

# 2012 WINTER & SPRING Program Catalog



*Transformations is a peaceful place  
away from the hurried pace of  
everyday life—a place where people  
from varied faith traditions and walks  
of life come to be in the solitude of a  
retreat or in the company of others.*

*We're committed to promoting unity,  
reconciliation and harmony.*

[www.TransformationsCenter.org](http://www.TransformationsCenter.org)



“Abundance” By Marie Benzing, CSJ

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**We are committed to promoting unity, reconciliation and harmony.**

# Winter & Spring 2012 Programs

## Yoga & Centering Prayer Retreat

7pm, Friday, January 20 through 4pm, Saturday, January 21  
Nancy Diment & Betsy Meagher, CSJ

Enter into and expand your New Year celebration and resolutions by coming away for a winter weekend to relax and renew with this unique retreat that draws upon the experience and wisdom of your whole body. Our time together will focus on centering exercises of gentle yoga, stretching, breathing, relaxing; enhanced with the contemplative experience of centering prayer practice as we touch into a deeper place of wholeness and sacred peace.

*\$130 when registration is paid by December 30, \$140 after  
Registration includes meals, overnight accommodations, instruction and materials.  
Please register by January 9*



## Orientation for Group Spiritual Direction

Wednesday, January 25; 6:30 – 8:30pm  
Laura Smith, CSJ

This orientation session provides an introduction to the Group Spiritual Direction process and an opportunity to experience the process. Orientation is a prerequisite for those new to Group Spiritual Direction, and may lead to the formation of new groups or placement in ongoing groups.

*\$5 when registration is paid by January 16, \$10 after  
Please register by January 20*



## Men's Spirituality

### *The False-self/True-self Dynamic*

Thursday, January 26; 6 – 9pm  
Fr. Jim O'Leary & Rev. Jim Dyke

Take a break from snow-shoveling and football to join us for an inspiring winter evening with Fr. Jim O'Leary & Rev. Jim Dyke and their lively, engaging and ongoing conversation on Men's Spirituality. The theme this evening will be exploring, recognizing and coming to better understand the false-self/true-self dynamic contained in all of us.

During his time with us, Jesus said: *"All that is hidden will be uncovered, what is spoken in solitude will be shouted from the house tops."* We are probably not comforted by this saying, as we tend to fear revealing our secret self to ourselves as well as others. We learn to project a "false" self for others to see—to put our 'best' foot forward. God sees our true self, and wishes us to uncover and see our true self also. That is the work of our spiritual life and the work of our retreat evening. Wherever you are in your spiritual journey you will find this an evening well spent.

*\$35 when registration is paid by January 5, \$40 after  
Registration includes the program and supper.  
Please register by January 12*

*Ladies: This could be the perfect gift for the man in your life,  
a "sharing-gift" that enhances your life together.*



*"I came to hear God speak into my own life. It happened in unexpected ways."*



## Centering Prayer Introduction

Tuesday, January 31; 6:30 – 8:30pm

This program is also offered May 2, see page 9 for details.

TSC Staff

Silence is often described as the language of God. If your spiritual journey has created a hunger for a deeper experience of prayerful silence in God's presence, join us for an introduction to the process and practice of Centering Prayer.

Centering Prayer, a spiritual practice grounded in Christian tradition, can help us enter into God's silence, where we then encounter God in a deeper way. It can prepare us to be open in the silence to receive God's gift of contemplation. This brief introduction will include teaching on Centering Prayer along with the opportunity to experience this Christian prayer form. It is intended for those who want to learn the practice for the first time as well as those wanting a refresher, or the opportunity to revive their practice.

