

Fall 2007



 Stillpoint
center for spiritual development

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Las Vegas, NV 89117

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Website: www.Stillpointcsd.org

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Friday, October 12th

Workshop: *Capacitar: Trauma Healing
and Transformation*
9:30 a.m. – 4:30 p.m.
(See page 8 for details)

Saturday, October 13th

Workshop: *Capacitar: Healing Ourselves,
Healing Our World*
9:30 a.m. – 4:30 p.m.
(See page 9 for details)



Wednesday, October 17th

Board of Trustees' and Presenters' Luncheon
12:00 noon

Thursday, October 18th

Open House
5:00 p.m. – 8:00 p.m.





Islam: A Religion of Peace or Violence?+

Human history has known both the peaceful influence of religion, and the unfortunate association of violence and intolerance in the name of religion. In the contemporary period, and on a world-wide scale, Islam has been linked with terrorism and political upheaval. Some see a clash of cultures between the world of Islam and the Judeo-Christian West. Others see the growth of political and fundamentalist movements that use religion as a force for socio-economic change, but distort its heart.

We present this educational seminar on the *Tradition of Non-Violence in Islam* in order to advance knowledge, tolerance, peace, and an appreciation for one of the major religions of humankind.

Presenters: Dr. Aslam Abdullah is the director of the Islamic Society of Nevada and founding director of the Muslim Electorates Council of America. He is also the editor of the weekly Muslim Observer published from Detroit. He has published 11 books, and more than 400 papers on issues pertaining to Muslims and Islam. He holds triple masters degree in Arabic/Islamic Studies, Sociology and Journalism and a Ph.D. in Journalism.

Mujahid Ramadan, is founder and CEO of M.R. Consulting, Inc., a full-service community relation and consulting agency based in North Las Vegas, Nevada. Mujahid was the recipient of the 2006 Aurora and Telly Communications Award in Communications.

Date: Wednesday, September 26

Time: 6 p.m. – 8 p.m.

Suggested Donation: \$20





Restorative Yoga will be a very gentle experience of yoga for people recovering from surgeries, illnesses, addictions, or for those individuals wishing to un-wind at the end of their day. There will be gentle movements for the body, breathing exercises for centering the mind, and meditation to connect with the spirit. Wear loose fitting comfortable clothing and bring a tight weave blanket (like an army blanket) and a yoga mat.

Dates: Tuesdays, September 18 through November 13

Time: 5:00 p.m. – 6:30 p.m.

Presenter: Nancy Henning, L.M.T.; B.S., Health Ed. Nancy has 30 years experience practicing and teaching yoga and participating in a variety of personal growth seminars and workshops around the world.

Suggested Donation: \$10 per session/\$80 for all nine

Why Don't You Ask?

If you have questions about the Catholic faith and have been looking for an opportunity to present them openly and freely, we welcome you to an informal educational forum at Stillpoint.

Please come with questions, openness and a spirit of dialogue.

Dates: The first Friday of each month

Time: 9:30 a.m. – 11:00 a.m.

Presenter: Mark Serna, O.S.B., M. Div.





September 24 Dream Workshop

Dreams offer us a unique way to explore our inner reality and discover deep personal insights into our behaviors that can guide us to enrich our waking life. In understanding our dreams, we are

offered the wisdom of self-knowledge, which can help us to discover our talents and understand our life's purpose. Dreams encourage, affirm and challenge us, giving us the inner resources for renewal, growth, strength and wisdom so we can create change, fulfillment and healing in our lives.

We will discuss Swiss Psychologist C. G. Jung's theory of Dreams and the Unconscious. Bring dreams to interpret.

Time: 6 p.m. – 8 p.m.

Presenter: Cathy Lynn Pagano, M.A. is a Jungian trained Counseling Psychologist, Astrologer and Core Energy Coach. She teaches classes on Dreams, Feminine Consciousness, Archetypal Themes for Writers, and Creativity. Her coaching practice entails personal development, relationship coaching, family coaching, and spiritual development. She can be reached at 702-243-3705 if you have any questions.

