From the Director...

Wow, can you believe we are stepping into a new year and a new decade...2020! I cannot believe it is time to change the calendars for a New Year.

As we begin this New Year and new season of activities in the Spirituality Center, the Scripture passage that keeps surfacing in my thoughts is “With God all things are possible.”

What does this verse have to say for us this upcoming season? What is it calling us to listen to as we prepare for the coming year? It can be filled with all kinds of gifts and surprises if we remain open to the possibilities our God has in store for us with each new day.

Our Sundays of Reflection continue with the theme, “When God Comes Close and We Grow Wise.” We have been blessed with two wonderful expressions of how we are living out our charism. As we journey as pilgrims and open our lives to the possibilities of love through friendship, we look ahead to our remaining Sundays. Our reflectors will share the themes, We Vow Our Lives to Our God and Daring to Risk, and the Wisdom to Know. We thank our presenters and ask our loving God to continue to bless them in their work or retirement.

We will continue to offer many programs for your spiritual enrichment. In February, we look forward to pausing and sharing “Dreams: God’s Call to Wholeness.” We have a new program in March, “Open Wide our Hearts” reflecting on the pastoral letter on racism. Also in March, we have the return of a program we shared several years ago, “Backward Binoculars.” There are many ways to stop and ponder the loving goodness of our God. Looking ahead into April, we will continue to share the gift of pottery, once again creating a masterpiece from the clay of the Earth.

We thank you all for your support and participation in our programs and look forward to ways in which we can help you to take some time to deepen your relationship with your loving God.

We wish you all the best for the New Year and new decade ahead of us. May you and your family enjoy the comings and goings of the days of the season and celebrate the gifts of your “presence” with one another.

Many blessings to all,
Marty

Mount St. Joseph University at 100

Sisters Karen Elliott and Judith Metz, along with Dr. John Trokan will address the proud history of the Mount, its present realities, and the challenges of living out its mission amidst changing demographics and cultural realities.

PRESENTERS: Karen Elliott, CPPS, Judith Metz, SC & Dr. John Trokan
DATE: Sunday, January 19, 2020
TIME: 9:30 AM Mass in Chapel
10:45 AM Presentation in Cedars
11:30 AM Large group questions/comments
FEE: Free will donation
### PROGRAMS AT A GLANCE

**January - June 2020**

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### SUNDAYS OF REFLECTION

**Charism:**

*When God Comes Close and We Grow Wise*

This year our Sundays of Reflection will focus on how we live out our Charism statement: *True to the spirit of Saint Elizabeth Ann Seton, Margaret Cecilia George, and all who share our heritage, we Sisters of Charity are called to be faith filled women of the Church. Like Elizabeth, we are called to be vitalized by Scripture and Eucharist; with her, we are called to fidelity to the Church, to reliance on the Spirit, and to life through love and friendship. We vow our lives to our God with whom we walk in humility, simplicity, and charity. As pilgrims we pray for the wisdom to know the needs of our sisters and brothers and we dare to risk a caring response.*

February 2  
*We Vow Our Lives to Our God*  
Carla Rush, SC Associate

March 1  
*Daring to Risk & the Wisdom to Know*  
Anita Maroun, SC

**TIME:**  
9:30 AM  Mass in Chapel  
10:45 AM  Presentation  
11:30 AM  Large group questions/comments

**FEE:**  Free will donation

*Those who do not live at the Motherhouse are requested to call 347-5346 (evening) and leave a message if you plan to stay for dinner.*
Movies at the Motherhouse

Movies at the Motherhouse will begin again in January. We will provide these evenings of relaxation and fun with some of the popular movies of our time. All movie nights are free of charge. Refreshments are served.

MARK YOUR CALENDARS!

