

Centered Life

AN INITIATIVE OF LUTHER SEMINARY

For Immediate Release

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New Book Refutes Balanced Life Approach

(Feb. 1, ST. PAUL, Minn.) – Refuting the idea that one can achieve the “balanced life” touted by Stephen Covey and other time management experts, “The Centered Life” (Augsburg Fortress Publishing, \$9.99 at www.centeredlife.org), a new book by Jack Fortin, outlines a process that readers can follow to live a centered life. Fortin is executive director of the Center for Lifelong Learning at Luther Seminary in St. Paul, Minn.

According to Fortin, who also leads the seminary’s ecumenical Centered Life® initiative, the answer to overcoming a life that feels fragmented, isolated and overwhelming is not about living a different life; it’s about living life differently. “We long for a more centered life, a sense of wholeness, a more peaceful, confident life,” writes Fortin. He invites readers to focus on what is at the center of their lives and to live out their calling. Fortin proposes that living out one’s calling in life is the key to living a centered life – a life that draws together all aspects of life, including faith in God, family and work. He believes that one’s calling is in the work one does every day, whether as a parent, child, neighbor, caregiver, volunteer or worker.

“Jack Fortin leads us away from the myth of ‘the balanced life’ to one that is centered in faithfulness,” said Dr. Richard Bliese, president of Luther Seminary. “Fortin provides a pathway that people can follow to pursue ministry in daily life and make the important connection between Sunday and Monday.”

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Fortin's Centered Life initiative confirms a nationwide trend in which people are bringing an increased sense of spirituality to the workplace. According to Patricia Aburdene, one of the foremost trend trackers in the United States, author of "Megatrends 2010" and co-author with John Naisbett of the first "Megatrends" book, the focus on spirituality has become so pervasive that it is "seeping into the workplace and creating a moral transformation of capitalism."

Working with individuals and churches through its Centered Life initiative, Fortin reports that when people embrace the centered life approach, melding their work and faith lives, he sees a cultural shift. "People find themselves equipped for the real world, for their daily ordinary lives," he said. "Although we live in many communities and have many roles, people want to bring their many selves together around one identity," he said. "The centered life approach provides a method that allows people to do that."

Fortin reports that many individuals who embrace the centered life approach find that God is already present in the many places they live their lives, including work. "They often learn that others have shared their sense of isolation and their desire to incorporate faith into their work," he said.

Fortin encourages those who do not attend church and want to embrace the centered life approach to find a community of faith that will support them – a place where they can bring their *entire* selves and find resources to live hopeful, healthy lives.

About Centered Life

Centered Life® (www.centeredlife.org) is an ecumenical initiative that helps Christians connect their faith to their daily lives. Luther Seminary, which educates leaders for Christian communities across the country and around the world, introduced the initiative in 2001 through its Center for Lifelong Learning. Fortin helped develop the Centered Life initiative and leads the program. Luther Seminary is the largest of the Evangelical Lutheran Church of America (ELCA) seminaries.

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