

SEPTEMBER

Nature Writing Retreat Tuesday, September 13 from 9 a.m. to 3 p.m. Come and enjoy the beauty and sacredness of Knowles and reconnect with nature through writing. Participants will be led in short writing exercises as well as read from a variety of nature essays. Writers of all levels and abilities welcome. Facilitator: Elizabeth Mack - (MA, BFA) has taught Creative Nonfiction Writing and English at UNO, Creighton University, and Metropolitan Community College. Fee: \$45 includes continental breakfast and lunch.

Foods, Feasts, and Families Wednesday, September 28 from 9 a.m. to 3 p.m. The celebrations and traditions we enjoy define our families and bind the generations. We gather for a look at some of the celebrations observed in Jesus's day and we will share stories of our own celebrations and traditions. Facilitator: Cheryl Paden, a local pastor in the Methodist church, enjoys teaching Bible studies, speaking and writing. Fee: \$45 includes continental breakfast and lunch.

OCTOBER

Fall Wonders of Nature Retreat Thursday, October 6 from 9 a.m. to 3 p.m. Experience some of the fascinating and mysterious events of autumn as Earth prepares to settle down for the winter. We'll explore some of these wonders and have some time for reflection on this season and what it says to us personally. Be sure to dress for the outdoors. Facilitator and Guide: Catherine Kuper, RSM, a lifelong student of nature, is an educator, counselor, spiritual director and bird watcher. Fee: \$45/continental breakfast and lunch.

Stories of God's Love Wednesday, October 19 from 9 a.m. to 3 p.m. We invite you to retreat for a day of song and scripture, prayer time and play time, walking and wondering, music and movement. Our time together will offer opportunities to grow in awareness and appreciation of the simple and the splendid, alongside the trials and truths of our own tales. Facilitators: Rita Otis is a spiritual director, Interplay leader and Tai Chi teacher. Margie McMenamin-Walker is a mother, grandmother, teacher, childbirth educator and spiritual director. Fee: \$45 includes continental breakfast and lunch.

Art and Prayer Overnight Retreat Monday, October 31 at 1 p.m. through Tuesday, November 1 at 4 p.m. Come play, pray and make art. No art or prayer experience necessary. Bring your open heart, your imagination, and an art smock – art & prayer can be messy! All other supplies will be provided. Retreat Facilitator: Joan Blandin Howard has a MA in Christian Spirituality and a certificate in Spiritual Direction and Retreat Direction from Creighton University. Fee: \$145 includes room, all meals, and art supplies. Space is limited!

NOVEMBER

Introduction to Centering Prayer Thursday, November 3 from 8:30 a.m. to 1:30 p.m. This introduction will include a brief overview of the contemplative tradition, the method of Centering Prayer, how to let go of thoughts, and the effects of a deepening relationship with God in our daily lives. Facilitator: Don Bredthauer is a retired United Methodist pastor and a Certified Spiritual Director. Fee: \$30 includes lunch. We will be using the book "Open Mind Open Heart" by Thomas Keating. Please bring a copy with you or you can purchase a book by adding \$16 to the fee.

Grief and Loss Retreat Thursday, November 10 from 9 a.m. to 3 p.m. This day is for anyone wanting more information about grief and loss, or has been through a grief/loss experience. Facilitator: Kathy Schinker, experienced in family counseling, has her MS in Counseling and Guidance, She has worked over 30 years with Catholic Charities, working with abused women and children. Fee: \$45 includes continental breakfast and lunch.

Being A Healing Presence Using Comforting Touch – A Health Integrity Workshop on Monday, November 14 from 8:30 a.m. to 4 p.m. In this experiential workshop students will learn about the use of the Comfort Touch(tm) Technique. During this session we will examine the benefits of relaxation and touch for many health care situations with a special focus on end of life care. Facilitator: Patrick Davis, MA PCC is a former hospice chaplain, holds a Masters in Adult Education, and has achieved certifications in life coaching and hands-on healing practices. Fee: \$45 includes continental breakfast and lunch (Continuing Education Units are available at no extra charge).

