

# Franciscan Spiritual Center

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August - December 2010

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## SWEAT EQUITY AND RESTORATION

Sometimes a spiritual practice starts as a headache. Two years ago several members of Milwaukie Presbyterian Church looked down into the back three acres of the church's property, discouraged by the tangled mess of ivy, clematis, and Himalayan blackberries. Native white oaks had been cut down and trash thrown down the hillside. A rickety wooden fence with a locked gate and "no trespassing" signs kept congregants from the wetland that borders Kellogg Lake.

The project began with cutting ivy off trees. That simple act started what has become a full-fledged wetlands restoration supported by a Metro's "Nature in the Neighborhood's" grant. Milwaukie Presbyterian Church put in 500 volunteer hours last year with additional time by Boys Scout Troop #376, three environmental classes from Milwaukie High School, and the Waldorf School. Trails allowed workers to penetrate the jumble where they discovered a pond and two natural springs. So far volunteers have planted 600 native trees and shrubs below the fence.

The Franciscan Spiritual Center joined in the restoration too. Sister Celeste and Joy Wallace have submitted "care of creation" articles for the church's newsletter to stimulate interest and add a spiritual dimension to our work. Future plans include identifying meditation sites and planning a one day retreat on the property. Volunteers are always reminded to not just do the work but to be mindful of God and nature as they do it. Contact [shirleystageberg@comcast.net](mailto:shirleystageberg@comcast.net) for more information.

## MEN ON THE JOURNEY by Scott Borison

Men's spirituality? What is it that makes a man's spiritual journey any different from a woman's? Aren't we all God's children?

I've wondered this often because my experience in the seminars, retreats and classes I've enjoyed over the years I've seen women in abundance but few men. In fact, in one very good series, by the third year there were some thirty women yet only two men!

Why is it? Aren't we, men and women alike, all God's children?

I think it is that young men (and certainly some young women) eye life longing to be warriors and, if you will, wild men. Wild men fight for success, advancement, being ahead of the next guy. We seek wealth and fame. Like the proverbial camel we have little interest in facing the needle's eye. Yet truth, beauty, trust, meaning – even the kingdom itself -- abound if only (even just temporarily) we can set the battle aside.

It is popular to speak in this context of embarking on a "Spiritual Journey" as if it were about going somewhere. Instead, the spiritual journey is a voyage of discovery of our own truth, a truth that already lies within. We "Wild Men on the Journey" (to borrow Richard Rohr's popular title) discover new perspectives. We do it through reading, joining seminars or retreats, speaking in deep and meaningful ways with others, and in spiritual direction.

How beautiful to be on the journey! Yet most of us men don't heed the voyage and the sign posts along the way. Or, if we are interested, we don't know where to find the trailhead, the place to join the journey. Instead of seeking to find it, we postpone and procrastinate. One day we face crisis or become old finding we missed the journey all together. (Continued Page 3)

## PILGRIMAGE ALERT!!

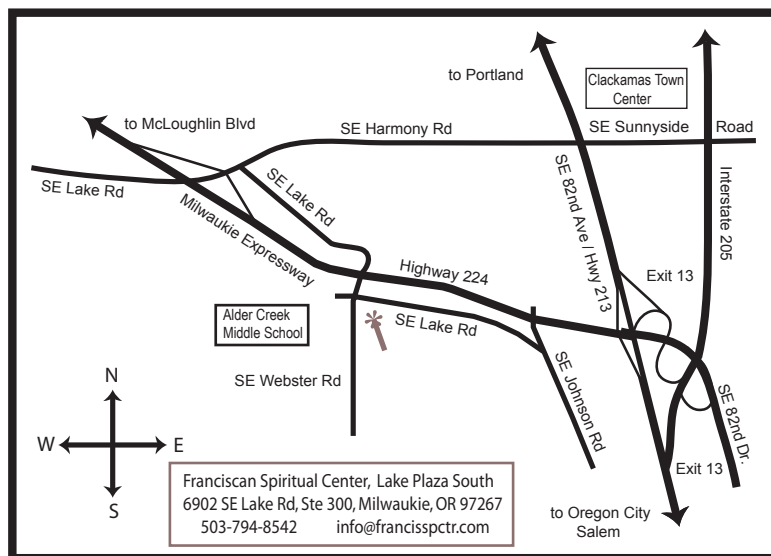
The Franciscan Spiritual Center is planning another pilgrimage which will include various religious sites in France including Chartres Cathedral, Notre Dame Cathedral in Paris and Mont St. Michel. The trip will take in pilgrimage sites of St. Joan of Arc, and visit sites associated with St. Thérèse. Stay tuned for more information soon to be posted on our website at [www.francisspctr.com](http://www.francisspctr.com)

