

Heart Notes

Bi-annual Newsletter of the Sisters of Charity Spirituality Center

January 2012

A Message from the Director...

We will soon have the opportunity to **Experience the Word Come to Life** with the **St. John's Bible Print Exhibition** at the College of Mount St. Joseph's Studio San Giuseppe Art Gallery from **January 17-February 26, 2012**. It is the first and only exhibit scheduled in the Greater Cincinnati region. It is exhibited with support from the Skyler Foundation and The Robert H. Reakirt Foundation, PNC Bank, Trustee. Expanded gallery hours for the exhibit will be Monday – Thursday, 9 AM to 8:30 PM; Friday, 9 AM to 5 PM; Saturday and Sunday, 1 to 5 PM. Admission is free.

The St. John's Bible is the first hand-written and illustrated Bible commissioned by a Benedictine Monastery in 500 years. The Saint John's Bible is a fifteen year collaboration of scripture scholars and theologians at Saint John's Abbey and University in Collegeville, Minnesota with a team of

artists and calligraphers under the direction of Donald Jackson, one of the world's foremost calligraphers and Senior Scribe to Her Majesty Queen Elizabeth's Crown Office at the House of Lords.

The Saint John's Bible was designed to be a masterpiece to inspire people from all faiths. In the tradition of great medieval Bibles, The Saint John's Bible is monumental – two feet tall and three feet wide when opened and nearly 1,150 pages bound in seven distinct volumes. It consists of meticulously prepared calfskin vellum pages, elegant hand lettering using feather quills, and images exquisitely hand colored by brush with traditional stick inks by master calligrapher Donald Jackson and a team of scribes and visual.

The exhibit will feature 25 full-sized giclee prints and accompanying text that highlights the creative process. A

special reflection called **Lectio Divina**, a way of prayer and reflection used by the Benedictines, will be available to guests **every Tuesday evening at 6:30 PM** in the Art Gallery to prayerfully reflect on some of the Biblical passages. On Tuesday, January 31, 2012 at 7:30 PM in the College Theatre, the director of The Saint John's Bible at the Hill Museum will give a free lecture on the history and development of the Bible project. Also, on Sunday, February 19, at 3 PM the College will host an event called *Sisters Sing Scripture* in Mater Dei Chapel.

This will be the only chance in the region to experience the artworks and Bible passages of this masterpiece, so plan to take advantage of the opportunity.

God love you,
Annette Pavaglio, SC

LECTIO DIVINA

During Lent we will gather in the Emmaus Room on Friday from 1-2 to reflect on the Scriptures for the following Sunday using the Lectio Divina process – Reading the Word, Reflecting on the Word, Responding to God's Word and Resting in God. It's an opportunity to prepare for Sunday Liturgy in a different way and no previous experience is necessary. **No fee or registration required.**

"Lectio Divina means "holy or sacred reading." It is an ancient prayer form being rediscovered and reclaimed in our time. Lectio is a slow, contemplative reading of the scriptures which leads us to union with God. It is an invitation to listen deeply for God's voice in scripture and then to allow what we hear to shape our way of being in the world." From the book Lectio Divina by Christine Valters Painter and Lucy Wynkoop, OSB.

LEADER: Maureen Heverin, SC
DATES: Fridays, February 24; March 2, 9, 16, 23, 30, 2012
TIME: 1-2 PM

PROGRAMS-AT-A-GLANCE

January ~ August, 2012

January

- 7 Pottery
- 14 Pottery
- 19 Stitching the Spirit
- 21 Pottery
- 22 Bridges (Sunday Group)

February

- 5 Sunday of Reflection
- 11 Loneliness
- 12 Bridges (Sunday Group)
- 24 Lectio Divina
- 26 Lenten Reflection
- 28 Bridges (Tuesday Group)

March

- 2 Lectio Divina
- 4 Sunday of Reflection
- 6 Bridges (Tuesday Group)
- 9 Lectio Divina
- 11 Lenten Reflection
- 13 Bridges (Tuesday Group)
- 16 Lectio Divina
- 17 RCIA Retreat
- 18 Bridges (Sunday Group)
- 20 Bridges (Tuesday Group)
- 23 Lectio Divina
- 23-24 Creator, Reshape My Heart
- 27 Bridges (Tuesday Group)
- 30 Lectio Divina

