



# Breakfast with *Women*

ENERGIZING SPIRITS

## *Agenda*

- 7:30** : Doors open and buffet is available
- 8:15** : Event begins
- 9:30** : End of formal speaking—option to stay for reflecting and connecting with others in the room
- 10:00** : Event concludes



# Energizing Spirits

What is the central question of my life right now?

Why is it important to me?

## The Landscape of Spirituality

### 1. *Human Spirit*

- Innate, universal
  - Dynamic life-force energy that moves us toward greater wholeness and communion with transcendent mystery that permeates all reality.
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#### **DISCERNING QUESTIONS:**

*“How conscious am I of this inner resource?”*

*“How do I nurture it daily?”*

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### 2. *Spirituality*

- Way of life based upon values and beliefs
  - Belief systems—inform, nurture and influence choices
- Organized Religion – Philosophy of Life – Secular Humanism  
Monotheistic – Non-theistic – Non-theistic  
“Eastern traditions” – atheist/agnostic
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**DISCERNING QUESTION:** *“Does my belief system expand my capacity to love myself and others, especially those who do not believe, look, or act as I do?”*

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### 3. *Spiritual Journey*

- Life-long process of inner growth to discover true self and embrace union with transcendent mystery in service to the world.

## Phases of Spiritual Journey

A. *Foundational Integration:* identity, belonging, moral code

- Internalize external messages—unexamined
- Value safety, security, certainty, and control

# Energizing Spirits

B. *Spiritual Awakening*: wake up call to deeper inner growth

- Often triggered by external crisis or inner restlessness
- “Is this all there is to my life?”

C. *Dis-integration*: “comfortable being uncomfortable”

- Questions—search for deeper meaning/purpose
- Examine belief systems: “Is it true?”
- Uncover “unhealed wounds” from the past
- Confusion and disillusionment
- “Shadow work”—unconscious—hidden potential for good and harm (shame)
- **Deepest spiritual transformation and inner wisdom**

**RESPONSE:** Seek spiritual reading, new rituals (body), and spiritual companions

Quest for deeper self-knowledge, self-acceptance, and self-love

**IMPORTANCE FOR WOMEN:** recognize “*pervasiveness of patriarchal systems everywhere!*”

**SPIRITUAL GUIDE:** experienced in navigating own inner journey and trained in an authentic program of spiritual accompaniment.

D. *Evolving New Inner Integration*:

- New sense of self—freer to live truth from inside out
- Embrace paradox of life—greater sense of humility, wisdom, resilience, and discernment
- Expanded social conscience—world and cosmos as sacred
- Deeper union with transcendent mystery

**There is no graduation!**

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**DISCERNING QUESTION:** “*Does my spiritual journey increase my capacity to live in inner freedom and to bring the power of transcendent love to our world?*”

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# Questions to Consider

What experience has changed your life significantly?  
Would you consider it a spiritual experience?

What is the deepest desire of your heart?

For what are you searching and hoping to find?

What is the central question of your life right now?  
Can you describe it and why?

Is there some time or place or a practice that brings you a sense of closeness to the “Divine“?

Are there people in your life who companion you in your search for your deeper self?

What are some of the blessings of God’s natural world that are most meaningful to your life?

What blessing am I experiencing in my life right now?

Why am I always worthy of the universe’s love?

How do you connect with God or your sense of the Divine?

What about my Spiritual self am I still learning and discovering?

**What is the hope that you carry into the world?**

# Panelists



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## Sister Rhea Emmer, CSA

Spirituality has been a primary focus of my ministerial call for over 40 years. As a registered nurse, I taught applied spirituality to health care professionals in faith-based and community-based health care systems across the U.S. for 35 years. I have had the privilege of companionship others in spiritual direction and retreats for 40 years, including being part of summer staff at the Jesuit Retreat House in Oshkosh. I have a M.A. in Christian Spirituality and a D. Min. in Creation Spirituality.

I believe that each of us has a spiritual connection to the Mystery of Love that many call God. This spiritual connection is a pure gift of unconditional Divine Love that is always present but may seem hidden. As women in particular, we need support to become aware of this extravagant gift of Unconditional Divine Love so as to awaken to the hidden wisdom of our own spiritual journey and bring that Woman Wisdom to our hurting world. I believe that Divine Love wants to love us and bring that Love through us to others.



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## Sister Jomarie Zielke, CSA

Spiritual Guidance or Direction is a way of walking with or companionship another person on their life journey. This is a very privileged, sacred work that encourages and is present to the other as they share their life

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of encountering their God, the Divine Mystery. My underlying belief is that each individual holds the answers for the life within them. As a spiritual guide, I listen closely to what is being shared, perhaps ask questions to look more deeply, or reinforce what the seeker has said as ways to discover the wisdom within. I am present as a witness to the beauty of the person and their life journey. No matter how the seeker unfolds their life or concerns or wonders, I hold that person in deep respect and maintain a safe place for that sharing.

