

Heart Notes

Bi-annual Newsletter of the Sisters of Charity Spirituality Center

September 2011

A Message from the Director...

The Spirit Inspires and Things Evolve...

Might you be curious about the history of the Spirituality Center? In 1974 S. Mary Assunta Stang, then President of the Congregation, asked S. Esther Marie Humbert to initiate a spiritual retreat program at the Motherhouse. S. Mary Gemma Gunn assisted her. What began was the scheduling of the sisters' retreats, preparing descriptive brochures, sending and accepting registrations, assigning accommodations in collaboration with the Hospitality Office, and providing a warm welcome as retreatants arrived. At the time Esther was also in ministry at Holy Cross, Mt. Adams. Later she ministered at Friarhurst Retreat Center. In 1981 Esther wanted to give birth to a new dream – a dream of establishing a retreat center open to the laity at the Mount. S. Joseph Marion Shappelle joined Esther for two years in 1981 to help make this dream a reality. The programs included offerings for college alumnae, Lutheran women, senior citizen groups, youth and parish groups, weekend and overnight retreats, spiritual enrichment days for teachers and other professionals, along with evenings of reflection, to name a few. Various programs were catered to meet the needs of the group.

In 1985 Esther left Cincinnati to minister at St. Paul Retreat Center in Pittsburgh. Consequently, S. Annina Morgan became the new director and served in that capacity until 1990. Esther then returned to Cincinnati to once again assume role of director. In 1990 the retreat center was renamed as the Sisters of Charity Spirituality Center, and still holds that title today. In 1992 S. Carol Brenner joined the staff. In 1994 Carol and Esther became co-directors of the center and ministered in that capacity for ten years. During that time offerings expanded to include youth ministry, social justice awareness raising, and components to help participants expand their ideas of who God was for them. In 1999 Esther and Carol invited S. Mary Fran Davisson to join the staff as a licensed massage therapist. In July of 2004 I assumed the role of director and here I still am! Carol retired from the staff in 2009, and S. Maureen Heverin presently serves in that capacity. We pray we will continue to serve God's people in a way that honors the tradition through the years as well as be open to whatever promptings the Spirit stirs.

God love you,
Annette Paveglio, SC

REMEMBERING & LIVING ON IN PEACE

To help commemorate the 10th anniversary of the 9/11 terrorist attacks there will be a Prayer Service sponsored by the Sisters of Charity Spirituality Center and Office of Peace, Justice and Integrity of Creation. Please join us as we pray for the victims and their families and friends and for peace in our world.

DATE: Sunday, September 11, 2011
TIME: 2-3 PM
PLACE: Mount St Joseph Motherhouse
Immaculate Conception Chapel
FEE: No fee; registration needed.
For info call 513-347-5449

TEILHARD DE CHARDIN ~ LESSONS FROM A MODERN DAY MYSTIC

*His life will speak to us about
aspects of our spiritual journey*

Teilhard De Chardin, SJ (1881-1955) was a modern day mystic. His life can teach us to hold the world in prayer and to keep our eyes and hearts open to glimmers of grace and beauty in the natural world. His life inspires!

LEADER: S. Barbara Leonard, OSF
DATES: Saturday, September 24, 2011
TIME: 9-11:30 AM
FEE: \$25; \$10 non-refundable
registration required by Sept 16

Barbara Leonard, OSF, has an MA in Biblical Studies from the Catholic Theological Union in Berkeley. She is a spiritual director and retreat leader. She presently teaches in a variety of settings: the Spiritual Direction Internship in Beech Grove, as an adjunct faculty member for St. Meinrad. Barb also enjoys writing homily guides and articles for St. Anthony Messenger Press.

PROGRAMS-AT-A-GLANCE

September - December 2011

September

- 1 Way of Forgiveness
- 7 Labyrinth Walk
- 11 Remembering & Living On in Peace
- 15 Way of Forgiveness
- 18 Bridges (Sunday Group)
- 20 Bridges (Tuesday Group)
- 24 Teilhard De Chardin
- 27 Bridges (Tuesday Group)
- 29 Way of Forgiveness

October

- 1 Introduction to Centering Prayer
- 4 Bridges (Tuesday Group)
- 8 Self Care Retreat
- 11 Bridges (Tuesday Group)
- 13 Way of Forgiveness
- 16 Bridges (Sunday Group)
- 18 Bridges (Tuesday Group)
- 22 Rumi
- 23 Wrestling with God
- 27 Way of Forgiveness