April

- 3 Bridges (Tuesday Group)
- 5-7 Triduum Retreat
- 15 Bridges (Sunday Group)
- 17 Book sharing
- 28 Mother - Daughter Retreat

May

- 4-6 Centering Prayer Weekend Retreat
- 12 Mystics & Music

August

- 25 Self-Care Retreat

BRIDGES TO CONTEMPLATIVE LIVING WITH THOMAS MERTON

Contemplative living is for all people. These sessions use Merton's writings as a starting point, seeking to mine the life experience and spiritual depths of those who participate. Participants will have time prior to each session to read a selection by Thomas Merton as well as selections from other spiritual writers. The sessions will provide time for group prayer, personal reflection and dialogue. These sessions are meant to build one upon the other. It is important to participate in the first session even if you may have to miss one of the other sessions.

The SUNDAY program focuses on Book Eight, *Seeing That Paradise Begins Now*. Together we will reflect on how the integration of the inner experience of contemplative living transforms our vision of our loving connection with all of creation helping us to live awake, aware and appreciative lives today.

LEADER: Maureen Heverin, SC

DATES: Sundays — January 22, February 12, March 18 & April 15

TIME: 1-4 PM

FEE: \$40 (Includes booklet to use.)

\$10 for individual sessions plus cost of book;

\$10 non-refundable registration fee

TUESDAY'S GROUP will focus on the book - *Lent and Holy Week*. Using contemplative dialogue this book is built around themes of Forgiveness, Freedom, Call to Accountability, Living the Gospel, True Unity, Service of Peace through Humility, Connecting to the Source of our Unity, and Building the Kingdom Together. Each week focuses on a different theme. It is the hope that this series will gently lead participants on their Lenten journey toward a more contemplative and peace-filled Easter.

LEADER: Maureen Heverin, SC

DATES: Tuesdays, February 28, March 6, 13, 20, 27 & April 3, 2012

TIME: 1-2:30 PM

FEE: \$30 (Includes booklet to use.)

\$10 for individual sessions plus cost of book;

\$10 non-refundable registration fee

Visit our website at

www.srcharitycinti.org/spirit.htm

for descriptions of our upcoming programs,
reflections, registration & more!

Or check us out on Facebook!

<http://www.facebook.com/SCSpiritualityCenter>

**LONELINESS:
GOD'S DOOR TO SPIRITUAL GROWTH**

In our technological world even though we are connected, we have a sense of isolation. This loneliness is a door which God uses to invite us to fulfill our deepest hunger for intimacy with God. Discover ways to fill the emptiness in your heart and life.

LEADER: Teresa Marie Laengle, SC
 DATE: Saturday, February 11, 2012
 TIME: 9 AM-4 PM
 FEE: \$45 (includes lunch);
 \$40 if paid in full by 2/1
 \$15 non-refundable registration fee

**CREATOR RESHAPE MY HEART,
GOD STEADY MY SPIRIT**

This Lent spend some time with the image from Psalm 51 which asked God to create a new heart in us and give us a steadfast spirit. Spend some time with Mary, the mother of Jesus, and with Ruth and Naomi in their journey of being reshaped and steadied by the God who love them and called them to follow. Let their stories lead you to your own story and to a changed heart.

LEADER: Wanda Smith, RSM
 DATE: March 23-24, 2012
 TIME: Friday, 7 PM – Saturday, 9 AM-3 PM
 FEE: \$75 (includes meals & overnight);
 \$70 if paid in full by 3/13
 \$60 Commuter (includes meals)
 \$15 non-refundable registration fee

MYSTICISM & MUSIC

Music has always been a basic part of human culture and a channel to achieve a deeper connection to ourselves and the universe. We will listen to music designed to tap into our deep inner selves – the inner dwelling place of God's Spirit.