*\$15 when registration is paid by January 17, \$20 after*

*Please register by January 23*

*Join our ongoing Centering Prayer group, meeting at Transformations  
Unity Chapel on Wednesdays, from 12:15 to 12:45pm.*

## Beyond Words: An Icon Retreat

8am, Monday, February 6 through 5pm, Friday, February 10

Diane Hamel, assisted by David Van Eck

The Icon Retreat is a creative and prayerful way to 'beat' the February blahs. Our 2012 retreat will focus on an engaging and inspiring icon of Mary of Magdala. Whether you are a beginner, or an experienced artist, writing an icon with celebrated artist Diane Hamel is a richly rewarding experience. The week will be spent in prayerful learning as you create a beautiful and meaningful icon with Diane's direction, that you can take home and enjoy. In one participant's words: "Her ability to teach such a foreign art form to so many beginners was remarkable."



*Five-day retreat includes four nights in a private room with bath, all meals, instruction and materials. Discounts are available for participants sharing a double room.*

*See our website for more details and information on retreat pricing.*

*\$100 non-refundable deposit due with registration to guarantee your place.*

*Spaces for this annual favorite are limited and fill early - register today.*

*\$550 when \$100 non-refundable deposit is paid by December 29, \$570 after*

## Centering Prayer Retreat Day

Saturday, February 11; 9am – 4pm

Christine Parks, CSJ

This Centering Prayer Retreat Day offers a renewing spiritual pause, a time to set aside all the things that often fill our minds and lives. Enter into holy quiet, and be present to God in the practice of centering prayer.

Centering prayer is grounded in an ancient and respected experience of silent, deep listening in the Christian tradition.

The day will include an overview of the history, practice and discipline of centering prayer as silent communion with God, beyond concepts, words and images. The scriptural basis for, and psychological aspects of, this prayer will

*"It gave me a new view of spirituality and how to pray.  
It validates that God sees us in the best that we are."*

be explored, and experiences of centering prayer will be interspersed with the teaching and sharing throughout the day. Come and deepen your prayer life. Listen for the still, small voice of God away from all the day to day things that fill, and sometimes clutter and distract, your heart and mind.

The day is designed for any experience level—including those with no prior experience in centering prayer.

*\$45 when registration is paid by January 20, \$55 after*

*Registration includes program, materials and lunch.*

*Please register by January 30*

## Lenten Vespers Services

Wednesdays, February 22, 29, March 7, 14, 21 & 28; 6:30pm – 7:15pm

Betsy Meagher, CSJ

The sisters of Saint Joseph invite you to join them for evening vespers during Lent in the beautiful and prayerful sacred space of Holy Family Chapel, behind the stone wall and beneath the glorious dome atop Nazareth Center.



Deepen your observance of Lent, as we prepare our spirits for Easter, by participating in this peaceful, reflective service involving prayer and simple song. Come for any or all of the six Wednesdays and share in this Lenten experience that Christians of all denominations find enriching.

*No charge, free will donation*

*Enter through the main entrance at Nazareth Center.*

*No pre-registration, but call ahead for barrier free access directions.*

## Spiritual Literacy –A Group Discussion of ‘Books You’ve Been Meaning to Read’

*“Field of Compassion: How the New Cosmology Is Transforming Spiritual Life,” by Judy Cannato*

Tuesdays, February 28, March 13 & 27; 7 – 8:30pm

Gertrude Maurer, CSJ

In *Field of Compassion*, author Judy Cannato examines the intricate connectedness of the physical and spiritual worlds, and the resonance between the Universe Story and the Christian Story. She explores living with the awareness of our connectedness and how, out of an emerging unitive consciousness, we can make choices that are compassionate and life-giving for all. It also explores the emerging awareness of the benefits of meditation and the power of intention. Come to the first evening prepared to share what catches your attention in the 1<sup>st</sup> four chapters, what evokes “resonance,” “resistance,” or “realignment” in you.



