

TSC Patrons Newsletter

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SPOTLIGHT

Transformations Needs You!

Are you **Outgoing**? Over 18?
Do you love **Meeting** and
Helping people?
Are you interested in **Flexible**
Hours?
Do you have **10 Hours/week** to
Give?

If the answer is **Yes**, this is the
Volunteer Opportunity you've
been looking for.

You can be a part of the
Transformations Spirituality
Center team and assist in
creating a peaceful environment
for spiritual growth.

Primary responsibilities include:

- Coordinating arrival times
- Issuing and collecting keys
- Answering phones
- Greeting guests
- Fulfilling requests of guest and presenters
- Set up and demonstration of AV equipment
- Assistance with mailings, copies, data entry

Position requires:

- Superior customer service and communication skills
- Ability to problem solve and

Transformations

Congregation of St. Joseph
SPIRITUALITY CENTER

Living From Within:

Journeying Toward an
Undivided Life

TEACH

LEAD

LIVE

TWO RETREATS

REMAIN IN SERIES

June 22-23, 2007

October 26-27, 2007

Facilitated by
Marianne Novak
Houston

Inspired by Parker J. Palmer



The more passionate we are about our work, the more vital it is that we take time to renew our own spirits—to reconnect with the wellsprings of our service to others.

In these retreats we will focus on the rejoining of soul and role, of reconnecting who we are with what we do. The focus is neither on techniques nor skills required in our work, but on renewing our inner lives.

Using solitary, small and large group formats,

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provide a good experience for guests

- Hours vary as dictated by programming requirements and subject to adjustment.
- 10 hours/week
Shifts vary and are flexible, including mornings, evenings and weekends

Call Sandra Monroe
269-381-6290 ext. 327 or email
volunteer@transformationscenter.org

Grandparents Day: Unplugged with Rambling Naturalist Wil Reding

**Sunday, September 9,
2007 2-4 p.m.**

We've set this Grandparent's Day afternoon aside for grandparents, or other significant adults in the life of a child, to take a first step in getting kids outdoors to appreciate nature. A time to unplug the grandkids from TVs computers, iPods, and all of the devices that keep us isolated.

Costumed storyteller "Marsh Mallow Man" will lead a lively, interactive discussion of wetlands, exploring their types, their value, the products they produce, how they are being destroyed and what WE can do to protect them. We'll enjoy s'mores by the campfire, and Wil Reding, the "Rambling Naturalist," will lead a group walk through the woods and along the edge of the marsh where we can see, touch, and smell the beauty of a marshland in late summer.

- 2:00 p.m.** Discussion with
"Marsh Mallow Man"
- 2:45 p.m.** S'mores 'round the
Campfire
- 3:00 p.m.** Wetlands Walk with
Wil Reding, The
Rambling Naturalist

\$15 1st guest
(\$5 each additional in same party)



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poetry, archetypal and personal stories, we will address basic life questions which, though they are personal and private, are often deeply instructive when shared in a "circle of trust."

Two Retreats Remain in this Series

Though a single retreat can be powerful, the transformative nature of this work is enhanced if you can attend more than one in the series of retreats held over the course of the year.

Check in between 8:00 and 8:30 a.m.

Summer: 9:00 a.m. Friday, June 22, 2007

to 3:00 p.m. on Saturday, June 23, 2007

Autumn: 9:00 a.m. Friday, October 26, 2007

to 3:00 p.m. on Saturday, October 27, 2007

*Early deposit of \$50 due 9/28/07 **

***After Early Deposit deadline, deposit of \$70
due in advance, \$145 balance due on arrival.**

Marianne Novak Houston

Marianne Houston has a graduate degree in religious studies. She has worked with Dr. Parker J. Palmer, author of *Courage to Teach* and *Courage to Lead* since 1994 and helped develop the programs for spiritual development and transformation outlined in his books and to found the international formation movement. She is a senior advisor and facilitator with the Center for Courage and Renewal in Seattle, Washington. A teacher for more than 40 years, she now devotes full time to retreat facilitation and trains and mentors future formation facilitators in the U.S. and abroad.

Next Retreat Series Begins Nov. 30

A new Retreat Series begins Nov. 30, 2007
This new series, which strongly encourages a commitment to four retreats, is set to begin in the Fall of '07. Call 269.381.6290 x310 for more information or visit our website:
www.transformationscenter.org

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Integrating the Sacred

An At-Home Spiritual Journey

Brings the retreat to you

Transformations Spirituality Center is offering an At-Home Retreat, inspired by the spiritual exercises of St. Ignatius. This retreat experience can be done in the comfort of your own home and in the context of your everyday life. Although adapted to your own pace, the retreat usually spans a period of six to eight months in which you meet with a retreat director at least twice monthly and set aside a daily prayer time. Expect to grow in your relationship with God, in clarity about your own life path, in spiritual freedom, and in an inner peace that comes from a deeper sense of God's love for you. Start your journey today by calling 269-381-6290, ext 310 for more information.

