



Breakfast with *Women*

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





About Sister Anita

I grew up in the city of Beloit, WI and attended Brother Dutton Grade School. I entered the Congregation of Sisters of St. Agnes at the age of 15 and have been professed for 51 years.



I graduated from Marian University in Fond du Lac, WI with a BA in Education. After teaching several years I earned a Masters in Educational Administration from Manhattan College in Riverdale, NY. I've taught in Harlem, NY as well as Fond du Lac and Milwaukee, WI. I was principal of Catholic elementary schools in Milwaukee, WI and Canton, MS. From 1997–2001 and again in 2013–2017,

I served on the leadership team for the Sisters of St. Agnes. Since 2018, I've been the pastoral minister at St. Mary Help of Christians in Briggsville, WI.

Being born in the hills of KY and returning to my roots each year has put a love of nature in my heart. I've camped at a large number of WI State Parks, and have hiked throughout the country.

I am a birdwatcher. I also love to read. Genealogy is another passion of mine. I love to learn and to share what I've learned with others. I love God, God's people, all of creation, and myself.



Questions for Personal Reflection

From the list below pick out one question that speaks to you or add one that comes to your mind.

1. Who was the first person who taught you about faith?

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2. Are there others you consider spiritual mentors in your life?

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3. Are there any spiritual practices that have been meaningful to you?

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4. What practices give you the most hope or comfort?

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5. How does your spirituality guide you as you look toward the future?

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My date with myself is on _____.

Questions for Discussion

As you think about the possibility of writing/talking of your spiritual legacy, what excites you? Are ideas already emerging? Does anything frighten you?

How has your spirituality guided you as you live in the present and walk into the future?

What are the gifts and talents you are most proud of or grateful for?

Notes

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Notes

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Resources

Sisters & Seekers

Sisters & Seekers gatherings are held throughout the year with the purpose 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

Redemptorist Retreat Center

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

REDEMPTORISTRETREAT.ORG

CSA Hermitages

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

CSASISTERS.ORG/HERMITAGES

FSPA Spirituality Center

920 Market Street
La Crosse, WI 54601
608-791-5295

FSCENTER.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.fsccenter.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

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

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

Interview Questions

Background Data

Birth/Baptismal Name: _____

Name You Use Now: _____

Birthdate: _____

Birthplace: _____

Parents' Names: _____

Number & Genders of Siblings: _____

Faith

Please talk/write about your faith background.

Who were significant persons who influenced your early faith and spirituality? How were you influenced?

Were you part of a faith community growing up? What was that like for you?

What calls from God have you experienced?

Spiritual Practices

Have any spiritual practices been meaningful to you over your lifetime? Please describe them.

Which gives you the most hope or comfort? Are there any that you find distressing? Why?

Whom do you consider spiritual mentors? Why?

How does your spirituality guide you as you look toward the future?

Community

Were there experiences or communities that helped you grow spiritually? How did they help?

Transformative Events and Challenges

Describe some key moments or experiences that affected or still affect your spiritual life.

Have you had experiences that have created doubts about your faith? Describe them.

Who/What helped you face these or resolve them?

Are there any that continue to nag at you or feel unresolved? What is that like for you?

Gifts, Talents, Ministry

What do you consider the most meaningful thing you've ever done? Why?

What are the gifts/talents you are most proud of or grateful for? Why?

How do you feel your family, community, ministry, or the Church and society are better because of you? Why?

Conclusion

What else do you still need to say to your loved ones – family, religious community, friends/others?

What additional spiritual wisdom would you like to share?

What else would you like to include in this spiritual legacy document?

What do you not want included?



These questions have been adapted from those used at Mayo Clinic in the Hear My Voice pilot study. The study was published in the Journal of Cancer Education and copyrighted as follows: © Springer Science+Business Media New York, 2014.



*My
Spiritual
Legacy*

