

Spirituality Samplers

sam•pler

[sam-pler, sahm-] –noun

1. a person who samples. 2. a piece of cloth embroidered with various stitches, serving to show a beginner's skill in needlework. 3. a collection of samples, selections, etc.: a sampler of french poetry. 4. an electronic device that digitally encodes and stores samples of sound.

Growing in our faith journey is a continuous and ongoing process in our lives. Join other parishioners and bring your friends to discover and sample different aspects of life that help to form and touch our minds, bodies, and spirits.

The Spirituality Sampler Series will assist you to grow in your faith journey. Through presentation, interaction, and experiential learning, participants will enjoy a sample of the many facets of our spiritual journey.

The following samplers will be offered in 2011-2012

• People of Faith Sampler

Fr. Bill Murtaugh, Senior Associate, Pax Christi Catholic Community

Join Fr. Bill as the lives of three holy people are shared and discussed. Were these uncommon people doing common things, or were they common people doing uncommon things? What made them who they were? What were their struggles and accomplishments? Are they people we can relate to, and if so, how? These questions will be teased out in this first sampler series.

Dates: Tuesday evenings – September 13, and 27, October 11

Time: 7:00-8:30pm

• Writing as a Spiritual Practice Sampler

Elizabeth and Clem Nagel, parishioners, poets, and published authors

Clem and Elizabeth are teaching artists at The Loft Literary Center in Minneapolis and elsewhere, and have exhibited their composite art, combining Clem's poetry and Elizabeth's photography. Join them as they assist participants to explore the art of writing as a spiritual practice. Each session is independent of each other. No experience in writing is necessary.

Dates: Sunday mornings – October 23, 30, November 6, and 13

Time: 10:00-11:30am

• Wellness Sampler

Carolyn and Dave vonWeiss, Mary Battista, and Jane Schmitz, parishioners and practitioners in their respective fields

It has been said that wellness is the ability to live life fully, with vitality and meaning. This three-part series will help participants tap into three aspects of wellness. Dave and Carolyn vonWeiss, practitioners of Mindfulness-Based Stress Reduction for many years, will lead this session. Mary Battista, certified holistic health counselor, will help us learn about the art of eating in her presentation *Eating for Energy*, Jane Schmitz, Director of Pastoral Care at Pax Christi, and Energy Healing practitioner, will shed light on the topic of energy healing in her presentation *Understanding Energy Healing – The Science and the Practice*.

Dates: Tuesday evenings –

January 10, 2012 – Mindfulness-Based Stress Reduction

January 24 – Eating for Energy

January 31 – Understanding Energy Healing

Time: 7:00-8:30pm

• Prayer Sampler

John Reardon, parishioner,
Jean Thoresen, MA, Kathy Ogrin, parishioner

One of the three disciplines of the Lenten Season is prayer. There are many ways to pray. In this three-part series, different types of prayer will be explored. John Reardon will present on Celtic Prayer, Jean Thoresen, MA Theology, will lead the participants in Lectio Divina and Kathy Ogrin, spiritual director, will guide attendees in the art of Centering Prayer.

Dates: Tuesday evenings –

February 28 – Celtic Prayer

March 13 – Lectio Divina

March 27 – Centering Prayer

Time: 7:00-8:30pm

• Life Planning Sampler

Kristin Kopp and Susan Anderson, Fr. Bill Murtaugh, and Melissa Navratil

In this three-part sampler, we will look at life planning from a variety of perspectives. Kristin Kopp, parishioner and owner of At-Home Solutions, and Susan Anderson, from Hellmuth and Johnson, will lead a presentation and discussion on the financial, legal, and emotional issues of aging. Fr. Bill will lead the presentation on Pre-Funeral Planning, and Melissa Navratil will conduct a workshop on preserving memories. Ideal participants for these sessions are seniors, adult children of seniors, and caregivers.

Dates: Tuesday evenings –

April 10 – Financial, Legal and Emotional Issues of Aging

May 8 – Pre-Funeral Planning

May 22 – Preserving Memories

Time: 7:00-8:30pm

Questions?

**Contact Jane Schmitz,
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