Praising God for the Blessings of Creation – A Gratitude Retreat Day on Thursday, November 17 from 9 a.m. to 4 p.m. Inspired by Pope Francis' Encyclical *Laudato Si*, the goal of this Thanksgiving Workshop is to give God thanks for our abundant blessings and especially for the blessings of Creation. Facilitator: Fr. Dick Hauser SJ, a professor at Creighton University since 1972, has served as chair of the Theology Department and rector of the Jesuit Community. Fee: \$45 includes continental breakfast and lunch.

DECEMBER

Advent Encounter Day Retreat on Saturday, December 3 from 9:00 a.m. to 4:00 p.m. Song, scripture, sacred art and story will help renew your mind, body and spirit that you might rest in wholeness to encounter the goodness of God this Advent season. Facilitator: Margie McMenamin-Walker is a mother, grandmother, teacher, childbirth educator and spiritual director. Fee: \$45 includes continental breakfast and lunch. An overnight stay Friday or Saturday is available for an additional \$50 each night.



Christmas in the Forest Friday, December 9 from 5 to 8 p.m. and Saturday, December 10 from 3 to 8 p.m. Pilgrimages into the forest every 20 minutes. Come join us in the woodlands for this annual tradition! A family oriented event that will take you on a journey to...sing at the Christmas tree, visit the shepherd, participate in the manger scene with live animals, gaze at the north star, hear from the innkeeper, and pray at the peace fire. Enjoy festive music, cookies, bars, and hot chocolate. (approximately 1 hour) Reservations are required. Fee: \$5/person, children 5 and under free.

TO REGISTER for programs call 402.359.4288, email kmscenter@mercywmw.org or go online to our registration page at www.kmscenter.org

JANUARY—FEBRUARY

2017: Prayerfully and Creatively Monday, January 9 at 10 a.m. to Tuesday, January 10 at 3 p.m. Embrace the gift of the new year with this guided opportunity for prayer and creativity. Through the use of very simple art materials, journaling, contemplation and discussion, we will seek to recognize the Spirit's call within us as God launches us into a new beginning. No artistic experience is necessary. Facilitator: Glenda Dietrich Moore, M.Div. and B.F.A., is an artist and ordained minister with the Christian Church. Fee: \$145/private room, meals, supplies.

Winter Silent Directed Retreat Friday, January 20 at 4 p.m. to Thursday, January 26 at 1:00 p.m. These days of retreat will offer the blessings and inspiration of spending meaningful time with our ever-present God. Retreat Directors: Joan Howard and Marisa Gilbert. Fee: \$525 includes private room, all meals, and daily spiritual direction.

Heirloom Writing Workshop Thursday, February 23 from 9 a.m. to 4 p.m. The most endearing – and enduring – legacy you can leave your family is your story. You will be guided through the process of compiling and writing your life story. Facilitator: Elizabeth Mack, MA, BFA, has taught Creative Nonfiction Writing and English at UNO, Creighton University, and Metropolitan Community College. Fee: \$45 includes continental breakfast and lunch.

MARCH

Lenten Day of Reflection Thursday, March 2 from 9 a.m. to 4 p.m. Enter in to this holy season of Lent in reflection and prayer. Facilitator: Fr. Dick Hauser SJ, a professor at Creighton University since 1972, has served as chair of the Theology Department and rector of the Jesuit Community. Fee: \$45 includes continental breakfast and lunch.

Men's Lenten Overnight Retreat Friday, March 3 at 5 p.m. to Saturday, March 4 at 5 p.m. Open to men of all Christian faiths who would like to grow spiritually, this annual overnight retreat provides opportunities for faith sharing and prayer during the Lenten season. Facilitator to be announced. Fee: \$115 includes room and all meals.