### Our Vision Statement:

In the Franciscan tradition, we will share/create a place of simple beauty and hospitality that will support and deepen the contemplative spirit.



Our office is in this building at the corner of Lake and Webster - across the street from Alder Creek Middle School



# AUGUST TO DECEMBER 2010 CALENDAR

## AUGUST

- 3 Living in the Present
- 4 Praying the Psalms
- 7 Letting Go
- 11 Praying with the Psalms
- 12 Life of St. Clare
- 19 Life of St. Francis
- 19 Spring Forest Qigong
- 26 Spirituality of St. Francis & St. Clare
- 28 Introduction to Group Spiritual Direction

## SEPTEMBER

- 2 Spring Forest Qigong
- 7 Companions
- 8 Artist's Way
- 13 Peer Supervision
- 14 Peer Supervision
- 14 Spiritual Memoir
- 15 Artist's Way
- 15 Group Spiritual Direction
- 16 Spring Forest Qigong
- 18 Thai Massage
- 18 Bringing Breath to Life
- 21 Women's Circle
- 22 Men on the Journey
- 22 Artist's Way
- 22 Creating a Spiritual Will
- 25 Celebrating Creativity
- 25 Bringing Breath to Life
- 27 Dream Group
- 28 Voluntary Simplicity
- 28 Thomas Merton
- 28 Spiritual Memoir
- 29 Artist's Way

## OCTOBER

- 2 Bringing Breath to Life
- 2 Mother Teresa
- 5 Companions
- 5 Voluntary Simplicity
- 6 Creating a Spiritual Will
- 6 Artist's Way
- 7 Spring Forest Qigong
- 7 Discernment
- 11 Peer Supervision
- 11 Dream Group
- 12 Peer Supervision
- 12 Spiritual Memoir

- 12 Voluntary Simplicity
- 12 Thomas Merton
- 13 Men on the Journey
- 13 Artist's Way
- 14 Life of St. Clare
- 14 Thomas Merton
- 14 Discernment
- 16 Compassionate Comm.
- 19 Voluntary Simplicity
- 19 Women's Circle
- 20 Group Spiritual Direction
- 20 Artist's Way
- 21 Life of St. Francis
- 21 Spring Forest Qigong
- 21 Discernment
- 23 Wellness Day
- 25 Dream Group
- 26 Voluntary Simplicity
- 26 Spiritual Memoir
- 26 Thomas Merton
- 27 Men on the Journey
- 27 Artist's Way
- 28 Spirituality of St. Francis & St. Clare
- 28 Thomas Merton
- 28 Discernment

## NOVEMBER

- 2 Companions
- 2 Voluntary Simplicity
- 3 Creating a Spiritual Will
- 3 Artist's Way
- 4 Spring Forest Qigong
- 4 Discernment
- 6 Dorothy Day
- 8 Peer Supervision
- 8 Dream Group
- 9 Peer Supervision
- 9 Spiritual Memoir
- 9 Thomas Merton
- 10 Men on the Journey
- 10 Artist's Way
- 12 - 15 Hermitage
- 13 Elder Journey
- 16 Spring Forest Qigong
- 16 Women's Circle
- 17 Group Spiritual Direction
- 17 Artist's Way
- 20 Poetry as Prayer

