

Benedict Inn Retreat & Conference Center  
1402 Southern Avenue  
Beech Grove, IN 46107-1197

317-788-7581 ~ [www.benedictinn.org](http://www.benedictinn.org)  
A Ministry of the Sisters of St. Benedict, Our Lady of Grace Monastery

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## ***Benedict Inn Retreat & Conference Center Program & Retreat Schedule July - December, 2019***



***For peace of mind, body & spirit***

1402 Southern Avenue ~ Beech Grove, Indiana 46107  
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A ministry of the Sisters of St. Benedict, Our Lady of Grace Monastery



*"All guests who present themselves  
are to be welcomed as Christ."*

*- Saint Benedict*

*The Benedictine Sisters of Our Lady of Grace Monastery in  
Beech Grove, Indiana welcome you! We are excited to offer  
many new programs and retreat opportunities in 2019. As you  
take time to peruse this program booklet, you will find  
opportunities for spiritual growth through creativity and prayer.  
Our variety of programs and retreats are meant to serve as*

*tools for your spiritual journey as you deepen your relationship with God.*

*The Benedict Inn Retreat & Conference Center welcomes people of all faiths.  
We hope you can join us for those events and retreats that call out to you. We  
strive to bring programs, retreats, and events that will enhance your life.*

*Don't forget to "like" us on Facebook, visit our website, and sign up for our  
monthly newsletter so you will always be "INN" the know! We are grateful for  
your continued support!*

*For more information on our facilities and programs visit our website at  
**www.benedictinn.org or call us at 317-788-7581.***

**Jesus said to them,**

**"Come away by yourselves to a deserted place and rest awhile".**

**~ Mark 6:31**

### **Mission Statement**

*The Benedict Inn Retreat & Conference Center,  
a ministry of the Sisters of Saint Benedict of Beech Grove, Indiana,  
enhances lives through programs and rental facilities in a  
hospitable, peaceful environment.*



**For peace of mind, body and spirit.**

## **July - December, 2019 Programs at a Glance**

### **July**

Yoga & Spirituality-Session I	July 1 - August 5
Peace & Nature Garden Community Walk	July 11
Personal Day of Retreat	July 17

### **August**

Peace & Nature Garden Community Walk	August 8
Yoga & Spirituality - Session II	August 12 - September 23
Personal Day of Retreat	August 13
A Day to Remember...Doris Day	August 14
Nature Nights - <i>Thank You Pollinators</i>	August 22
Pray, Play & Ponder - Perspective on Life	August 29

### **September**

Let the Healing Begin	September 3, 10, 17, 24
Discovering Thomas Merton Through Nature	September 6, 7
Personal Day of Retreat	September 10
Nature Nights - <i>The White River</i>	September 19
Angels of Grace Annual Awards Luncheon	September 28
Yoga & Spirituality - Session III	September 30 - November 4

### **October**

Signs and Symbols of the Liturgy	October 1, 8
Personal Day of Retreat	October 9
Unlocking the Psalms	October 10, 17
Breaking Free	October 12

### **November**

Yoga & Spirituality - Session IV	November 11 - December 16
Awakening the Sage Within	November 9
Personal Day of Retreat	November 19

### **December**

Make Ready the Way - An FBI Advent Program	December 2
Shop INN-Spired Annual Christmas Sale & Open House	December 7
Personal Day of Retreat	December 10
What Would Merton Say?	December 14

**Register online for programs at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581**



# shop INNspired BOOKS & GIFTS

*Featuring items made by holy hands*



Shop *INN-Spired* is the little gift shop with a big selection of books, unique gifts, religious items, jewelry & beautiful, prayerfully hand-crafted items made by the Sisters of St. Benedict at Our Lady of Grace Monastery, including:

- ~ Pottery
- ~ Soaps
- ~ Rosaries & Jewelry
- ~ Prayer Shawls, hats & baby items
- ~ Artwork
- ~ Aprons
- ~ Books
- ~ Cards



Shop *INN-Spired* today for meaningful & treasured gifts at affordable prices!

**Shop INN-Spired Hours**  
**Monday - Friday 9:00 am - 5:00 pm**  
**Weekend hours vary. Please call first!**

## About the Benedict Inn and Facilities

The Benedict Inn Retreat & Conference Center was established as an ecumenical ministry by the Sisters of St. Benedict of Our Lady of Grace Monastery in 1981. Grounded in gospel values and Benedictine hospitality, the Benedict Inn offers retreat and educational opportunities. An atmosphere of peace, prayer, and community help to facilitate an integration of body, mind and spirit.



