



May 9, 2017

Dear Members of the Federation,

You are invited to Cincinnati in October 2017! The Grassroots Planning Committee, representing ten Federation congregations, are preparing a retreat for October 15-20 followed by a workshop on the weekend of October 20-22, titled:

*Charity Friendship: Deepening Our Relationships through Contemplative Conversations.*

The themes for our gatherings evolved through prayer and reflection, with the committee's discussions, and with material from the books Conversational Intelligence by Judith Glaser and Heart, Head, Hands of a Servant Leader by Michael Stabile. Daily retreat and workshop themes include topics such as:

- Moving from I to We
- Listening to Connect
- Building Trust
- Balancing Caring and Candor
- Engaging Difficult Conversations
- Charity Friendships
- Igniting Compassion.

It is important for our Federation fellowship and relationship development to have a wide mix of participants at these Grassroots events. We hope to have sisters and associates or affiliates from each community in attendance. We walk into the future together. We hope you can join us at the Sisters of Charity Motherhouse in Cincinnati, Ohio this October 2017 - our fall colors will be at their peak!

If you have any inquiries about the Cincinnati Grassroots Retreat or Workshop, feel free to contact Alice Ann O'Neill, SC via email [aao@srcharitycinti.org](mailto:aao@srcharitycinti.org) or by phone at 513-377-7033.

***Peace and Charity Blessings to you!***

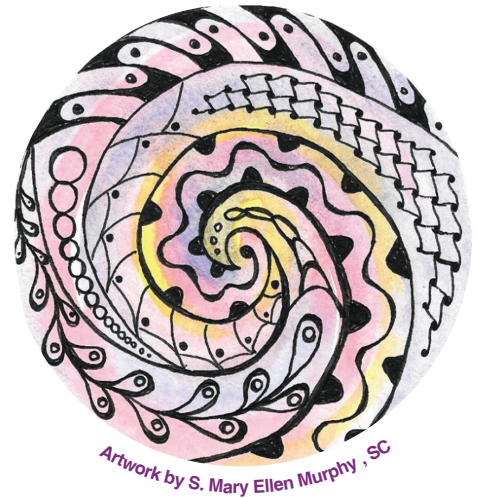
Sisters Alice Ann O'Neill, SC-Cinti; Catherine Brown, DC-St. Louis; Charlotte Raftery, SCNY; Maureen Sullivan, SC-St. Elizabeth (NJ); Esther Plefka, SC-Halifax; Mary Sweeney, SC-Halifax; Pat Poole, SCIC (NB); Jovita MacPherson, CSM (NS); Kathleen Wood, SCL; Luke Boiarski, SCN; Susan Jenny, SCSH and our Executive Directors, Julie Cutter, DC & Grace Hartzog, SCSH.

# Workshop

## Federation Grassroots Workshop

# Charity Friendship:

Deepening Our Relationships through  
Contemplative Conversations



**October 20 - 22, 2017**

Mount St. Joseph Motherhouse, Cincinnati, Ohio

### Tentative Daily Schedule

#### Friday

- |                |   |
|----------------|---|
| 5:15-6:45 p.m. | <b>Opening Welcome Banquet (West Dining Room)</b>                     |
| 7-7:10 p.m.    | <b>Welcome</b> - Joan Cook, President, SC of Cincinnati               |
|                | <b>General Introductions</b> - Workshop Team and Grassroots Committee |
| 7:10-7:30 p.m. | <b>Prayer &amp; Introduction</b> at tables and by community           |
| 7:30-8:15 p.m. | <b>Charity Friendship Charism Presentation</b> - Judith Metz, SC      |
| 8:15-8:30 p.m. | <b>Brief Discussions</b> at tables                                    |

#### Saturday

- |                  |   |
|------------------|---|
| 8-8:45 a.m.      | <b>Mass</b>   |
| 9-9:15 a.m.      | <b>Morning Prayer</b>   |
| 9:15-10:30 a.m.  | <b>Contemplative Conversations #1</b><br>Facilitation Alice Ann O'Neill, SC & Catherine Brown, DC |
| 10:30 a.m.       | Coffee & Tea Break  |
| 10:45-11:45 a.m. | <b>Contemplative Conversations #2</b>   |
| 11:45-1:15 p.m.  | Lunch   |
| 1:15-2:30 p.m.   | <b>Contemplative Conversations #3</b>   |
| 2:30 p.m.        | Coffee & Tea Break  |
| 2:45-4:30 p.m.   | <b>Contemplative Conversations #4 and Evening Prayer</b>  |
| 5:00-7:30 p.m.   | Supper & Social Activity  |

