



Life-Giving, Spirit-Filled Retreats

Listed below are some of the more popular themes we have developed that answer the needs of women/mothers of all ages and stages of life and spiritual development. Sr. Paula designs each retreat to answer the needs of the group you are attempting to serve. We invite you to contact her at srpaula@stpaulsmonastery.org or 651.209.9023 to schedule a retreat for your group.

Blessings of Motherhood

- Engage in prayer rituals, activities, and reflection on the Beatitudes from a mother's perspective.
- Offer an invitation to look at the sacredness of being a mother.
- Explore the unique blessing that each child brings into a family.

Caring for You—Compassion—Caring for Me

- Take time to let go of the 'false self' to experience your "Spark of Divinity".
- Celebrate the sacredness of silence and reflection for spiritual growth.
- Connect with the compassion of God within the 'true self'.

Hope: Staying Calm When Chaos Reigns

- Learn a process for dealing with chaos/crisis.
- Explore healthy ways and resources to deal with fear.
- Experience the grace of courage and hope.

Making the Holidays Holy-Days

- Prepare for Christ's coming. Ask, "What does God want to give me?"
- Ask, "What gets in my way of accepting God's gifts?"
- Explore personal and family prayer rituals to prepare for Thanksgiving, Advent, and Christmas.

Mary, Our Mother, Our Sister

- Look at Mary's life from a Scriptural and woman's perspective.
- Walk with Mary and experience the special grace of being born a woman.
- See Mary through the eyes of a mother dealing with a violent and prejudiced society.

MOMStories

- Take time to reflect on some grace-filled moments and events in your own life and family.
- See the Gospel Good News of Christian motherhood through sharing your own stories.

Moms: Play-ers and Pray-ers

- See God's presence in your daily summer activities and gatherings.
- Explore your own experiences of God in summer spirituality.
- Learn to recognize the sacred "playfulness" in everyday family relationships.

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Nurturing Peace and Solitude *or* Moms as Peacemakers

- Practice skills and rituals for becoming a more peaceful person and creating a peaceful home.
- Offer ways to raise non-violent children in a culture of violence.
- Share personal, couple, and family rituals for use at home.

Personal and Family Prayer Rituals

May be scheduled as an **Advent** or **Lenten Retreat**

- Take quiet time to learn that prayer rituals are ways to strengthen both personal and family prayer.
- Take time for personal prayer and learn new ways to express your faith.
- Renew your commitment to passing your faith on to one another and our children through rituals.

Play-Fullness, Grate-Fullness, and Prayer-Fullness

- Reflect on our God-given gift of playfulness.
- Develop a greater ability to express and feel gratitude.
- Experience the relationship between play, gratitude, and prayer.

Sabbath Time: Sacred Time

- Explore two Jewish prayer rituals, “Shabbat” and “Havdalah”, to see their influence on Christianity.
- Take some “Sabbath time” of slowing down, silence, and being with God.
- Learn more about the Jewish culture and traditions that shaped Jesus, Mary, and Joseph.

Spirit-filled Women in Our Church

Based on *Women in Church History: 21 Stories of 21 Centuries* by Joanne Turpin. St. Anthony Messenger Press. 2007.

- Review the stories and gifts of five outstanding women in our church.
- Pray for the grace and wisdom to respond to the needs of our time.
- Reflect on our baptismal call to holiness and using our God-given gifts.

Women as Spiritual Friends and Companions

- Take time for reflection on Mary and Elizabeth as a model of Christian friendship (Luke 1:39-56).
- Experience songs and prayer rituals expressing the sacredness of true woman-to-woman friendship.
- Strengthen your relationship with Christ and all who have loved you.

Sr. Paula Hagen, Retreat Director, is a Parish Family Ministry Consultant, Retreat Presenter, and writer who has developed parish retreats for 30 years. She first developed *Ministry of Mothers Sharing* retreats at the Franciscan Renewal Center in Scottsdale, Arizona.

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Ministry of Mothers Sharing

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