



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



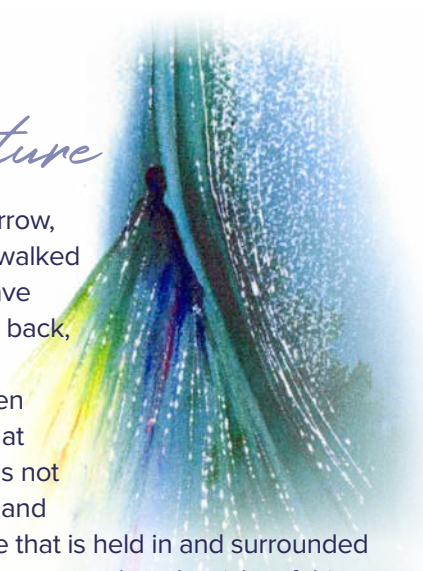
Facing the Future

Each of us stands at the gate of tomorrow, facing the future. At times, we have walked in wonder and awe; at other times, we have moved along in the flood of fear. Looking back, we may recognize that amid the joys and the struggles of this journey, we have been companioned by a grace-full Presence that has held us together and led us on. This is not simply a journey through a string of days and years. Rather, this is a sacred journey, one that is held in and surrounded by Mystery. Although we long for someone to translate the risks of this journey into logical explanations, we often find ourselves in the foreign land of faith. We stand on the edge of our hopes and dreams and ask in trust to be led and supported by a Love and Energy much larger than we can imagine. We ask to walk here in courage and integrity, as we attempt to discern the voice of God amid the cacophony of our doubt and fear.

All the five-year plans in the world can't guarantee a predicted unfolding of the future.

As much as we would like to pretend we are in control, we eventually recognize the illusion, and we sense that we stand naked before the unknown. This realization may awaken our deepest fears as we become overwhelmed with the risks of the journey ahead. Questions flood our mind and heart as we struggle with "How?" and "Why?" and "When?" and "Why me?" Our anxiety rises as we wonder if we will have what we need to meet the challenges before us. We consider changing our course, perhaps dismissing our dreams and retreating to the safe patterns of our past. In these moments, the comfortable status quo subtly calls us back, away from the risk of integrity. We doubt our discernment and second guess the song of our soul that has lured us to this edge of action. There, as the winds of change whip around us, we wonder What or Who really calls us into tomorrow.

But the future may also awaken an excitement, an energy full of hopes, visions, and dreams. Fortified with focused fires of



determination and commitment, we boldly embrace the challenges of change. An adrenaline-like grace flows through us, and nothing can deter us from our goal.

*B*ountlessly we engage all of our energies, and those of the companions gathered with us, to effect transformation. Hope is high as we face the obstacles that rise in our path, knowing in faith that we will be led and companioned here.

*A*s we stand on the edge of this sacred journey, the layers of memories and stories become our teachers. We wear a coat of many colors, woven of our days and nights of living and loving. The gifts of faith, trust, and courage intertwine with our doubts and fears as we stand between what we have known and what is yet to be. As our recollections of delight and clarity are layered with memories of barren doubt, confusion, and despair, we turn to the stories of faith that remind us of the gifts we have been given to be faithful. We remember the wisdom mirrored by our guides and mentors as we breathe into the center of our being where we are connected with the Wisdom of Sophia.

*T*o risk the journey and face the future is simply to walk in faith, for there are no linear words that capture the massive Mystery of God. We stand as the figure in this painting, clothed in grace and showered with blessing. At times, we see the flecks of light; at other times, we see only the shadow of the silhouette. But always, both in our knowing and in our unknowing, we are escorted into tomorrow by Love, who gives us everything we need.



Our Speaker

Doris Klein is a member of the Congregation of Sisters of St. Agnes. She lives in Milwaukee, WI and ministers as a spiritual director, artist, and graphic designer. Her watercolor images reflect on spirituality from an inclusive perspective and the feminine experience of God. In more recent years, she has been exploring digital art and videography.

All of her work includes a reflective description inviting the viewer to engage in their own spiritual journey.

