

***SPIRIT, MIND, BODY and COMMUNITY:  
FINDING PEACE IN ADVERSITY***

This workshop is designed to provide some practical ideas to help Catholics "manage stress", or in the language of faith, "be not anxious for tomorrow".

**DAVID WARE**

Dave has a Master's degree in Social Work and has been in practice as a counselor and consultant for over twenty-five years. His areas of special interest are coping with change, stress management and the integration of faith and psychology.

Dave started a parish based counseling program at Immaculate Heart of Mary in 2000, with the vision of providing faith-based counseling services to IHM parishioners. We welcome this opportunity for Dave to share his expertise with us as well.



## Sacred Circles

Spiritual Support  
for Pastoral Leaders

OCTOBER 16, 2009

St. Agnes  
Fowlerville, MI

It is intended that the techniques learned in this workshop be practiced in small group settings on an on-going basis. This is not intended to be a once and done effort. It is a way to help each of us to cope with the pressures of ministerial life. Small groups will be formed at the workshop and may continue or be modified based on what each group decides.

Questions? Or for information on joining PPMA please contact:  
Samuel Lalomia  
(517) 784-9043  
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## SACRED CIRCLES

Spiritual Support For  
Pastoral Leaders



St. Agnes Church  
Fowlerville, MI  
October 16, 2009

Sponsored by  
Professional Pastoral Ministers Association  
in collaboration with  
Diocese of Lansing Office of Lay  
Ecclesial Ministry

**Friday, October 16, 2009**

**8:30 a.m.—3:30 p.m.**

**SCHEDULE:**

- 8:30 a.m. Registration, hospitality  
9:00 Morning prayer;  
*Bishop Boyea presiding*  
9:30 Morning session:  
*Finding Peace in Adversity*  
12:00 p.m. Lunch  
1:00 Afternoon session:  
*Sacred Circle Gatherings*  
3:15 Closing /Prayer

St. Agnes Church  
855 E. Grand River Ave.  
Fowlerville, MI 48836



The church is off I-96 east of Lansing. Go to Exit 129, then turn north on Fowlerville Road. In approximately one mile you will come to Grand River Avenue (center of town). Turn right on Grand River. St. Agnes is about 1/2 mile on the left.

**A DAY FOR**

**CO-WORKERS IN COMMUNION**

If you are:

**AUTHORIZED**

to serve as a public leader for the  
Church community

**COLLABORATING**

with other pastoral leaders to call out  
the gifts given all the baptized faithful  
**BEING CALLED**

to ministry & theological reflection,  
then this day is for you to learn new ways  
to manage stress, prevent burn-out, and  
create opportunities for on-going  
spiritual nourishment.

The morning will be devoted to stress  
management techniques presented by our  
featured speaker.

In the afternoon we will experience  
“sacred circles”, an opportunity to grow  
spiritually in a small group setting. It is  
hoped that these circles would continue  
beyond that day in some way as mutually  
agreed upon by each group. Facilitators  
and tools will be available to do so.

**Registration Form**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parish \_\_\_\_\_

Phone\_ (     ) \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_\_\_ \$25 for non-PPMA members  
\_\_\_\_\_ No charge for current 2009-2010  
PPMA members

Make checks payable to:  
Professional Pastoral Ministers Association.  
Please send registration & check  
(if applicable) by Monday, Oct. 9 to:

Samuel Lalomia, Treasurer PPMA  
311 South Thompson St.  
Jackson, MI 49203

