly session of prayer, mediation, and conversation will be guided by two of our community's vowed members. Get to know others on the exploring path, ask questions, and share your experiences.

EXPLORING THE INCARNATION METHOD OF PRAYER

SELF-GUIDED PRE-RECORDED CLASS

Live practice Mondays beginning September 15 | 6:30PM-7PM ET

Take the online course on our foundational prayer practice, the Incarnation Method of Prayer, led by three of our co-founders. Deepen your understanding of the method by joining us live each week for a 30 minute practice led by our vowed New Monastic members and third year novices.

EXPLORING NEW MONASTICISM

SELF-GUIDED, PRE-RECORDED CLASS PLUS LIVE EXPLORING CIRCLE Q&A

In this course, led by Fr. Adam Bucko, we explore the history of new monasticism and the diverse ways this impulse has manifested across time and traditions. Fr. Adam and other vowed members of our new monastic community will be available at the final Exploring Circle on March 5 to answer your questions on new monasticism and our community.



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EXPLORING LECTIO DIVINA & ALTERNATIVE EXPRESSIONS

LIVE CLASS AND LECTIO DIVINA PRACTICE
Mondays, December 1, 8, 15, 2025 | 7:30PM–9PM ET

LIVE MUSICA DIVINA PRACTICE
Third Thursday of the month beginning September 18, 2025 | 7PM–8PM

LIVE VISIO DIVINA PRACTICE
Mondays, March 16, 23, 30, 2026 | 8PM–9PM

Vowed members of the Community of the Incarnation will lead a 30 minute class on the ancient practice of Lectio Divina, which means “sacred reading.” As we learn to read and listen with the “ear of our hearts”, we will also learn about similar practices such as Visio Divina and Musica Divina, and how even our dreams can be approached as sacred texts.

Join us for any or all of our live practices, including Lectio Divina for Advent, Visio Divina for Lent, and a monthly Musica Divina for Black Lives and Contemplation.

EXPLORING SOCIALLY ENGAGED MYSTICISM

LIVE COURSE
Mondays, February 23–March 23, 2026 | 7PM–8PM

Explore the intersection of contemplation and just living in this course on socially engaged mysticism. With Howard Thurman as our guide, we will engage in weekly practice and conversation around how our spiritual practice is calling us to engage in the world.



THE GUIDED EXPLORING WAY

ELECTIVES

If you are interested in joining the Vowed Way or Companion Way, we suggest exploring at least one of the following electives.

BLACK LIVES AND CONTEMPLATION: THE UNITED STATES

Wednesdays, October 8 to November 26, 2025 | 7PM–8:15PM ET

This class explores the history, practices, and key figures of the Black contemplative tradition in the U.S., offering tools and knowledge to enrich participants' own contemplative lives. This course is centered on BIPOC participants, but all are welcome to apply.

12 STEPS FOR CONTEMPLATIVES: WORKSHOP

Public info session: Tuesday, February 3 at 7PM ET

Workshop: Tuesdays, 7PM–8PM ET

February 17–June 2, 2026 (no meeting March 24, 31, April 7, May 12)

Over the course of four months, we will practice each of the 12 steps, integrating the Christian contemplative tradition and other spiritual texts to our practice. This series will be co-facilitated by community members with a long history of practice in the 12 steps, both in recovery spaces and in the new monastic community. We welcome all to this workshop whether you are new to the steps or an experienced practitioner, or anything in between.

BLACK LIVES AND CONTEMPLATION: THE AFRICAN DIASPORA

**Wednesdays, February 25–April 15, 2026 (no classes on April 1 and 8)
| 7PM–8:15PM**

This class delves into the rich contemplative traditions of the Black Diaspora, encompassing practices and influential figures from Africa, the Caribbean, Europe, and Latin America. Participants will draw on global wisdom to broaden their knowledge of contemplation. This course is centered on BIPOC participants, but all are welcome to apply.