### Our facilities include:

- ~ Meeting rooms accommodating groups of 2 - 100
- ~ Flexible break-out spaces
- ~ Chapel
- ~ 43 bedrooms & bathrooms
- ~ Secured entrance and rooms
- ~ Gift shop
- ~ On-site dining service
- ~ Picnic areas
- ~ Areas for prayer & reflection
- ~ Labyrinth
- ~ Lovely gardens throughout the grounds
- ~ Walking paths & benches

Our quiet and spacious grounds invite reflection and relaxation.

A member of the Association of Benedictine Retreat Centers, the Benedict Inn is fully self-supported through our programs and retreats, rental facilities, personal donations, and sales from our gift shop, *Shop INN-Spired*.

Whether you are looking for a group retreat, hosting a meeting or workshop, or needing a quiet space for a personal retreat, there is always room at the Benedict Inn. We are conveniently located near downtown Indianapolis and the Indianapolis International Airport. Simple, immaculate, and affordable, the Benedict Inn Retreat & Conference Center is the place to be for *peace of mind, body & spirit*. Come discover a sanctuary in the city - the Benedict Inn Retreat & Conference Center!

If you or someone you know is looking for a special place to host a meeting, group event, retreat, training program or conference, we hope you will consider the Benedict Inn Retreat & Conference Center, where all are "*welcomed as Christ*". Scheduling and pricing information is available by calling Sister Sheila Marie Fitzpatrick, OSB at 317-788-7581, extension 2, or email [facilities@benedictinn.org](mailto:facilities@benedictinn.org).

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

## Reasons to Make a Retreat

- 1. Take a breath and step back from worldly distractions.** Our world bombards us with messages, requests and material items. Distractions surround us 24/7, and sometimes we just need to step back and take a breath from the distractions. Throughout the centuries, men and women have been called by the Holy Spirit to retreat and spend time with God. Jesus spent 40 days in the desert praying and fasting as he prepared for the important work of his public ministry. Sometimes inviting his disciples to “come away by yourselves and rest awhile,” Jesus directed them to retreat. Saints and mystics would often seek solitude in order to listen to and spend time with God. We all need rest and relaxation as a way to heal and strengthen our bodies and minds.
- 2. Address your challenges.** Nothing is more powerful for seeking answers than stepping away from our everyday environment and quieting our hearts and minds. Oftentimes we find a resolution to what weighs upon our hearts when we are silent.
- 3. Get inspired.** Spending time in silence, prayer and meditation is a great tool for inspiration - whether that means taking action, changing behavior, or creating something new, retreats are a great source of inspiration.
- 4. Listen and respond to God's voice.** In today's busy world, there are so many sounds, it can be challenging to listen to what God's is trying to tell us. Unplug, go off line, and experience the calm and quiet sounds of nature or your own breathing. It is then we can listen to God.
- 5. Remember who you are and who you want to be.** A retreat is the perfect time to examine and revise our goals, behaviors, strengths and weaknesses. Stepping away from family and work responsibilities provides opportunities for self-examination, and discovering ways to strengthen our love and service for family, community and God.

Give yourself a gift and take some quiet time to be with God. Rest, relax, read, walk the Labyrinth, Peace & Nature Garden, and the beautiful grounds at the Benedict Inn - a peaceful and holy place where you will find serenity hospitality, and spiritual direction. Spend the day as relaxed or as structured as you wish. Call to schedule your personal retreat today. A Personal Day of Retreat makes a thoughtful and appreciated gift - whether for yourself or someone special! **The cost is just \$40 and includes lunch and a private room for the day. Spiritual Direction is available for an additional \$30.**



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



## Peace & Nature Garden

*“With nature’s help, humankind can set into creation all that is necessary.”*

*~St. Hildegarde of Bingen*

Benedict Inn Retreat & Conference Center welcomes you to the Peace & Nature Garden. Envisioned as a serene environment for meditation and reflection, and a native plant oasis, the garden is now in its fifth year. We can't say it's complete, because that's up to God. However, it looks more beautiful with each passing season. What was once a field of grass now has a walking path, benches, plants, artwork and people enjoying this inspiring place. The three acre garden provides an inviting space for the sisters and visitors to reflect and experience a connection to God, nature and the natural ecosystem. Plan to attend one or all of our Peace & Nature Garden Community Walks where you will discover beautiful native plants, butterflies and artwork.



