



Movements of the Spirit: Responding to the Voice Within

Saturday, March 27, 2010
8:45 am to 9:00 am Registration and Coffee
9 am to 3 pm Program

St. Joseph Center
1501 S. Layton Boulevard
Milwaukee

Sometimes the Movements of the Spirit stir so quietly and deeply within us that we may be unaware of them. This is true especially when our attention is focused on the external—all the people, situations and circumstances of our outer lives that seem to demand so much of us.

But despite our busyness, we also may sense a restlessness, a kind of searching for “more” in our lives that is not satisfied by working—or playing—harder and faster. This retreat day is designed to help us step away briefly to allow ourselves a bit of time and space to awaken to our inner voice, to examine our deepest longings and to find the joyfulness that waits for us to embrace it.

All men and women are invited to join us as we pause and open to the Movements of the Spirit in our lives. The day will include presentations, personal reflection, conversation, music, movement and quiet time, perhaps in the small urban park or the landmark chapel on site.

Michael Heimbach MAPS, is Director of Adult Formation, Gesu Parish, Milwaukee and founder of Pathways of Prayer Ministry.

Marjorie Wilbur is the Executive Director of The Center to BE and a spiritual companion.

Fee: \$55 including lunch. Registration due by Monday, March 22.

The Center to BE is an inclusive spirituality center in Milwaukee which invites all people to explore pathways to the Sacred at the Center of their BE-ings. For further information go to The Center to BE website at www.centertobe.org

Questions? Contact The Center to BE at 414-672-5932 or mwilbur.centertobe@sbcglobal.net

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Please complete this registration for Movements of the Spirit and return by Monday, March 22 with your check for \$55 payable to: The Center to BE, 1501 S. Layton Blvd. Milwaukee, WI 53215

Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

E-Mail _____