LEADER: Mary Ann Humbert, SC
 DATE: Saturday, May 12, 2012
 TIME: 9:30-11:30 AM
 FEE: \$20; \$10 non-refundable registration fee due by 5/7

Wanda Smith, RSM is a Sister of Mercy of the South Central Community. She completed her internship in spiritual direction at the former Jesuit Renewal Center in Milford, Ohio and has experience in directing and giving retreats at various retreat centers. Wanda holds a master degree in Theology from Xavier University in Cincinnati, Ohio. As part of a sabbatical experience in 2002, Wanda participated in the Art and Spirituality Program at Mercy Center in Madison, Connecticut and has since presented Art and Spirituality retreats in Cincinnati and Fremont. Her ministries have included parish pastoral work, vocation ministry and congregational leadership. Currently she is a spiritual director and retreat minister in Fremont, Ohio.

**FOLLOWING THE NONVIOLENT JESUS
A TRIDUUM RETREAT**

The focus of the Triduum Retreat is Jesus, the model and inspiration of loving nonviolence. On Holy Thursday we will reflect on being nonjudgmental. On Good Friday the example of nonresistance will be the theme of the day. On Holy Saturday we will pray about nonattachment and how Jesus invites us to be more like him. Open your heart to a deeper relationship with Jesus during these holy days.

LEADER: Carol Brenner, SC
 DATE: April 5-7, 2012
 TIME: Thursday, 3 PM – Saturday, 4 PM
 FEE: \$120 (includes room and meals)
 \$80 Commuter (includes meals)
 \$20 non-refundable deposit due by 3/30
 PLACE: Rose Room

CENTERING PRAYER RETREAT WEEKEND

Take time from your busy schedule to deepen your relationship with God through contemplation in an atmosphere of prayer, silence and reflection. The weekend will include centering prayer sessions, lectio divina, personal reflection and the option to meet with one of the team members. Experience with a daily centering prayer/contemplative practice is needed to participate in this retreat.

LEADERSHIP TEAM: Pat Marie Bernard, SC, Carol Brenner, SC & Liz Maxwell
 DATE: May 4-6, 2012
 TIME: Friday, 7 PM – Sunday, 11:30 AM
 FEE: \$125 (includes meals and overnight)
 \$90 Commuter (includes meals)
 \$25 non-refundable registration fee due 4/28

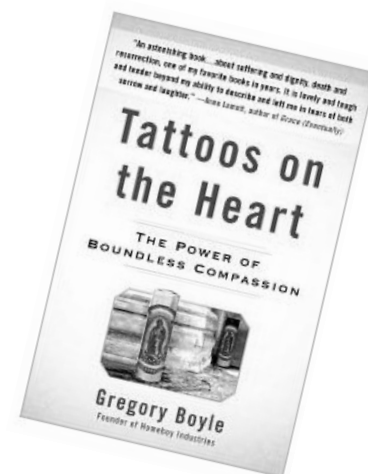
BOOK SHARING
TATTOOS ON THE HEART: THE POWER OF BOUNDLESS COMPASSION
BY GREGORY BOYLES, SJ

No matter where people live or what their circumstances may be, everyone needs boundless, restorative love. As a pastor working in a neighborhood with the highest concentration of murderous gang activity in Los Angeles, Gregory Boyles, SJ, created an organization to provide jobs, job training, and encouragement so that young people could work together and learn the mutual respect that comes from collaboration. *Tattoos on the Heart* is a breathtaking series of parables distilled from his twenty years in the barrio.

Arranged by theme, these essays about universal kinship and redemption are moving examples of the power of unconditional love in difficult times and the importance of fighting despair. With Gregory Boyle's guidance, we can recognize our own wounds in the broken lives and daunting struggles of the men and women in these parables and learn to find joy in all of the people around us. *Tattoos on the Heart* reminds us that no life is less valuable than another. (From the publisher)

All those who register will receive questions to reflect on before we meet to discuss the book.

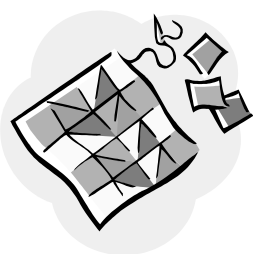
LEADER: Maureen Heverin, SC
 DATE: Tuesday, April 17, 2012
 TIME: 1-3 PM – OR – 7-9 PM
 FEE: \$10 paid in full at time of registration



STITCHING THE SPIRIT

From Colonial times to the present, women have expressed their spirituality, creativity and personal soul in the practical art form of quilting. With special emphasis on Dorcas the Weaver from the Book of Acts and the "Virtuous Woman" passages from Proverbs, we will explore quilting as a mirror of women's lives while we each construct a quilt block by hand as a way to stitch our souls and spirits. No experience needed.