## About our Labyrinth

*“You will show me the path of life, fullness of joy is in your presence.”*

*~Psalms 16:11*

What was originally a tennis court, the Labyrinth at the Benedict Inn Retreat & Conference Center was



created in honor of the 50th anniversary of Our Lady of Grace Monastery. In 2005, our Labyrinth was created as a replica of an ancient one constructed around 1120 AD, in the stone floor of Chartres Cathedral in France. A labyrinth is a meditative walking path based upon the ancient symbol of pilgrimage. It represents a path to the Holy Land, resting in the center, and the journey outward. The Labyrinth is an archetype, a divine footprint, found in all religious traditions around the world. Unlike

a maze, the labyrinth has only a single path with no tricks or dead ends. You cannot get lost on a labyrinth. The path becomes a mirror for where we are in our lives. Walking a labyrinth is like a brief pilgrimage. Walk it with an open mind and heart. Intention is an important part of the labyrinth journey. How might you bring intention and purpose to your prayer walk today?

Register for programs online at [www.benedictinn.org](http://www.benedictinn.org) or call 317-788-7581



**Introducing...  
Presenters, Facilitators, Instructors**

**Awakening the Sage Within**



**Paul Severance** founded United Senior Action of Indiana, a statewide senior citizens political action organization, and served as its Executive Director for 25 years. In addition to facilitating Sage-ing® workshops, Paul has served as Board Chair and Administrative Director for Sage-ing® International.

**Awakening the Sage Within**



**Alan Rider** first encountered Sage-ing® as a young chaplain intern at a San Francisco-area hospital in the 1970's. He retired from a career in ministry as a Lutheran pastor and vocational counselor. He launched an elders' ministry at his last pastoral post and is executive producer of Sage-ing® International's global Elder Forum webinar series.

**What Would Merton Say?**



**Vanessa F. Hurst** facilitates Merton experiential learning courses at Bellarmine University in Louisville, Kentucky. She is a contemplative life coach who holds a master's degree in natural health. She is the innovator-facilitator of both the Compassion Conversation© and Compassion's Circle©. Vanessa is author of 3 books and is a national speaker whose topics include compassion, contemplation, mysticism, nonviolence, and intuition.

**Let the Healing Begin; Breaking Free: Secrets, Lies & Other Falsehoods We Tell Ourselves**



**Dr. Rachel Waltz**, a nurse practitioner and educator has worked over 30 years caring for the under-served and vulnerable populations, including low-income, victims of sexual abuse and those struggling with addiction. Dr. Waltz is currently an Assistant Professor in the School of Nursing at Ball State University. Her workshops bring her education, experience and personality to the program in order to effect a positive and therapeutic change in those who are open.

**A Day to Remember...Doris Day**



**Mary Anne Barothy**, an English/Journalism graduate from Marian College lived the dream of many young women when she met Doris Day, literally "by accident". It was during her recovery from an accident in Los Angeles where Mary Anne met America's Sweetheart, Doris Day, and the film idol became a friend and employer. Today, in her spare time, she spends her time touring the country and sharing her presentation, A Day to Remember...Doris Day.

**Pray, Play & Ponder - Life in Perspective**



**Ann Wathen's** 16 years of Catholic education and a 4-year spiritual direction program gave her a firm foundation in faith and spirituality. An art minor in college, Ann was taught that her work **must be realistic**. Twenty years later, Ann began experimenting with just "letting the paint flow", which she found quite liberating. Since then, she combines her art with her spiritual journey and discovered that her creativity allows her to spend more time with God!

**Schedule of Programs & Events**

**Please Note: Registration & check-in begins 30 minutes prior to an event.**

**July**



**Yoga & Spirituality - Session I**

**Mondays, July 1 - August 5**

**5:30 - 6:45 pm**

Begin your summer with Yoga & Spirituality. This popular class uses a gentle series of poses to strengthen the mind, body & spirit. A great way to begin your week and end your Monday!

**Cost: \$10/class or series of 6 classes for \$50**

**Instructor: Cynthia Budyn**



**Peace & Nature Garden Community Walk**

**Thursday, July 11**

**7:00 - 8:30 pm**

Join us for a guided walk through the Peace & Nature Garden. Experience the simplicity and beauty as you discover Indiana native plants, butterflies, pollinators, and inspirational artwork. Come see how our garden has grown!