MOVIE/DATES

**Hidden Figures**  
January 17
The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. 2 hours, 7 minutes. *Rated PG*

**Breakthrough**  
February 21
Based on the true story of 14-year-old John Smith, who lives with his adoptive parents in Missouri. While playing on a frozen lake, he falls through the ice. John is rescued but cannot be resuscitated. At the hospital, his mother prays for a miracle, and John’s pulse suddenly returns, to the surprise of medical staff. 1 hour, 30 minutes. *Rated PG*

**A Man of His Word**  
May 15
*Pope Francis-A Man of His Word* is a rare co-production with the Vatican. Pope Francis’ ideas and his message are central to this documentary, which sets out to present his work of reform and his answers to today’s global questions about death, social justice, immigration, ecology, wealth inequality, materialism, and the role of the family. 1 hour and 35 minutes. *Rated PG*

DATES:  
Fridays, Jan. 17, Feb. 21, May 15
TIME: 7PM
LOCATION: Rose Room; SC Motherhouse
FEE: Free will offering. Registration requested.

Book Sharing with Henri Nouwen  
A DIFFERENT APPROACH

Let’s try something different! Instead of everyone reading the same selection we’d like to try a book sharing with works written by the same author. In January we will focus on Henri Nouwen and his books. When you register, you will receive a guide sheet to help you prepare for the sharing. Choose your favorite Henri Nouwen book and re-visit it using the guidelines. We will meet this way just once and then get feedback from the participants. There will be just **one session** from **3-4:30PM**.

FACILITATOR: Maureen Heverin, SC  
DATE: Wednesday, Jan. 29
LOCATION: Emmaus Room; SC Motherhouse  
TIME: 3-4:30 PM
FEE: Free will offering, registration required.

*Depending on the evaluations we will have a Book Sharing in February with time and format to be determined. Stay Tuned!*
Pathways to Prayer

As we move along our journey of life, along our “pathways,” we discover different ways in which we meet God. We invite you to come explore and pray as we connect with God in a variety of new ways.

Praying with Paint

Praying with Paint is an opportunity to reflect, pray and use our creative energy to share ideas through color on canvas. Expression and images help make our creative juices come alive and connect us to the source of all energy—God.

PRESENTER: Bill Owen
DATE: Saturday, Feb. 1
TIME: 10AM-12PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $15; $10 for Sisters of Charity

Bill Owen has been involved in art since the age of five. He studied art all through high school and attended the Art Advertising Academy. He currently works as Activities Coordinator at Mother Margaret Hall.

Praying with Music

Music is our oldest art, practiced in all cultures and by people of all ages. Music and prayer have been linked since ancient times. We need not be professional musicians or music readers to experience music as prayer. During this time together we will explore how music can affect prayer life and, conversely, how a deep prayer life has motivated some of our world’s greatest composers. We will try out some practical (easy to practice) ways of praying with music.

PRESENTER: Terry Thorman, SC
DATE: Saturday, Apr. 4
TIME: 10AM-12PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $15; $10 for Sisters of Charity

S. Terry Thorman is a liturgical musician and music teacher with experience as a music therapist.

Dreams: God’s Call to Wholeness

From the earliest days in Christianity, dreams were recognized as one way in which God “spoke” to the dreamer. Come and explore some basics of dream interpretation as one means of hearing God’s call to wholeness in our lives.

REGISTRATION DUE BY FEBRUARY 4

PRESENTER: Mary Bookser, SC
DATES: Tuesday, Feb. 11
TIME: 1:30-3PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $15; $10 for Sisters of Charity

Mary Bookser, SC, has worked as an educator and counselor, and has explored the use of dreams as a means of growth since the 1970’s.

Backward Binoculars

Donning “BACKWARD BINOCULARS” we will ponder as Mary did: Lk. 8:75

This reflection day will provide input, encouragement, prayer and a unique-concise process for pondering the wing-span of God’s movement through the years. With these Backward Binocular nuggets the participant can move more strongly into the future with growing awareness of God’s covenant love.