- 22 Dream Group
- 24 Men on the Journey
- 24 Artist's Way
- 29 Advent: A Time of Waiting

## DECEMBER

- 2 Spring Forest Qigong
- 3 Advent Taize Service
- 4 Advent Morning of Reflection
- 7 Companions
- 8 Men on the Journey
- 11 Advent Labyrinth Retreat
- 11 Our Lady of Guadalupe Retreat
- 13 Peer Supervision
- 14 Peer Supervision
- 15 Group Spiritual Direction
- 18 Spring Forest Qigong
- 18 Bodywork Retreat
- 21 Women's Circle

## FUND RAISING CONCERT COMING!

Michael Allen Harrison is coming to Milwaukie Lutheran Church on Oct. 17.

Tickets \$35.00  
**SAVE the DATE!**



## SPIRITUAL DIRECTION

### Individual Spiritual Direction

Spiritual direction fosters an individual's personal, intimate relationship with God. It is companionship given to one person (the directee) by another person (the director) which enables the directee to pay more attention to God's presence and activity in his or her life. There are four trained directors at the Center who are available to meet regularly with persons interested in participating in individual spiritual direction sessions. Available in Spanish. By appointment, for \$50.00 per session. Questions about Spiritual Direction? Call for a free information session.

### Group Spiritual Direction

See September for a description, dates, times, facilitators and cost.

### Supervision for Spiritual Directors

**Individual Supervision:** For experienced spiritual directors who would like to participate in individual supervision. The participant brings focused questions, reflections, verbatims as they relate to the practice of giving spiritual direction. The supervisor shares her insights and questions to assist the director in understanding the director's call to the ministry of spiritual direction. Monthly by appointment for one-hour session at \$50.00 per session.

Facilitator: Sr. Mary Jo Chaves

**Peer Supervision:** See September for a description, dates, times, facilitator and cost.



### The Labyrinth: Walking a Sacred Path

Since early times, the labyrinth has served as a pilgrim's journey to the center of one's soul. Sr. Mary Jo Chaves is a certified Veriditas Labyrinth facilitator. She is available to facilitate labyrinth retreats and workshops at the Center with the labyrinth that is designed into the carpet. She also takes the Center's portable indoor Petite Chartres labyrinth to sites where groups participate in a labyrinth walk/retreat/workshop. *Please call the Center for more information.*

## FRANCISCAN COMPANIONS IN FAITH

The Associate Program of the Sisters of St. Francis of Philadelphia invites people to gather monthly to study aspects of Franciscan Spirituality, share faith, and share in the life and mission of the Sisters.

Dates: Monthly Sept. - June, on the 1st Tuesday

Time: 6:30 - 8:30 PM

Facilitator: Sr Mary Jo Chaves

Free

## MASSAGE & REFLEXOLOGY

**MASSAGE:** Are you looking to reduce stress and tension, improve circulation and energy flow and offer your mind and spirit an experience of clarity of thought and a sense of wellbeing? Then call for a massage, Qi~ssage, or reflexology session and gift yourself with healing touch. Qi~ssage combines the energy principles of Qigong with the art of massage. Massages also make wonderful gifts and certificates are available.



**REFLEXOLOGY:** Reflex areas in the feet and hands corresponding to all parts of the body and manipulation with fingers and thumbs can help a person achieve balance and relaxation.

**FEES:** Reflexology session \$35

Qi~ssage session \$35

One-hour massage \$60,

Chair massage \$15

Massage discount available: 3 one-hour massages for \$150.00

**THERAPIST:** Sr. Emma Holdener

## HISPANIC MINISTRY OUTREACH

Sister Guadalupe Medina

Sr. Guadalupe works with Parishes doing Hispanic Ministry outreach in the following areas:

Marriage Preparation

Catechetical Training

Retreats and workshops

Spiritual Direction

Call to Protect

She also customizes programs to fit the needs of Parishes or groups. Call 503-794-8542 ex.108 for more information.

