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**"At the gift of Jesus the Christ, the mystery of his Nativity, we already rejoice! May he find us in watchful prayer and exuberant praise!"**

*-Advent prayer from the Roman Missal*

## Advent Programs

### Advent Reflection: Ever Ancient - Ever New

Wednesday, December 5, 2018, 10:00am-12:00pm or 7:00-9:00pm

Facilitated by Sr. Georgene L. Wilson, OSF

In the Christian Tradition the season of Advent anticipates new insights as it remembers ancient tales, via rituals, stories and symbols, of the human birth of a child named Jesus of Nazareth some 2000 years ago. Other global spiritual communities of ancient and present times also have rituals, stories and symbols to express their memories of promised love that gifted them with bits of heaven on earth. We wait for the gifts of... old ways to be refreshed with new life... scarcity to be blessed with abundance... suffering to be healed with compassion and darkness to become enlightened. Join Sr. Georgene and a small group of seekers to ponder and incarnate anew. Each session will include a teaching and time for reflection and conversation. Sign up for either the morning OR afternoon session.

To expand on your experience, consider signing up for a private retreat room to allow time for personal silent prayer reflection before or after this program.

**\$15 • Program only - Registration required by Tuesday, December 4**

**\$35 - Program w/private retreat room - Registration required by Monday, December 3**

### God's Promise of Hope Fulfilled: An Advent Morning of Reflection

Saturday, December 8, 2018, 9:30am-12:00pm

Facilitated by Sr. Glenna Czachor, OSF

The Advent season is a special time for Christians. As we prepare for the celebration of Christmas, we remind ourselves of the promise of our loving God, and how divine wisdom dwells within each of us. We only need to recognize the many ways God is present in our lives each day and how we can be a reflection of his love to those around us. During this special morning, we will look to the scripture readings of the Sundays of Advent as our guide and inspiration. We will explore the traditional images and themes of the Season that are still relevant in our lives today. The day will include time for prayer and reflection, personal contemplation and group sharing.

During this Advent Morning of Reflection, we will engage in a quiet, contemplative process to recapture our own childhood memories of this season, and to connect with the Spirit of God that came long ago to dwell on Earth and now dwells deep within our own hearts. We will incorporate guided imagery, writing exercises, silence and music throughout the time together.

**\$25 • Registration requested by Monday, December 3**

## Prayer & Meditation

### Winter Labyrinth Journey and Reflection

Thursday, December 20

4:00-7:00pm

Facilitated by Sr. Glenna Czachor, OSF

The labyrinth is an ancient symbol used around the world as a metaphor for life's journey. Unlike a maze, a labyrinth has only one entrance, one path, and one destination - taking us to our center and returning us again to the world. For centuries, labyrinths have been used for centering reflection, self-discovery, and mindful movement for all who take the time to walk or wheel the path.

We invite you to join us at our annual Winter Labyrinth, held indoors at Tau Center. Allow yourself time to pause in the midst of the holiday season and give yourself the gift of gentle prayer and reflection in the stillness of our circle. Together we will create space to reflect on what has been and to open to what is next emerging.

Come for as long as you want and enjoy a silent, contemplative atmosphere which will include gentle music and candlelight, along with a seated circle for prayer or meditation. For those unable to walk the large Labyrinth, seated 'finger' Labyrinths are also available.

A Christian peace meditation on the hour and short readings on the quarter hour will be led by Sr. Glenna, as an expression of transitioning from dark to light - offering hope and peace as we end the year.

**\$10 - pre-registration requested.** Arrive no later than 6pm to allow adequate time to walk the Labyrinth.

SAVE THE DATE  
January 19, 2019

*Women's Day of  
Renewal*

Details coming soon!