Each participant is asked to bring a needle, small pair of scissors and a spool of neutral colored thread (white, off-white, light gray, beige, pale yellow, etc.) All other materials will be provided.



LEADER: Judi Sauerbrey
 DATE: Thursday, January 19, 2012
 TIME: 9:30 AM-3 PM
 FEE: \$45 (includes lunch);
 \$40 if paid in full by 1/13
 \$10 non-refundable registration fee

MOTHERS & DAUGHTERS

The day will focus on one of the most important relationships in a woman's life, that of mother and daughter. Using presentations, interactive discussions, time to spend alone and time for sharing, this is a design for growing together for mothers who wish to better understand their daughters and for daughters who wish to more meaningfully relate to their mothers; for learning what others have discovered about relating to each other as mothers and daughters; for exploring many issues facing mothers and daughters today; and for understanding more of both the traditional and contemporary views about mothers and daughters.

Each participant is asked to bring an object that symbolizes the mother/daughter relationship for her personally.

For mothers and daughters 15 years of age and older.

LEADER: Judi Sauerbrey
 DATE: Saturday, April 28, 2012
 TIME: 9:30 AM-3 PM
 FEE: \$45 (includes lunch);
 \$40 if paid in full by 4/20
 \$10 non-refundable registration fee

Judith Sauerbrey is a retired teacher, having spent 49 years as a high school and college instructor in English and the Humanities. She is also Director Emerita of Women's Studies at the College of Mount St. Joseph, as well as an avid quilter and an Associate of the Sisters of Charity of Cincinnati.

**LENTEN REFLECTION SUNDAY AFTERNOONS
WITH JOHN QUIGLEY, OFM**

John Quigley, OFM, was ordained as a Franciscan in 1972. He studied graphic arts with the intention of working at St. Anthony Messenger Press. In 1974 he joined Richard Rohr at the New Jerusalem Community in Cincinnati where they worked together as co-pastors of the community. John was appointed in 1980 as director for Justice and Peace for his Franciscan Province, which took him to Rome for 10 years, and then to the United Nations in Geneva for 12 years. He is now living in Cincinnati and is engaged in the ministry of preaching.

Why Does Our Idea of God Change So Much?

In Scripture and in our personal lives we live with different images of God that are sometimes complementary, conflictive, consoling and threatening at the same time. Some of these understandings contradict each other and we can have serious disagreements with others over our interpretations of God. It is enough to drive us to say "I wish to see the Real God!!" Who is S/He?

We experience God – and other significant persons – as answering our particular needs. Fr. John will look at the revelation of God in Scripture’s description of various experiences of God for the Israelites and he will draw a parallel between these Biblical revelations and how we similarly arrive at revelations of the identity of a significant person in our own lives.

DATE: Sunday, February 26, 2012
 TIME: 1:30-4 PM
 FEE: \$25 for each session or \$45 for both
 \$15 non-refundable registration fee due 2/20

The Last Week of Jesus’ Life

Fr. John will follow the activities and preaching of Jesus during the week before his death as described in St. Matthew’s Gospel. This evangelist shows Jesus as a thoughtful and clever strategist who staged his actions and words to have a forceful impact. In the dramatic high voltage locale of the Temple courtyard, Jesus on a daily basis deliberately confronts the men who will attempt to destroy him. The events and teaching of this last week of Jesus’ life offer brilliant insight into the meaning of being Christian.

DATE: Sunday, March 11, 2012
 TIME: 1:30-4 PM
 FEE: \$25 for each session or \$45 for both
 \$15 non-refundable registration fee due 3/5

2011-2012 SUNDAYS OF REFLECTION

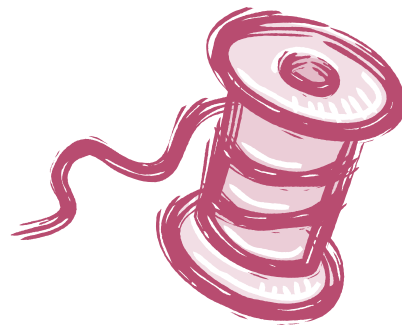
You are invited to reflect on some common threads identified during Chapter.