Spiritual Mirroring

What have been the gifts and challenges of your sacred journey?

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When responding to your partner, choose from these three possibilities:

1. As I listen to you, I hear your *[emotion]*.
2. As I listen to you, an image that comes to me is *[image]*.
3. As I listen to you, I wonder *[...]*. (It is not to inquire or request for additional information, but to invite the other to allow themselves to be seen and trusted in their vulnerability.)



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

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



Norbertine Center for Spirituality

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

NORBERTINES.ORG/NCS/

Siena Center

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

SIENARETREATCENTER.ORG

CSA Hermitages

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

CSASISTERS.ORG/HERMITAGES

Redemptorist Retreat Center

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

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 csadm@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

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

Pray As You Go Daily Meditation

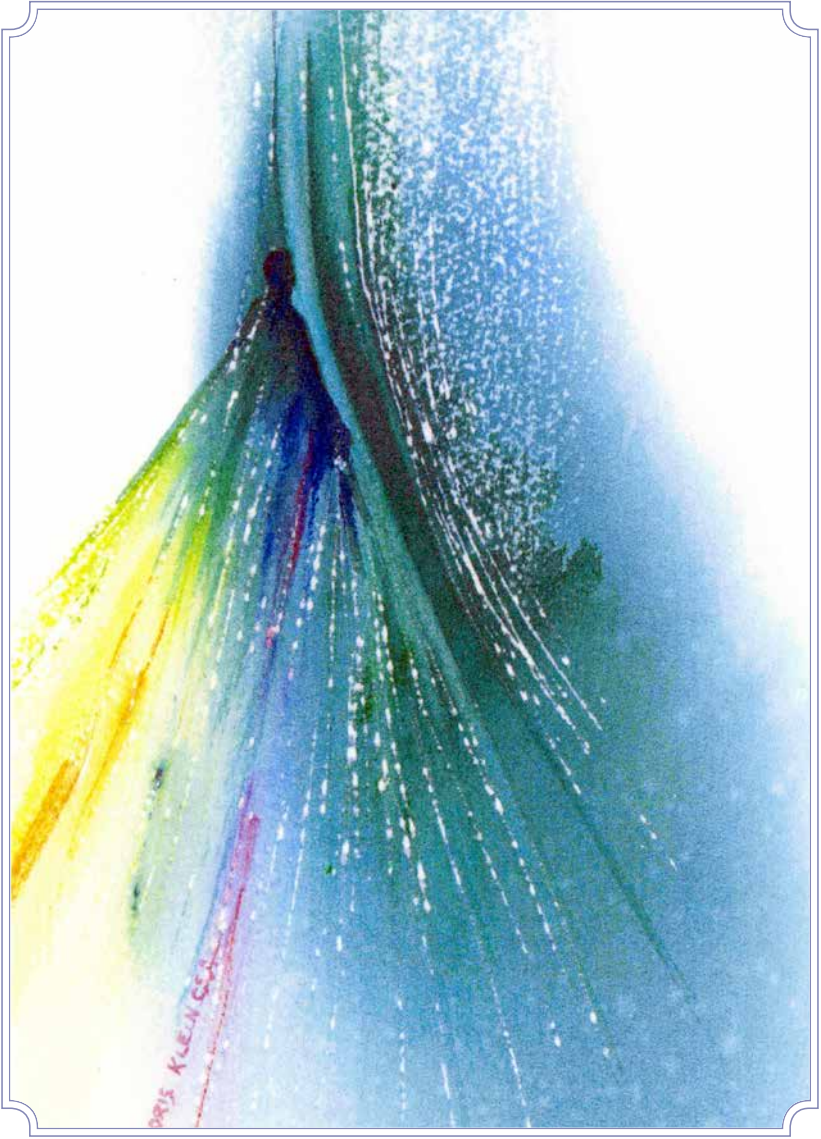
Available as a podcast, website, or mobile app, Pray As You Go offers daily meditations, music, prayers, and resources for personal spiritual retreats and other self-examination and prayer.

PRAY-AS-YOU-GO.ORG

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



Risk the Sacred Journey

Artwork by Doris Klein, CSA