Though my actual professional training in spiritual guidance is fairly recent, in the Spiritual Guidance Training Program at Siena Retreat Center, my life experience provided a firm foundation for that program. Those experiences include professional nursing in numerous clinical settings, missionary ministry in Nicaragua, leadership roles in CSA and assisting in developing and providing one-one-one spirituality services at CORE-el Centro, a non-profit organization offering affordable wellness services in Milwaukee.

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## **Sister Patrice Rog, CSA**

As a spiritual companion for over 25 years, I have been privileged to sit with women and men who are engaged in heart/soul tasks. Listening to their stories, I am in awe! The Holy One calls, and as a companion, I assist the person in discerning and responding to that call. I marvel at God's tender, persistent love to challenge us.



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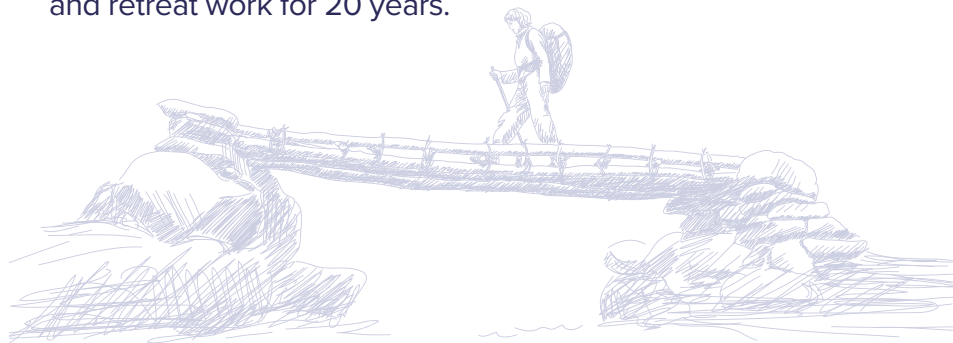
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## Sister Sue Seeby, CSA

What is Spiritual Direction? Perhaps a story from the Hebrew Scriptures helps us to understand. After running away from his life in Egypt, Moses is out tending sheep in his new life when he stumbles upon a burning bush that is not being consumed by the fire. Curious, he approaches the bush and a voice speaks to him saying, “Moses, take off your shoes, the place where you stand is holy.” Every one of us has that little holy fire within, as well as that curiosity about the mystery of our life’s meaning. The place where we stand; our physical, emotional, spiritual being, as well as creation and our fellow beings is

the holy ground that a seeker desires to understand and brings to Spiritual Direction. Together the seeker and the Spiritual Director take off their shoes, listen to that inner voice, and explore the presence of this Holy Fire in the seekers life.

I’m a graduate of the Spirituality Program at Creighton University, and also have studied World religions. I have continued to enrich my own exploration of Spirituality as a lifelong seeker and learner. I have practiced Spiritual Direction and retreat work for 20 years.



# Panelists



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## Sister Jean Hinderer, CSA

Spiritual direction is sometimes called spiritual guidance or spiritual companionship. It has a wide variety of definitions, and writers offer many images for spiritual direction. We all have a deep-down sacred space within us that desires to be known and loved by our God.

So whatever name or image one has of God, there are guides who are trained in the art of sacred listening and who companion those who wish to reflect on their life experiences in a deeper way, integrate spirituality into their everyday lives, and desire to grow in their awareness of God's presence in their lives.

A metaphor may help give a better understanding of spiritual direction. In the past, I came across the term, "Trail Angels." These are volunteers on the Appalachian Trail that stretches from Georgia to Maine. Trail Angels help to maintain the environment of the trails, provide food, clothing, shelter, first aid, overall hospitality and kindness to the hikers.

Perhaps spiritual direction offers "hospitality of the heart" through skilled listening and other practices for those willing to walk the adventure of their soul journey.

I have been a spiritual guide over 25 years and have received training through the Franciscan Spirituality Center in LaCrosse, WI. I have had further educational opportunities, and also provide private retreats through our CSA Hermitages.



# Resources

## Sisters & Seekers

Sisters & Seekers gatherings are held throughout the year with the purposes of coming together as women from diverse spiritual backgrounds and belief systems to reflect on the deeper meaning and spiritual questions of our lives in a world that is chaotic, polarized, and fear-driven.

[WWW.CSASISTERS.ORG/SEEKERS](http://WWW.CSASISTERS.ORG/SEEKERS)

## Retreat Centers in Wisconsin

Spiritual retreats are time to step away from the world and set yourself apart in a quiet space to focus on your spiritual journey. In general, guided retreats offer daily gatherings with other retreatants, while individual retreats are self-led or conducted in partnership with a spiritual director. Most retreat centers are silent spaces.

