



# Spirituality Offerings

**March & April  
2017**

## CONVERSATION & COFFEE

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

The 1st session each month focuses on a scripture passage, the **water** images and the meaning for our lives. The 2nd session looks at **water** in a practical and tangible sense in Codrington 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" and no registration is necessary: **9:15-10:15 AM**.

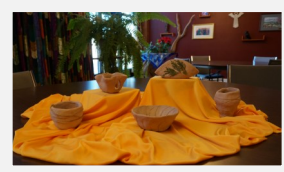
**Harmony Hill Hall** on the grounds of Mother of God Monastery.

## 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 | Time:** Mar. 11, 9:30 AM- 3:30 PM  
**Suggested Donation:** \$30 (Includes lunch)  
**Facilitator:** S. Emily Meisel, OSB

## 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 | Time:** Mar. 18, 9:15-11:30 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 | Time:** Mar. 31, 7:00-8:30 PM and April 1, 9:00 AM-3:30 PM  
**Suggested Donation:** \$70 (Includes room/ board), Commuters: \$40  
**Facilitator:** S. Jan LaPlante, OSB

[www.watertownbenedictines.org](http://www.watertownbenedictines.org)

If you would like more information please contact Sister Emily Meisel: 605-886-4181 Ext. 1 or [sisteremily@hotmail.com](mailto:sisteremily@hotmail.com)