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New Faces

Sandra Monroe & Mary Williams join TSC

Monroe brings Public Relations and Marketing experience from her recent role as Director of PR & Marketing for the Kalamazoo Regional Chamber of Commerce & Convention & Visitors Bureau to her new position as Marketing & Public Relations Specialist. Her goals include furthering awareness of the ministries of TSC within the community and regionally, and increasing conference space usage through innovative marketing.

Williams will be the friendly, helpful face greeting patrons of TSC as the new Facilities & Registration Assistant. She brings previous program, guest services and hospitality experience from the WMU Foundation and Fetzer Institute.



Sandra Monroe (L) & Mary Williams

Friday, August 3, 2007 at 7 p.m. to Sunday, August 5, 2007 at 1:30 p.m.

Living One Day at a Time in 12-Step Recovery - for Women

Recovery is not a place, a destination to be reached. It is a journey... a journey of hope, and healing, and peace. An important key to progress on the path is to take one step at a time... one day at a time. We'll explore different ways to make this goal a reality each day. This retreat is open to women from any 12-Step recovery program.

Send a \$55 non-refundable deposit by July 2 to reserve your space at the discounted rate. The balance is due on arrival, payable in cash or by check. After July 2, the non-refundable deposit is increased to \$70 and must be received by July 23 to reserve your space. In either case, a balance of \$110 is due on arrival, payable by check or cash. This includes double occupancy, meals, snacks, materials and retreat. Sandwiches will be provided on Friday night.

[Pat Underwood, CSJ](#) is a Hazelden-trained, certified pastoral addiction counselor who has been living a 12-Step spirituality for more than 30 years. She is an excellent retreat director with extensive experience in the special challenges facing women in recovery. Cost: \$165 if registered by August 24; \$180 thereafter.

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Saturday, August 11, 2007 from 9 a.m. to 3:30 p.m.

Watercolor: The Free Flow of Letting Go

[Frankie Dutil, CSJ](#) Spiritual traditions tell us that the deeper beauty of life begins to emerge when we stop grasping and struggling for control. Painting with watercolors can be a metaphor for the spiritual journey, for this medium defies precise control yet yields wonderful results. You need not have experience with watercolor to enjoy this workshop. In this workshop we'll explore

basic techniques, so if you have always wanted to dabble in watercolor, but have held back, come and find the joy in letting go. Cost: \$75 includes lunch and all art materials.



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THANK YOU FOR SHARING!

We hope you will forward this email newsletter to friends and colleagues. The programs are offered in an abbreviated form from our brochure to make it easy for



you to "cut and paste" into your parish or office newsletter. And yet, handy links to our Web site give you an easy way to quickly read more details.

NOTE: To cut and paste, just highlight the text you want to use and click "edit," then "copy." Create a new email or Word document, place a cursor at the top and click "paste." And there it is! You might want to add: Transformations is located at 3427 Gull Road. To register call 269.381.6290 ext. 310.

Your help in sharing news about Transformations is appreciated.

How To Register . . .

- [Register Online](#)
- By Phone: 269.381.6290 ext. 310
- By Fax: 269.381.4616
- By Mail: 3427 Gull Rd.,
PO Box 02,
Nazareth, MI 49074

Note: *Your registration is not complete until payment is received.*

Friday, September 14 and
Saturday, September 15, 2007

Room at the Table: Christ's Message of Deep Acceptance

Friday, 9/14/07, 7-8:30p.m. **Strangers No More**
Saturday, 9/15/07, 9 a.m. - 4 p.m.

In the Company of Friends

Structured in two sessions but either can stand alone. **Fees:**

Friday only: \$12 in advance, \$18 at the door.

Saturday only: \$50 in advance, \$55 at the door

Both sessions: \$60 in advance

[Fr. Joe Nassal](#) Jesus was truly radical in his approach to accepting those who were deemed unworthy by the political and religious leaders of his time. He was most comfortable with the outcasts and the poor, the broken and the blamed, the shunned and the shamed. His compassionate presence reminded them of the unconditional love of God. Two thousand years later, his hopeful message still comforts those who have suffered, who have felt alienated, who have tasted the sting of shame or blame - and isn't that each of us at some time? This retreat will allow us to explore the example of Christ as inspiration for expanding the circle of our companionship and care.

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Monday, September 24, 2007

6th Annual Community of Caregivers: Transforming the Energy of Suffering

8:00 a.m. - 4:30 p.m.

[Dominic O. Vachon, M.Div., Ph.D.](#), The workshop will be a day long exploration about the ways suffering can affect helpers/healers and how the energy of our response to it can help us deal with it and even transform its negative impact in the long run. In the encounter with suffering in the helping/healing process, the "energy" of suffering has a powerful impact on the helping professional. The helper/healer becomes initiated into this work, learning how to endure and not be overwhelmed by being a witness to this suffering. As time goes on, the caregiver must continue finding ways to energize continuing to care for those who suffer while at the same time coping with the ways this suffering can wear down the caregiver.



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email: newsletter@transformationscenter.org
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web: <http://www.transformationscenter.org>