**Cost: Freewill donations accepted, but please register in advance.**

**Facilitator: Sr. Angela Jarboe, OSB**

*"Come to me, all you who are weary and burdened, and I will give you rest."  
(Matthew 11:28)*



**Personal Day of Retreat**

**Wednesday, July 17**

**9:00 am - 4:00 pm**

Spend a quiet day with God on a Personal Day of Retreat. Rest, relax, walk the Labyrinth, Peace & Nature Garden, and the beautiful Monastic grounds. A peaceful and holy place where you will find serenity, hospitality and spiritual direction. Makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**

*The Benedict Inn offers opportunities for both group and individual retreats. Each month, we offer a Personal Day of Retreat on a specific day, but you are invited to join us anytime that fits into your schedule - whether it's one day, a weekend, or longer - you are always welcome at the Benedict Inn!*

*In every walk with nature, we  
receive far more than we seek.  
~ John Muir*



*For peace of mind, body & spirit*

## August



### **Peace & Nature Garden Community Walk** **Thursday, August 8** **7:00 - 8:30 pm**

Join us for a guided walk through the Peace & Nature Garden. Experience the simplicity and beauty as you discover Indiana native plants, butterflies, pollinators, and inspirational artwork. Come see how our garden has grown!

**Cost: Freewill donations accepted, but please register in advance.**

**Facilitator: Sr. Angela Jarboe, OSB**



### **Yoga & Spirituality - Session II** **Mondays, August 12 - September 23\*** **\*No class on 9/2 (Labor Day)** **5:30 - 6:45 pm**

Continue your summer with Yoga & Spirituality. This popular class uses a gentle series of poses to strengthen the mind, body & spirit. A great way to begin your week and end your Monday!

**Cost: \$10/class or series of 6 classes for \$50**  
**Instructor: Cynthia Budyn**

### **Personal Day of Retreat** **Tuesday, August 13** **9:00 am - 4:00 pm**

Spend a quiet day with God on a Personal Day of Retreat. Makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**

### **A Day to Remember...**

**Doris Day**

**Wednesday, August 14**

**2:00 - 3:30 pm**

Hear about Mary Anne Barothy's experience during her time as the personal assistant to the legendary, Doris Day. Enjoy memorabilia, stories, and insights into the world of America's Sweetheart, Doris Day.

**Cost: Free. Seating is limited. Registration required to attend this event!**

**Presenter: Mary Anne Barothy**



### **Nature Nights - Thank You Pollinators!**

**Thursday, August 22**

**7:00 - 8:30 pm**

Where would we "bee" without pollinators? Bees, moths, butterflies, any and all insects... Join us for Nature Nights where you will discover interesting facts about pollinators and how they are vital to our existence.

**Cost: Freewill donations accepted, but please register in advance.**

**Presenter: Sr. Angela Jarboe, OSB**

### **Pray, Play & Ponder -** **Perspective on Life**

**Thursday, August 29**

**10:00 - 11:30 am**

Pray, Play & Ponder is back with a *Perspective on Life*! Join us for a morning of prayer, discussion & creativity. Artistic ability is not required for this program.

**Cost: \$25 (includes materials)**

**Presenter: Ann Wathen**



## **Introducing...** **Presenters, Facilitators, Instructors**

### **Yoga & Spirituality**



**Cynthia Budyn** believes that yoga helps us better understand and open ourselves to a better relationship with God as followers of Jesus Christ. She completed her Master of Divinity at Christian Theological Seminary and is a registered and certified yoga instructor. Cynthia considers herself a teacher at heart and found her calling in helping others discover how yoga may enhance their own lives.

### **Make Ready the Way - An FBI Advent Program**



**Sr. Cathy Anne Lepore, OSB** has been a part of Our Lady of Grace Monastery for over 20 years. As an instructor of Theology at Roncalli High School, she creatively incorporates her love of nature, music and art into her work, making her a motivated and inspirational speaker.

### **Peace & Nature Garden Community Walks; Nature Nights; Unlocking the Psalms**



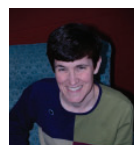
**Sr. Angela Jarboe, OSB** celebrated 50 years of monastic life in 2018. Her many certifications, leadership roles, experience in teaching, love of nature and reading enhances her enthusiasm for leading a variety of programs at the Benedict Inn.

### **Signs & Symbols of the Liturgy**



**Sr. Marie Therese Racine, OSB** serves as the Director of Liturgy for the Benedictine Community at Our Lady of Grace Monastery. She earned her Music Teaching certification from the University of Indianapolis and is currently pursuing a MA Theology with a concentration in Liturgy and a minor in Scripture. Sr. Marie Therese enjoys sharing the deeper meanings of the liturgy and believes this understanding enhances one's spiritual journey.