February 5 Called to be Ecclesial Women, Authentic Voices
Louise Lears, SC
Councilor, Sisters of Charity Leadership

March 4 Love Changes Everything
Mary Bookser, SC
Councilor, Sisters of Charity Leadership

TIME: 9:30 AM Mass in Chapel
 10:45 AM Presentation - Cedars
 11:30 AM Large group questions/comments
 12:00 PM Dinner
 FEE: \$20 (includes main meal in dining room.)

There is no fee for the Sundays of Reflection for SC’s and Associates. Donations are welcome to defray expenses. Those who do not live at the Motherhouse are requested to call 347-5300 (daytime) or 347-5346 (evening) and leave a message if you plan to stay for dinner.



Explore Some of Our Ongoing Opportunities...

MESSAGE THERAPY

Mary Fran Davisson, SC, LMT

Massage is both an ancient and naturally instinctive form of anointing and healing touch that helps relieve pain and discomfort. Massage is a holistic therapy which enhances the mind, body, and spirit connection and helps open a person to the presence of God in their life. Modalities include:

*Swedish Massage
*Oncology Massage

*Deep Tissue Massage
*Hot Stone Massage

*Medical Massage
*Energy Work

15-min. neck & shoulder or foot massage	\$16.00
30-min. massage focusing on a specific area	\$26.65
1-hr full body massage	\$47.95
1 1/2-hr Hot Stone Massage	\$63.90

30-min. Energy Work	\$25.00
1-hr. Energy Work	\$45.00

Sales tax has been added.

***Appointments are required for Massage.
Gift certificates are available.***

Call 513-347-5318 to schedule an appointment.



*You are precious in God's sight.
Is. 43:1*

JOIN US FOR CENTERING PRAYER

Centering Prayer is an ongoing program in the Spirituality Center. We seek to share the practice of Centering Prayer and support one another in a contemplative lifestyle. FREE—no registration required.

Wednesdays

One 20-minute period of Centering followed by sharing on a selected book related to Centering Prayer.

LEADERS: Pat Bernard, SC & Liz Maxwell

TIME: 4-5 PM

PLACE: Prayer Room

Spirituality Center Staff

Annette Paveglio, SC ~ Director	513-347-5453
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Maureen Heverin, SC ~ Spiritual Director, Retreat Minister	513-347-1408
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Mary Fran Davisson, SC ~ Licensed Massage Therapist	513-347-5318
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Micki Trentman ~ Secretary	513-347-5449
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Visit our website at:

www.srcharitycinti.org/spirit.htm

Email: spirituality.center@srcharitycinti.org

SPIRITUAL DIRECTION & PRIVATE RETREATS

There are opportunities to share your prayer experience with a trained director to discover the movement of the Spirit. Spiritual Directors are available to meet with you as a regular companion on your life journey in relationship with God or to assist you during a directed retreat. Spiritual Direction and private retreats are individually arranged by calling 513-347-5449. Group Spiritual Direction is also available.

DAYS, EVENINGS, WEEKENDS FOR SPECIAL GROUPS

Theme, prayer and process are arranged to meet the needs of each particular group here or at the local site. Programs are available to parish committees/parish councils, school faculties, liturgical ministers and many others. For more information call 513-347-5449.

FEEL LIKE YOU'RE GOING TO POT?

Refresh your spirit and renew your creativity by participating in a "Pottery Retreat." Learn to create a vessel of earthen clay while reflecting on the parallel manner in which God interacts with us human vessels of clay. During the three sessions participants will hand-build, trim and glaze their creation. **One session builds upon the other so attendance at all sessions would be important.** Old clothing suggested, aprons optional.

