

# Ongoing Programs at Visitation North

## **Creative Juices: A Spirituality of Creating**

**First Saturday of each month (9:30 a.m. – 12:30 p.m.)**

Jean Booms, IHM, MA, facilitates a gathering of artists, both professionals and those who simply love to create, who come together to inspire and encourage one another while experiencing the energy of artistic connection. New participants are always welcome.

*Jean Booms, IHM, MA, is a certified spiritual director and visual artist. She serves as administrative assistant at Visitation North. She has a background in the visual arts.*

*Freewill offering*

## **Musing over Mugs**

**First Saturday of each month (10 a.m. – 12 noon)**

Over a cup of coffee or tea, women explore the graces and challenges of their lives, seen through the eyes of faith. We use *Bridges to Contemplative Living with Thomas Merton* for reflection and dialogue, often making spiritual discoveries as we go. Monica Stuhlreyer, IHM, MA, facilitates. New participants are always welcome.

*Monica Stuhlreyer, IHM, MA, is program director at Visitation North and a certified spiritual director.*

*Freewill offering*

## **Book Discussion: Fiction, Memoirs and Spirituality**

**Second Friday each month (10 – 11:30 a.m.)**

Fiction and memoirs reveal memorable characters, their spiritual struggles and moral stature. Both the reading and sharing can deepen our understanding of what it means to be human. New participants are always welcome. See enclosed flyer or visit our website at [www.visitationnorth.org](http://www.visitationnorth.org) for each month's book. Monica Stuhlreyer, IHM, MA, facilitates.

*Suggested offering: \$10*

## **Monthly Centering Prayer**

**Third Saturday of each month (10 – 11:30 a.m.)**

Those interested in doing Centering Prayer in a group setting meet at Visitation North on the third Saturday of each month with Mary Ann Flanagan, IHM, Ph.D. She facilitates this gathering which includes prayer, on-going education and mutual support.

*Mary Ann Flanagan, IHM, Ph.D., has been associated with Rev. Thomas Keating and Contemplative Outreach for 20 years. She is a trained presenter and facilitator of Centering Prayer and most recently has been facilitating Centering Prayer retreats.*

*Please call if you plan to come.*

# *By Individual Request*

## **A Retreat for the Very Busy**

Tailored for individuals with little time who want to pray, to walk with God in daily life, this retreat involves commitment to at least a one-half hour daily prayer time, and a weekly meeting with a spiritual director to share about the prayer. Call for information or to make arrangements.

*Offering negotiable*

## **Spiritual Spa Day**

In this process designed for individuals or small groups, one of our staff will help you identify your spiritual yearnings and will suggest readings and prayer exercises. Enjoy the silence and peaceful setting while communing with your God. We know you'll leave refreshed! Call for an appointment.

*Suggested offering: \$50 (includes lunch)*

## **Knapsack Day**

We offer you our peaceful space for a day of quiet reading and reflection on your own to "let your soul catch up." Bring whatever you need – your Bible, journal, other reading, your lunch. Call in advance to ensure a space will be available.

*Suggested offering: \$15*

## **Spiritual Direction**

If you seek a deeper relationship with God, a greater sense of peace, or help in making an important decision, you might consider spiritual direction. The process involves prayer and meeting with a spiritual companion – a skilled, non-judgmental person who will hold everything in the most respectful confidence. Often new clarity arises about feelings, dreams, hopes, fears and failures as the director encourages a new awareness of God's loving, faithful presence. Individuals usually come for a monthly one-hour visit. See our website [www.visitationnorth.org](http://www.visitationnorth.org) or call for information.

*Suggested offering: \$40 per session*

## **Visitation-on-Call**

We'll come to you or you can come to us! Our staff may come to the site of your choice or your group can come to Visitation North for a staff day, retreat day, a weekend, an evening of reflection or workshop. We'll work with you to design what best fits the needs of your group and will facilitate the program at your location or ours. Call for details.

## **Use Our Space**

Our center is available for groups seeking a change of venue where they can conduct their own programs. Visitation North can accommodate up to 24 persons comfortably, offering a large group gathering room, a garden library, smaller rooms for individual use, and a chapel. Call for more information about the center, its availability and our rental fees.

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## **Heaven and Earth: Writing Icons**

Two Workshops: Mondays, Jan. 23-March 26 (excluding Feb. 20) 3-5:30 p.m. or 6-8:30 p.m.

From the beginning, sacred images have been part of Christian faith. Icons are a visual theology, windows through which we gaze, silenced and quieted, beckoning us to listen and open our hearts to experience God. Learn the process of writing (painting) an 8-1/2 by 12-1/2 icon of St. Anne and the Mother of God. These nine-week workshops offered at two different times require no artistic experience, only a willingness to set aside inhibitions and listen to your soul.

*Janice Cislo, M.F.A., has been writing icons since 2000. She studied under Peter Pearson, Diane Hamel, Ksenia Pokrovsky, and Mark Czarnecki. A teacher in the Archdiocese of Detroit since 1972, she is presently at Marian High School.*

*Register by Jan. 16.*

*Fee: \$250 includes deposit and materials, due at first class. Make checks payable to Janice Cislo.*

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