



Spirituality Offerings

March & April
2017

CONVERSATION & COFFEE

This year our theme concerns **WATER**. Using Scripture from both the Old & New Testaments, explore how God is present as the creating force of love & power of the Spirit from Genesis through to the book of Revelation.

The 1ST session each month, focuses on a scripture passage, the **water** images & the meaning for our lives. The 2ND session will look at **water** in a practical and tangible sense right here in Codington County, nationally and globally.

Mar. 8: Jesus promises the woman at the well, His life giving water that never runs out (Jn. 4:4-17)

Mar. 15: Ancient wisdom knew the value of water. Explore the insights of Hildegard of Bingen who spoke of God's life and love as "Keeping Green, Keeping Wet" with guest speaker **Barb Brinkman**.

Apr. 5: Wisdom comes like a *river* flowing through our lives producing an abundance of fruitful experiences—it is living life to the full! (Sirach 24:23-29)

Apr. 19: What's next, now that we have reflected on the necessity of life giving water and the reliance on the Spirit?

ALL sessions are "stand alone" -

NO registration is necessary. Held from 9:15am to 10:15am at [Harmony Hill Hall](#) on the Mother of God campus.

www.watertownbenedictines.org

Meeting God Within Me: Centering Prayer

Centering Prayer is a contemplative way of being silent in the presence of God. The practice of Centering Prayer on a daily basis can lead a person to deep peace and a new awareness of God's presence within the person. If you have a hunger for God and are looking for new ways to discover God's love for you, this day can be very helpful.

No previous experience in Centering Prayer is needed—just come with a desire to pray.

Date: March 11, 9:30 AM—3:30 PM

Suggested Donation: \$30 (Includes lunch)

Facilitator: S. Emily Meisel



Creative Meditation With Clay

Using Scripture and prayer imagery along with molding clay will provide a very creative and insightful morning. No previous work with clay is required. This is a day for prayer and relaxing creativity to come

forth. Since we do not have a kiln for firing clay, that will not be part of the morning. Just come with a desire to create and allow yourself to be amazed!

Date: Feb. 13, 9:15 AM - 11:30 AM

Suggested Donation: \$10

Facilitator: S. Emily Meisel, OSB



Call of the Soul:

The Spirituality of Soul Work

The deep call of the soul, makes us ask: "*Why am I here?*"

There are significant turning points in our spiritual development that remain uncharted. This workshop is part informational, and part experiential of our relationship with God.

We will "explore a six cycle stage" of discernment that employs prayer, mandala art, silence, and sharing as a way of deepening our encounter with the Divine within and around us.

Date: Mar. 31, 7:00-8:30 PM and Apr. 1, 9:00 AM—3:30 PM

Suggested Donation: \$70 (Includes room and board)

Facilitator: S. Jan LaPlante, OSB Commuters: \$40

If you would like more information please contact Sister Emily Meisel: 605.886.4181 ext. 1 or sisteremily@hotmail.com