Suggested Donation: \$30



Spirituality: Ancient or New? +

In the United States and abroad there has been a virtual explosion of interest in spirituality over the last several decades. As people have become tired of secularism and doubtful about institutional religion, the thirst for spiritual connection and vitality remains undiminished. Is spirituality a new phenomenon or are its roots perennial and ancient? This seminar will offer an overview of spirituality as understood in the Christian tradition and stimulate discussion concerning the contemporary cultural movements that promote spirituality.

This one seminar will be offered on 4 different dates.

Dates: October 2, 3, 4 - 9:30 a.m. – 11:00a.m.

October 9 – 5:30 p.m. – 7 p.m.

Presenter: Mark Serna, O.S.B., M. Div.

Suggested Donation: Free Will Offering

Lectio Divina, Prayer: A Training for Men

The formation of prayer groups and small faith communities has been an integral part of life at Stillpoint.

This workshop will train and form men who wish to enrich their spiritual lives by praying in small groups using the ancient Christian method of *Lectio Divina* (meditative and prayerful reading of the Scriptures).

This training is a pre-requisite for all men who wish to be part of the Men's Prayer Groups (please see below).

Date: October 4 and 11

Time: 6:00 p.m. – 8:30 p.m.

Presenter: Róisín O'Loughlin, D.Min.

Suggested Donation: \$20

Men's Prayer Group

Men who have attended *Lectio Divina, Prayer: A Training for Men* are eligible to be part of this new prayer group at Stillpoint. The first meeting is October 18; thereafter the group meets every two weeks.

Dates: November 1, 15, 29, December 13

Time: 6:00 p.m. – 7:30 p.m.

Facilitator: Mark Serna, O.S.B, M.Div.

Suggested Donation: Freewill Offering

Ministering to Ministers

In Henri Nouwen's classic book, *The Wounded Healer*, he pointed out that those who spiritually minister and attend to others as healers need to know and attend to their own woundedness.

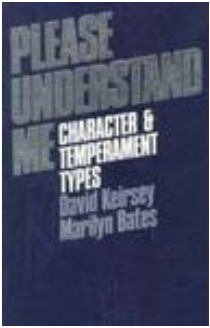
The pressures, stresses and demands on those who minister to God's people can be numerous and intense.

We offer this opportunity for ministers of the various religious communities, hospital chaplains, hospice workers, and others to come together at Stillpoint for prayer, mutual sharing, discussion, prayer, and supportive fellowship.

Date: October 25

Time: 9:30 a.m. – 12 noon

Facilitators: Róisín O'Loughlin, D.Min. & Mark Serna, O.S.B, M.Div.



September 15 The Keirsey -Bates Temperament Survey & Discussion+

This is an excellent, interesting, and practical survey for personality awareness and understanding. It is used in many settings, both personal and work-related, enabling one to see one's own patterns as well as those of others. It provides ways to appreciate and capitalize on differences, making them complementary rather than divisive.

Time: 9:30 a.m.—12:00 noon

Presenter: Dr. Betty Scott, Management Consultant/ Faculty, College of Southern Nevada; author of *Leadership: A Practitioner's Notebook* (2001) and editor of *Realtime Leadership* (2004).

Suggested Donation: \$30

September 29 Sacred Use of Movement

In this class, we will explore how to amplify our prayers through our movements.

Based on bringing our full awareness into Chi Gong inspired forms, we will connect to Heaven and Earth, as we become more conscious of the power inherent in our every activity.

This class cultivates presence by using movement as a form of meditation.

Time: 10:00 a.m. – 11:30 a.m.

Presenter: Robin Sol is a visionary at heart. She loves the creative process of developing new art forms and new ways of living harmoniously on the earth. Her life experience includes being a shaman's apprentice in Nepal, a priestess of the Goddess, an avid Vipassana meditator, a martial artist, a belly dancer, and a massage therapist. Movement and dance have been the primary conduit for joy and spiritual connection for her and she delights in sharing this passion with others.

