

RSVP by Friday, April 16 with:

- your contact information

Name _____

Phone _____

Email _____

- your 2 preferred workshops

Circle one in each session:

Workshop Session I

1 2 3 4 5 6 7 8

Workshop Session II

9 10 11 12 13 14

RSVP to

Sr. Mary Kay Finneran, SC

- by USPS mail:

Convent of Mary the Queen

35 Vark Street

Yonkers, NY 10701-4602

- by phone

914.476.9811

- by email

marykayfinneran@yahoo.com

“The concept of total wellness recognizes that our every thought, word and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually.”

~ Greg Anderson



SISTERS
of CHARITY
NEW YORK

This event is sponsored by
the Sisters of Charity of New York.

Parking is available at St. Joseph's Medical Center parking garage on Vark St., opposite the convent (between South Broadway and Riverdale Avenue). Bring your ticket to be validated.

Spirituality

&

Wellness

Second Annual Gathering

coordinated by Sisters of Charity Initiative
on Spirituality and Healing

An opportunity to
experience and explore
practices
that deepen spirituality
and promote
wellness and healing

Sunday, April 25th, 2010

12:30 – 4:30 pm

Free Will Offering

Money left after expenses
will go toward Haitian Relief effort

Convent of Mary the Queen

35 Vark Street

Yonkers, NY 10701

(west of St. Joseph's Medical Center,
127 South Broadway)

Schedule

12:30 — 1:00 pm

Registration and light refreshments

1:00 — 1:20 pm

Welcome and Centering Experience

1:20 — 1:30 pm

Move to Workshop

1:30 — 2:30 pm

Workshop –Session I

2:30 — 2:50 pm

Break

2:50 — 3:50 pm

Workshop—Session II

3:50 — 4:00 pm

Move to Auditorium (Basement)

4:00 pm

Closing Ritual in Auditorium

4:30 pm

Departure

Workshop Session I

1. Mindful Parenting

*Gail Gordon, LCSW/MsEd &
Peggy Cekoric, SC Associate*

An opportunity to raise questions and explore the great vocation and call of parents. Tools and exercises will be practiced to live mindfully as a parent and to name one's gifts and challenges in parenting.

2. Guided Meditation & Massage

Jane Sprecher, PT & Mary Kay Finneran, SC

While relaxing with lavender aromatherapy, you will experience a guided meditation which will open the seven Major Chakras or energy centers. During this time, hand massages will be given.

3. T'ai Chi Chih

Margaret Ellen Burke, SC

A prayerful form of gentle body movement to create harmony in body, mind and spirit.

4. Heart Health

Katherine Seibert, SC, MD, PhD

An opportunity to discuss and explore together cholesterol, hypertension, heart disease and lifestyle for health.

5. Forgiveness — Key to Inner Healing

Nancy Kellar, SC & Pauline Cinquini, SC

Claiming the saving grace of Jesus by allowing the Holy Spirit to empower us to forgive. The talk will be followed by meditative music and prayer for inner healing.

6. Herbs for Nutrition & Wellness

Nancy De Lucia, RN, BS, Herbalist

An introduction to the basic classification of herbs, their properties, characteristics and uses. Samples and recipes will be available.

7. The Divine Therapist (see Session II, 9)

8. Meditative / Contemplative Music

Florence Mallon, SC

Come delight in the quiet and silence.

Workshop Session II

9. The Divine Therapist

Gloria De Marchis, R-LCSW, ACSW

An opportunity to explore how we relate to the Divine, and how we pray or communicate not only in a time of crisis but in our daily lives. We will look at how this impacts us spiritually, psychologically and physically as we begin to change the way we believe, think and feel.

10. Nutrition for Older Adults

Margaret Murphy, SC

Healthy aging is nourished by a healthy diet of foods designed especially for us as we grow older.

11. Expand Your Heart: Clowning and Nonviolent Peacemaking

Dr. Anna Brown, PhD

Explore and engage in the practice of clowning as a means of nonviolent awakening and transformation. Anna will speak to her experience of clowning while in Gaza. She joined Patch Adams and other human rights delegates in the work of transforming human hearts (including her own).

12. Counseling & Spiritual Direction

Charlotte Raftery, SC & Sheila Brosnan, SC

The similarities between Counseling and Spiritual Direction, and how both contribute to our spiritual life.

13. Twenty-minute sessions of one-on-one experience of prayer for healing of body, mind and spirit will be available.

Margaret Ellen Burke, SC; Lily Butler, SC;

Nancy De Lucia, RN, others if needed.

Please indicate your interest in a session when you register.

14. Quiet Time in Chapel

Take those precious moments of quiet, solitude and silence that our busy lives don't always allow us to have.