

## TSC Patrons Newsletter

**in this issue**

• SPOTLIGHT:

**Characteristics of Balanced Caring with Dominic Vachon**

**TSC shows local artists in Center Walk Gallery**

- **Volunteer Opportunity at Transformations**
- **Upcoming Programs**
- **How To Register**

### SPOTLIGHT

Upcoming Artists being shown in Center Walk Gallery @ TSC

The next time you are here, we invite you to take a walk through our gallery. Here you will find examples of some of Kalamazoo's finest art, displayed in a sun drenched corridor that whispers with more than a century of spirituality and peace.

Millie Werner, CSJ - June

I was born and raised in Detroit and my mother was an avid gardener. Our backyard was filled with vegetables, fruit trees and flowers. An early appreciation of nature developed.

As a child, I frequently requested a camera as a gift. Much to my delight, I received my first camera as a confirmation gift from my uncle. My interest in photography began and included nature scenes, clumps of flowers and family pictures as my subjects. My little box camera lasted for many years.

As a high school student I was given a new camera. I became more serious with my photographic adventures. In fact, I entered the

[Continued pg. 3](#)



## Dominic Vachon Returns to TSC

Friday, May 30, 2008 9:00 a.m. to 3:30 p.m.

### Characteristics of Balanced Caring: Burnout and the Cost of Not Caring

Dominic Vachon, M.Div., Ph.D.

\$90, includes lunch.

In this workshop, Dr. Vachon will present a model of the psychological and spiritual characteristics of balanced caring. He will debunk over-sentimentalized notions of caring that we and others place on ourselves, and explore how these misconceptions can lead to ineffective caring. In their place he will provide a more accurate understanding of caring and offer more realistic and effective ways of understanding and living our roles as professional caregivers.

The psychology of balanced caring will be explored by looking at behaviors and attitudes that bring more fulfillment to the work of caring. We will hear case studies that illustrate some of the many dysfunctional helping dynamics that we witness. Dr. Vachon does this in



an insightful and humorous way. Participants go away from the day feeling more aware of what they need to do to be balanced in their caring, but they also feel more energized and inspired with this new perspective.

Feel more energized and inspired

The workshop is designed especially for helping professionals of all types including medical professions, mental health, ministry, business management, leadership roles, law, public safety, and so on.

If what you do contributes to helping others, and if a sense of caring is important to you in this, then you will benefit from this workshop regardless of your work.

Hear case studies that illustrate dysfunctional helping dynamics & suggested alternatives

Find ways to live with greater balance

[Click for info ...](#)

## TSC Patrons Newsletter

*Read more about  
the practice of  
Centering Prayer,  
click these links:*

[Resources](#)

[How does one meditate](#)

[A history of modern contemplation](#)

[Sitting in silence](#)

[Cultivating inner space](#)

[Keating moved the movement](#)

[A Podcast with Fr. Keating](#)

### THANK YOU FOR SHARING!

We hope you will forward this email newsletter to friends and colleagues. The programs are offered in an abbreviated form from our brochure to make it easy for you to "cut and paste" into your parish or office newsletter. And yet, handy links to our Web site give you an easy way to quickly read more details.

**NOTE:** To cut and paste, just highlight the text you want to use and click "edit," then "copy." Create a new email or Word document, place a cursor at the top and click "paste." And there it is! You might want to add: Transformations is located at 3427 Gull Road. To register call 269.381.6290 ext. 310.

Your help in sharing news about Transformations is appreciated.

## *The Heart of Contemplation*

*with David Frenette*

Friday, June 13 at 7:00 p.m.  
to Sunday, June 15 at 1:30 p.m.

**Cost: \$225/250**

Rooted in Father Thomas Keating's teachings on contemplative transformation in Christ, this retreat also goes into new territory designed for those whose practice has created a yearning for something more, something deeper.

The weekend includes Centering Prayer, presentations, experiential exercises, times of silence and discussion.

*Register by May 16 for a \$25 discount on registration. Registration closes on the earlier of June 2 or when the class fills.*

*Open yourself to the gift of seeing God  
in your daily life and relationships.*

*Explore interior attitudes, practices  
and skills that foster contemplative  
living from the heart*

During the 1950's and 60's, teachers such as the Trappist Monk Thomas Merton helped bring forth the inner riches of Christian spirituality. A generation later, Father Thomas Keating taught practices such as Centering Prayer as a way of practicing what Merton pointed to.

Now, a third generation of renewal in Christian contemplation brings insights to integrate contemplative practice with the pressured demands of modern life.

"Incarnational Centering Prayer" is the system developed by David Frenette to provide practical guidance on applying these teachings. It unearths these hidden treasures so that you can better recognize them as God brings them to life in your own practice.



David Frenette (left) with  
Fr. Thomas Keating.