Suggested Donation: \$30



Capacitar+

Capacitar, an international network with a small training collective, offers a program of holistic practices for individuals, groups, and organizations interested in healing and transforming the person, the family, the community, and the society. Today many people suffer the effects of violence, poverty, trauma, and natural disasters. The Capacitar workshops teach simple holistic practices from many cultures that have been shown by research to be effective in empowering the person in their own process of healing. The practices can be used in many different ways—to deal personally with the stress of daily life, to promote healthy relationships in the family, to use as part of meetings and dynamics with groups, to complement existing programs working in mental health, community development, popular education and grassroots organization.

For more information about Capacitar please go to www.capacitar.org.



October 12 A Workshop for Trauma Healing and Transformation+

Who Should Attend:

Those who are experiencing the effects of trauma and are committed to the work of transforming these effects for empowerment and wellness are invited to participate in this workshop. The healing effects of committed participation in the training also have profound effects for the community.

Time: 9:30 a.m. – 4:30 p.m.

Presenter: Mary Litell, O.S.F., M.A., is an international trainer with CAPACITAR, Inc. an international project of empowerment and solidarity. She has taught bilingual workshops in body-mind-spirit practices to participants around the world including the US, Central and South America, Africa and Southeast Asia. Mary's graduate degrees are in Sociology, from the New School for Social Research, Graduate Faculty of Political and Social Science, New York, NY and in Culture and Spirituality, from Sophia Center, Holy Names University, Oakland, CA.

Suggested Donation: *In honor of Stillpoint's Third Anniversary we offer this workshop free of charge to members of the Community who will participate in the workshop for their healing.*



**October 13 Healing Ourselves,
Healing Our World+**

Who Should Attend:

Persons whose life work and ministry is to care for those who suffer illness, distress and trauma, and who know the stress and turmoil it can cause in their own lives. *This workshop is designed for caregivers and the general public.*

All of the energy practices presented in this workshop can be helpful for the service provider as well as for those persons who have suffered violent or traumatic experiences.

Time: 9:30 a.m. – 4:30 p.m.

Presenter: Mary Litell, O.S.F., M.A. (see biography on previous pg)

Suggested Donation: \$60

**Saturday, October 27 Centering Prayer
Workshop**

Christian Contemplative Prayer is the opening of mind and heart - our whole being - to God, the Ultimate Mystery, beyond thoughts, words and emotions, whom we know by faith is within us, closer than breathing, thinking, feeling and choosing; even closer than consciousness itself. The root of all prayer is interior silence. This workshop is intended for those who have already been practicing Centering Prayer as taught by Fr. Thomas Keating, O.C.S.O.

Time: 9:30 am – 12:30 pm

Presenters: Contemplative Outreach of Southern Nevada team



Important:

We begin all programs **on time**.

Registration for all programs begins one half hour before.

Due to limited space, **pre-registration for all programs with a fee is essential.**

Partial scholarships available.

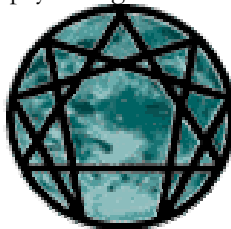
Discounts available for attendance at multiple programs.

Forms available at reception desk.

+Denotes Credits awarded towards possible Catechist certification

November 2-3 Introduction to the Enneagram+

From the Greek *ennea* – *nine*, and *gramma* – *point* the Enneagram is an ancient and unfolding system of knowledge which describes nine universal patterns of human personality. In revealing hidden motivations, this psychological and spiritual system directs us toward self-understanding and contains an inner dynamic that aims at change. It is a powerful tool of discernment that can help free us from unconscious and destructive repetitive patterns that dictate our worldview and prevent us from reflecting "the face of God" which we were gifted to express.



Who Should Attend?

We offer the Enneagram system of personality descriptors at Stillpoint as an aid for the spiritual life and the conversion process. However, this workshop provides a tremendous tool for employers, managers, teachers, social workers and all who are work in human relations. It is one of the best helps for anyone seeking to understand self or others, in particular anyone experiencing conflict in relationship.

Time: Friday 6:30 p.m. – 9:00 p.m.
Saturday 9:00 a.m. – 5:00 p.m.

Presenter: Róisín O’Loughlin, D.Min. and Mark Serna, O.S.B, M.Div.

