



CFTU

Christian Feminism To You

Speakers Bureau

Music and Meditation

Beyond just listening to music this session is structured to bring a wholistic spiritual reflection, using guided imagery and scripture.

Music is well-documented to have effects on the human mind and spirit, as well as as the physiology of the body. Music has been studied for its sedative and stimulative effects, particularly when combined with suggested imagery (“guided imagery”), art, and story. This session utilizes a combination of scriptures, music, and art, as well as personal and large-group reflection through Ignatian spirituality practices.

Participants will be invited to reflect on a theme (developed in coordination with the group leaders) and then respond to it after completing the exercises in music, art, and meditation.

The length of this interactive presentation can be anywhere from 60 to 120 minutes, depending on the needs and design of the convener. This program utilizes photography, music, and art activities. It can be combined with other sessions in a retreat setting or presented as a workshop session.

“I don’t sit still for anything, hardly ever. But the hour flew! And I will always have a special memory and image of Jesus meeting me at the well!”

Rev. Deb Vaughn

Rev. Deborah (Deb) Vaughn is a professional chaplain endorsed by the Alliance of Baptists. She is a frequent contributor to the RevGalBlogPals blogs, “The Pastoral is Political” and “Friday Prayer,” as well as authoring “ViewPoint” blog posts and reviews on *Christian Feminism Today*. Deb wrote the chapter, “Life Disrupted: A Night in the Trauma Room” for Martha Spong’s anthology, *There’s a Woman in the Pulpit: Christian Clergywomen Share Their Hard Days, Holy Moments and the Healing Power of Humor*. An active social justice advocate, she is currently serving as the coordinator of Christian Feminism Today’s Executive Council. Deb lives with her husband and young adult daughters in Washington, D.C. Her many interests include music, public speaking, photography, and blogging.



For booking information contact Christian Feminism Today by emailing office [at] eewc [dot] com.

CFTU (Christian Feminism To You) is a service of Christian Feminism Today. Learn more at eewc.com.