*\$25 when registration is paid by February 7; \$30 after*

*Please register by February 20*



*“When I come here I drop into a place of peace.”*

## Lamentation—Prayer for Difficult and Chaotic Times

Saturday, March 3; 9am – noon

Christine Parks, CSJ

*[A lamentation] is a trusting utterance set down in the middle of an ongoing friendship of trust and confidence. ~Walter Brueggemann*

Whatever our life circumstances, we have all had cause to “cry out” on occasion—even if we didn’t call it a lament, or know we were doing it. Lamentations—the passionate and demonstrative act of expressing sorrow and grief—can be found throughout scripture, from the prophets to the psalms. Even Jesus cries out “My God, my God, why have You forsaken me?” A lament is a personal, relational conversation with God, who is not some distant stranger, but a trusted friend who we believe listens and cares enough to respond to our cry.

These days it seems there are plenty of situations that call forth the need to lament. Make this morning a part of your Lenten practice, as we pray with the lamentation psalms; learn about the cycle of lament from crying out through sorrow to praise and gratitude; and write our own ‘psalm of lament.’

*\$30 when registration is paid by February 10; \$35 after*

*Please register by February 20*



## Creating the Structure of Belonging with Peter Block

Tuesday, March 13; 9am – 3pm

Peter Block

*Is herding cats impossible? Not if you tilt the floor, according to acclaimed organizational change leader, Peter Block.*

Leaders today need a new set of skills to change the conditions within which groups operate so that each person can find their voice and internal motivation to contribute to the collective good. The era of hierarchy is passing, and those who lead today must set aside the role of hero for that of host. Learning to do this is essential given the rapid pace of change we face. The ability to hold paradox, to shape supportive work environments, to coach and inspire, and to respond from a place of deep groundedness are the skills needed for these times.

*\$85 when registration is paid by February 15; \$100 after*

*Registration includes lunch.*



## Transforming Leadership

*A four-session series kicked-off by the March 13 Peter Block program.*

Transforming Leadership

Transforming Leadership is a four-part series providing deep, experiential learning to bring about personal, organizational, and community change. Time-honored lessons of spirituality and the wisdom of leading thinkers in shaping livable communities are pillars of this work. You’ll experience skill building and deep reflection to reinforce the courage to lead from your authentic center. From this grounded place, you can more appropriately move between the necessary role of manager—one who organizes; and the essential role of leader—one who fosters relatedness across boundaries; and brings forth the gifts of others.

This program is partially underwritten by a grant from The Generous Promise Fund of the Congregation of St. Joseph. **We encourage pairs of co-workers to register so skills learned can be honed between sessions.**

*“The comforting feeling of “Letting go” surrounds me here.”*

Participation is limited and applications are available at [www.TransformationsCenter.org](http://www.TransformationsCenter.org) or (269) 381-6290 ext. 249.

Registration includes the programs, meals and overnight room on December 7.

\$325 when registration is paid by February 15; \$385 after

## Session 1: Creating the Structure of Belonging with Peter Block

See description on page 6.

## Session 2: Choosing the Possible

Friday, June 8; 9am – 4pm

How will your life be different if it is more oriented toward the possible? Our problem solving models tend to focus on the past, yet the past is an increasingly unreliable indicator of the future. To be effective leaders in today's reality we must focus on the present and how our choices can lead to an alternative future, one ripe with possibility.

## Session 3: The Gift of Leading from Your Core

Friday, September 14; 9am – 4pm

What is the story you most often tell about your organization, and what payoff do you get from its repetition? What does clinging to this story cost you? Recognize your gifts and those of others more clearly by recognizing, developing and operating from the core of who you are.

## Session 4: Moving to Action—Honoring Dissent, Building Commitment

Noon, Friday, December 7 through noon, Saturday, December 8

*“If we can not say no, then our yes has no meaning.”*

People need to feel safe in expressing concerns. Leaders must cultivate careful listening as an alternative to defending one's self, and realize that not all concerns require action but each deserves to be heard. This is the path toward commitment, the alternatives to which are the unhelpful paths of denial, rebellion, resignation and lip service.