Cost: \$150

Róisín O’Loughlin, D. Min. has worked as a Spiritual Director in Las Vegas for the past seven years. Her work includes individual and group spiritual direction, holistic counseling, and psycho-spiritual development. She holds a B.A. degree and Post-Graduate Degrees in Education and Religious Studies from Ireland Universities, where she held positions of Manager and Principal. More recently she gained certification in Spirituality and a Master's Degree in Pastoral Studies from Loyola's University in Chicago. She holds a Doctor of Ministry Degree in Spiritual Direction from The Graduate Theological Foundation in Indiana, Oxford and Rome.

Mark Serna, O.S.B., M. Div. is a Benedictine priest and monk from Portsmouth Abbey, Rhode Island. He entered the monastery in 1979 and served as the monastery's Abbot from 1991 to 2005 and Headmaster of the Portsmouth Abbey School from 1995 to 2000. He completed a B.A. degree in Chemistry at New York University. He possesses a Masters degree in Religious Studies from Providence College, Rhode Island and a Master of Divinity degree from the Dominican House of Studies, Washington, D.C. At Portsmouth Abbey Mark accumulated much experience in spiritual development and administration. Over the years he has led many retreats and has had experience as a Spiritual Director. He is actively engaged in inter-religious dialogue and is Chairman of Monastic Interreligious Dialogue.



November 9 – 11 Capacitar Training: Healing & Transformation: Multi-Cultural Wellness Education+

Session I: November 9 – 11, 2007 Session III: April 4 – 6, 2008
Session II: January 11 – 13, 2008 Session IV: May 9 – 11, 2008

Training in Healing and Transformation: Multicultural Wellness Education is a program conducted over four weekend sessions and presented by Capacitar International, an international training organization with 23 years of experience. Facilitated by Mary Litell, Capacitar International Trainer, the program focuses on developing personal and community vision and skills for those who are working in outreach services, in the healing professions, as well as in education, ministry, psychology, social work, spirituality and volunteer work.

This intensive program of 4 weekend sessions over seven months uses a rigorous curriculum with practicum and qualifies for CEUs.

Professionals or volunteers serving individuals or groups in need of healing due to poverty, physical or mental illness, abuse, trauma or violence will find this training invaluable. The healing, education, ministry, psychology, social work and spirituality practitioners are able to apply the lessons of the training immediately to the populations with whom they work.

Participants learn to teach and apply wellness modalities including Tai Chi movement meditation, breathing practices, simple massage practices, polarity, visualization, energy exercises, active listening, chakra theory and exercises, and acupressure protocols. *A practicum in a setting of the participant's choosing is part of the training and will be discussed with each applicant.*

In order to complete the program, attendance at all four training weekends is required.

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|---------------------|-----------------------|
| Time: Friday | 6 p.m. – 9 p.m. |
| Saturday | 9:30 a.m. – 4:30 p.m. |
| Sunday | 9:30 a.m. – 4:30 p.m. |

Presenter: Mary Litell, O.S.F., M.A., is an international trainer with CAPACITAR, Inc. an international project of empowerment and solidarity. She has taught bilingual workshops in body-mind-spirit practices to participants around the world including the US, Central and South America, Africa and Southeast Asia. Her graduate degrees are in Sociology, from the New School for Social Research, Graduate Faculty of Political and Social Science, New York, NY and in Culture and Spirituality, from Sophia Center, Holy Names University, Oakland, CA.

Fee: \$650 for entire training



Stillpoint Outreach

Although the great majority of our programs involve people coming to our Center for spiritual direction, ongoing programs, workshops, retreats, and special events, we also are committed to sharing our gifts by going out into the community to churches, religious communities, and other groups to offer talks, presentations, and retreats.

Mark Serna, O.S.B., M. Div.

Fr. Mark will lead a series of talks and discussions at the Roman Catholic Parish of Our Lady of the Valley, Pahrump, NV on spiritual and faith formation.

These presentations will take place on five Saturday mornings: October 20, December 1, 2007, February 16, March 15, April 19, 2008 and will touch on topics such as prayer, Christian spiritual traditions, social justice, and faith formation.

Róisín O’Loughlin, D.Min.

Dr. Róisín will continue her outreach work with St. John the Evangelist Parish, Logandale, NV in areas of parish leadership and liturgical formation.

