

TSC Patrons Newsletter

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SPOTLIGHT

Through the end of October, the Center Walk Gallery will display the Sacred Fine Art of Mary Marie Dixon.

Dixon's work, mostly in the form of paper mosaics, actively engages the physical beauty and power of the natural environment and the feminine form.

Take time to see these marvelous and moving pieces the next time you visit Transformations.

For purchase information, call 269.381.6290 ext. 288



Transformations

Congregation of St. Joseph
SPIRITUALITY CENTER

Becoming Instruments of Peace

with Tom Holmes, Ph.D.

Saturday, November 15
9 a.m. to 4:30 p.m.

Cost: \$78, includes lunch

Whether you attended Tom's last program, Dances of Universal Peace, or not - you won't want to miss out on this exciting workshop!



The peace prayer of Saint Francis of Assisi will be the foundation for this workshop. Sometimes the very desire to sow love, light or hope makes us aware of the feelings of anger, darkness and despair that we carry with us. By acknowledging and relating to them through the "Parts Work" dialog process and Awakened Heart meditation, we will give our peaceful qualities space to arise and be nurtured. Dances of Universal Peace, song and meditation will create an atmosphere to support the awakening of peace.

Please register by November 4.

Visit our web site to read about more programs with Tom Holmes

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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.

Eliminating Self-Defeating Behaviors

Saturday, December 6, 2008 9 a.m. to 4:30 p.m.

Presented by: Gregory Boothroyd, Ph.D., CAAC, LPC
Nationally-recognized expert in eliminating self-defeating behaviors

The winter holidays are times of celebration frequently accompanied with great stress. They can bring out both the best and worst in friends, family and even ourselves. We all know people who wrestle with self-defeating behaviors such as procrastination, perfectionism, inferiority, anxiety, eating disorders, excessive worry—the list goes on. This one day program is an entertaining, insightful, humorous and moving experience through the inception, maintenance and elimination of commonly practiced self-defeating behaviors.

*Treat yourself and/or a friend to the
unique holiday gift of this inspirational
and potentially life-changing day.*

*You will leave with 12 practical
techniques to replace self-defeating
behavior patterns with life-generating
behaviors and attitudes.*

*Intrigued by the boat? Come
and find out what it means.*



Give the Gift of Transformations this Year

Jan. 17 - Awakened Heart/Peaceful Mind

Another top notch Tom Holmes program you won't want to miss

Feb. 16-20 - Beyond Words: An Icon Painting Retreat

Join Diane Hamel for her third retreat at Transformations

Or, purchase a gift certificate in any denomination, to be used for any program. Call 269.381.6290 ext. 310 for more information or email lschneider@csjoseph.org.

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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
\$325/Retreat**

**Register Soon!
Deadline Oct. 10**

Programs at a Glance

- Oct.** 4 Embracing Others with Knitted Prayer
Elizabeth Tompkins
- 4 Celebrating the Feast of St. Francis.
Ginny Jones, CSJ
- 14 Spiritual Literacy: *The Friendship of Women*
(10/14, 10/28, 11/11) *Gertrude Maurer, CSJ*
- 18 Seeing the Holy: Praying With and Through
Your Camera Lens *Christine Parks, CSJ*
- 24-26 Living from Within: The 2008/09 Journey
Begins - *Marianne Houston*
- Nov.** 15 Becoming Instruments of Peace
Tom Holmes
- 21-22 Yoga and Centering Prayer Retreat
Nancy Diment
- 30 'Taize' Advent Vespers (12/7, 12/14,
12/21)
- Dec.** 6 Eliminating Self-Defeating Behaviors
Gregory Boothroyd
- Jan.** 14 Orientation Group Spiritual Direction
- 17 Awakened Heart/Peaceful Mind
Tom Holmes
- 22-23 Radical Abundance: A Theology of
Sustainability
- Feb.** 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 How Do We Pray? *Christine Parks, CSJ*
- Mar.** 21 Celtic Blessings - A Journey
Frankie Dutil, CSJ and Betsy Meagher, CSJ
- Apr.** 2 Exploring the Spiritual Journey: Poetry
Conrad Hilberry and Jack Ridd
- 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*

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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

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