



www.TransformationsCenter.org | 3427 Gull Road, Kalamazoo, MI 49048 | phone 269-381-6290

FOR IMMEDIATE RELEASE

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Winter Program Line-Up Announced at Transformations

Kalamazoo, MI (December 15, 2009) – Transformations Spirituality Center offers their new Winter 2010 schedule of programs for renewal of mind, body and spirit.

Shaping a Life of Significance for Retirement

Saturday, January 23; 9 a.m. - 4 p.m.; Led by Rev. Jerry Haas & Jack Hansen

As we move into our retirement years we are given an opportunity to grow spiritually and intellectually; to weave together the threads of a lifetime, to discover a pattern of meaning and purpose. Join us for a vibrant day-long exploration of the personal potential contained in preparing for and living into these years.

\$65 Early registration when paid by January 8; \$75 after

Orientation for Group Spiritual Direction

Wednesday, January 27; 6:30–8:30 p.m.; Led by: Gertrude Maurer, CSJ and Christine Parks, CSJ

This session provides an introduction to the Group Spiritual Direction process along with the opportunity to experience the process.

\$5 due with registration by January 13; \$10 after

Centering Prayer Introduction

Tuesday, February 2; 6:30 – 9 p.m.; Led by: Gertrude Maurer, CSJ & Christine Parks, 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.

\$15 Early registration when paid by January 12; \$20 after

Beyond Words - An Icon Retreat

Monday, February 8; 9 a.m. through Friday, February 12; 5 p.m.; Led by: Diane Hamel

Rookies and veterans alike will enjoy this opportunity to "write" The Holy Trinity icon with a well-respected teacher.

\$550 Early registration when \$100 non-refundable deposit is paid by 12/29/09; \$570 after

Faith Dialogues - Faith in a World of Diversity and Differences

Tuesdays, February 16, March 2 & 16; 7 - 8:30 p.m.; Led by: Christine Parks, CSJ

We live in a world of growing diversity and differences of thought and belief. Join us for three evenings of dialogue and exploration on the context for this reality and the potential for viable responses.

\$25 Early registration when paid by January 26; \$30 after

Lenten Vespers Services

Wednesdays, February 17, 24; March 3, 10, 17, 24; 6:30 - 7:15 p.m.; Led by: 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.

There is no registration. Free will donations will be accepted.

Yoga & Centering Prayer Retreat

Friday, February 19; 7 p.m. - Saturday, February 20; 4 p.m.; Led by: Nancy Diment & Betsy Meagher, CSJ

Come away and experience the renewal of this unique retreat based upon the wisdom of your whole body. Focus on the exercises of yoga, breathing, relaxing and contemplative centering prayer.

\$120 Early registration when paid by January 22; \$130 after

Spiritual Literacy - A Group Discussion of 'Books You Have Been Meaning to Read'

***The Gift of Years*, by Joan Chittister**

Tuesdays, February 23, March 9 & 23; 7 - 8:30 p.m.; Led by: Gertrude Maurer, CSJ

The Gift of Years is a series of meditations about the spiritual dimension of growing older. It considers the purpose and challenges, struggles and surprises, problems and potential, pain and joys of aging.

\$25 Early registration when paid by February 2; \$30 after

Pray All-Ways - Exploring Ways of Prayer

Saturday, February 27; 9 a.m. - noon; Led by: Christine Parks, CSJ

Learn about, explore and experience several 'Ways' of engaging in prayer, (including lectio divina, scripture, intercessory, meditation, centering) that you can use with your own faith traditions.

\$30 Early registration when paid by February 5; \$35 after

Henri Nouwen and Our Search for Belonging Retreat

Friday, March 19; 7 p.m. - Saturday, March 20; 4 p.m.; Led by: Sue Mosteller, CSJ

Sue Mosteller, CSJ, a long-time friend of Henri Nouwen's, offers insights from the Gospel and from Henri to inspire reflection on the search for unconditional acceptance on our spiritual walk of faith.

\$130 Early registration when paid by February 19; \$140 after

The 12 Steps of AA Women's Retreat - A Journey of Ongoing Humility and Responsibility

Friday, April 9; 7 p.m. - Sunday, April 11; noon; Led by: Karen Anne Jackson, CSC

This retreat, for women who are actively working an AA 12-Step program, will review the 12 steps and how the steps, and working with them, are influenced and affected by both humility and responsibility.

\$175 Early registration when \$50 non-refundable deposit is paid by March 12, \$185 after

***The Jumping Mouse* - A Story of Inner Trust**

Saturday, April 10; 9:30 a.m. - 4 p.m.; Led by: Laura Smith, CSJ

The Jumping Mouse, a story from the Native American tradition, leads to the Sacred Mountain wherein one discovers the heart of the true self. This is day of exploration, reflection and sharing.

\$40 Early registration when paid by March 19, \$45 after

Centering Prayer Retreat Day

Saturday, April 24; 9 a.m. - 4 p.m.; Led by: Laurel Simon & Christine Parks, CSJ

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

\$45 Early registration when paid by April 2; \$55 after

Seeing the Holy - Praying with and Through Your Camera Lens

Saturday, May 1; 9 a.m. - 3 p.m.; Led by: Christine Parks, CSJ

Enjoy a day of seeing, and being present to the Holy through your eyes and the lens of your camera.
\$40 Early registration when paid by April 9; \$45 after

Watercolor - The Free Flow of Letting Go

Saturday, May 15; 9 a.m. - 3:30 p.m.; Led by: Frankie Dutil, CSJ

Watercolor painting can be a truly experiential metaphor for the spiritual journey, as this medium defies precise control yet yields wonderful results when we are able to let go.
\$75 Early registration when paid by April 23; \$85 after

Praying in the Cosmos - the Aramaic Lord's Prayer

Saturday, May 22; 9 a.m. - 3 p.m.; Led by: Ginny Jones, CSJ

Join us for a prayerful and reflective retreat day listening to the words of this very familiar prayer in Aramaic, the language Jesus himself spoke during his lifetime.
\$35 Early registration when paid by April 30; \$40 after

Listening to God's Messages Through Our Dreams

Friday, June 4; 7p.m. - Saturday, June 5; 4 p.m.; Led by: Olga Wittekind, OSF

Whatever your experience of dreams, this retreat with Olga Wittekind (spiritual director, psychologist and Jungian therapist) is sure to bring new insights and awareness of your own dream life.
\$135 Early registration when paid by May 7; \$145 after

Gardens & Gardening - Images for the Spiritual Life

Saturday, June 19; 9 a.m. - noon; Led by: Christine Parks, CSJ

Explore the rich metaphors of tilling the soil, planting seed, nurturing growth and harvesting, through sacred writings, prayer, poetry, photography, your own experiences, and the earth garden.
\$30 Early registration when paid by May 28; \$35 after

Walking the Labyrinth - Finding a Path to Meet the "Other"

Saturday, July 10; 9 a.m. - noon; Led by: Elizabeth Tompkins

We, like the Canaanite Woman (from the gospel of Matthew 15:21-28), live in a time of enormous change in our culture and world that can threaten to intimidate and overwhelm us. Take time for reflection, sharing experiences of 'otherness', and affirmation of our gifts as we grow and create a more hopeful future.
\$35 Early registration when paid by June 18; \$40 after

For more information, or to register, visit www.TransformationsCenter.org or call 269-381-6290 ext. 310.

Transformations Spirituality Center is a ministry of the Congregation of St. Joseph. Programs are ecumenical and open to all. Our goal is to help people discover their own unique spirituality. In addition to educational programs we offer retreats, spiritual direction and conference space rental.

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