### Advent Taizé Prayer Service

Join us this Advent season for this contemplative experience of Taizé prayer where musical phrases are repeated over and over to quiet the mind and heart in order that the song may become prayer.

Date: Friday, December 3 7:00 – 8:30 PM  
Facilitators: Sr. Celeste Clavel & Sr. Mary Jo Chaves  
Cost: Donation

### Advent Retreat: Our Lady of Guadalupe

Have you ever wanted to make a pilgrimage to Our Lady of Guadalupe in Mexico, but can not afford it? Sr Guadalupe Medina, OSF invites you to come and experience a simple, affordable mini-pilgrimage and cultural experience. Join her for an evening tribute to Our Lady of Guadalupe.

Date: Saturday, December 11 6:00 – 11:00 PM  
Facilitator: Sr. Guadalupe Medina  
Cost: \$10.00 includes a simple meal and snack  
Please register by Dec. 10

### Advent Morning of Reflection

Advent is the season of waiting... what does it mean to wait, and how do we do it? Join us for a morning of reflections, quiet, and Eucharist to explore the meaning of Advent 2010 for our lives and for the life of the world.

Date: Saturday, December 4 9:00 AM - noon  
Facilitators: Fr. Peter Byrne, S.J. and Marilyn Kirvin  
Cost: \$30.00

### Bodywork Retreat

Join us for a relaxing morning having the opportunity to sample chair massage, reflexology, and Jin Shin Jyutsu. Feel pampered and relaxed in our spiritual center with others also looking to spend time taking care of themselves and enjoying these wonderful modalities of bodywork.

Date: Saturday, Dec. 18 Time: 9:00 AM to 1:00 PM  
Cost: \$50.00

### Coming in JANUARY 2011

#### Book Study: Women, Food and God: An Unexpected Guide to Almost Everything by Geneen Roth

This best-selling book invites readers to explore the meaning of food and the way we eat, and discover how our relationships with food mirror our feelings about love, fear, anger, transformation, and God. Participants will read the book and talk together about its meaning for their lives.

Dates: Thurs: January 6, 13, 20, 27 7:00 – 8:30 PM  
Facilitator: Marilyn Kirvin  
Cost: \$60 for series – bring book or purchase in our bookstore

#### Transition Retreat

This is a day for anyone who is going through some kind of transition – career, relationship, recovery from addiction, grief, etc. We will explore stages of transition, and the challenges of those stages, as well as the spiritual gifts that come in times of change.

Date: Saturday, Jan. 22 Time: 9:30 AM – 2:30 PM  
Facilitator: Marilyn Kirvin  
Cost: \$40 Bring your own lunch.

#### A \$25 deposit is now required to register for all programs costing more than \$25.00.

This deposit will be refunded if one cancels more than 48 hours in advance of the program. Deposits may be paid with check or credit card. Scholarship applications are available on request for all programs. To register call 503-794-8542 or info@francisspctr.com or www.francisspctr.com.

### Customized Just for You

#### At-Home Retreats

If you are unable to attend a scheduled retreat, consider some days of reflection at home. At-home retreats include the following process: A one-hour appointment at the Center to prepare and to receive materials to use; your personalized retreat at home; and a follow-up to close your period of reflection and help you process your personalized retreat.

Facilitator: Marilyn Kirvin Cost: \$60

#### Wisdom of the Path: A Retreat for Women Who Share Familial and/or Friendship Ties

This retreat is for women who share familial and/or friendship ties – daughters, mothers, granddaughters, friends, nieces, in-laws, etc. It will be tailored to the group's needs including time together to share about the path of each woman in the group and to affirm one another's journey. The day will include sharing, reflections, personal time and walking the labyrinth. Call Sister Mary Jo to schedule a Saturday Retreat

Time: 10:00 AM to 2:00 PM  
Cost: \$250 total for group Facilitator: Sr Mary Jo Chaves

#### On Site Retreats

**For Individuals:** The Center offers a place to come for a retreat where a person can schedule time for spiritual refreshment that may include: a spiritual direction session, a massage, meditation time, walking the labyrinth, journaling, watching a video, or library reading. Call to schedule. Cost: Fees vary.