### Jesuit Retreat House

4800 Fahrwald Road  
Oshkosh, WI 54902  
920-231-9060

[JESUITRETREATHOUSE.ORG](http://JESUITRETREATHOUSE.ORG)

### Norbertine Center for Spirituality

1016 N. Broadway  
DePere, WI 54115  
920-337-4315

[NORBERTINES.ORG/NCS/](http://NORBERTINES.ORG/NCS/)

### CSA Hermitages

320 County Rd K  
Fond du Lac, WI 54937  
920-907-2300

[CSASISTERS.ORG/HERMITAGES](http://CSASISTERS.ORG/HERMITAGES)

### Siena Center

5637 Erie Street  
Racine, WI 53402  
262-898-2590

[SIENARETREATCENTER.ORG](http://SIENARETREATCENTER.ORG)

### Redemptorist Retreat Center

1800 Timberline Trail Lane  
Oconomowoc, WI 53066  
262-567-6900

[REDEMPTORISTRETREAT.ORG](http://REDEMPTORISTRETREAT.ORG)



# Resources

## Podcast

### What is Spirituality?

Franciscan Spirituality Center spiritual director Steve Spilde explores a variety of topics related to our understanding of connection, the divine, compassionate listening and the search for meaning and wholeness.

[FSCENTER.ORG/CONTENT/PROGRAMS-RETREATS/PODCAST-WHAT-IS-SPIRITUALITY](https://www.fscen.org/content/programs-retreats/podcast-what-is-spirituality)

## Spiritual Direction

### CSA Spiritual Directors

Many Sisters of St. Agnes are certified and experienced in providing spiritual direction to people of many faith backgrounds. To ensure the best experience, spiritual directors limit their clients to a manageable load. If you would like a sister to reach out to you, please send your contact information to [csaadm@csasisters.org](mailto:csaadm@csasisters.org) and a spiritual director with openings available will contact you.

### Retreat Center Directors

All retreat centers listed on the previous page maintain a list of spiritual directors available through their facility.

### Spiritual Directors International

Spiritual Directors International is a registered educational nonprofit with a membership of 6,600 spiritual directors and spiritual companions in 40 countries around the world. You may find a spiritual director or companion through their database of directors. Note that CSA does not maintain or endorse SDI, but simply offers it as a resource to consider.

[SDICOMPANIONS.ORG/FIND-A-SPIRITUAL-DIRECTOR-COMPANION/](https://www.sdicompanions.org/find-a-spiritual-director-companion/)

# Resources

## Daily Meditation

“Contemplation is a way of listening with the heart while not relying entirely on the head. Contemplation is a prayerful letting go of our sense of control and choosing to cooperate with God and God’s work in the world.” – definition from the Center for Action & Contemplation

## Centering Prayer Mobile App

The free Contemplative Outreach app for Centering Prayer supports one’s daily prayer practice with an adjustable timer, as well as opening and closing prayer options that may be read before and after Centering Prayer. Brief instructions for learning Centering Prayer are also included.

[CONTEMPLATIVEOUTREACH.ORG/CENTERING-PRAYER-MOBILE-APP](http://CONTEMPLATIVEOUTREACH.ORG/CENTERING-PRAYER-MOBILE-APP)

## Daily Meditations

The Daily Meditations are email reflections featuring Richard Rohr and the Center for Action and Contemplation (CAC) faculty, as well as guest teachers and authors, reflecting on the wisdom and practices of the Christian contemplative tradition. The site also features access to podcasts about the contemplative path.

[CAC.ORG](http://CAC.ORG)

## Pray As You Go Daily Meditation

Available as a podcast, website, or mobile app, Pray As You Go offers daily meditations, music, prayers, and resources for personal spiritual retreats and other self-examination and prayer.

[PRAY-AS-YOU-GO.ORG](http://PRAY-AS-YOU-GO.ORG)

## Sacred Space

Daily prayers from the tradition of Ignatian spirituality are available on the website or mobile app.

Daily prayers are offered in six stages including preparing your body and mind and culminating in reflection on the Gospel of the day according to the Roman Catholic liturgical calendar.

[SACREDSpace.COM](http://SACREDSpace.COM)

# Closing Prayer

*Mantra is sung five times*

**May all I do today be for the healing of the whole.**

**May all I do today mend our broken world.**

**May all I do today bring blessing on the earth.**

**May all I do today be for the good of all.**

**All I do today!**

SOURCE: IN THE NAME OF ALL THAT IS. "ALL I DO TODAY" BY JAN NOVOTKA, 2003



1.

Hands rest on lap, palms up to receive blessing



2.

Hands placed over heart to bless self and claim blessing that you are



3.

Hands on lap with palms up, send blessing to others at table by looking into each person's eyes



4.

Extend arms up with palms out, sending blessing to our hurting world



5. With left palm up and right palm down, extend hands to person on either side, not touching—allowing yourself to receive the love from the women on your left, letting the energy flow through your heart to the woman on the right, each leaves the gathering with the deep heart connection of being companioned on the spiritual journey