She is also available for team and group facilitation.



November 16-17 Annual Conference – Catholic Diocese of Las Vegas

The Department of Faith and Ministry Formation of the Diocese of Las Vegas organizes the annual Diocesan Conference.

This year’s keynote speaker will be Rev. Ronald Rolheiser, O.M.I., Ph.D.

Please consult www.lasvegas-diocese.org for details.



December 3, 10, 17 Advent Series+

December 3 **The Benedictine Way of Peace**

The Benedictine way of living the Christian life has had a profound influence on the religious and spiritual history of the Church since the 7th century (C.E.) when St. Benedict wrote his famous *Rule for Monasteries*. This workshop will explore the various ways that this ancient wisdom can provide light for those living in the 21st century (C.E.). *Pax* (Peace) is the Benedictine motto.

Presenter: Mark Serna, O.S.B., M.Div.

December 10 **Good Grief for the Holidays**

Grief can be difficult at any time, but the holiday emphasis on family gatherings, social events and cheer can exacerbate feelings of loss, isolation and loneliness. This workshop will provide an opportunity to discuss ways to help you cope with your grief while honoring the memory of your loved one during the holiday season.

Presenter: Sharon Carelli, RN, MPS, Spiritual Support Consultant, *Face to Face*

December 17 **The Beautiful O – The Cry of Longing**

It is especially in the final week of Advent that our attention is fixed on the messianic promises proclaimed by the ancient prophets of Israel. A distinctive feature of Christian prayer in this week preceding the Christmas vigil is the antiphon sung at Evening Prayer. Originally incorporated into the monastic common prayer in the Middle Ages these antiphons are often called "O Antiphons." They add a mood of eager expectation to the liturgy that builds throughout these seven days and climaxes at Christmas.

This presentation will offer a prayerful and scripturally based meditation on the O Antiphons in anticipation of the celebration of the Word made Flesh.

Presenter: Rev. Leo Coughlin

Time: All three parts of this Advent Series are 6:00 p.m. – 8:00 p.m.

Suggested Donation: \$20 for each evening, or \$55 for the series

December 8 Advent Retreat+

Presenter: Roisin O'Loughlin, D. Min.

Time: 9:30 a.m. – 12:30 p.m.

Suggested Donation: \$30





Ongoing Programs

Spiritual Direction

A ministry and an art, spiritual direction is an ancient practice in the Christian tradition and is central to life at Stillpoint. The Spiritual Director is one who with a deep personal faith life, relevant education and training, experiences a call to companion others on their soul journey. Knowing that the Holy Spirit is the true guide, the Spiritual Director does not direct, but acts as a listening, supportive companion. The purpose of spiritual direction is to recognize and respond to the presence and action of God in one's daily life.

Individual spiritual direction is available by appointment only..

Spiritual Directors:

Róisín O'Loughlin, D.Min.

Mark Serna, O.S.B., M.Div.

Kathleen Oettinger, M.A., M.F.A.

Private Retreats for Groups or Individuals

Directed retreats are available for individuals or groups throughout the year. Please contact the Center for more information.

Singing Bowls Meditation



Different sounds can assist us in gaining access to deep places of inner quiet. One type of sound is that which is produced by the Crystal Singing Bowls. This ancient art of meditation uses rhythm and sound to open the body's energies, create balance, de-stress the system and encourage a healthy spirit, mind and body.

Dates: Third Wednesday of the month (9/19, 10/17, 11/21, 12/19)

Time: 7:00 p.m. – 8:00 p.m.

Facilitator: Healing Hearts

Cost: \$15 per session/\$50 for all four sessions

Ongoing Programs



The Reel Deal

The interface of Culture and Spirituality is explored in this Stillpoint program. Profound spiritual truths, the human condition, the ills in society and the stuff of greatness are themes that we find explored and expressed in modern cinema. Stillpoint is offering an opportunity to come together to share and discuss how we can be enlightened and challenged by Hollywood!

Those who plan on attending some or all of this program should call the Center and register so we can keep you informed of which films are to be discussed.



Dates: Fridays – September 21, October 19, November 9

Time: 6:30 p.m. – 8:00 p.m.