LEADER: Jackie Kowalski, SC
 DATES: Saturdays, January 7, 14, 21, 2012
 TIME: 9 AM-12 PM
 FEE: \$35; \$10 non-refundable registration fee due by 12/30

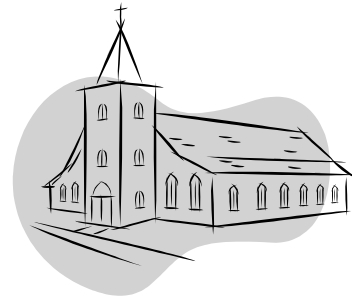
MAXIMUM # OF PARTICIPANTS: 10

S. Jackie Kowalski, SC has been creating pottery for over 20 years; throwing bowls and mugs, hand building and designing wall art. Besides her years of experience, she brings a passion for clay as a medium of self-expression and a way to interact with God.

RCIA RETREAT FOR PARISHES

This retreat is designed for candidates, catechumens, sponsors and RCIA team members from various parishes to come together for prayer and sharing. The focus will be on deepening the meaning of the Sacraments of Initiation. There will be an opportunity for the sacrament of Reconciliation.

LEADERS: Rita Hawk, SC & Maureen Heverin, SC
 DATE: Saturday, March 17, 2012
 TIME: 9 AM-3:30 PM
 PLACE: Sisters of Charity Motherhouse, 5900 Delhi Road
 FEE: \$30/person (includes lunch)
 Call 513.347.5449 for more information or to register your parish.



Registration Form

✓	Program	Deposit	Price
	Feel Like You're Going to Pot?	\$10	\$35
	Stitching the Spirit	\$10	\$45
	Loneliness: God's Door to Spiritual Growth	\$15	\$45
	Bridges ~ Sunday	\$10	\$40
	Bridges ~ Tuesday	\$10	\$30
	John Quigley's Lenten Reflection	\$15	\$25 / \$45
	RCIA Retreat for Parishes	N/A	\$30
	Creator, Reshape My Heart	\$15	\$75/Overnight \$60/Commute
	Triduum Retreat	\$20	\$120Overnight \$80/Commute
	Mother ~ Daughter Retreat	\$10	\$45
	Book Sharing <i>Please circle session attending:</i> 1-2:30 PM ~ OR ~ 7-8:30 PM	\$10	\$10
	Centering Prayer Weekend Retreat	\$25	\$125/Overnight \$90/Commute
	Mysticism & Music	\$10	\$20
	Self-Care Retreat	\$15	\$45
TOTAL AMOUNT ENCLOSED: _____			

Name: _____

Address: _____

Phone: _____

Email: _____

Send registration with deposit (if required) to:

**Sisters of Charity Spirituality Center
 5900 Delhi Rd.
 Mount St. Joseph, OH 45051**

Check payable to Sisters of Charity

****All deposits are applied to complete cost.****

**For more information please call
 513-347-5449 or email
 spirituality.center@srcharitycinti.org**

Please send a map with directions: _____

BEING THE PEACE WE SEEK IN THE WORLD: A SELF CARE RETREAT

Stressed? Tired? Searching? Want time to reflect? Come join us for a day of reflection and dialogue on the importance of self care. We will look at essential practices for being able to stand in the vortex of conflict while embodying the peace we so seek in the world. We will explore the fundamental role of our inner journey and daily spiritual practices in our ability to transform conflict and improve relationships. Our clients, our work and our personal lives are positively affected when we consciously care for our soul, constantly reflecting on how we live and how we practice.

FACILITATOR: Meghan Clarke

DATES: Saturday, August 25, 2012

TIME: 9 AM-4 PM

FEE: \$45 (includes lunch); \$40 if paid in full by 8/17
\$15 non-refundable registration fee required by 8/17

Meghan Clarke is a principal of ME Clarke Consulting in Cincinnati, where she specializes in facilitation, strategic visioning, dialogue, transition management and mediation. She received a Master's degree in Peace and Conflict Resolution at the School of International Service at American University.

SUMMER RETREATS OFFERED

June 9-17, 2012

Directed Retreats

June 11-17, 2012

Conference Retreat

S. Melannie Svoboda, SND

August 6-14, 2012

Directed Retreats

August 8-14, 2012

Conference Retreat

Fr. Norman Langenbrunner



Sisters of Charity

*of Cincinnati
Spirituality Center*

5900 Delhi Rd.

Mount St. Joseph, OH 45051

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