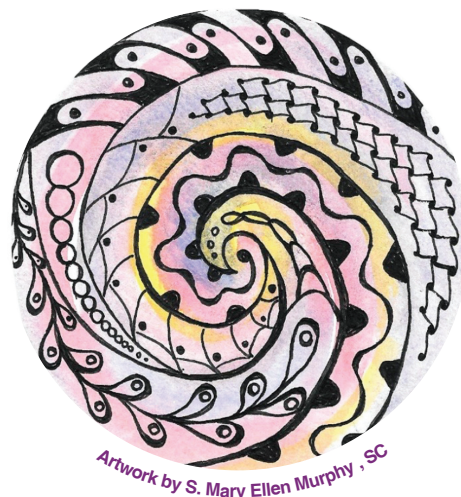
#### Sunday

- |                 |  |
|-----------------|--|
| 8:15-9:15 a.m.  | <b>Brief Morning Prayer and Contemplative Conversations #5</b> |
| 9:30-10:30 a.m. | <b>Mass</b>  |
| 10:45-12 p.m.   | <b>Contemplative Conversations #6, Wrap-up and Evaluations</b> |
| 12:00-1 p.m.    | Lunch  |

## Federation Grassroots Retreat

# Charity Friendship:

Deepening Our Relationships through  
Contemplative Conversations



**October 15 - 20, 2017**

**Mount St. Joseph Motherhouse, Cincinnati, Ohio**

☛ The Retreat will begin with mass at 9:30am on Sunday, October 15, 2017 ☛

## Typical Daily Schedule

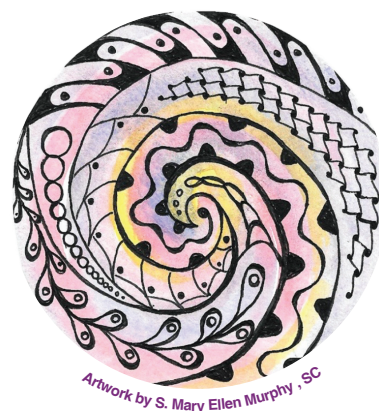
<b>7-9 a.m.</b>	<b>Breakfast</b> – Dining Rooms (Silent Dining Room available)
<b>8-8:45 a.m.</b>	<b>Mass</b> – Motherhouse Chapel
<b>9-9:30 a.m.</b>	<b>Retreat Prayer</b>
<b>9:30-10:10 a.m.</b>	<b>Charism Reflection</b> – Judith Metz, SC
<b>10:15 a.m.</b>	<b>Coffee and Tea Break</b>
<b>10:30-11:30 a.m.</b>	<b>Contemplative Conversations</b> Facilitation Alice Ann O'Neill, SC and Catherine Brown, DC
<b>11:30-1 p.m.</b>	<b>Lunch</b> (Silent Dining Room available)
<b>1-5 p.m.</b>	<i>Personal Options:</i> <ul style="list-style-type: none"><li>– Silence and private time</li><li>– Private Meeting with Judith Metz, SC</li><li>– Massage or Energy Healing</li></ul>
<b>4:30-6 p.m.</b>	<b>Supper</b> (Silent Dining Room available)
<b>6:15 p.m.</b>	<i>Optional</i> faith sharing and more conversations

# Registration Form

## Federation Grassroots — Cincinnati

# Charity Friendship:

*Deepening Our Relationships through  
Contemplative Conversations*



**Retreat:**

**October 15-20, 2017**

**Workshop:**

**October 20-22, 2017**

Registration deadline is **August 30, 2017**.

The Retreat fee is **\$625** and the Workshop fee is **\$175**.

If you attend both gatherings, the fee is **\$750**.

*\*Please plan to arrive on Saturday, October 14, 2017.*

If commuting from Cincinnati or living at the Cincinnati Motherhouse, the fees are:

Retreat **\$250** / Workshop **\$150** or **\$350** for both

Name and Congregation: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### Travel Arrangements

☐ Car

☐ Plane (If known) Airline: \_\_\_\_\_ Flight#: \_\_\_\_\_

### Events

☐ Retreat \$625

☐ Workshop \$175

☐ Retreat & Workshop \$750

☐ Extra nights \$75 per night

Indicate extra night dates: \_\_\_\_\_

☐ Commuting Retreat \$250

☐ Commuting Workshop \$150

☐ Commuting Retreat & Workshop \$350

Total: \_\_\_\_\_

Make check payable: **Sisters of Charity of Cincinnati**



**TO REGISTER, PLEASE MAIL THIS FORM AND A CHECK  
BEFORE AUG. 30 TO:**

Sisters of Charity of Cincinnati Spirituality Center  
5900 Delhi Road  
Mount St. Joseph, Ohio 45051