

Contact Sr. Kathleen  
**48 hours before** the scheduled event  
to sign up.

**Days of Reflection**

Sundays 1:30-4:00 PM  
Donation: \$10.00

**Workshop Opportunities**

Saturdays 10:00 AM-3:00 PM  
Donation: \$25.00 [includes lunch]

**A Retreat Day Just for You**

Please call Sr. Kathleen to schedule your  
special day.

Usual times 9:30 AM-4:00 PM  
Donation: \$35.00 [includes lunch &  
spiritual direction]

**Weekend Retreats**

Please call Sr. Kathleen  
to arrange a time convenient for you.

Arrival: Friday 4:00 PM  
Departure: Sunday Noon  
You are welcome to attend the  
9:30 AM Motherhouse Mass.  
Donation: \$160.00

Checks should be payable to:  
**Sisters of St. Joseph of Rochester** and  
mailed to:

Sr. Kathleen Clary  
150 French Road  
Rochester, NY 14618

**Questions?**

Please call  
Sr. Kathleen Clary  
at 585-641-8192.



*The creative process,  
like a spiritual journey,  
is intuitive, non-linear,  
and experiential.  
It points us toward  
our essential nature,  
which is a reflection of the  
boundless creativity  
of the universe.*

*~John Daido Loori~*

**Spiritual Direction:**  
*Meet one on one to ponder your  
journey, enriching your life with  
and in self, others, and God.  
Call any time for an appointment.  
Sr. Kathleen Clary  
585-641-8192*

*Days of Reflection,  
Workshops, & Retreats  
2018 ~ 2019*

*Explore, Discover,  
Awaken:  
Creative Energy  
in the Divine  
Unfolding of  
Everyday Life  
Experiences*



**Sisters of St. Joseph  
Motherhouse  
150 French Road  
Rochester, NY 14618  
Phone: 585-641-8192**



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## *Days of Reflection & Workshop Opportunities*

Opportunities for participation in creative centering and expression of Renewal in Mind, Body, Spirit...

Time for Reflection, Relaxation, and Faith Sharing ~

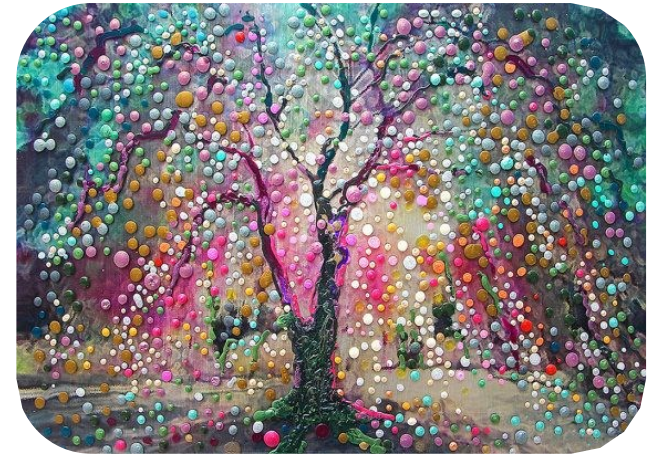
Time to Celebrate all you are to self, others, and God in the Present Moment.

### Saturday Workshops for Personal Growth & Development ~ 10:00 AM-3:00 PM

October 20	Mindfulness: Awakening to Living in the Moment
November 10	Praying with Scripture Creatively in Mind, Body, and Spirit
January 19	<b>Star Retreat:</b> Receive Light for the Journey
March 30	Mandala: Relaxing, Insightful, Prayerful Art Form

### Sunday Afternoon Days of Reflection ~ 1:30-4:00 PM

December 9	Advent Waiting, Wonder, Witness
March 10	Lenten Call to Conversion, Compassion, Commitment
April 28	Celebrating the Paschal Mystery in Faith, Hope, & Love



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## *A Retreat Day Just for You*

A whole day (or a half, if that works better for you) in the peaceful environs of the Motherhouse just to spiritually treat yourself. Get away from your everyday to rest, reflect, and reenergize your mind, body, and spirit.

Lunch and spiritual direction included. Please call Sr. Kathleen to plan your special day!



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## *Weekend Retreats*

Time to call your own: an opportunity to Relax, Pray, Reflect, Ponder Your Journey, and Find Spiritual Direction  
Please call Sr. Kathleen to arrange a time convenient for you.

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## *Book Reflection/Sharing/Discussions ~ Spring 2019*

*Falling Upward: A Spirituality for the Two Halves of Life* by Richard Rohr  
Wednesday, March 27, 10:00-11:30 AM

*The book of Joy: Lasting Happiness in a Changing World* by Dalai Lama and Desmond Tutu  
Tuesday, March 19, 10:00-11:30 AM **OR** Thursday, March 28, 6:30-8:00 PM

*Please call Sr. Kathleen Clary—585-641-8192—if interested  
or you have questions, concerns, or need more information!  
Other book discussion opportunities may also be available; please inquire.*

