



days of reflection  
retreats  
workshops  
prayers  
spiritual direction

*angela merici center for spirituality*  
**PROGRAM & RETREAT SCHEDULE**  
winter & spring 2011

### *I'm Not Religious, but I am Spiritual*

First Monday of the month.

Jan. 3, Feb. 7, March 7, April 4,  
May 2 & June 6. 6:30pm-7:50pm

Discussion of spiritual related topics.

*Facilitated by Ginny Schaeffer.*

*Location: Sonoma Coffee Café  
3009 Poplar Level Rd., Louisville, KY, 40217*

### *Journaling as Prayer & Reflection*

Jan. 8, 2011. 9:30am-12pm.

When was the last time you heard what you had to say about the experiences of your life, your thoughts, desires and prayer? Journaling can be an invaluable tool for reflection and prayer (and you don't have to worry about punctuation).

*Facilitated by Sister Judy Rice, OSU, & Ginny Schaeffer.*

*Registration deadline: Jan. 3, 2011.*

*\$25\**

### *Reading the Bible with Our Hearts & Minds*

Tuesdays, Jan. 11, 18, 25,

Feb. 1 & 8. 2-4pm or 7-9pm.

Focusing on the gospel of Matthew, we will explore ways of reading the scriptures with an open intellect and spirit that have nourished Christians for years.

*Facilitated by Ginny Schaeffer.*

*Registration deadline: Jan. 7, 2011. \$50\**

### *"Read Anything Good Lately?" Book Club*

Jan. 20, Feb. 17, March 24, April 14,

May 12, June 9, 2011. 2-4pm or 7-9pm.

Each month we will mine the richness of a book with soul.

*Facilitators: various. \$10\**

### *Open My Eyes: A Retreat of Silent Awareness*

Jan. 28 from 7pm - Jan. 30 at 3pm.

Opportunities for rest, silence, prayer, reflection and spiritual direction.

*Spiritual directors: various.*

*Registration deadline: Jan. 24, 2011.*

*\$150\**

### *Celebrate Your Marriage*

Feb. 12, 2011. 10am - 4pm.

Treat you & your spouse to a day together focused on ways to celebrate and strengthen your marriage.

*Facilitated by Marcy & Tim Allman.*

*Registration deadline: Feb. 7, 2011.*

*\$75/couple\* (Includes lunch)*

### *A Women Empowering Women Retreat:*

*Cultivating a Heart of Compassion*

Feb. 25 from 7:00pm - Feb. 26 at 4pm.

Jesus told his followers, "Be compassionate as your Father in heaven is compassionate." Learning from the stories of women in the Christian Scriptures, we will explore what it takes to cultivate a heart ready to receive and give compassion.

*Facilitated by Colette Kraemer, OSU, Rosella McCormick, OSU, and Ginny Schaeffer.*

*Registration deadline: Feb. 21, 2011.*

*Commuter: \$50\* Overnight: \$75\**

*\*No one will be turned away due to a lack of funds.*

*CANCELLATION OF A PROGRAM: The AMC reserves the right to cancel or postpone programs. Programs may be cancelled if fewer than the required number of participants is enrolled, and in cases of emergency or unavailability of the presenter. The necessity of operating on a self-supporting basis requires enrollment minimums.*

### *It's Not Too Late to Have a Good Lent*

March 14 from 10am-12pm or 7-9pm.  
A time of prayer & reflection on  
spiritual practices that are helpful to  
having a good Lent.

*Facilitated by*

*Margaret Ann Hagan, OSU.*

*Registration deadline: March 10. \$20\**

### *Circle of Healing Retreat for Women Survivors of Sexual Violence*

Fri., April 1 at 7pm - Sun., April 3 at  
2pm. *Facilitated by Barbara Bir, OSU,  
Helen O'Brien, OSU, Ginny Schaeffer &  
Joan Zehnder.*

*Registration deadline: March 28, 2011.  
\$150\**

### *Thanks Mom*

Sat., May 21, from 10am-2pm.

Moms do so much, from changing  
diapers to kissing boo-boos to saying  
good-bye. This is a day to celebrate  
all the love of mothers for their  
children. If you're a mom, join us for  
this time of celebration and gratitude.  
You deserve it.

*Registration deadline: May 16.  
\$45\**

### *A Vacation With God*

June 8, 15, 22, 29 from 7-9pm.  
Sr. Martha Buser, OSU, will lead us in  
to themes and experiences to deepen  
our relationship with God.

*Registration deadline: June 3. \$50\**

### *A Silent Retreat of Awareness*

Aug. 12 from 7pm - Aug. 14 at 3pm.

*Spiritual directors: various. \$160\**

# to learn more:



A CENTER FOR SPIRITUALITY

A MINISTRY OF THE  
URSULINE SISTERS OF LOUISVILLE

[www.ursulinesisterslouisville.org](http://www.ursulinesisterslouisville.org)  
CLICK ON THE "OUR MINISTRIES" TAB

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