

TSC Patrons Newsletter

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SPOTLIGHT

New Programs Announced for Winter/Spring 2009:

- 4/4 Walking with The Handless Maiden
5/5 Centering Prayer Introduction
5/16 Getting Out of the Ruts

Celtic Blessings

Saturday, March 21, 9 a.m. to 1 p.m.
\$40 incl. lunch

Led by: Betsy Meagher, &
Frankie Dutil, CSJ's

Like pilgrims, we journey reflecting on our experience in light of those who have gone before. The Celtic knot is one way to express all that we've come to know and how deeply we've been influenced and encouraged along the way. Considering the accomplishments and difficulties of the Celtic people, we too can see it all as blessing. This day will include a special tribute honoring the memory of poet and author, John O'Donohue. You will be invited to craft your own Celtic Inspiration using words, drawing or other creative means, as time allows.

Transformations

Congregation of St. Joseph
SPIRITUALITY CENTER

Pray All-Ways: Exploring How We Pray

Saturday, February 28, 9 a.m. to 12:30 p.m. \$35

Led by: Christine Parks, CSJ

"Prayer is our daily bread; it not only sustains our efforts to provide care for others;; it is also our own basic sustenance." - Deborah V. Hunsinger

Like the disciples, who asked Jesus to teach them to pray, we often yearn for a deeper relationship with God, and a way to pray that will bring us closer to God. To pray, quite simply, is to enter into God's presence, and throughout time people of all faith traditions have searched for and developed a multitude of ways to do this.

Come away for a quiet, reflective morning to renew and refresh your prayer life. You will learn about, explore, and experience several 'Ways' of engaging in prayer, (including lectio divina, scripture, meditation, centering) that you can use at home with your own faith traditions. *Please register by February 17.*

Centering Prayer Introduction

Thursday, March 12, 6:30 pm - 8:30 pm \$15.00

Christine Parks, CSJ and Betsy Meagher, CSJ

If your spiritual journey has led to a hunger for a deeper experience of prayer and silence in God's presence, join us for an evening on the process and practice of Centering Prayer. Centering Prayer is a spiritual path grounded in Christian tradition and the movement toward meditation and contemplation. The evening will include some teaching on the history, tradition and dynamics of Centering Prayer along with the opportunity to experience this Christian prayer form.



Poet Mentors in Person

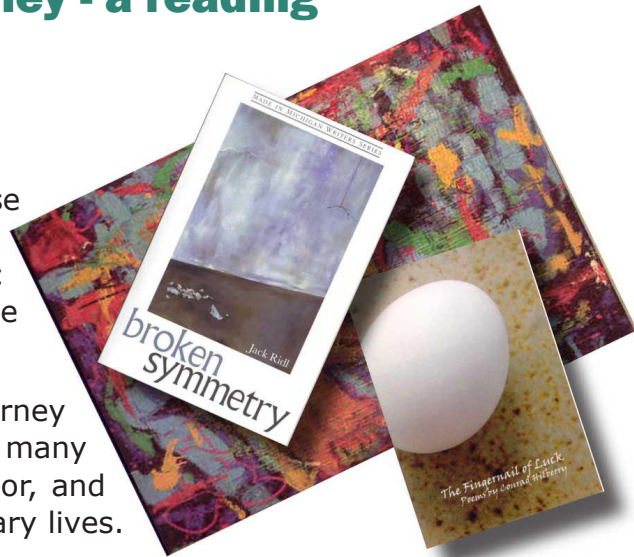
Conrad Hilberry & Jack Ridl

Exploring the Spiritual Journey - a reading

Thursday, April 2, 2009
 7:00 p.m. to 8:30 p.m.
 \$5 Suggested Donation

Poets Conrad Hilberry and Jack Ridl have been close friends for 30 years and are two of Michigan's literary treasures. Their distinct and rich poetic voices span their long friendship and respective Midwestern teaching careers.

Join us for a poetic dialogue exploring the spiritual journey in the creative work of these two poets, familiar to many in our community for their big hearts, great humor, and powerful rendering of our ordinary and extraordinary lives.



Visit our website for biographies, a list of books and samples of their works.

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- **Workshops with Local Poets**--Marie Bahlke
- & Danna Ephland, Aaron Coleman, D.R. (David) James,
- Kathleen McGookey, Pablo Peschiera
-

Mentor & Muse: Poets Pass It On!

Saturday, March 28
 10:00 a.m. to 4:00 p.m.
 \$15 Includes coffee, box lunch

The local poets presenting these workshops have all been mentored through two of Michigan's premier poets — **Conrad Hilberry and Jack Ridl** — and in turn they will be "passing it on" today.

Choose to attend one or all three:

- No Experience Needed
- Q&A: the life and art of the poet
- The Next Level

Begin with a 'poets sampler' of readings; workshops by each of the guest poets will follow.

End your day with voluntary Open Mic performances. [More details online.](#)

Whether you are new to poetry or have been reading and writing poetry for years, come and share in this unique opportunity to experience these gifted local poets, entertain your own poetic muse, and enjoy the energizing company of other poets and poetry lovers.

This is the perfect workshop to share with your Mentor or Muse. **Young people over 12 are welcome.**

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*Centering Prayer
free to all @
Transformations.
Tuesdays, @
12:15 p.m. Call
for info.
Read more about
the practice,
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.

Programs at a Glance

- Feb.** 3 Faith in a Time of Turmoil
16-20 Beyond Words: An Icon Painting Retreat
Diane Hamel
24 Spiritual Literacy: *Mystic Hope* (2/24, 3/10, 3/24) *Gertrude Maurer, CSJ*
25 Lenten Vespers (Six Wednesdays beginning 2/25)
28 Pray All-Ways: Exploring How We Pray
Christine Parks, CSJ
- Mar.** 21 Celtic Blessings - A Journey
Frankie Dutil, CSJ and Betsy Meagher, CSJ
28 Mentor & Muse: Poets Pass it on
- Apr.** 2 Exploring the Spiritual Journey: Poetry
Conrad Hilberry and Jack Ridl
4 *Walking with the Handless Maiden*
17-19 Women's 12-Step Retreat
Karen Anne Jackson, CSC
- May** 2 Seeing the Holy: Praying With and Through Your Camera Lens *Christine Parks, CSJ*
5 Centering Prayer Intro, *Gertrude Maurer & Christine Parks, CSJ's*
16 Getting Out of the Ruts: Relationships, *Tom Holmes & Lauri Holmes*
16 Watercolors: The Free Flow of Letting Go, *Frankie Dutil, CSJ*
29-30 Yoga & Centering Prayer, 3, Betsy Meagher, CSJ & Nancy Diment

Directed Retreats

\$430 for early registration (60 days prior)
\$475 for registration less than 60 days prior
Holy Family Chapel, Nazareth

May 11-17 (Monday-Sunday)

June 22-28 (Monday-Sunday)

July 18-24 (Saturday-Friday)

August 3-9 (Monday-Sunday)

Aug 30-Sept 5 (Sunday-Saturday)

Details Online

A directed retreat is a sacred time spent in silence, prayer and reflection with God and scripture.

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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

During these times of economic uncertainty it is more important than ever to make time to plan for your organization's future.

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
phone: 269.381.6290 x310
web: <http://www.transformationscenter.org>