



A Three-Part Day-Long Retreat Cycle offered by Rev. Judy Kahler



Friday, April 26, 9-4:30 “Unleash Creativity with Centering Prayer & Soul Collage”

Friday, May 24, 9-3 “Creating Celtic Prayer Beads”

Friday June 28, 9-4:30 “Celtic Saints as Super Heroes” (especially the Women)

Friday, July 26, 9-4:30 “Unleash Creativity with Centering Prayer & Soul Collage” (repeat of April 26 retreat)

The **“Unleash Your Creativity”** retreat is a therapeutic way to explore and release the artist within you. You will learn how to live with sensitivity and courage as a creative, in a celebration of who you are. The retreat examines the nature of creativity, the power of images and the unconscious. We will celebrate and co-part-ner with the ever-present creative energy from which you were fashioned, and eliminate blocks to creative expression through meditation and collage. Participants will discover how to develop a sense of artistic identity and to unleash creative flow through powerful portals to the Divine.

This retreat is primarily for Artists, Musicians, Writers, Actors, Frustrated Creatives, Dancers, Sculptors, Film makers, Non-artists, and blocked artists. Methods used during the retreat will include SoulCollage®, Centering Prayer, Visio Divina, listening and witnessing for ourselves and the other.

Judy A. Kahler-Jalbert, MTh, COSB is an accomplished writer, retreat leader, a retired Hospice chaplain specializing in bereavement, and a certified facilitator for Contemplative Outreach and SoulCollage®, She has a Master’s Degree in Theology from St. Leo’s University and is a graduate of the Audire Spiritual Direction Formation Program. She is the Abbess of the Contemplative Order of St. Brigid, COSB, a new monastic order dedicated to living a more contemplative lifestyle.

Celtic Prayer Beads Workshop: Learn the Ancient tradition of Celtic Prayer Beads May 24 9-3

Learn to make ancient Celtic Prayer Beads and how to use them to meditate and draw closer to God. The Rt. Rev. Judy Kahler-Jalbert, Abbess of the Contemplative Order of Saint Brigid, will share how to use the beads as a spiritual tool. The Rt. Rev. Judy Kahler-Jalbert, Abbess of the Contemplative Order of Saint Brigid, will share how to use the beads as a spiritual tool. \$35 per session (Packaged Prayer Bead supplies will be available for \$15 and up. Participants are encouraged to bring special medals and/or crosses to be incorporated in their prayer bead chain.)



The Celtic Saints as Heroes of the Faith Friday, June 28, 9-3

The hagiography of the Celtic Saints is a rich and meaningful study of some of the earliest heroes of the faith. But their lives are more than just a history lesson, or a study in legend. Step into the stories of Patrick, Brigid, Brenden, Kevin, Columba, Aiden and others.

Cost for the program is \$35 a session.

For more information, call [\(772\) 567-1233](tel:7725671233) or email centerforspiritualcare@gmail.com. You can register on line at: centerforspiritualcare.org