PRESENTER: Patmarie Bernard, SC
DATES: Saturday, Mar. 14
TIME: 9AM-3PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $30 (includes lunch); $10 for Sisters of Charity

REGISTRATION DUE BY MARCH 4

Patmarie Bernard, SC, has journeyed with people as a Spiritual Director since 1990, including a staff position as Spiritual Director-Retreat Director for the Sangre de Cristo Renewal Program in Santa Fe, NM. Her ministry experience includes healthcare outreach with management and nursing services among the poor. She states her passion in life to be the spiritual journey.
Being Still with God—LENT

As we prepare for the Lenten season, we pause, quiet ourselves and focus our thoughts in the desert. We journey together with Jesus on the road to Calvary. Come and spend some quiet time with your God. A short reflection will begin the evening. You are then on your own to seek out your prayer space...the chapel, prayer room, labyrinth or any parlor or bench. Pause and pray in your own way.

Come and join us for this time to be still, be quiet and continue to deepen your relationship with your loving God.

PRESENTER: Maureen Heverin, SC
DATE: Ash Wednesday, Feb. 26
TIME: 6:30-8PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: No fee; registration requested.

Praying with Clay

Experience the healing power of clay therapy while exploring your relationship with God through the powerful image of the Potter. During our four sessions you will create a vessel of clay while learning about how God interacts with us, molding, fashioning, creating. Old clothing suggested, aprons optional. A project sheet of ideas will follow registration.

MAXIMUM # OF PARTICIPANTS: 10

LEADER: Jackie Kowalski, SC
DATES: Wednesdays, Apr. 15, 22, 29; May 6
TIME: 6-9PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $60; $25 for Sisters of Charity
$25 non-refundable registration fee (applied to total fee)

REGISTRATION DUE BY APRIL 1

Jackie Kowalski, SC has been creating pottery for 25 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.

Praying with Nature

Nature is one of the most fulfilling gifts we have in our lives. Praying and sharing nature experiences with others is so gratifying. This year we will be celebrating the turning of the seasons with the gifts of nature that Marty has captured with her camera. We are graced by the creatures of our planet, our brothers and sisters, as we enjoy our world, day by day.

PRESENTER: Marty Dermody, SC
DATES: Wednesdays, Apr. 29, June 3
TIME: 9:30-11AM
LOCATION: Rose Room; SC Motherhouse
FEE: No fee; registration requested.

The Labyrinth - A Mystical Path

After an Introduction to the Labyrinth, we pilgrims will walk the labyrinth physically or symbolically. A time of sharing and prayer will follow.

PRESENTER: Donna Steffen, SC
DATES: Saturday, May 2 International Labyrinth Day
TIME: 9:30AM-Noon
LOCATION: Emmaus Room; SC Motherhouse
FEE: $20; $10 for Sisters of Charity
Registration Required by Apr. 23

Donna Steffen, SC, is a Spiritual director and trained Labyrinth Facilitator through Rev. Lauren Artress and Veriditas.
Some of Our Ongoing Opportunities...

**Massage 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*  
- *Medical Massage*  
- *Deep Tissue Massage*  
- *Oncology Massage*  
- *Energy Work*

**Pricing**
- 15-min. neck & shoulder or foot massage: $21.35
- 30-min. massage focusing on a specific area: $32.00
- 1-hr. full body massage: $53.40
- 30-min. Energy Work: $30.00
- 1-hr. Energy Work: $50.00

*Sales tax has been added.*

Appointments are required. Gift certificates are available. Call **513-347-5318** to schedule an appointment or for additional information.

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**Spiritual Direction Opportunities**

Spiritual direction is an opportunity to share one’s inner life in a confidential setting with a trained and trusted listener. This centuries old Christian practice is the art of listening to God together, searching for the meaning of God’s action in life, and/or deepening one’s relationship with God. The process is individual and personal, helping to focus on the mutual relationship between God and the person seeking direction. For additional information or a list of Spiritual Directors please contact S. Maureen Heverin, SC at 513-347-1408 or maureen.heverin@srcharitycinti.org.

