
JOURNEYS

Spiritual Formation Newsletter

Summer 2025



USING ENNEAGRAM WISDOM FOR SPIRITUAL GROWTH

"If we observe ourselves truthfully and non-judgmentally, seeing the mechanisms of our personality in action, we can wake up, and our lives can be a miraculous unfolding of beauty and joy."

Don Richard Riso and Russ Hudson, *The Wisdom of the Enneagram*



FIRST PRESBYTERIAN CHURCH FORT WORTH
Spiritual Formation



JOURNEYS

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MEDITATION

Reflections of a Type 3:

The Transformative Power of the Enneagram

by Cesar Chavez



For most of my life, I moved fast enough to avoid sitting with my own thoughts—driven by career ambitions and fueled by a constant fear of failure. As a Type 3 on the Enneagram, I felt most alive when I was achieving, when others saw me “doing,” and especially when I had something tangible to show for my efforts. I measured my worth in milestones, accolades, and the approval that came with them.

Yet something shifted when I became a husband.

Suddenly, life wasn’t just about me or what I could accomplish. My priorities began to change, and the pace I once prided myself on started to feel unsustainable. I found myself caught between two worlds: the relentless drive of my old self and the quiet, deeply fulfilling pull of family life.

That’s when the Enneagram became more than just a personality test—it became a spiritual framework to draw closer to God.

I first took the Enneagram test during a Sunday School class, and the results labeled me a Type 3: the “Achiever.” At first, I was convinced I had answered the 200+ questions incorrectly. Surely, I had misunderstood the questions. I aimed high and pushed hard precisely because I’d never achieved anything noteworthy. But as the traits of a Type 3 were read aloud, I realized, to my dismay, that I had answered truthfully after all.

Reflections of a Type 3

(continued)

Personality tests have been part of the cultural conversation for decades. Organizations and teams often use tools like Myers-Briggs or StrengthsFinder to enhance dynamics and productivity. As a Type 3, I appreciated those external reflections built on outer perceptions and work dynamics.

The Enneagram is quite different. It's not about external performance or workplace compatibility. It's about inner life—core motivations, fears, and emotional drives. Unlike other assessments that help you understand how you interact with the world, the Enneagram asks you to look inward and reflect on why you do what you do. Its aim is spiritual growth and self-awareness, not categorization.

At its core, the Enneagram outlines nine types, each defined by a central fear and desire. Everyone resonates with one core type, but that type is shaped by adjacent wings—neighboring types that influence how you think and behave. These wings can offer insight into how you respond during times of stress or growth—your personal yin and yang, in a sense.

Over several weeks in our Sunday School class, our gifted Enneagram teacher walked us through each number. When we arrived at Type 3, I leaned in. We were told that the Type 3's drive to achieve stems from a deep need to feel valued. That unchecked drive, left unbalanced, can lead to burnout and emotional disconnection. But by shifting from a mindset of doing to one of simply being, Type 3s can learn to enjoy the little things in life. I was still in denial at the time, but I couldn't deny that this framework was unlike any I'd encountered before.

The Enneagram gave me language for a narrative I hadn't known I was living: the story of always needing to do more. More importantly, it helped me begin to rewrite that story. I saw that my ambition wasn't inherently wrong, it just needed balance. And that balance came in the form of quiet reflection, stillness, and tuning in to my higher power.

Reflections of a Type 3

(continued)

Moments of stillness, or quiet contemplation as I read scripture help me to better understand Christ. My prayers no longer force my will but instead ask Christ to guide me in His will.

Today, I still set goals. I still seek accomplishments. Yet I've learned to ask different questions:

Am I glorifying God?

Am I walking with the Spirit or only pushing my will?

How do I remember that God loves me no matter what?

These questions—rooted in a deeper understanding of the Type 3 journey—have helped guide me toward a grounded, more spiritual life.

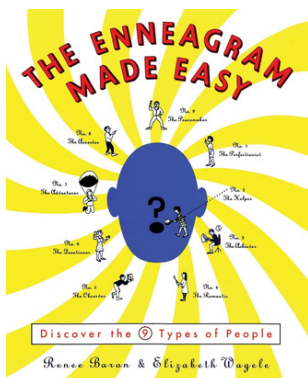
The Enneagram didn't fix me—because I wasn't broken. It did give me healthy tools to grow in my faith. And for that, I'm deeply grateful.



