

# Spiritual Wellness Day

August 18, 2007

St. Edward the Confessor Parish, Clifton Park, NY

Keynote: **Body/Mind/Spirit Care**

*Kitty Hanley, CSJ*

*Rev. Anthony J. Chiaramonte*

9:15	Registration
	Coffee and light refreshments
9:30	Prayer
9:45-10:45	Keynote
11:00-12:30	Workshop session

## Workshops

### **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.

### **“Last night I dreamt that . . . !”**

*Deacon Charles Hall*

Does God take time off from our lives? Was that a resounding **NO**? Then might dreams be yet another way God communicates to us in our sleep? Learn how to work with these symbolic images as a way for each of us to hearken to God’s voice and grow.

### **Keeping Your Personal Journal**

*Eleanor Guerin, RSM*

Give yourself a break! Come and experiment a little with keeping a personal journal. We will also have time to talk about and try some art journaling. No writing ability or art talent needed.

### **Encounter with the Holy:**

#### **Theological Reflection**

*Elizabeth Simcoe*

Viewing a work of art or a movie, having a conversation with a friend, hearing a passage of scripture, these and other experiences can serve as opportunities to be more aware of God’s presence if we only stop to look and pray over them. Participants will be offered a brief experience of theological reflection and a framework through which to develop the practice.

### **“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.

### **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.

**Fee:** Early Bird (by Aug.7) \$ 25  
At the door \$ 30  
Parish team of 5 (by Aug. 7) \$100

### **REGISTRATION FORM**

Enclosed is my check for \$ \_\_\_\_\_. Please register me for the Spiritual Wellness Day on August 18.

#### **Workshop Choices:**

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. Edward the Confessor Church**

### **From the South (Albany):**

Take I-87 Northway to Exit 8-A, Grooms Road  
Left on Grooms Road (1½ miles) to Moe Road  
Right on Moe Road (1 mile) to Clifton Park Center Road  
Left on Clifton Park Center Road (½ mile) to  
St Edward the Confessor (on the right)

### **From the West (Schenectady):**

Follow Route 146 East to Vischer Ferry Road  
Right on Vischer Ferry Road (¾ mile) to Clifton Park Center Road  
Left on Clifton Park Center Road (¾ mile) to  
St. Edward the Confessor (on the left)

### **From the North (Saratoga)**

Take I-87 Northway to Exit 9 West – Route 146 West  
Proceed (about 2 miles) to Moe Road  
Left on Moe Road (¾ mile) to Clifton Park Center Road  
Right on Clifton Park Center Road (½ mile) to  
St. Edward the confessor (on the right)

### **From the East (Troy)**

Follow Route 9 to Route 146 West  
Follow same directions as if proceeding from the north

**Another Opportunity!**

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**St. Edward the Confessor Parish  
569 Clifton Park Center Road  
Clifton Park, NY**

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

**518-489-4431  
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