

# Exploring Spirituality and Prayer

with Sr. Maureen Conroy, RSM, D.Min.

The Friday and Saturday workshops are designed for anyone and everyone wanting to grow in their spirituality and holistic well-being.

The Sunday workshop is designed for anyone working with others in providing spiritual care.

**Friday January 20, 9:00 a.m. - 4:00 p.m.**

**\$55**

## **The Healing Power of Spiritual Experience: The Gifts of Savoring and Spiritual Direction**

Spiritual experience opens us more fully to God's abundant love. As spiritual companions we have the sacred privilege of helping individuals enter into life-changing experiences of God. Come to learn about and experience the healing power of spiritual experience and how "savoring" and spiritual companioning deepen our experience of divine love. Topics include:

- The meaning of "Spiritual Awakening"
- Four manifestations of "Spiritual Experience"
- Our call to be "Practical Mystics"
- Obstacles to experiencing God
- The blessings of sharing our experience of God with another
- The meaning and experience of "savoring," and how spiritual companioning helps us to savor and re-live an experience of God.

**Saturday January 21, 9:00 a.m. - 4:00 p.m.**

**\$55**

## **SLOW DOWN, BREATHE, BE FREE! Relieving Stress with Meditation and Prayer**

Sixty to ninety percent of physical illness is caused by stress! By lessening our stress level, we decrease stress molecules and maintain a healthy body, calmer mind, and freer heart. Conscious breathing and meditation are wonderful ways to calm ourselves, relax deeply, and free ourselves of debilitating stress. During this program we will explore:

- The symptoms, causes, and physiology of stress
- How stress affects our body, mind, heart, spirit
- Various ways to relieve stress in our daily lives
- Conscious breathing and breath prayer for calming ourselves
- Meditation practices for grounding us in the present moment
- Prayer experiences that help to free and heal us

You will receive a helpful handout of information and meditation techniques for ongoing healing in your daily life.

**Sunday January 22, 9:00 a.m. - 4:00 p.m.**

**\$75**

**Supervision: Growing in Self-Awareness and Freedom - A Contemplative Approach**

Supervision focuses primarily on the interior movements of spiritual companions in order to help them grow in self-awareness and freedom. As spiritual companions, mentors, counsellors, pastors, clergy, and chaplains grow more self-aware and interiorly free, they are better able to help directees (or clientele, counselees, and parishioners) to stay with their experiences of God and life. Supervision enables spiritual companions to develop a contemplative spirit and a discerning heart.

Through input and experiences, the assumptions, purposes, content, process, and skills of supervision will be explored. A contemplative model for peer group supervision will also be presented.

Participants are asked to bring a two-page Verbatim of a spiritual companionship session to process during the workshop. For examples of a verbatim please see pp. 189-204 of Looking Into the Well: Supervision of Spiritual Directors, Sr. Maureen Conroy, 1995.

Participants are encouraged to read this book in preparation for this workshop.

**Presenter:**

Maureen Conroy, RSM, D.Min., is Co-director of the Upper Room Spiritual Center, Neptune, New Jersey. Her ministries include spiritual direction, the training of spiritual directors, giving directed retreats, and offering workshops on spiritual direction, discernment, supervision and Holistic Spirituality. Maureen also educates spiritual directors at Creighton University, Nebraska. Maureen has offered workshops on spirituality and spiritual direction in the US, Canada, Australia and Ireland.

Maureen's educational background includes a Masters of Divinity, a Doctor of Ministry, and two Certificates in Spiritual Direction. She is the author of numerous articles and five books, including The Discerning Heart (Loyola Press) and Looking Into the Well: Supervision of Spiritual Directors (Loyola Press).

**To Register:**

**Please contact Queen's House:**

- **By Phone:** 306-242-1916 or by
- **Email:** [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)