## Everyday Epiphanies

### *Seeing the Sacred in Every Thing*

7pm, Friday, March 23 through 4pm, Saturday, March 24

Melannie Svoboda, SND

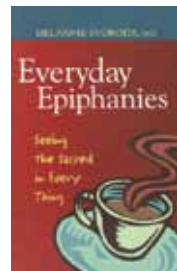
Do you ever wonder where or how to 'find' God in your everyday life? Have you ever had a sudden insight into a problem you've been praying about while doing some mundane task? Or read a familiar passage from scripture and had a word or phrase jump out at you with new meaning? Or been talking with a friend over coffee and looked at something from a new perspective because of something they said? Call these experiences what you will—moments of insight, inspiration, grace. Melannie Svoboda calls them 'mini-epiphanies'—manifestations of God in our ordinary lives—in relationships, nature, the news, work, leisure, joy, pain and prayer.

Join us for this weekend with author and retreat director Melannie Svoboda, as she uses music, stories, and humor, and invites us to see our own everyday life filled with glimpses of the sacred.

\$140 when registration is paid by February 24; \$150 after

Registration includes private room with bath, program and meals.

Please register by March 9



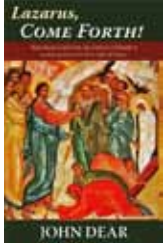
*“The program opened my mind to what has been standing between me and my intimacy with God.”*

## John Dear, SJ Returns for an Evening Meditation and Signing on His Newest Book: “Lazarus, Come Forth!”

Monday, March 26; 6:30 – 8:30pm

John Dear, SJ

Come hear Fr. John Dear speak on his newest book: “*Lazarus, Come Forth!*” In this book Fr. Dear offers a compelling new reading of the story of Lazarus, which calls us all to pursue a life of peace.



The raising of Lazarus in John’s Gospel is one of the most dramatic and poignant episodes in scripture. While traditionally read as a story about friendship and faith, Dear shows through his extended meditations how it also summarizes the persistent theme of the Gospel—“the new life of resurrection peace.”

*\$10 when registration is paid by March 5; \$15 after and at-the-door “Lazarus, Come Forth!” will be available for purchase.*



## Women of Wisdom, Women of Promise

*A Retreat for Women Actively Working the 12-Steps*

7pm, Friday, April 13 through noon, Sunday, April 15

Karen Anne Jackson, CSC

The continuous working of the 12-Steps challenge us to mature in sobriety. Wisdom, when understood as an increase in self knowledge and insight, is integral to spiritual growth. The promises enhance our celebration of gratitude as we continue the journey of recovery. This retreat will provide conferences, interactions, quiet and reflective times as well as opportunities for fellowship and laughter.

This retreat is designed for women who are actively working a 12-Step program. Karen Anne Jackson is an experienced AA 12-Step retreat facilitator who creates a warm, welcoming and accepting atmosphere, enhanced by a delightful sense of humor.

*\$180 when \$50 non-refundable deposit is paid by March 23, \$190 after Final payment due on or before arrival, \$10 per person discount for sharing a room. Registration includes two nights in private room with bath, meals and materials. Please register by March 30*



## Treasures of Celtic Spirituality

*Exploring Sacred Landscapes of the Celtic World*

Saturday, April 21; 9am – noon

Betsy Meagher, CSJ

Celtic Christianity is immensely appealing and inspiring because of its deep respect for and connection with symbols and nature. Come on a journey through the sacred landscapes of Celtic spirituality as we explore the writings, poetry and meditations of several Celtic authors including John O’Donohue, J. Philip Newell and Margaret Silf. This morning will be spent surrounded by the mysteries of our natural world viewed through the lens of Celtic spirituality. It will provide a wealth of wisdom, insight and inspiration for



*“The program was a time to be present and awake of God’s holiness around us.”*

your own spiritual journey. Sr. Betsy will weave strands of the holy throughout the morning, enlivened by the soulful and lilting sounds of Celtic music.

