

TSC Patrons Newsletter

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**New Programs
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SPOTLIGHT

**New Programs Announced
for Winter/Spring 2009:**

**5/5 Centering Prayer
Introduction**

**5/16 Getting Out of
the Ruts**

**Summer/Fall 2009
Directed Retreats**

Seeing the Holy

Saturday, May 2, 9 a.m. to 3 p.m. \$45
incl. lunch

Led by: **Christine Parks, CSJ**

Everywhere we look creation is alive with the glory of God... Come away for a day of seeing, and being present to, the Holy through your eyes and the camera lens. The day will include input and reflection on 'seeing the Holy'; individual time for photographing and praying with the Holy you see around you (inside and outside); and sharing your experience, photos, prayer and insights.

Bring a camera, digital with download cable and a journal; wear comfortable clothes/shoes for walking outdoors. (Program does not include instruction or technical information on camera use or photography)



Walking with The Handless Maiden

Saturday, April 4, 9:30 a.m. to 4:00 p.m. \$45

Led by: **Laura Smith, CSJ**

Can a fairytale bring us into deeper awareness of our human and spiritual journey? It certainly can if one is reflecting upon the story of the Handless Maiden, for in the tale we find that the images refer to our own journeys as we strive to find our "who we are" as a gift of life and "who we are to become." While walking with the Handless Maiden, we are called to experience her actions and dilemmas and therein see ourselves in relationship with our own struggles and with our God. Bring pencil and paper and give yourself permission to walk in her footsteps and to look beyond the words into the roots of yourself. If you enjoy fairytales and learning by means of metaphor, as portrayed by Clarissa Pinkola Estes, this will be a fun and enriching day.

Please register by March 25.

The 12-Steps of AA - an Ongoing Spiritual Miracle: a 12-Step Retreat for Women

Friday, April 17 thru 1:30 p.m. Sunday April 19, 2009
\$180 if registered by 3/13, \$195 thereafter until 4/6/09
Karen Anne Jackson, CSC

The 12 steps of Alcoholics Anonymous continue to sustain, energize and enlighten us in our recovery journeys. This retreat is designed for women actively working a 12-step recovery program in AA. We will examine these spiritual and challenging steps as they affect our lives within and outside of our recovery programs. We frequently refer to our respective recoveries as a MIRACLE. Time will be provided for prayer, quiet, writing, reflection and rest. Throughout all of the above we will enjoy fellowship held together by laughter.

Please register by April 22, 2009

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

- 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*
- June** 6 Gardens & Gardening: Images for the
Spiritual Life, *Christine Parks, CSJ*
20 Encountering God in Nature,
Ginny Jones, CSJ
- July** 18 Walking the Labyrinth with Mary of
Magdala, *Elizabeth Tompkins*

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>