PRACTICES

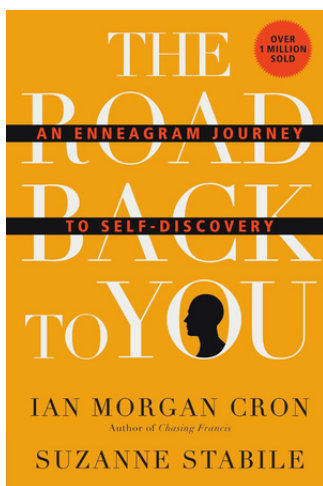
BOOKS TO READ

Suggested for learning your Enneagram number:



***The Enneagram Made Easy* by Renee Baron and Elizabeth Wagele**

This comprehensive, yet simple, introduction to the nine Enneagram types provides illustrations, lists, inventories and clearly stated topics with bullet points on each number. This book is both very clever and fun, making the discovery of your number easier, yet still challenging.



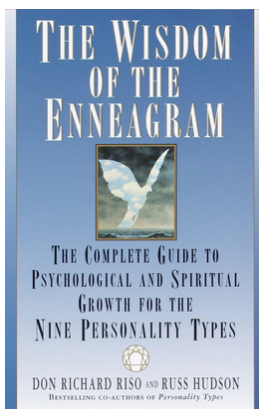
***The Road Back to You* by Suzanne Stabile and Ian Cron**

This enneagram best seller provides a practical way of accessing Enneagram wisdom using the lens of self-discovery. This book is rooted in basic formation. Formation, Thomas Merton once said, is the one challenge on which all of life rests—to discover our true selves in discovering God, and to find more of God in finding more of our true selves. In this book, readers find clear information illustrated with anecdotes that assist understanding and add depth (if not humor).

PRACTICES

BOOKS TO READ

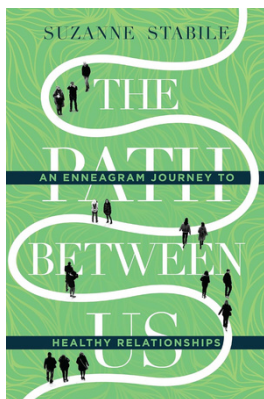
Growing in your number or the second workshop:



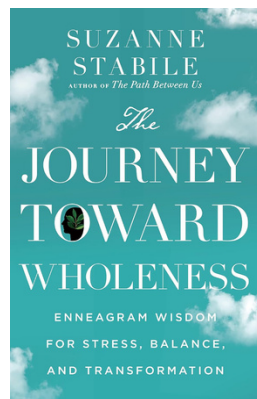
The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types

by Richard Riso and Russ Hudson

This guide includes questionnaires for determining your type and vivid profiles of each type. This guide is often considered the desk book needed for any deeper Enneagram study. Riso and Hudson provide red-flag alerts, wake-up calls, and spiritual jump starts for each number.



The Path Between Us, An Enneagram Journey to Healthy Relationships and The Journey Toward Wholeness, Enneagram Wisdom for Stress, Balance and Transformation
both by Suzanne Stabile

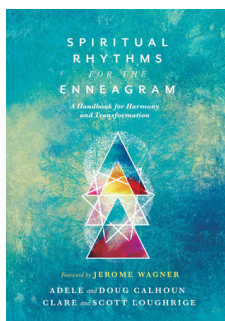


These books are two easy to read guides for going deeper into the study of one's Enneagram type. As their titles suggest these guides focus on growing skills in managing our number and creating growth opportunities for ourselves through examining relationships, where we experience stress, and understanding how we can achieve greater balance in our lives.

PRACTICES

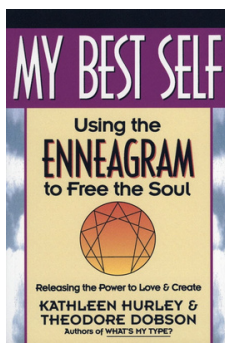
BOOKS TO READ

The Enneagram and Spirituality:



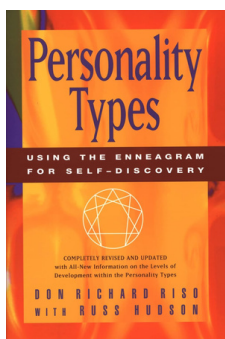
Spiritual Rhythms for the Enneagram
by Adele and Doug Calhoun, Clare and Scott Loughrige

As these authors point out transformation happens as we grow in awareness and learn how to engage and reflect God's image. Simply knowing our number doesn't do justice to who we are, nor does knowing our number change us or our relationships. We must commit to the work necessary and this guide provides tremendous support with that. It includes prayers, journaling exercises, work with the true self and false self, and discernment tools for each enneagram type.