*\$35 when registration is paid by March 30, \$40 after*

*Please register by April 9*

## Awakening the Dreamer - Changing the Dream

Saturday, April 28; 9am – 4pm

Marge Bassett, CSJ; Mary Ellen Gondeck, CSJ & Christine Parks, CSJ

Our earth cries out for people who can find their voice and the courage to act on its behalf. This transformative experience is designed to empower participants to respond to our current global reality with action and informed, grounded optimism about our future. Through dynamic group interaction, leading edge information, and inspiring multimedia presentations, participants are inspired to reconnect with their deep concern for our world, and given tools to make a difference. Designed with the collaboration of some of the finest scientific, indigenous and activist minds in the world, we will explore the current state of our planet from a new perspective, and connect with a powerful global movement to reclaim our future.

*\$45 when registration is paid by April 6; \$50 after*

*Registration includes program, materials and lunch.*

*Please register by April 16*



## Making it Up as you Go Along

*Skills for Leading in Uncertain Times*

Tuesday, May 1; 9am - 3pm

This program is rescheduled from December 8, 2011.

Margaret Wheatley, organizational consultant

It seems that we live in a time of accelerating uncertainty and complexity, a time of ongoing chaos. Join us for this day with acclaimed international organizational consultant Margaret Wheatley in exploring the reality of this perception: How do we maintain our clarity, focus and stamina, inner and outer, as we move with life's changing rhythms and directions? How do we let go of old patterns and behaviors that no longer serve us or others? How do we find ground (keep our spirit grounded) when it seems the rug keeps getting pulled out from under us? And how do we make meaningful contributions in the midst of all the instability and chaos? In the face of questions like these, she will lead us in looking at some of the tools and skills essential for living and leading in these complex and 'uncertain times.'

*\$80 with paid registration by April 3; \$90 after*

*Registration includes program and lunch.*

*Please register by April 16*



## Centering Prayer Introduction

Wednesday, May 2; 6:30 – 8:30pm

This program is also offered January 31, see page 4 for details.

*\$15 when registration is paid by April 18, \$20 after*

*Please register by April 23*



*"When I walk into Transformations my whole being just goes 'whoosh' and I feel held, relaxed and I'm entering a very safe, holy place."*

## Watercolor: The Free Flow of Letting Go

Saturday, May 19; 9am – 3:30pm  
Frankie Dutil, CSJ



Our spiritual traditions bring us to the truth that the deeper beauty and substance of life often emerges when we stop grasping and struggling for control in our lives.

Watercolor painting is a truly experiential metaphor for the spiritual journey. This medium defies precise control yet yields wonderful results when we are able to let go. Prior experience with watercolor is not necessary to enjoy this day. Beginners will learn basic techniques, so whether you have previous experience, or just want to try watercolor for the first time—come, and let yourself go!

Register early – participation is limited to 14 to allow individual work with the presenter. Payment is due with registration to guarantee your place.

*\$75 when registration is paid by April 27, \$85 after*

*Registration includes program, materials and lunch.*

*Please register by May 9*

## 2012 Voices of Wisdom Dinner with Paula D’Arcy

*A Program in Support of Transformations Spirituality Center*

Thursday, June 21; 6 – 9:30pm

Paula D’Arcy

## Crossing Thresholds with Paula D’Arcy

*2012 Voices of Wisdom Presentation*

Friday, June 22; 9am – 3pm

Paula D’Arcy

*“Paula D’Arcy is a true second half of life teacher. Her work and experiences are a beacon for those of us striving to live a full life along the journey. We first collaborated at year end 2003-04 on the “Spirituality of the Two Halves of Life” 3-day retreat and have greatly enjoyed occasionally teaching together since.”*

*~Richard Robr*



Life is full of change and the continual challenge to grow up. In spite of that our hearts remain determined to find guarantees and security. How do we stop resisting life’s force and flow and learn to step across the thresholds to our own growth? Which is greater in your own life, fear or love? Who would you be if you were no longer afraid? What would you know if your beliefs no longer limited you?