November

- 2 Book Sharing
- 6 Sunday of Reflection
- 10 Way of Forgiveness
- 12 Looking for Goodness
- 13 Bridges (Sunday Group)

December

- 1 Way of Forgiveness
- 4 Sunday of Reflection
- 4 Mary Is Expecting
- 11 Bridges (Sunday Group)
- 15 Way of Forgiveness

WAY OF FORGIVENESS

You are invited to a small faith group experience focusing on healing personal, relational, and institutional wounds through forgiveness and reconciliation. Although the demands of Christ's call to forgive and reconcile are challenging, the journey is also transformative and grace-filled. Just as most of the damage we experience in our lives is done in relationship, so too is our healing. In community we affirm the presence of God in our midst.

"The Way of Forgiveness" is an eight-week program based on the *Companions in Christ* series by Marjorie Thompson. Facilitated in a Circle format by Mary Hallinan and Carol Bourne, the program begins September 1st and meets every other Thursday through December 15th from 7-9 PM at the Sisters of Charity Spirituality Center. **Space is limited and reservations must be received by August 24th.**

FACILITATORS: Carol Bourne & Mary Hallinan

DATE: Alternating Thursdays, Sept. 1 through Dec. 15, 2011

TIME: 7-9 PM

FEE: \$130; includes the cost of the book & eight sessions.

Registration required NO LATER THAN August 24 \$25 non-refundable deposit.

For more information and /or to make reservations, please contact Micki at 513-347-5449

SPACE IS LIMITED.

Reservations must be received by August 24.

Carol Bourne is a career educator whose work in forgiveness grew out of her training in healing family systems. As part of her work, she has developed a weekend retreat for teens from divorced families, facilitated grief groups, and conducted psycho-spiritual programs in aging. In 2008, at the National Conference on Aging in Washington, DC, she presented on forgiveness as a path to healing paralyzing spiritual pain.

Mary Hallinan is a spiritual director. She first encountered forgiveness issues professionally as a lawyer and later in parish work as Director of Ministry at St. Albert the Great in Kettering. Mary and Carol have been doing group forgiveness work through the University of Dayton's Life Long Learning Institute and through parishes in the Dayton area for the past six years. Their work was recently featured in the St. Anthony Messenger - Everyday Catholic and on the American Catholic Radio.

Heart Notes

Heart Notes is a bi-annual newsletter published by the Spirituality Center of the Sisters of Charity of Cincinnati, Ohio.

Director

Annette Paveglio, SC

Heart Notes Coordinator

Micki Trentman

**If you would like to attend our programs,
but financial difficulties are an issue,
please call the Spirituality Center at 513-347-5453...
partial scholarships are available!**

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.

Maureen Heverin, SC is offering a SUNDAY program on Book Seven titled, Adjusting Your Life's Vision. The contemplative life proceeds through a dynamic movement structured by making choices each day that aid personal and communal transformation. Together we will expand our vision.

DATES: Sundays — Sept. 18, Oct. 16, Nov. 13, Dec. 11, 2011

TIME: 1-4 PM

FEE: \$40 for all four sessions (Includes booklet to use.)
\$10 for individual sessions plus cost of book
\$10 non-refundable registration fee due so books can be distributed

TUESDAY'S group will focus 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.

DATES: Tuesdays — Sept. 20, 27; Oct. 4, 11, 18, 2011

TIME: 1-2:30 PM

FEE: \$30 for all five sessions (Includes booklet to use.)
\$10 for individual sessions plus cost of book
\$10 non-refundable registration fee due so books can be distributed

The Spirituality Center is on Facebook!

Check us out at

<http://Facebook.com/SCSpiritualityCenter>

LABYRINTH WALK

While the origin of the labyrinth is unknown, labyrinths have been found all over the world dating from earliest antiquity. Once popular in the Middle Ages, labyrinths have been experiencing a resurgence in popularity. Labyrinths are thought to enhance right brain activity, and uses include problem solving, conflict resolution, walking meditation, modern day pilgrimage, and stress management. Research studies conducted in a variety of settings consistently have shown that walking a labyrinth reduces stress.

Meet Sallie Hilvers at our labyrinth to walk, or, if you seek information prior to walking, Sallie is a member of the Labyrinth Society, and she will be happy to give you an introduction.

