

Workshops



What To Do When You Don't Know What To Do:

Transforming Difficult Emotions

Brandon Nappi, M.Div.

This workshop will explore concrete tools that can be used to diffuse anger, convert fear, and cultivate love in all aspects of life. We'll look at emotions as a natural part of human life that have the potential to teach us about ourselves and lead us more deeply to experience our true selves. The workshop will involve breathing practices, guided meditation, a Power Point presentation, and group discussion.

Recommended Reading: *Taming the Tiger Within: Meditations on Transforming Difficult Emotions*

The Suffering God – An Image of God We Both Fear and Desire

Sr. Sally Hodgdon, C.S.J.

How does the image of a loving and protective God reconcile with the destruction and loss of life seen in such disasters as the cyclone which hit Myanmar, the earthquake in the Sichuan province of China and the devastation of the 9/11 bombings? Why are so many lives lost as a result of massive and random shootings in public places or of diseases which are treatable but go untreated for a variety of reasons? Why do those we love suffer? We will explore this tension as we become more aware of how God suffers with us.

Recommended Reading: *God Reflected Metaphors for Life*

Dealing with Disappointment: Reviving Our Expectations with Faith

Fr. David Cinquegrani, C.P.

Everyone of us faces disappointments each day. Sometimes they stem from our expectations which may need adjusting. Sometimes the disappointment is with God, whom we may feel has let us down. This session will help to equip us with a new way of coping with the frustrating situations we sometimes encounter and open us to happier, healthier results in our lives.

Recommended Reading: *When Life Doesn't Turn Out the Way You Expect: Moving Beyond Disappointment and Suffering*

Advocacy for Justice

Fr. John Baptist Pesce, C.P.

We are called by love and to love. But this love is a love that burns to do justice. Unless there is a passion for the fulfillment of justice, an ingredient is lacking in our response to God's call. The workshop explores the roots of the Gospel imperative to seek a just order in society.

Renewing a Sense of Possibility

Theresa Wiss, M.Div.

Believing that God will provide for all our needs is at the core of our Christian faith. Yet, one of our strongest barriers to accepting God's good gifts is that we set limits on what God can provide for us. We decide what God is willing or not willing to do for us. In this workshop, you will identify your grievances that "block your blessings" and refresh your faith that all things are possible with God.

Recommended Reading: *The Artist's Way: A Spiritual Path to Higher Creativity*

Living Mindfully Through the Day

Alice Smith, M.A.

This workshop will explore ways to feel grounded and centered in God's presence through the often stressful and busy moments of life.

Recommended Reading: *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*

Tomorrow's Bread

Bill Heiden

This workshop explores the tension between faith & money in our lives. Our conversation will begin to reduce the taboos associated with discussing money and look to Scripture to lead the way in understanding a healthy Christian relationship to money. We'll develop a usable framework for managing money as part of a faithful life.

Vision: Creating a Road Map for Your Future

Caryn Vincent

"Vision is a clear mental picture of what could be, fueled by the conviction that it should be". We often hear the word vision as it pertains to corporate vision statements. Today's world is so fast paced, that we rarely take time to think about our own personal direction. A vision gives us a roadmap and helps us live an intentional life. A vision will eliminate the feeling of helplessness, anxiety and frustration that comes with living a life that is not right for you. With vision, it is possible to wake up in the morning filled with hope and anticipation. In this workshop we will discuss the elements of a vision as well as create our own vision in order to take the first step towards an intentional life.

Recommended Reading: *Visioneering: God's Blueprint for Developing and Maintaining Vision*

Spiritual Health & Fitness

Cheryl Jones Reardon

Spiritual fitness is about experiencing a sense of aliveness as well as a sense of belonging. Designing a life which is aligned with what you care about most and which gives you a sense of meaning and purpose will increase your vitality and enhance your health. Discover how Mindful Exercise can be source of nourishment and for your whole being; body, mind, spirit, heart, and soul. Learn how mindfulness can help you practice a higher level of self-care.

Recommended Reading: *Mindful Exercise*

Urban Poverty: Structural Causes and Faithful Responses

Chris Doucot, M.Div.

It is easy to feel overwhelmed and powerless with the challenges of poverty in our world. This workshop will examine the systemic causes of poverty in America and explore Christian responses to the crisis.

Recommended Reading: *Urban Injustice*

Soul Food: Nourishing your Spirit through Creative Expression

Eduardo Barrios

So, what does your life taste like? Does the repetitiveness of the day-to-day leave a bland taste on the tongue? Have you been trying to make a meal from the crumbs of stale experience? Do you hunger for greater authenticity and meaning? Then chances are your soul is longing for creative nourishment. In this fun, hands-on workshop we'll explore creative expression as a way of connecting with the soul and reclaiming the spice of life. We'll discuss how self-imposed fears and limit-thinking can keep us out of the "Creative Kitchen". Time to get cookin'!

Recommended Reading: *The Artist's Way: A Spiritual Path to Higher Creativity*

Journey Back to Self

JoAnne Ceccarelli-Egan

This holistic program teaches you how to gauge your "emotional" energy. You will uncover the factors that deplete you and learn ways to increase your vitality. In this session, you will discover how to guard yourself from unnecessary anxiety and stress while learning to cultivate a more positive outlook on life. The workshop contains concepts and exercises that will help you to embrace God's joy more fully.

Recommended Listening: Journey Back to Self (CD)

Tai Chi

Francis Tran

Explore the movements and breathing exercises of the Asian spiritual practice of Tai Chi. Francis Tran, a practicing Catholic and a Tai Chi master shares how this ancient practice can lead to a closer relationship with the Christian God.

Recommended Reading: *The Essence and Applications of Taijiquan*

Martin Luther: Rebel or Reformer?

Dr. Joan Kelly

The 16th century Reformation was a movement of religious reforms that resulted in the creation of national Protestant Churches, distinct and separate from the Roman Catholic Church. Protestants understood the Reformation as the reform of Christian life, doctrine, and worship. Roman Catholics describe the Reformation as a revolt against the Church. Who's correct? Come and explore the answer to this question in Dr. Kelly's workshop!

Recommended Reading: *The Complete Guide to Christian Denominations*

Moving from Brokenness to Wholeness

Jim McDermott

This workshop offers us the opportunity to discuss and share the many losses in our lives that lead to pain, suffering, and brokenness—loss of loved ones through death, separation, relocation, through death, or strained relationships. The workshop will involve sharing experiences on ways to move from brokenness to healing—physical, emotional, and spiritual with God's help and others.