Join us for our 3<sup>rd</sup> annual ‘Voices of Wisdom’ presentation. It will be an inspiring day spent with Paula D’Arcy, President of the Red Bird Foundation, which supports the growth and spiritual development of those in need; author of eight books and a one-act play called, “On My Way Home.” A much sought speaker; Paula travels extensively to churches, seminars and retreat centers with her message of hope, healing and courage.

Learn more about Paula D’Arcy at her web site [www.redbirdfoundation.com](http://www.redbirdfoundation.com)

*\$50 when registration is paid by May 25, \$60 after*

*Registration includes materials, program and lunch.*

*Please register by June 4*

*“I love the way Sr. Frankie wove spirituality into watercolor painting and encouraged us all to “let go of control and let the water go where it will.”*

# Future Program Highlights

Watch our web site at [www.transformationscenter.org](http://www.transformationscenter.org)  
for more information about upcoming programs.

## Five Day Intensive Centering Prayer Retreat

July 8-13, 2012

Katheryn Kobelinski, SSND

Intensive Centering Prayer Retreats provide in-depth exposure to the contemplative dimension of the Gospel through several increased periods of Centering Prayer each day and the viewing of a video lecture series by Fr. Thomas Keating on the contemplative dimension of the spiritual journey.

This program is presented in collaboration with Contemplative Outreach of West Michigan.

Prior Centering Prayer Retreat experience is required.

Watch [www.TransformationsCenter.org](http://www.TransformationsCenter.org) for cost and registration information.

## Making Sense of Our Experience: Surviving and Thriving

With Mark Nepo, poet & author

October 12-13, 2012

Mark Nepo is a poet and philosopher who has taught in the fields of poetry and spirituality for over thirty-five years. A New York Times #1 bestselling author, he has published thirteen books and recorded eight audio projects.

About his new book *As Far As the Heart Can See*, Publishers Weekly said, "Nepo is a consummate storyteller with a rare gift for making the invisible visible." The cover for this book is a print by woodblock artist Mary Brodbeck, also from Kalamazoo.

During 2011, Mark sat down for his second interview with Oprah Winfrey as part of her SIRIUS XM Radio show, *Soul Series*, and was interviewed by Robin Roberts on *Good Morning America* about his New York Times bestseller *The Book of Awakening*.



## Living from Within: The Journey toward an Undivided Life

*A Four Part Retreat in the Spirit of the Work of Parker Palmer*

A series of 4 seasonal retreats - 7pm, Friday through noon, Sunday

Marianne Novak Houston

The more passionate we are about our life and work, the more vital it is that we take time to renew our own spirits - to reconnect with the wellsprings of our service to others. In this series of four retreats we will focus on: rejoining soul and role; reconnecting who we are with what we do. The focus is not on techniques or skills for our work, but on renewing our inner lives. Using solitary, small/large group formats, poetry, and stories, we will address basic life questions which, though personal and private, are often deeply instructive when shared in a "circle of trust."



This series, led in the spirit of the work of Parker Palmer, is open to those interested in participating in the four seasonal retreats and forming a "courage community." This approach has proven transformational for numerous participants in these circles led by Marianne throughout the world.

*"Living from Within provided me with an opportunity  
to step out of my daily life and look within."*

## A conversation between you, me and Thee.

Whether you are racing through your busy day or sitting quietly in prayer, **Spiritual Direction can assist you in becoming more aware of the many ways God is present and reaches out to you in your daily life.**

Your time in Spiritual Direction can help you to slow down, learn to listen more deeply, discern direction in life's difficult and ordinary times, explore life's critical issues, and move toward achieving greater consistency between deeply held values and the actions you take.



**Individual Spiritual Direction** involves meeting regularly with a trained spiritual director. To learn more about Individual Spiritual Direction, please contact us at [www.TransformationsCenter.org](http://www.TransformationsCenter.org), or call (269) 381-6290 ext. 285.