**For Groups:** The Center staff is available either to host your spiritual program or to design one to meet your needs. The Center can accommodate groups of up to 30 persons for day retreats. Meals can be catered. Normally scheduled Monday - Friday 9:00am - 5:00 pm. Staff facilitator fee: \$50 per hour per facilitator. Conference room fee: \$150 per 8-hour day

#### Off-Site Programming

Our staff will come to your location, individually or as a team, to facilitate the spiritual and formative needs of groups. We offer spiritual direction, retreats, instruction/experiences in prayer, faith sharing, and discernment in English and Spanish. Fee: \$50 per hour per facilitator..

### MEN ON THE JOURNEY - Continued from Page 1:

I am fortunate to have embarked nearly 20 years ago. My journey has at times been marked by abundant faith and at times by darkness; by times of knowing and times of unknowing; by fascination and foolishness; by contentment and restlessness; and by discovery that my times of meaningful interaction with others are boundlessly rewarding.

Of course, being on the journey is not without secular rewards. Even as a wild man I can point to many times where faith has led me to beneficial decisions, several of them life changing!

Through our offerings at Franciscan Spiritual Center, Charles Mantey and I open the door to any and all wild men, warriors and men on a journey. Some are devoutly religious. Some question their religious heritage. Some consider themselves “spiritual but not religious.” And some just want to hear what other men think. For us, all are welcome, wherever they are on their journey of faith.

Borrowing from the Sufi poet Rumi, “Beyond right doing and wrong doing there is a field. I’ll meet you there.” We are in deep gratitude to Franciscan Spiritual Center for making its facilities available to us. (See Page 4)

### AUGUST

#### Morning of Reflection:

##### Living in the Present Moment

Explore why being in the present moment is a central teaching in so many spiritual traditions, and to practice this presence in a variety of ways

Date: Tuesday, August 3 Time: 9:30 - Noon  
Facilitator: Marilyn Kirvin Cost: \$25

#### Introduction to the Life and Spirituality of St. Francis and St. Clare of Assisi

This series will explore the historical lives of both St. Clare of Assisi and St. Francis of Assisi as well as the main tenets of their spirituality. There will be opportunity for input, discussion and reflection. Offered twice: in the evenings in Aug. or during the day in Oct.

Aug 12: The Life of St. Clare of Assisi  
Aug 19: The Life of St. Francis of Assisi  
Aug 26: The Spirituality of St. Clare & St. Francis  
All sessions 6:30 – 8:30PM

OR Thursdays in Oct.

Oct. 14: The Life of St. Clare of Assisi  
Oct. 21: The Life of St. Francis of Assisi  
Oct. 28: The Spirituality of St. Clare & St. Francis  
All sessions 10:00 AM – 12:00 Noon  
Facilitator: Sr. Mary Jo Chaves Cost: \$20 per Session

#### Letting Go Can Lead to New Life:

##### A Morning of Reflection for People Who Have Experienced Divorce

Join others who have gone through divorce to explore spiritual tools for allowing this experience of pain and loss become a path to healing and growth, and the catalyst for a deeper relationship with God.

Date: Saturday, August 7 Time: 9:30 - 12:30  
Facilitator: Marilyn Kirvin Cost: \$30

#### Spring Forest Qigong for Health

SFQ is a practice of simple movements, mental focus, breathing and meditation. Join us for the Active Exercises followed by a meditation on the 1st and 3rd Thurs. Dates: July 15; August 19; Sept. 2, 16; Oct. 7, 21; Nov. 4, 18; Dec. 2 and 16 Time: 7:00 - 8:30 PM  
Facilitator: Sr. Emma Holdener Cost: \$10 per session

### Praying the Psalms

The Book of Psalms is a wonderful way to learn to pray with the whole range of our human feelings. These sessions will examine different kinds of psalms, and allow participants to explore how these ancient prayers are a “school of prayer” for people today.