### **Nature Nights - The White River: Saving the Heart of Indiana**



**Sr. Sheila Fitzpatrick, OSB** has been a Benedictine Sister for 20 years, and is a current member of the Benedict Inn staff. She is a Master Naturalist, Tree Steward and Aldo Leopold Educator, and has led efforts at Our Lady of Grace Monastery in caring for creation. Sr. Sheila initiated and led the project to create the Peace & Nature Garden at the Benedict Inn.

### **Engaging Thomas Merton in Prayer & Nature Retreat**



**Sylvia Harrison** became interested in Thomas Merton 10 years ago through a book club. Soon after, she attended a Merton Retreat near the Abbey of Gethsemane and was inspired to start a Merton Group with 3 other women, which she has been leading for the past 7 years. Sylvia's background in education led her to teach a 4-year high school curriculum that covered history, philosophy, world religions, art, music and literature. In 2018, she graduated from the Benedict Inn Spiritual Director Internship program. She is currently a practicing spiritual director, mentor and Merton Group leader.





**Make Ready the Way -  
An FBI Advent Program  
Monday, December 2  
6:00 - 8:45 pm**

Join us for this **Faith Building Initiative** reflection as we dismantle the obstacles to God's grace! What's holding you back from returning to God? Reflect on Isaiah's dream of returning to wholeness - becoming one with God again. Illuminate the heart and dispel the darkness during this season of Advent. Open your awareness, emotions and memories to the light of Christ! Let Christ become alive in you!  
**Cost: \$45 (Includes dinner)**  
**Presenter: Sr. Cathy Anne Lepore, OSB**



**Shop INN-Spired's Annual  
Christmas Sale & Open House  
Saturday, December 7  
9:00 am - 3:00 pm**

**SAVE THE DATE!**

There's something for everyone on your shopping list at our annual Shop INN-Spired Christmas Sale & Open House! Affordable and one-of-a-kind gifts marked 50 - 75% off original prices...Get into the spirit of giving at this **ONE DAY ONLY** event!



**Personal Day of Retreat  
Tuesday, December 10  
9:00 am - 4:00 pm**

During this busy season, spend a quiet day with God on a Personal Day of Retreat. The Benedict Inn is a peaceful and holy place where you can find serenity, hospitality, and spiritual direction. Spend the day as relaxed or as structured as you wish. Makes a thoughtful and appreciated gift - whether for a friend or yourself!  
**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**



**What Would Merton Say?  
Saturday, December 14  
9:00 am - 3:30 pm**

What would Thomas Merton say about 21st century world events and the responsibility to ourselves, others, and the world? Using Merton's letters and essays, explore how his contemplative approach responds to current events. Reflect upon the meaning of his call to live in the world, but not of it. Join us for this special Advent program, which will challenge you to living with intent and action.  
**Cost: \$70 (Includes lunch)**  
**Presenter: Vanessa Hurst**



**Let the Healing Begin  
Tuesdays, September 3, 10, 17 & 24  
7:00 - 9:00 pm**

This special program offers survivors of sexual abuse an opportunity to discover healing in a safe, anonymous and supportive environment. This four-week program will cover topics on shame & guilt; being silenced; tools for healing; forgiveness, and *Where is God?*. This program requires a commitment to attend all 4 sessions.  
**Cost: \$75**  
**Presenter: Dr. Rachel Waltz**

**Engaging Thomas Merton in Prayer & Nature  
Friday, Sept. 6 - Saturday, Sept. 7  
5:00 pm (Fri)-  
4:00 pm (Sat)  
You are invited**



to a special weekend retreat where we will pray with *Thomas Merton - A Book of Hours*, by Kathleen Deignan. The retreat includes walking meditations throughout the beautiful monastic grounds, journaling, art and movement. **\*Note: A copy of *Thomas Merton - A Book of Hours* is required for this retreat.**  
**Cost: \$175 (Includes lodging & meals)**  
**Facilitator: Sylvia Harrison**

**Personal Day of Retreat  
Tuesday, September 10  
9:00 am - 4:00 pm**

Spend a quiet day with God on a Personal Day of Retreat. Makes a thoughtful and appreciated gift - whether for a friend or yourself!  
**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**



**Nature Nights - *The White River: Saving the Heart of Indiana*  
Thursday, September 19  
7:00 - 8:30 pm**

The White River is the life force that underlays Indiana's agricultural bounty, while connecting urban, suburban, and rural Hoosiers. Learn about the efforts to restore and conserve one of our state's most significant waterways.  
**Cost: Freewill donations, but please register!**  
**Presenter: Sr. Sheila Marie Fitzpatrick, OSB**

**Angels of Grace Annual Awards Luncheon  
Saturday, Sept. 28  
10:30 am - 2:00 pm**



Join us as we celebrate the "angels" in our lives - 3 local women who make a difference. Enjoy food, fun, fashion, prizes, and be inspired by this year's recipients. Honor the angels in your life by inviting them to this special event!