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**Join us for Centering Prayer**

If you have a daily practice of contemplative prayer and would like mutual, ongoing support for it or more education about it, a Centering Prayer group may be for you. Call Liz Maxwell (513-347-6691) or Joyce Richter, SC (513-921-1543) for more information. One group meets Mondays at 10AM; another group meets Wednesdays at 4PM. Maximum participants per group is 12. Both groups meet in the Prayer Room on the second floor of the Motherhouse.

If you are wondering if this way of praying may be helpful for you, an Introductory Workshop on Centering Prayer may be available (call Liz or Joyce).

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For more information please call:  
513-347-5449 or 513-347-5453.

Email us at spirituality.center@srcharitycinti.org  
**WEBSITE:** srcharitycinti.org/spirit.htm.
OPEN WIDE OUR HEARTS
The Enduring Call to Love

A Pastoral Letter Against Racism by the US Conference of Catholic Bishops

On Thursdays, March 12, 19 and 26 participants are invited to share thoughts and reflections on segments of this twenty-seven page booklet. We will look at what is meant by racism, the thoughts and attitudes, consciously or unconsciously, that have helped shape American life and practices, personally, communally, and nationally for a very long time. The experiences of Native and African Americans, and of the Hispanic population, will be highlighted.

During this Lenten Season, our quest will be for conversion of heart and to walk humbly with our God, pressing forward to do what is right and good for all God’s people.

This 2018 Pastoral Letter can be purchased in the Gift Shop for $7.

FACILITATORS: Mary Gallagher, SC & Laetitia Slusser, SC
DATES: Thursdays, Mar. 12, 19 & 26
TIME: 1:30-3PM OR 6:30-8PM
LOCATION: Emmaus Room; SC Motherhouse
FEE: $25; $15 for Sisters of Charity

REGISTRATION DUE BY MARCH 2

Mary Gallagher, SC, entered the Sisters of Charity from Sidney, Ohio in 1959 and began her ministry in elementary education. With the changes happening with Vatican II, she was drawn toward parish ministry and moved into religious education, earning a degree in Religious Studies from the University of Detroit. S. Mary enjoyed working in rural areas primarily in the Columbus diocese. This was followed by an opportunity to minister overseas in St. Lucia and then later in Dominica. Upon returning to the States, she moved into Chaplaincy at Miami Valley Hospital, Dayton after completing courses in CPE. Later she served as pastoral administrator at Holy Name Church in Mt. Auburn and is now a retired volunteer working part time at Mother Margaret Hall in the Spiritual Life Department and part-time at Holy Name Church.

Laetitia Slusser, SC, received an MA from the Department of Religion and Religious Education from the Catholic University in Washington, DC. She also received an MST from Toronto School of Theology in Toronto, Ontario, Canada. Her ministry included parish work, teaching on-line courses and serving as a faculty member at St. Thomas Theological Seminary in Denver, CO.

DIRECTED & CONFERENCE RETREATS 2020

June 14-20, 2020
Fr. Norm Langenbrunner ~ Conference Retreat
Various Directors available for Directed Retreats

July 19-25, 2020
Paula D’Arcy ~ Conference Retreat
Various Directors available for Directed Retreats
**REGISTRATION FORM**

Name:________________________________________ Phone:_______________________________________

Address:____________________________________________________________________________________

Emergency Contact: ____________________________________________________________

Contact Phone: __________________________________________

Email:_____________________________________________

Send registration with deposit (if required) to:
Sisters of Charity Spirituality Center
5900 Delhi Road
Mount St. Joseph, OH 45051

Checks payable to Sisters of Charity

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TOTAL AMOUNT ENCLOSED: __________

If multiple times are offered please check the session you wish to attend.

**All registration fees are applied to total cost.**