



Dr. Patricia Moran

Dr. Moran has been both educator and administrator in the Catholic School system from preschool through the graduate level. She served as Director of Religious Education and Parish Director of Adult Faith Formation in the Dioceses of Joliet and Chicago. Recently she has been engaged in facilitating small group Spiritual Direction. Pat presently is the Midwest Consultant for William H. Sadlier, Inc. She earned her theology degrees at Boston College and the University of St Mary of the Lake in Chicago and studied Spiritual Direction at Catholic Theological Union in Chicago.



Directions to St. Francis Seminary

FROM THE SOUTH:

- From Interstate 94/43 take the Howard Avenue exit.
- Turn right onto Howard Avenue.
- Go east and follow Howard Avenue to South Lake Drive.
- Turn left onto South Lake Drive to go north. The Seminary will be on your left at 3257 South Lake Drive, about a mile from Howard Avenue. If you reach Oklahoma Avenue, you've gone too far.

FROM THE NORTH:

- From Interstate 43 South take 794 via exit 72 A on the left toward the Lakefront.
- I-794 East becomes I-794 South/Lake Parkway.
- Take the Oklahoma Avenue East exit. Turn right onto Oklahoma Avenue.
- At the T intersection at the lake, turn right onto South Lake Drive.

- Continue south to 3257 South Lake Drive.

FROM THE WEST:

- From Interstate 94 East, follow signs for 794 East.
- I-794 East becomes I-794 South/Lake Parkway.
- Take the Oklahoma Avenue East exit. Turn right onto Oklahoma Avenue.
- At the T intersection at the lake, turn right onto South Lake Drive.
- Continue south to 3257 South Lake Drive.



Sabbath Retreat: Allowing our Souls to catch up to us

You are invited to a day of Sabbath - a peace-filled day to rest, restore and re-member our souls. We will pray a bit, enjoy the peaceful company of one another, reflect on the blessings of our lives and taste the gifts of spirit and sacred rest.

This Sabbath time offers an opportunity to find the balance point of, having rested, we can do our work with greater ease and joy, and bring healing and delight to our work and lives. Sabbath is not only for ourselves; rested and refreshed, we more generously serve all those who need our care and love. The human spirit is naturally generous; the instant we are filled, our first impulse is to give something away.

Jesus tells us, "Come away with me and you will find rest for your souls."

Date: June 3-4, 2009

General Meeting:

June 3, 2009—8:30 a.m.-noon

Retreat:

June 3, 2009 noon-June 4, 2009, 11:00 a.m.

MAREDA RETREAT WITH DR. MORAN

"Remember Sabbath and keep it holy." In the pressures of our contemporary world we easily lose the rhythm between work and rest. We greet one another with the inquiry, "How are you?" and too frequently the response is: "I'm so busy." Our culture supposes that action and accomplishments are better than rest, that doing is better than not doing. Our caring God reminds us that to live in peace-filled joy and fullness remembering is also necessary.

Sabbath time is time set apart for remembering the holiness of life. A quiet, reflective space in which to be nourished and renewed. When we consecrate a time to listen to the still, small voices, we remember the root of inner wisdom and restore our souls.



RETREAT SCHEDULE

Wednesday—June 3, 2008

**8:30 a.m. General Meeting
Registration/Welcome/Prayer**

9:30 a.m.—Business Meeting/Recognitions

10:30 a.m.—Publisher Presentation

**11:00 a.m.— Presentation
Noon—Lunch/Retreat Check-In**

**1:00 p.m.— Retreat Begins-
Presentation:Introduction to Sabbath**

1:45 Exercise: Silence

**2:15 Presentation: Time
Exercise: Sabbath Walk**

**3:15 Presentation: Happiness
Exercise: Awareness of Blessings– Practice of
Gratefulness**

**4:15 Presentation: Wisdom
Exercise– “Listen to your heart for the
good”**

5:00 p.m.—Dinner

7:00– Prayer

9:00 p.m.- Social

Thursday—June 4, 2008

8:00 a.m.—Breakfast

**9:00– Presentation: Consecration
Exercise: Give away**

10:30 a.m.—Leaving Sabbath– closing ritual

11:00 a.m. Depart for home

Mareda Retreat Registration Form

- Mareda Meeting and Lunch only members no cost
- Non-member Meeting and Lunch only \$10.00
- Mareda Member Retreat Registration \$50.00
- Non-member Retreat Registration \$75.00

Name

Parish

Address

Phone

E-mail Address

Special dietary or other needs

Rooms are shared occupancy—up to 4 to a room.
**Please list preferred roommates, otherwise rooms
will be assigned:**

MAKE CHECK PAYABLE TO: Mareda

Please complete this form and submit this form and
payment to:

Mareda % Barb Gawlik
St. William Catholic Church
440 North Moreland Blvd.
Waukesha, WI 53188

For Office Use Only:

_____ Check Number _____ Date Received