Dates: Wed. Aug. 11 & 18 7-8:30 PM  
Facilitator: Marilyn Kirvin Cost: \$30 for series

#### Introduction to Group Spiritual Direction

An introductory day about Group Spiritual Direction will provide the opportunity to learn, and experience a sample of what Group Spiritual Direction is like, and to ask questions. No need to make a commitment on this day. A week after the workshop, we will contact you to see if this is something in which you wish to participate on a regular monthly basis.

Date and Time: Sat., Aug. 28 9 AM – 3 PM  
Please bring your lunch Register by July 31  
Facilitators: Sr. Mary Jo Chaves & Sr. Guadalupe Medina  
Cost: \$60.00

### SEPTEMBER

#### Bringing Breath To Life

This program is for anyone who wants tools to cope with stress, to deepen your current spiritual/ personal growth practice, is a caregiver and would like some time and tools for self-care and who is interested in working with the breath for any other reason.

Dates: Sat. Sept. 18, 25 and Oct. 2 10:00 AM to 12:30 PM  
Facilitator: Margaret Townsend Cost: \$30.00 per session

#### Thomas Merton: Bridges to Contemplative Living

This four-session series utilizes the Bridges program developed by the Thomas Merton Institute. It is designed for adults seeking to live more meaningful lives through deepening and integrating the relationships that make up everyday life experience.

Dates: Sept. 28, Oct. 12, 26, Nov. 9 Time: 6:30-8:30 PM  
Facilitator: Mary Erickson Cost: \$60

#### Peer Supervision for Spiritual Directors

Groups of four spiritual directors each meet monthly to bring focused questions as they relate to the practice of spiritual direction. The other directors in the group then share their insights and questions to assist the director in understanding the call to this ministry. Please call for additional information.

Dates: Monthly from Sept – June 10:00 AM – 12:30 PM  
Facilitator: Sr. Mary Jo Chaves Cost: \$35/person per session

### Artist's Way Cluster Group

"The Artist's Way," by Julia Cameron is a book of exercises to help people to discover and recover their creative powers. By meeting weekly, group members support each other in moving through this deeply spiritual process. Interested people are welcome to attend the first session to learn more.

Dates: Wed. Sept. 8 – Nov. 24 10:00 AM - noon

Facilitator: Marilyn Kirvin

Cost: \$20 per session (\$240 for series)

### Writing Your Spiritual Memoir

Explore what a spiritual memoir actually is; learn how to select structure and how to develop themes. Free-writes during each session will launch us into writing content. At the end of five sessions, we will decide whether to continue as a group to develop and support our memoirs, now underway.

Dates: Tuesdays, Sept. 14, 28, Oct. 12, 26, Nov. 9

Time: 10:30 AM – 12:30 PM

Facilitator: Lola Scobey

Cost: \$99

### Group Spiritual Direction – Follow-up Sessions

Group Spiritual Direction follow up sessions are for people who attended the August 28th Introduction to Group Spiritual Direction. It is an opportunity for participants to experience spiritual direction in a small group setting of four people with a facilitator. This group meets every third Wednesday of each month from Sept. to June. Call with questions.

Dates: Sept. 15, Oct. 20, Nov. 17, Dec. 15, Jan. 19, Feb. 16, March 16, April 20, May 18, June 15 1:00 – 3:00 PM

Facilitators: Sr. Mary Jo Chaves & Sr. Guadalupe Medina

Cost: \$25.00 per session

### Thai Massage for Your Family

Thai massage is a fully clothed, oil free, deeply relaxing form of bodywork. Join other parents to learn and practice a simple and gentle Thai massage sequence. With the experience gained in this class, you will be able to share this mindful form of caring touch with your children (ages 4-11) at home. Wear comfortable yoga or sweat pants.