Facilitator: Stillpoint Staff

Movies: TBA

Dream Group: Utilizing Dreams for Spiritual Growth



For centuries dreams have been honored in many faith traditions as a spiritual vehicle for Divine communication. Our dreams are a source of wisdom that can inform and guide our lives. An understanding of our dreams can encourage, affirm, challenge us, and ultimately provide resources for renewal, growth, strength and wisdom. Drawing from a Jungian perspective, members of this Dream Group will have an opportunity to share dreams and work together to plumb their meanings.

Date: First and Third Wednesday of each month

Time: 6:00 p.m.- 8:00 p.m.

Facilitator: Cathy Lynn Pagano, M.A. (for biography see page 5)

Cost: \$10 each session/\$75 for series of eight

Max: 8 persons



Ongoing Programs

Stillpoint Readers

Nourishing the Spiritual Life through Spiritual Reading has always been named as an essential spiritual practice. Those interested in reading and discussing spiritual works, ancient and new, gather on the second Wednesday of each month. All are welcome.

Dates: Second Wednesday of the Month

Time: 6:00 p.m. – 8:00 p.m.

Books: For Men and Women.

All meetings will be separate except the November 14 meeting.

September 12

Islam: A Short History, Karen Armstrong (Modern Library, 2002)

October 10

The Essence of Prayer, Ruth Burrows (Hidden Spring, 2006)

November 14

(joint discussion)

The Spirituality Revolution: The Emergence of Contemporary Spirituality, David Tacey (Routledge, 2004). ORDER THIS BOOK EARLY.

December 12

Take This Bread: A Radical Conversion, Sara Miles (Ballantine, 2007)





Prayer at Stillpoint

Formation of Prayer Groups and nurturing small faith communities are an integral part of life at Stillpoint. Existing groups meet weekly for Lectio Divina and Centering Prayer. Introductory programs for new members are offered several times during the year.

Lectio Divina, Prayer Groups

Prayer Groups 1 & 2

Coordinators: Wendy Black and Monica Guinn

Dates: Tuesdays (9/4, 9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11)

Time: 9:30 a.m. – 11:00 a.m.

Prayer Group 3 & 4

Coordinators: Mary Alice Nielson and Patricia Fritsch

Dates: Wednesdays (9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 11/28, 12/12)

Time: 9:30 a.m. - 11:00 a.m.

Prayer Group 5

Coordinator: Paulette McDonald

Dates: Tuesdays (9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18)

Time: 6:00 p.m. -7:30 p.m.

Prayer Group 6

Coordinator: Debbie Gomes

Dates: Thursdays (9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/13)

Time: 9:30 a.m. -11:30 a.m.

Director of Prayer Groups: *Delise Sartini*



Centering Prayer

Coordinator: Stillpoint Staff

Dates: Every Tuesday

Time: 12 noon – 1:00p.m.



Fall 2007 at a Glance

September

| | |
|---------------|---|
| 4, 18 | Prayer Groups 1 & 2 (9:30 – 11 am) |
| 4, 11, 18, 25 | Centering Prayer (12 noon – 1 pm) |
| 5, 19 | Dream Group (6 – 8 pm) |
| 5, 19 | Prayer Groups 3 & 4 (9:30 – 11 am) |
| 6, 20 | Prayer Group 6 (9:30 – 11 am) |
| 7 | Why Don't You Ask? (10 – 11:30 am) |
| 11, 25 | Prayer Group 5 (5:30 – 7 pm) |
| 12 | Stillpoint Readers (6 – 8 pm) |
| 13 | Board Meeting/Retreat (9 am – 2 pm) |
| 15 | Keirse-Bates Temperament Survey/Discussion (9:30 – 12 noon) |
| 18, 25 | Restorative Yoga (5 – 6:30 pm) |
| 19 | Singing Bowls Meditation (7 – 8 pm) |
| 21 | Reel Deal (6 – 8 pm) |
| 24 | Dream Workshop (6 – 8 pm) |
| 26 | Islam: A Religion of Peace or Violence? (6 – 8 pm) |
| 29 | Sacred Use of Movement (10 – 11:30 am) |