**Cost: \$40/person or table of 8 for \$300**  
**Location: Primo Banquet Hall, 2615 National Ave., Indianapolis, IN**

**Yoga & Spirituality - Session III  
Mondays, September 30 - November 4  
5:30 - 6:45 pm**

This popular class uses a gentle series of poses to strengthen the mind, body & spirit. A great way to begin your week and end your Monday!

**Cost: \$10/class or series of 6 classes for \$50**  
**Instructor: Cynthia Budyn**





### Signs & Symbols of the Liturgy

Tuesdays, October 1 & 8

7:00 - 9:00 pm

Our liturgies are filled with signs and symbols that are meant to draw us more deeply into our faith. Exploring these rituals, poetic texts, and music deepens our understanding while experiencing the celebration of the Mass.

**Cost: \$55**

**Presenter: Sr. Marie Therese Racine, OSB**



### Personal Day of Retreat

Wednesday, October 9

9:00 am - 4:00 pm

Spend a quiet day with God on a Personal Day of Retreat. Makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**



Register online at [www.benedictinn.org](http://www.benedictinn.org)

or call

317-788-7581



### Unlocking the Psalms

Thursdays, October 10 & 17

7:00 - 9:00 pm

Join us as we rediscover this beautiful and ancient collection of poetry through unlocking how the Psalms speak *for* us - not just *to* us!

**Cost: \$50**

**Presenter: Sr. Angela Jarboe, OSB**



### Breaking Free: The Secrets, Lies & Other Falsehoods We Tell Ourselves

Saturday, October 12

9:00 am - Noon

This program is for those who want to quiet the "chatter" and begin to accept themselves as a deserving individual. Learn about the dysfunctional thoughts and behaviors many of us engage in on a daily basis. Discover relaxation techniques to help quiet the mind.

**Cost: \$40**

**Presenter: Dr. Rachel Waltz**

*"She decided to free herself, dance into the wind, create a new language. And birds fluttered around her, writing 'yes' into the sky."*

~ Monique Duval

*"In the deep silence, wisdom begins to sing her unending, sunlit, inexpressible song: the private song she speaks to the solitary soul."*

~ Thomas Merton



### Yoga & Spirituality - Session IV

Mondays, November 11 - December 16

5:30 - 6:45 pm

This popular class uses a gentle series of poses to strengthen the mind, body and spirit. Classes are held on Monday evenings, making this a great way to begin your week and end your day. All levels and abilities are welcome.

**Cost: \$10/class or \$50 for session of 6 classes**

**Instructor: Cynthia Budyn**



### Personal Day of Retreat

Tuesday, November 19

9:00 am - 4:00 pm

Spend a quiet day with God on a Personal Day of Retreat. Makes a thoughtful and appreciated gift - whether for a friend or yourself!

**Cost: \$40 (includes a private room for the day and lunch) Spiritual Direction is available for an additional fee of \$30.**



### Awakening the Sage Within

Saturday, November 9

9:00 am - 4:30 pm

This one-day workshop is structured for adults 45 years and older who want to design and plan their upcoming stages in life with purpose and meaning. *Awakening the Sage Within* enhances the spiritual journey of aging for all who wish to embrace these concepts regardless of faith or religious affiliation. This program is appropriate for professionals and family members who work with the senior population.

**Cost: \$80 (Includes lunch)**

**Presenters: Alan Rider & Paul Severance**

*\*Class size is limited to 30, so register early!*

### What is 'Sage-ing'@?

Sage-ing@ is also known as spiritual elder or conscious aging. It offers a new approach to growing older by living deliberately, more joyfully, and more compassionately. Sage-ing@ concepts include:

- life review
- forgiveness
- issues surrounding mortality
- the impact of our beliefs about aging
- spiritual development
- action oriented through creating a plan
- serving others
- leaving a legacy

Based upon the best-selling book, *From Age-ing to Sage-ing@: A Profound New Vision of Growing Older*, by Rabbi Zalman Schacher-Shalom.