Facilitator: Judith Moran, LMT

Date: Saturday, Sept 18 9:00 -noon

Cost: \$40 per individual, bring a friend and pay \$70 for two.

### Life Legacy: Creating a Spiritual Will

Valuing the importance of one's life story and spiritual legacy, this workshop will provide instruction in the use of the spiritual life map, a tool for collecting and expressing one's life values, stories, learnings, and bequests, and will receive guidance and support to create their spiritual will. Participants are provided a safe environment in which to conduct their own life review and support others in theirs, and will result in a practical will to share with loved ones.

Dates: Wed., Sept. 22, Oct. 6 & Nov. 3 6:30 – 8:30 PM

Facilitator: Stephen Ristau

Cost: \$60.00 per person plus \$15 for book, *Leaving a Spiritual Legacy: Writing a Spiritual Will* (optional)

### Men on the Journey

Men who acknowledge their journey rarely get to talk about it. Yet it is in the process of sharing with others that we discern our innermost beliefs and face our most profound questions. This series will establish a circle of trust to explore topics from the bible, writings of Richard Rohr, Parker Palmer and others and life experiences. The wisdom on the journey comes from all who participate.

Dates: Wednesdays, Sept. 22, Oct. 13, 27; Nov. 10, 24;

Dec. 8; Jan. 12 and 26 Time: 7:00 - 9:00 PM

Facilitators: Charles Mantey and Scott Borison

Cost: \$100 for the series

### Celebrating Creativity

A morning of reflection and sharing to explore the creative process and ways we can kick-start our creativity. You are encouraged to bring a creative piece to share. Let's come together to celebrate the creativity in all of us!

Date: Saturday, Sept. 25 9:00 AM to noon

Facilitator: Michelle Kroll Cost: \$30.00

### Dreamwork Group

Paying attention to our night-time dreams is a kind of soul-work - a fruitful way to gain new insights into ourselves, as well as to lead us into deeper relationship with God and find wisdom and direction. Join with other "dreamers" to open your dreams to more layers and possibilities and understanding.

Dates: Mondays, Sept. 27, Oct. 11 & 25, Nov. 8 & 22

Time: 7:00 – 9:00 PM

Facilitator: Marilyn Kirvin

Cost: \$20 per session

### Voluntary Simplicity

Voluntary Simplicity is a six-week course that addresses the distractions in our lives that keep us from caring for ourselves, our relationships, and our environment. We will use the *Voluntary Simplicity* book from Northwest Earth Institute to guide our discussions and action planning.

Dates: Tues., Sept. 28, Oct. 5, 12, 19, 26 and Nov. 2

Time: 7:00 – 9:00 PM

Facilitator: Joy Wallace

Cost: \$35.00 includes cost of book

**\*\*Place: St. Clare Parish ( 8535 SW 19th Ave) in Clare Rm**

### Women's Spirituality Circle

This group gathers monthly to explore themes important to the lives of women, as well as spiritual practices to strengthen and support us in our journeys. Sessions include a reflection on the month's theme, quiet time, and conversation, as we talk about things that matter to us. New members may join in September or March

Dates: Third Tuesday Time: 10 AM - Noon

Facilitator: Marilyn Kirvin

Cost: \$15 per session

## OCTOBER

### Companions in Faith: Mother Teresa and You

Learn about Mother Teresa through her own words, the writings of the saints who influenced her, and others. Through prayer, music, reading, reflection, discussion and simple writing exercises, we will seek a deeper understanding of our own faith out of our encounter with Mother Teresa.

Date: Saturday, Oct. 2 12:30 - 5:30 PM

Facilitator: Shirley Tormey Cost: \$50.00

### Prayerful Discernment for Making Choices

These sessions will be both informational and experiential, as we explore "Ignatian discernment" from the Spiritual Exercises of Ignatius of Loyola, founder of the Jesuits. Gather with a small group to learn and practice a prayerful process of listening for God's presence in the big and small decisions that life gives us, and explore how to be more in tune with the Spirit's guidance in our daily lives.