Introduction to Centering Prayer Tuesday, March 14 from 8:30 a.m. to 1:30 p.m. This introduction will include a brief overview of the contemplative tradition, the method of Centering Prayer, how to let go of thoughts and the effects of a deepening relationship with God in our daily lives. Facilitator: Rev. Donald Bredthauer, is a retired United Methodist pastor and a certified Spiritual Director. Fee: \$30 includes lunch plus \$16 if you need the book "Open Mind Open Heart" by Thomas Keating.

Four Day Silent Directed Retreat Saturday, March 25 at 4 p.m. through Tuesday, March 28 at 4 p.m. We invite you to this sacred place for time away to experience God in the silence of the day. Retreat Directors: Margie McMenamin-Walker and Marisa Gilbert. Fee: \$315 includes private room, all meals, and spiritual direction.

Finding the Sacred in Depression and Anxiety Wednesday, March 29 from 9 a.m. to 4 p.m. Is there hope for freedom from depression? Yes! Author Sharon Highberger—Chaplain, Spiritual Director and Grief Counselor—shares her inspired spiritual pathway of complete healing from over 50 years of clinical depression. Fee: \$45/breakfast and lunch.

APRIL

Palm Sunday Weekend Retreat Friday, April 7 at 4 p.m. through Sunday April 9 at 4 p.m. Give yourself the gift of silence on Palm Sunday Weekend. Allow time and space to let God's presence and spirit draw you into this most holy season. Retreat Directors: Sister Jean Sitter, RSM and Sister Anne Pellegrino, RSM. Fee: \$210 includes private room and meals.

The Way of the Cross Wednesday, April 12 from 10 to 11:30 a.m. Join facilitator Sister Colette Baldwin, RSM, walking the Stations of the Cross, a spiritual pilgrimage of prayer and meditation as we reflect on the suffering and death of Jesus Christ. Please be sure to come dressed to go outdoors. Coffee and rolls will be served indoors immediately following. Reserve by calling 402.359.4288. Fee: Free will offering.

Then Sings My Soul—a Cancer Survivor Retreat Day on Tuesday, April 25 from 9 a.m. to 3 p.m. At this retreat you will participate in activities that invite you to learn to respond to

cancer with resilience, courage, humor, and joy. Included in the day will be the use of symbols, creative hands-on prayer activities, writing activities, music, and time in nature. Let's take time out to allow our souls to sing again! Facilitator: Kathy Noble, cancer survivor, minister, and a lover of nature. Fee: \$45 includes continental breakfast and lunch.

Administrative Professionals Day Wednesday, April 26 from 9 a.m. to 3 p.m. Gift your administrative assistant or office support staff to a 'day away' with pampering, prayer, sharing and quiet time. This day will be especially planned for that 'key' person in your office. Facilitator: Sister Colette Baldwin, RSM, a retreat and spiritual director. Fee: \$45 includes continental breakfast and lunch.

Coming up...MAY—AUGUST

Ageing and the Good Life Thursday, May 18 from 9 a.m. to 3 p.m. Facilitator: Sr. Marie Micheletto, RSM. Fee: \$45

Tai Chi Healing Retreat Wednesday, May 24 from 9 a.m. to 3 p.m. Facilitator: Rita Otis. Fee: \$45

Death and Dying Retreat Tuesday, June 6 from 9 a.m. to 3 p.m. Facilitator: Kay Jensen. Fee: \$45

June Silent Directed Retreat Monday, June 12 at 4 p.m. through Sunday, June 18 at 1:00 p.m. Retreat Directors: Margie McMenamin-Walker and Marisa Gilbert. Fee: \$525

July Silent Directed Retreat Wednesday, July 5 at 4 p.m. through Tuesday, July 11 at 1 p.m. Retreat Directors: Sister Val Lewandoski, OSM, and Sister Kerry Larkin, OSM. Fee: \$525

Heart to Heart Weekend Retreat Friday, August 4 at 2 p.m. through Sunday, August 6 at 2 p.m. Facilitator: Nancy Greenberg. Fee: \$210