[Click for info ...](#)

TSC Patrons Newsletter

Living From Within:  
A Four-Weekend Journey  
Toward an Undivided Life

*Courage* **TEACH  
LEAD  
LIVE**

Facilitated by  
Marianne Novak Houston  
Inspired by Parker J. Palmer

Autumn: 10/24/08 - 10/26/08  
Winter: 01/16/09 - 01/18/09  
Spring: 04/24/09 - 04/26/09  
Summer: 06/19/09 - 06/21/09

**2008/09 Pricing**  
**\$295/Retreat**  
*Early Registration, thru  
9/26/08*

**\$325/Retreat**  
*after 9/26/08*



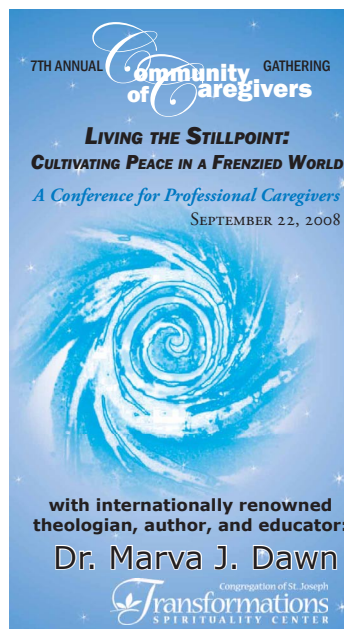
Watch your mail box in July for  
the new Program Catalog.

**What in the World?**

Do you know what is on the cover  
of the new Fall Catalog?

Click to submit your guess.

All entrants eligible for a drawing  
to win a \$10 TSC Gift Certificate.  
Entry deadline May 30, winner  
announced in next newsletter.



Monday, September 22, 2008  
8 a.m. to 4 p.m.

**7th Annual  
Caregivers Conference**

Internationally renowned  
theologian, author, and  
educator to host:

Dr. Marva J. Dawn

Click for more information.

Register early, this conference  
sells out every year!

Millie Werner, CSJ - June - Cont. from pg. 1  
local newspaper photography contest and won  
one of the weekly prizes.

After entering the Sisters of St. Joseph of  
Nazareth in August 1965, I began my studies  
at Nazareth College and majored in Biology.  
My interest in photography was heightened  
as I went on field trips in the Kalamazoo area as part  
of the curriculum. I had a desire to capture the beauty  
of the many forms of nature I experienced and wanted  
to share that with others. In my free time during my  
years of ministry at Borgess Medical Center, I had many  
opportunities to visit the nature centers in the surrounding  
areas and continued my pursuit of photographic  
opportunities.

Now as a gardener and a photographer, my backyard  
invites me to take note of the beauty that abounds in  
nature and this has become a reflective, deepening  
spiritual experience for me. With patience and watchful  
waiting, I have come to a deeper awareness of God's love  
and presence and the gift that photography has been for  
me and others.



## TSC Patrons Newsletter

### How To Register . . .

- [Register Online](#)
- By Phone: 269.381.6290 ext. 310
- By Fax: 269.381.4616
- By Mail: 3427 Gull Rd.,  
PO Box 02,  
Nazareth, MI 49074

**Note:** *Your registration is not complete until payment is received.*

A place for...

#### Rental

CONFERENCES, RETREATS,  
MEETINGS, WORKSHOPS  
BANQUET & RECEPTION

#### Services

MEETING PLANNING ASSISTANCE,  
REGISTRATION SERVICE, SET-UP AND  
TAKE DOWN, AV EQUIPMENT RENTAL,  
COMPLETE FOOD SERVICE

#### MEETING CAPACITY: UP TO 200

- 29 GUEST ROOMS (50+ CAPACITY)
- SINGLE OR DOUBLE OCCUPANCY
- AIR CONDITIONED
- 57 ACRES, WOODS AND TRAILS
- BREAK-OUT ROOMS
- REASONABLE RATES
- NONPROFIT AND FOR PROFIT GROUPS
- BARRIER FREE
- FITNESS CENTER AVAILABLE

### Bring your group to Transformations

**Are you in charge of finding someplace different to hold your conference, workshop or event?**

Transformations Spirituality Center offers rental space for conferences, workshops, small meetings, recognition banquets, corporate receptions and corporate retreats. To the public we offer educational programs, planned retreats, spiritual direction and celebrations that are faith-based and interdenominational. Transformations is open to all who respect the quiet hospitality of the Congregation of St. Joseph.

**Call now to schedule a Transformations Tour or book a space.**

**Click here for more information:**



email: [newsletter@transformationscenter.org](mailto:newsletter@transformationscenter.org)  
phone: 269.381.6290 x310  
web: <http://www.transformationscenter.org>