Dates: Five Thurs. nights, Oct. 7 – Nov. 4

Time: 7:00 -9:00 PM

Facilitator: Marilyn Kirvin Cost: \$99

### Introduction to Compassionate Communication

This workshop will introduce you to the powerful, effective process of Compassionate Communication (also referred to as Nonviolent Communication.) You will learn tools and experience insights that may have a profound and immediate effect on the relationships that matter most to you, including the one you have with yourself!

Date: Saturday, Oct. 16 10:00 AM to 4:00 PM

Facilitator: Carol Placer Cost: \$50.00

### Wellness Day

This is a day to experience God's peace, be aware of God's presence, and be awakened to God's abundance. The day includes inspirational talks, and the opportunity to experience Tai Chi Chih, Reflexology, Spiritual Direction, Labyrinth, Chair Massage, and other Wellness practices. Register as soon as possible – limited to 30 participants.

Date: Sat., Oct. 23

Time: 9:00 AM to 4:00 PM

Cost: \$60.00

*"Remember that when you leave this earth, you can take with you nothing that you have received ... but only what you have given: a full heart, enriched by honest service, love, sacrifice, and courage."  
St. Francis of Assisi*

## NOVEMBER

### Dorothy Day: A Look at a Modern Day Saint

Reflect on and remember the great Catholic activist who started the Catholic Worker newspaper that is still in circulation today. Explore the social justice work that demonstrated her tireless dedication to the poor, homeless and undying commitment to non-violence.

Date: Saturday, November 6 Time: 9:00 AM -Noon

Facilitator: Mary Erickson Cost: \$35.00

### Franciscan Hermitage Experience

This four-day silent retreat is an opportunity for participants of all faith traditions to enter deeply into the presence of Jesus through the spirituality of St. Clare and St. Francis of Assisi with song, scripture, reflections, readings and poetry. Held at The Cedars Retreat Center in Oregon City.

Dates: November 12 – 15, 2010; June 3 – 6, 2011

Time: 5:00 PM Friday through Monday at 4:00 PM

Facilitators: Sr. Mary Jo Chaves,

Dorothy Charbonneau, Connie Isgro Cost: \$350

### The Elder Journey

An adventure for people interested in the second half of life as a spiritual journey. Discover a pathway to share your life experience as a wisdom keeper, source of blessing, mentor and/or Eathkeeper.

Date: Sat., Nov. 13 9:00 AM to 5:00 PM

Facilitator: Terry Jones Cost: \$60.00 per person

Bring a sack lunch

### Poetry As Prayer: Finding Hope in Winter

Come to this morning to read and explore poetry that will give us some hope and warmth in the winter of our years, and perhaps, the winters of our lives. Brief notes about the poets and their poems included, silent time, and sharing.

Date: Sat. Nov. 20 9:30 AM - 12:30 PM

Facilitator: Marilyn Kirvin Cost: \$30.00

### Advent- A Time of Waiting

Join us as we begin the holy time of Advent, a most sacred time of waiting for the birth of Jesus anew in our lives. We will use the labyrinth to release the holy longings closest to our hearts and give image to them through the creative process of SoulCollage. Time for walking, reflecting and creating. Date Mon., Nov. 29 9:30 AM to 3:00 PM

Bring a lunch; beverages and snacks provided

Facilitator: Val Hornburg Cost: \$55.00

Limit: 12 participants

## DECEMBER

### O Come Emmanuel: Advent Labyrinth Retreat

This silent retreat will provide participants with time to reflect on the mystery of the Incarnation through walking the labyrinth. Time for sharing and personal reflection as participants prepare for the grand feast of Christmas. Experienced and unexperienced labyrinth walkers welcome.

Date: Saturday, December 11 10:00 AM – 3:00 PM

Facilitator: Sr. Mary Jo Chaves

Cost: \$50 (Please bring your own lunch)