**Group Spiritual Direction**, facilitated by a trained spiritual director, takes place in a small group setting. It provides the benefit of shared insights and diverse perspectives among the group. Orientation is a pre-requisite for those new to the group process.



### Orientation for Group Spiritual Direction

Wednesday, January 25, 6:30 – 8:30pm

Laura Smith, CSJ

This orientation session provides an introduction to the Group Spiritual Direction process and an opportunity to experience the process. Orientation is a prerequisite for those new to Group Spiritual Direction, and may lead to the formation of new groups or placement in ongoing groups.

*\$5 when registration is paid by January 16, \$10 after  
Please register by January 20*

### Group Spiritual Direction

**Facilitators: Gertrude Maurer, CSJ; Christine Parks, CSJ & Laura Smith, CSJ**

Two series of Group Spiritual Direction sessions are offered each semester, with afternoon and evening sessions available. Sessions meet 5 times, every other week. Those continuing with an ongoing group may obtain dates & register through your Group Spiritual Direction facilitator. Those new, who have attended the January 25 orientation, or returning to GSD will be scheduled in a continuing or new group depending on space and availability. If you have been part of a group in the past and are interested in returning to Group Spiritual Direction contact us at (269) 381-6290 ext. 285.

Series I meets January - March 2012

Series II meets April - June 2012

*\$75 is due with registration one week prior to the beginning of each new series.*

*“The questions asked during the SD session often come back to me in the time between sessions so that I pay more attention and notice more. As I notice more, I often find my image of God shifting.”*

## Treat yourself to a time to slow down, be still, and restore your spirit.



A retreat allows you to encounter God as you reflect on your deepest needs, feelings, values, and impulses away from the voices and needs of others. Here you can recall that which is “more like me now” – authentic and real in your spiritual journey. We offer many options for retreats, so that you can deepen in a way that feels right to you.

### Program Retreats

Many of our programs are designed to include personal reflection and prayer, in particular those including an overnight stay such as Yoga & Centering Prayer - page 3, Centering Prayer Retreat Day - page 4, Beyond Words: An Icon Retreat - page 4, Everyday Epiphanies with Melannie Svoboda - page 7 and the Women of Wisdom, Women of Promise 12-Step Retreat - page 8.



### Extend your program into a Retreat

Come early or stay after a program and treat yourself to some time to retreat. Take advantage of our resources - prayer rooms, spiritual direction, Unity Chapel, walking trails, the Reconciliation Labyrinth and more. You set the pace to meet your needs.

### Personal Retreat

Create your own retreat experience utilizing any combination of services and resources available at Transformations. Many retreatants include Spiritual Direction in their experience.

### At-Home Retreat

Inspired by the Spiritual Exercises of St. Ignatius, this retreat experience can be done in the comfort of your own home, in the context of your life.



### Directed Retreats

May 14-20, June 10-16, July 23-29, August 20-26

The Congregation of St. Joseph invites you to join them in one of their retreats held throughout the summer. All of the retreat directors are trained and experienced in spiritual and retreat direction. In addition to Conference/Guided retreats, there are individual directors available during each of the retreat weeks. Choice of director will depend on availability of openings at registration.

Shorter retreats, 3-4 days, may also be scheduled depending on availability of directors.

For more information, contact us at (269) 381-6290 ext. 228 or [info@transformationscenter.org](mailto:info@transformationscenter.org).

*\$460 when registration is paid 60 days prior to the start of the retreat*

*\$490 when registration is paid less than 60 days prior to the start of the retreat*

*Registration includes a private room with bath, meals and retreat direction.*

*Please register at least 30 days prior to the start of the retreat.*

*“This is the perfect place for doing retreats because it is so quiet, welcoming and accepting.”*



## Group Conferences, Meetings & Retreats

People from all walks of life and spiritual traditions host meetings and conferences at Transformations. It's as suitable for a lively, week-long conference as it is for a quiet personal retreat. We try to make the meeting planner's experience as uncomplicated as the guests.' Special pricing consideration is given to groups booking the entire facility, multiple events and extended stays.