October

| | |
|------------------|---|
| 2, 16, 30 | Prayer Groups 1 & 2 (9:30 – 11 am) |
| 2, 3, 4, 9 | Spirituality: Ancient or New? (9:30 – 11 am, but on Oct. 9, 5:30 – 7 pm) |
| 2, 9, 16, 23, 30 | Centering Prayer (12 noon – 1 pm) |
| 2, 9, 16, 23, 30 | Restorative Yoga (5 – 6:30 pm) |
| 3, 17, 31 | Prayer Groups 3 & 4 (9:30 – 11 am) |
| 3, 17 | Dream Group (6 – 8 pm) |
| 4, 18 | Prayer Group 6 (9:30 – 11 am) |
| 4 | Lectio Divina, Prayer: Training for Men (6 – 8:30 pm) |
| 5 | Why Don't You Ask? (10 – 11:30 am) |
| 8 | <i>Columbus Day Observed – Center closed</i> |
| 9, 23 | Prayer Group 5 (5:30 – 7 pm) |
| 10 | Stillpoint Readers (6 – 8 pm) |
| 12, 13 | Capacitar Workshops (9:30 am – 4:30 pm) |
| 17 | Third Anniversary Luncheon (12 noon – 3 pm) |
| 17 | Singing Bowls Meditation (7 – 8 pm) |
| 18 | Open House (5 – 8 pm) |
| 19 | Reel Deal (6 – 8 pm) |
| 20 | Outreach to Our Lady of the Valley Parish (9 – 11 am) |
| 25 | Ministering to Ministers (9:30 am – 12 noon) |
| 27 | Centering Prayer Workshop (9:30 am – 12 noon) |



November

- 1, 15, 29 Prayer Group 6 (9:30 – 11 am)
- 2 Why Don't You Ask? (10 – 11:30 am)
- 2, 3 Enneagram Workshop (11/2 6:30–9 pm, 11/3 9am–5 pm)
- 6, 13, 20, 27 Centering Prayer (12 noon – 1 pm)
- 6, 20 Prayer Group 5 (5:30 – 7 pm)
- 6, 13 Restorative Yoga (5 – 6:30 pm)
- 7, 21 Dream Group (6 – 8 pm)
- 8 Board Meeting (12 noon – 1:30 pm)
- 9, 10, 11 Capacitar Training: Session 1 (9:30 am – 4:30 pm)
- 9 Reel Deal (6 – 8 pm)
- 13, 27 Prayer Groups 1 & 2 (9:30 – 11 am)
- 14, 28 Prayer Groups 3 & 4 (9:30 – 11 am)
- 14 Stillpoint Readers (6 – 8 pm)
- 15, 29 Prayer Group 6 (9:30 – 11 am)
- 15, 29 Men's Prayer Group (6 – 7:30 pm)
- 16, 17 Diocesan Conference
- 21 Singing Bowls Meditation (7 – 8 pm)
- 22, 23 *Thanksgiving Day – Center closed Thursday and Friday*

December

- 1 Outreach to Our Lady of the Valley Parish (9 – 11 am)
- 3 Advent Series–The Benedictine Way of Peace (6–8 pm)
- 4, 11, 18 Centering Prayer (12 noon – 1 pm)
- 4, 18 Prayer Group 5 (5:30 – 7 pm)
- 5, 19 Dream Group (6 – 8 pm)
- 6 Tracy's Watermark – Fundraising event (7 – 9 pm)
- 7 Why Don't You Ask? (10 – 11:30 am)
- 8 Advent Retreat (9:30 am – 12:30 pm)
- 10 Advent Series – Good Grief for the Holidays (6 – 8 pm)
- 11 Prayer Groups 1 & 2 (9:30 – 11 am)
- 12 Prayer Groups 3 & 4 (9:30 – 11 am)
- 12 Stillpoint Readers (6 – 8 pm)
- 13 Prayer Group 6 (9:30 – 11 am)
- 13 Board Meeting (12 noon – 1:30 pm)
- 13 Men's Prayer Group (6 – 8 pm)
- 17 Advent Series – O Antiphons (6 – 8 pm)
- 19 Singing Bowls Meditation (7 – 8 pm)