Sallie is looking for women who would be able to work on a low-maintenance labyrinth garden. Perhaps if you are interested you could come and let her know, or call 347-5449 and we will connect you with Sallie.

LEADER: Sallie Hilvers

PLACE: Labyrinth, near cemetery

FEE: No fee for this program

DATE: Wednesday, September 7, 2011

TIME: 7 PM

INTRODUCTION TO CENTERING PRAYER

Centering Prayer is a method that prepares us to receive the gift of Contemplative Prayer. It invites us to go beyond words, thoughts and emotions to open our awareness to God who is within us. We experience this presence which is closer than breathing, closer than thinking, closer than consciousness itself. It is a discipline to foster prayer, which is our relationship with God. It is a movement beyond conversation with God to union with God.

This workshop will include instruction in the history and method of Centering Prayer and opportunities for practicing it with time for questions and discussion. Some optional follow-up sessions will be offered to help support the establishment of a regular practice of Centering Prayer and to answer any questions arising from your experience.

FACILITATORS: S. Micki Martin, CDP,
and Gerry McLaughlin
*Both are certified staff members of
Contemplative Outreach*

DATE: Saturday, October 1, 2011
TIME: 9:30 AM-3:30 PM
FEE: \$40 (includes lunch);
\$35 if paid in full by September 23
\$10 non-refundable reg. fee required

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, October 8, 2011
TIME: 9 AM-4 PM (Optional Yoga at 8 AM)
FEE: \$45 (includes lunch);
\$40 if paid in full by September 28
\$15 non-refundable reg. fee required

Meghan Clarke is 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.



WRESTLING WITH GOD ROUND TWO: THE SECOND HALF OF LIFE

If your religion is boring, if you feel your spiritual life has stalled, if you have grown complacent, maybe it is time for you to refocus and move into the next stage of your life. Come, spend an afternoon of reflection, discussion and prayer on the life-long adventure of being a follower of Jesus. Recognize anew that his invitation, "Come, follow me," is an invitation to a demanding, never-ending journey. Because discipleship is hard, many balk, some refuse to go on, others simply quit. Only those who persevere in wrestling with God will find the peace, freedom, excitement and security which they should expect in the "second half of life." In Part Two of a Christian's life, the Commandments give way to the Beatitudes. "Standing in the mystery" replaces the need for answers, and the lives and example of people like Dorothy Day, Elizabeth Seton, Francis of Assisi, and Augustine of Hippo make a lot more sense. Come, and let's wrestle with God.

LEADER: Fr. Norm Langenbrunner
DATE: Sunday, October 23, 2011
TIME: 1-3:30 PM
PLACE: Sisters of Charity Motherhouse ~ Cedars Auditorium
FEE: \$25; \$20 if paid in full by October 17
\$10 non-refundable registration fee required

BOOK SHARING WITH A NEW TWIST

Living a Compassionate Life is the topic of many current books, so you are invited to choose a book that focuses on Compassion to share on November 2nd from 1-2:30 PM OR 7-8:30 PM. Bring your book and be ready to share new insight(s), how it supports what you know about compassion and/or how it challenges you to live more compassionately. Your book may be fiction or non-fiction ranging from spiritual classic to popular novel. You decide!

After our session you will receive an email list of the book titles and authors' names that have been shared. There is no charge for this session. Come, share, enjoy!

FACILITATOR: Maureen Heverin, SC
DATE: Wednesday, November 2, 2011
TIME(S): 1-2:30 PM OR 7-8:30 PM
FEE: No fee for this program; registration required.
 Please indicate which session you will attend.



RUMI: MYSTICAL POET OF THE HEART

The poetry of Rumi, a 13th century mystic, inspires and encourages us in living more surely out of our true self. Encounter the mystic in you through Rumi's poetry expressed visually and in music. This morning will include Rumi's poetry, quiet, and sharing in a reflective atmosphere.

LEADER: Donna Steffen, SC
DATE: Saturday, October 22, 2011
TIME: 9-11:30 AM
FEE: \$25; \$20 if paid in full by October 14
 \$10 non-refundable registration fee

MARY IS EXPECTING, ARE YOU?

Mary's gifts were availability, a questioning mind, a reflective heart, openness to surprise, and decisiveness in action. God's incarnation in our hearts and world depends on the same qualities. In this Advent time we consider Mary's and our invitation to welcome God more deeply into our lives.

