

TSC Patrons Newsletter

in this issue

- **SPOTLIGHT:**
**Volunteer Opportunity
with Transformations**
- [Upcoming Programs](#)
- [Thank You For Sharing!](#)
- [How To Register](#)

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 guests
and presenters
- Set up and demonstration of
AV equipment
- Assistance with mailings,
copies, data entry



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

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

(For more retreats, visit our Website)

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 \$70 non-refundable deposit by July 23 to reserve your space. The balance is due on arrival, payable in cash or by check. This includes single 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.

[Click for info ...](#)



Position requires:

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

TSC Patrons Newsletter

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.

[Click for info ...](#)

12-Step Retreat 2007/08 Schedule

Weekend Retreats:

August 3 - 5, 2007: for Women
December 7 - 9, 2007: for Men
March 28 - 30, 2008: for Men
April 4 - 6, 2008: for Women

Mini-Retreats

Three Wednesdays:

October 3, 10 & 17 (2007)
January 9, 16 & 23 (2008)
April 2, 9, & 16 (2008)

[Click for info ...](#)

Grandparents Day: Unplugged with Rambling Naturalist Wil Reding

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

\$20 1st guest, \$5 each additional in same party

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.



"Marsh Mallow Man" poised for story telling



Wil Reding (R) leads a lively nature discussion

[Click for info ...](#)

TSC Patrons Newsletter

Living From Within:
Journeying Toward an
Undivided Life

Courage
**TEACH
LEAD
LIVE**

**Last Retreat in current series:
October 26-27**

Next Retreat Series:

Autumn: 11/30/07 - 12/02/07
Winter: 02/01/08 - 02/03/08
Spring: 04/11/08 - 04/13/08
Summer: 08/15/08 - 08/17/08

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, 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."

Pricing:

Oct. 26: *Early deposit of \$50 due 9/28/07, thereafter \$70 due in advance, \$145 balance due on arrival.*

New Series: A non-refundable deposit of \$200, representing \$50 per retreat is due by 11/1/07. The balance of \$225 per retreat is due on arrival for each seasonal retreat.

[Click for info ...](#)

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

Watercolor:
The Free Flow of Letting Go
\$75 includes lunch and all art materials.

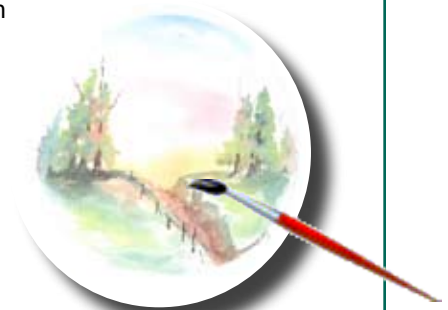
Spiritual traditions tell us that the deeper beauty of life begins to emerge when we stop grasping and struggling for control. Painting with watercolors can be a metaphor for the spiritual journey, for this medium defies precise control yet yields wonderful results.

You need not have experience with watercolor to enjoy this workshop; in fact this is intended for beginners. We will learn basic techniques, so those who have wanted to try watercolor but have held back - come, and let go!

To allow each student time with the instructor, class size is limited to 16 people. Registration closes when program is full or on August 3, whichever is sooner.

Frances (Frankie) Dutil, CSJ has a B.A. in French and music, an M.A. in educational psychology and an Associate Degree in art. She spent many years as an elementary teacher and principal.

Two of her greatest loves are art and Ireland. Her love of Ireland goes back to her roots on her mother's side. Her Celtic ancestry (both great-grandparents came to America during the potato famine) and trips to Ireland and Scotland have helped her develop knowledge and appreciation of the unique contributions of Celtic spirituality. Celtic scenes and objects populate her art, through which she tries to communicate the ineffable qualities of these places and beliefs.



[Frankie Dutil, CSJ](#)

[Click for info ...](#)

TSC Patrons Newsletter



Coming Soon!

Watch your mail for the new, 2007/08 Program Catalog

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: \$15 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.

[Click for info ...](#)

Monday, September 24, 2007

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

Registration 8:00 a.m., Program 9:00 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.



[Click for info ...](#)

email: newsletter@transformationscenter.org
phone: 269.381.6290 x310
web: <http://www.transformationscenter.org>