

Spiritual Wellness Day

March 3, 2007

**St. Ambrose Parish
347 Old Loudon Road
Latham, NY**

**Co-sponsored by the Consultation Center and
St. Bernard's School of Theology and Ministry**

518-489-4431

consultation.center@rcda.org

Keynote: Body/Mind/Spirit Care

Kitty Hanley, CSJ
Rev. Anthony J. Chiaramonte

Session I

Spiritual Reading As Prayer

Joanne St. Hilaire, CSJ

Some suggestions for reading during Lent and ways to move spiritual reading into prayer.

Transformed by Christ

Annette Brooks

Discover the Spiritual Exercises of St. Ignatius that transformed his companions and people to this day. We will look at the life of St. Ignatius, explore the exercises and specific types of Ignatian prayer, and allow time to pray using these techniques.

“A couple of weeks ago I dreamt that . . . !”

Deacon Charles Hall

Where do you go when a directee presents such a statement? Do dreams have value for you? Are you comfortable working on dreams with people you companion? If so, how might you proceed? Do you pay attention to your own dreams? Join in on a conversation about dream work in the context of spiritual direction.

Celtic Spirituality

Constance Messitt, CSJ

There is an overall message needed for our time from this ancient wisdom. We will look at some of the history; listen to stories; and pray with Celtic words.

Session II

The Power of Presence: How It Changes Our View of Life

Marianne Zoltowski

This workshop will reveal the power of Presence through which life becomes simpler, values change and priorities shift. Through Presence one is opened to a richer sense of compassion and a deeper sense of trust.

“Be Still and Know That I Am God”

Marge Milanese

An experiential workshop using an exploratory process of the chakras, Reiki, and One’s Heart’s Desire to focus on the presence of God within and discovering God’s activity in the ordinary.

Finding the Stillpoint

Patricia Mousaw

This workshop will look at those life-style choices and spiritual practices that will help us to come to a place of peace and stillness and to live more fully in God’s presence.

Fully Human – The Earthly Lives of Jesus and Mary

Patricia Mills, SNJM

Jesus and Mary didn’t float around in white robes with always sunny days – they were mountain people who worked very hard and lived rugged lives by our standards.

Lent – the 40-Day Retreat

Eleanor Guerin, RSM

How do you view Lent? Is it a drudgery that happens every year or is it our annual opportunity to grow and flourish?

Fee: Early Bird (by Feb. 20) \$ 25
At the door \$ 30
Parish team of 5 (by Feb. 20) \$100

9:00	Registration Coffee and light refreshments
9:30	Prayer
9:45	Keynote
10:30	Session I
11:45	Session II
12:45	Closing

REGISTRATION FORM

Enclosed is my check for \$ _____. please register me for the Spiritual Wellness Day on March 3.

Workshop Choices:

Session I:

First Choice _____

Second Choice _____

Session II:

First Choice _____

Second Choice _____

Name _____

Address _____

Phone _____

**Please make check payable and mail to:
Consultation Center, 790 Lancaster St., Albany, NY 12203**

Directions to St. Ambrose Church

From East: From NY-2W or I-90 W to I-787 N
Merge onto NY-7 W via Exit 9W toward Schdy / I-87
Take US-9 / Rt-9R exit to Latham
Stay Straight to NY-9R/ Columbia St Ext.
Turn Rt ; go to 347 Old Loudon Rd

From North: I-87 South
Merge NY-7E via Exit 7 toward Rt-2/ Watervliet/ Rt-7W/Sch.
Take US-9 exit toward Latham/ Rt-9R/ Cohoes
Left on US-9, Left onto Cobbee, Left to 347 Old Loudon Rd.

From West: I-88 toward Albany / NY Thruway
Merge onto I-90 E / NY Thruway E toward Albany
Keep Left to I-90 E via Exit 24 toward I-87 N / Albany/ Montreal
Merge to I-87 N via Exit 1N toward Albany Int'l Airport/ Montreal
Merge onto NY-7 E via Exit 7 toward Troy/Cohoes
Take US-9 exit To Latham/ Rt-9R/ Cohoes
Left on US-9, Left onto Cobbee, Left to 347 Old Loudon Rd.

From South: I-87 North, NY Thruway N toward Albany
Merge onto I-87 N/ I-90 E via Exit 24 toward Albany/ Montreal
Merge onto I-87 N via Exit 1N toward Albany Int'l Airport
Continue as above from the West