LEADER: Mary Ann Humbert, SC
DATE: Sunday, December 4, 2011
TIME: 1:30-4 PM
FEE: \$30; \$25 if paid in full by November 28
 \$15 non-refundable registration fee

FALL 2011 ~ SUNDAYS OF REFLECTION

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

Nov. 6 *Obedience: Holy Accountability for the Sake of the Gospel*
 Mary Ellen Murphy, SC ~ Ministry of Spiritual Direction / Companionship, Retreat Work

Dec. 4 *The Poverty of God*
 Carol Leveque, SC ~ Pastoral Associate, St. Anthony Parish

Time: 9:30 AM Mass in Chapel (optional)
 10:45 AM Presentation
 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.

OPPORTUNITIES/OPTIONS

Wednesdays

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

LEADERS: Pat Bernard, SC; Liz & Bob Maxwell

TIME: 4-5 PM

PLACE: Prayer Room

Spirituality Center Staff

Annette Paveglio, SC ~ Director	513-347-5453
------------------------------------	--------------

Maureen Heverin, SC ~ Spiritual Director, Retreat Minister	513-347-1408
---	--------------

Mary Fran Davisson, SC ~ Licensed Massage Therapist	513-347-5318
--	--------------

Micki Trentman ~ Secretary	513-347-5449
-------------------------------	--------------

Visit our website at:

www.srcharitycinti.org/spirit.htm

Email: spirituality.center@srcharitycinti.org

SPIRITUAL DIRECTION & PRIVATE RETREATS

These 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.

Looking for Goodness: The Heart of Our Spiritual Journey

Keynote Speaker: Patricia Livingston



**Saturday, November 12, 2011
9am - 3 pm
Sisters of Charity Motherhouse in Delhi**

**SPACE IS LIMITED
REGISTRATION DEADLINE IS OCT. 31st**

**\$45 (includes morning refreshments & lunch)
\$40 if paid in full by Sept. 1st
\$10 non-refundable registration fee due by Oct. 31st
Partial scholarships are available.**



Pat is best known for her touching, storytelling style of illuminating the presence of God in every day life.

The essence of faith is trust in God's goodness. As we make our way in our challenging, complex lives, a central source of strength is the practice of looking for goodness. In this prayerful day together we will reflect on the goodness in our experiences of both struggle and joy. We will share ways to see more clearly the grace and blessing that feed our spirits and keep our hope alive.

Pat Livingston, a nationally known speaker and award-winning author, is much in demand as a keynote speaker, workshop leader, and retreat director. She has a unique gift for opening us to the beauty of our own stories with their special truth of God's present love.

Registration Form

✓	Program	Deposit	Price
	Way of Forgiveness	\$25	\$130
	Labyrinth Walk	No fee	No fee
	Remembering & Living On in Peace	No fee	No fee
	Bridges—Sunday	\$10	\$40
	Bridges—Tuesday	\$10	\$30
	Lessons From a Modern Day Mystic	\$10	\$25
	Being the Peace We Seek in the World	\$15	\$45
	Introduction to Centering Prayer	\$10	\$40
	Rumi, Mystical Poet of the Heart	\$10	\$25
	Wrestling with God Round Two	\$10	\$25
	Book Sharing <i>Please circle session attending:</i> 1-2:30 PM ~ OR ~ 7-8:30 PM	No fee	No fee
	Looking for Goodness ~ Pat Livingston	\$10	\$45
	Mary Is Expecting, Are You?	\$15	\$30
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: _____



Mark your calendars for these upcoming programs...

You Are the Potter, I Am the Clay ~ Jackie Kowalski, SC	January, 2012
Stitching the Spirit ~ Judi Sauerbrey	January, 2012
Loneliness ~ Teresa Laengle, SC	February, 2012
Lenten Reflections ~ John Quigley, OFM	February/March, 2012
Weekend Retreat ~ Wanda Smith, RSM	March, 2012
Towards a 21st Century ~ Paula Gonzalez, SC	April, 2012
Centering Prayer Weekend Retreat	May 19, 2012
Mystics & Music ~ Mary Ann Humbert, SC	May, 2012

**VISIT OUR WEBSITE AT WWW.SRCHARITYCINTI.ORG/SPIRIT.HTM
FOR DESCRIPTIONS OF OUR UPCOMING PROGRAMS,
REFLECTIONS, REGISTRATION AND MORE!!!**



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

**H
E
A
R
T

N
O
T
E
S**