My Best Self: Using the Enneagram to Free the Soul
by Kathleen Hurley and Theodore Dobson

This Enneagram classic has been in use over 40 years and is Jungian in its approach. While there is a presentation on each number this guide looks more at stances and topics like our woundedness, addictions and remembering our destiny.



Personality Types: Using the Enneagram for Self-Discovery
by Don Riso and Russ Hudson

is a logical sequel to their Wisdom of the Enneagram. In this second book readers go deeper into issues for each type. By number, the authors take a deep dive into how each type is healthy, average, or unhealthy in its functions. There is also deeper consideration of how wings are expressed within each Enneagram type.

PRACTICES

WAYS TO PRACTICE MINDFULNESS

Daily Examen

1. Place your hand on your heart and ask Jesus to bring to your heart the moment today for which you are most grateful. If you could relive one moment, which one would it be? When were you most able to give and receive love today? Ask yourself what was said and done in that moment that made it so special. Breathe in the gratitude you felt and receive life again from that moment.
2. Ask God to bring to your heart the moment today for which you were least grateful. When were you least able to give and receive love? Ask yourself what was said and done in that moment that made it so difficult. Be with whatever you feel without trying to change or fix it in any way. Take deep breaths and let God's love fill you just as you are.
3. Give thanks for whatever you have experienced.

Examen Questions

For what moment today am I most grateful?

For what moment today am I least grateful?

When did I give and receive the most love today?

When did I give and receive the least love today?

When did I feel most alive today?

When did I feel life draining out of me?

*When did I have the greatest sense of
belonging to myself, others,
God, and the universe?*

When did I have the least sense of belonging?

When did I feel closest to God?

When did I feel most distant?

RETREATS & ACTIVITIES

MONTSERRAT JESUIT RETREAT HOUSE: SATURDAYS OF REFLECTION

Monthly (visit website for details)

600 N. Shady Shores Drive, Lake Dallas, TX 75065

Montserrat's Saturdays of Reflection provide opportunities for prayer and reflection. The morning's activity often consists of two talks on Ignatian Spirituality. In between the talks is time for silent reflection. The morning is also concluded with Mass. Saturday of Reflection sessions are offered monthly with exception of the months of January and July. The event always starts at 9 a.m. and ends by noon. Checking-in starts at 8:30 a.m.

Learn more at: montserratreteat.org/days-of-reflection

“Spiritual progress involves seeing what is right under our noses—really what is right under the layers of our personality. Spiritual work is therefore a matter of subtraction, of letting go, rather than adding anything to what is already present.”

Don Richard Riso and Russ Hudson,
The Wisdom of the Enneagram



OPPORTUNITIES FOR EXPLORATION

SPIRITUAL FORMATION COURSE OFFERINGS

BACK BY POPULAR DEMAND: ENNEAGRAM WORKSHOPS

"You can't know God without knowing yourself, and you can't know yourself without knowing God," said John Calvin. The Enneagram is a time-tested tool for this lifelong journey of self-discovery and spiritual growth.

First Pres is offering two Enneagram seminars in July, and a third seminar in the fall that has been expanded into a four-week course. Attend all three or choose the sessions that best support your personal growth.

SUMMER SEMINARS

- **July 12: Know Your Number.** Learn Enneagram basics: Centers of Intelligence, Triads, Stances, and discover your type.
- **July 26: Growing into Your Healthiest Self.** Explore how to use Wings, Stress/Security numbers, and address childhood messages and wounds.

Time: Saturdays, 9 a.m.–3 p.m., Location: Youth Center

Lunch: Optional, \$10

Cost: Free (includes resource notebooks)



FALL SEMINAR COURSE

- **September 7-28: Growing Home: The Spirituality of the Enneagram.** Dive into the spiritual dimension of the Enneagram - holy ideas, virtues, and practices that help each type reconnect with its true essence. This third seminar requires more time and depth, and is offered as a four-week course.

Time: Sundays, 2–4 p.m., Location: Room 100

Cost: Free (includes resource notebooks)



**Register at fpcfw.org/spiritualformation
by using the QR codes here,
or by calling the church office (817.335.1231)**

"...the Enneagram [is] a very ancient Christian tool for the discernment of spirits, the struggle with our capital sin, our 'false self,' and the encounter with our True Self in God."

Richard Rohr

A GIFT FOR YOU...

In each issue of Journeys, the back cover will include a visual of a scriptural verse or an encouraging quote for reflection as our gift to you. Cut it out and post it somewhere you'll see it often.



Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Romans 12.2