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Contact: Carla Wright

Tel: (802) 457-4000

Fax: (802) 457-4004

publicity@skylightpaths.com

HOW CAN FUN IN THE SNOW REFRESH AND RESTORE YOUR SPIRITUAL LIFE?

What does physical exhilaration and playful adventure have to do with spirituality? Debunking the myth that your body has nothing to do with your spiritual life, avid winter sports enthusiasts Dr. Marcia McFee and Rev. Karen Foster demonstrate how spirituality is fed by play and challenge and how your snow-filled adventures can serve as a set of metaphors for seeing life's ups and downs as part of a sacred rhythm.

“Activities that are exhilarating and fun are not usually thought of as spiritual. But to the contrary, such ventures may well point us to our most profound spiritual connections,” write Dr. Marcia McFee and Rev. Karen Foster in **SPIRITUAL ADVENTURES IN THE SNOW: Skiing and Snowboarding as Renewal for Your Soul** (SkyLight Paths / October 2009 / Quality Paperback Original / \$16.99). “For when we are able to come fully into the present moment, turn off the noise in our minds, feel our true essence as complete union of body-mind-spirit, we enter into a kind of ‘mountain-top experience’ that can only be described as spiritual.”

Ideal for people of all faiths—or none—and all skill levels, **SPIRITUAL ADVENTURES IN THE SNOW** offers poignant insights on how you can find your peak spiritual life in your favorite snow sport. Each chapter also features a “Conversation with an Adventurer,” highlighting interviews with professionals, such as former Olympians, a backcountry skier, and a spiritual skiing guide, that capture their extraordinary experiences and inspirational stories (see attached list). Other resources include “A Week of Meditations for Spiritual Adventures in the Snow” and the humorous “How to Talk Cool on the Mountain: A Guide to Slope Slang.” Learn how to:

- Reduce stress and embrace your need for fun
- Achieve harmonious integration of mind, body, and spirit
- Trust your body's inherent wisdom
- Appreciate the details in nature and everyday life
- Clear your head and persevere in difficult times
- Cultivate a sense of community

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Dr. Marcia McFee, an avid skier, is a national speaker and consultant to churches on spirituality, arts, and worship. **Rev. Karen Foster**, an avid snowboarder, is a teacher of spirituality, retreat leader, and pastor.

Paul Arthur (Foreword), a Junior Olympics coach and pioneer backcountry skier, was the first to ski Mt. Whitney in California as well as various couloirs and canyons of Mt. Tallac in California and Mt. Tom in the Sierra Nevada, California.

SPIRITUAL ADVENTURES IN THE SNOW

Skiing and Snowboarding as Renewal for Your Soul

By Dr. Marcia McFee and Rev. Karen Foster; Foreword by Paul Arthur

SkyLight Paths (Woodstock, VT); www.skylightpaths.com; 800-962-4544

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Snow Adventurers featured in

SPIRITUAL ADVENTURES IN THE SNOW

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Tina Basich, a women's snowboarding pioneer and U.S. champion, is a founder of Boarding for Breast Cancer, a nonprofit organization whose mission is education, awareness, and fund-raising.

Neil Elliot is an Anglican priest and an avid snowboarder who has done doctoral research on "soulriding," a term that is used in a variety of ways in snowboarding, surfing, and mountain biking culture.

Alex Heyman, an avid skier both in and out of bounds, is the training coordinator for the Mountain Sports Learning Center at Sugar Bowl in North Tahoe.

Rabbi Jamie Korngold, known as the "Adventure Rabbi," left the traditional rabbinate in 2001 to reconnect people with the spirituality of the great outdoors. She now leads "spiritual skiing" retreats in the mountains of Colorado.

Anne Lamott, a skiing novice, is the best-selling author of *Traveling Mercies*, *Plan B*, and *Grace (Eventually): Thoughts on Faith*, along with several novels and other works of nonfiction.

Bill Seline, a backcountry skier, mountain guide, and telemark ski instructor, is a certified avalanche instructor and paramedic.

Evan Strong, an adaptive snowboarder, is a two-time national superpipe champion and gold medalist in slope style in the Adaptive Division of the USASA (United States of America Snowboard Association). He is working to get snowboarding competitions sanctioned as official events of the Paralympics.

Kristen Ulmer, a member of the U.S. Ski Team and a pioneer of the extreme sports revolution voted or named the best overall woman skier and the best big mountain extreme skier in the world for twelve years, changed her life course in 2003 and teamed up with Zen Master Genpo Roshi, in her home state of Utah, to offer clinics called "Ski to Live," which bring ancient wisdom into skiing and other adventures.

Praise for

SPIRITUAL ADVENTURES IN THE SNOW
Skiing and Snowboarding as Renewal for Your Soul

By Dr. Marcia McFee and Rev. Karen Foster
Foreword by Paul Arthur

“Explains the phenomena of a lifestyle in snow ... the tranquility and peacefulness, the exhilaration and treacherousness ... [the] magical, spiritual connection that ties us to the mountains, the wonder that propels us through the snow and through our lives.”

—**Kristin Krone**, former Olympic skier

“Explores [this] quixotic topic as [you] might descend a mountain, with variances in tempo and technique, with injections of humor and humility, with strength and subtlety in equal measure. A pleasant and worthwhile read.”

—**Rick Phipps**, author, *Skiing Zen: Searching for the Spirituality of Sport*

“Spiritual fun is what we should be about in our daily lives. Playing at the feet of God, as children of God, as created beings, is our heritage and our inheritance. Hooray for *Spiritual Adventures in the Snow!*”

—**Susan Saint Sing**, author, *Spirituality of Sport: Balancing Body and Soul*

“For readers of all faiths, this fine book makes explicit the importance of awe and wonder for the spiritual journey.”

—**Dr. Edward T. Hastings**, director, The Center for Sport, Spirituality and Character Development, Neumann College

“Take[s] us to the mountains to show us in snow and with humor that a good faith, a get-out-of-doors spirituality, is the essence of ‘the good life.’”

—**Leonard Sweet**, Drew Theological School, George Fox University; sermons.com

SPIRITUAL ADVENTURES IN THE SNOW: Skiing and Snowboarding as Renewal for Your Soul (5 1/2" x 8 1/2", 208 pp, Quality Paperback Original, ISBN 978-1-59473-270-6, \$16.99) is available from Barnes & Noble, Borders, Books-a-Million, Indigo/Chapters, amazon.com, barnesandnoble.com, and many other booksellers, or directly from SkyLight Paths Publishing, P.O. Box 237, Woodstock, VT 05091; Tel: (802) 457-4000; Fax: (802) 457-4004; www.skylightpaths.com. For credit card orders, call (800) 962-4544. Add \$3.95 shipping and handling for the first book, \$2.50 for each additional book.