*Contact our hospitality team at 269-381-6290 ext. 310 or [info@transformationscenter.org](mailto:info@transformationscenter.org) for more information or to schedule your event.*



### Meetings

- Rooms are within close proximity for an **easy flow of people**
- Accommodate groups of **2 to 200 people**
- Half and full day pricing
- Individual lighting controls and window blinds to **control room lighting**
- **AV rental and set-up**
- Complimentary **wi-fi**



### Dining

- On-site food service makes **easy planning for snacks and meals**
- General, organic, vegetarian and special occasion **menus**



### Guest Rooms

- Up to **56 overnight guests**
- **Private bed and bathrooms** with **air-conditioning**
- \$48/night single occupancy, \$64/night double occupancy, **mid-week discounts** are available
- Complimentary **wi-fi**

### Facility

- Ample **free parking** and **barrier free access**
- For a change of scenery, take advantage of the beautiful natural landscape - **walking trails, labyrinth, circle of trees, marsh, fields** and other natural areas are perfect for individual reflection and team activities.

Our conference and retreat center is open to non-profit and for profit groups who value our commitment to promoting unity, reconciliation and harmony. While we respect individual rights to free speech and to voice dissenting views, we reserve the right to be selective in our rental policy in order to maintain an atmosphere consistent with the mission and purpose of our facility.

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Name

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Address City State Zip

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Phone (Primary) Phone (Secondary) Profession

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E-mail *(Please provide your e-mail address to receive a confirmation of your registration.)*

PROGRAM	DATE	REGISTRATION FEE

*Your registration is not confirmed until payment is received. Please pay prior to arrival.*

Total for program(s)	\$ _____
Make it a retreat and add an overnight stay (\$48 single occupancy, \$64 double)	\$ _____
Please accept a contribution to Transformations.	\$ _____
Total enclosed	\$ _____

**Make checks payable** and submit with completed registration form to:

**Transformations Spirituality Center**  
 PO Box 02  
 Nazareth, MI 49074  
 Fax: 269.381.4616  
 Phone: 269.381.6290, ext. 249  
[www.TransformationsCenter.org](http://www.TransformationsCenter.org)  
[info@transformationscenter.org](mailto:info@transformationscenter.org)

**To pay with a credit card**, register at [www.TransformationsCenter.org](http://www.TransformationsCenter.org) and follow the prompts to PayPal. A fee will apply.



**REGISTRATION:** Register at [www.TransformationsCenter.org](http://www.TransformationsCenter.org), via phone 269-381-6290 ext. 249, or submit this completed form to the address above or fax it to 269-381-4616. If you choose to register by fax, phone or the internet, please know that your registration is not complete until payment is received. Credit card payments can be made via PayPal at [www.TransformationsCenter.org](http://www.TransformationsCenter.org).

**PROGRAM REFUND POLICY:** If we cancel a program your fee will be refunded. If you find you are unable to attend a single program or a program series, simply call us at least two days prior to the program or first program in the series. Your fees, less a \$15 processing charge, will be refunded, unless otherwise noted in the program description. No refunds or transfers of fees are available for late cancellations or no-shows. A \$40 charge will be assessed for any checks not backed by sufficient funds. *When you place a reservation for individual retreats, group retreats and conference rentals, please inquire about applicable refund policies.*

Congregation of St. Joseph  
**Transformations**  
 SPIRITUALITY CENTER

*“I’m leaving here mentally and physically rejuvenated and energized.”*

Congregation of the Sisters of St. Joseph

# Transformations

SPIRITUALITY CENTER  
3427 Gull Road, Kalamazoo, MI 49048  
PO Box 02, Nazareth, MI 49074

**Printable maps and driving directions** are available at [www.TransformationsCenter.org](http://www.TransformationsCenter.org).



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