

# FALL BOOK SERIES SEVEN SACRED PAUSES

## "LIVING MINDFULLY THROUGH THE HOURS OF THE DAY" BY MACRINA WIEDERKEHR

Offered by Kathy Miranda, M.A.

**Tuesday Mornings:**

**September 12th To October 24th , 2017**

Are you seeking to find balance in your busy, daily lives? Macrina invites each of us to pause, pray and live in tune with the spirit of each hour, adapting as needed for our own schedules.

Through poetry, scripture, reflections and personal stories, we will glimpse the monastic tradition and the call to pray the hours, receiving the grace each has to offer.

### Here is the schedule of dates and themes: 9:30 am - 12:30 pm

- September 12 - Chapter One: **The Night Watch**
- September 19 - Chapter Two: **The Awakening Hour**
- September 26 - Chapter Three: **The Blessing Hour**
- October 3 - Chapter Four: **The Hour Of Illumination**
- October 10 - Chapter Five: **The Wisdom Hour**
- October 17 - Chapter Six: **The Twilight Hour**
- October 24 - Chapter Seven: **The Great Silence**

### **PRESENTER:**



Kathy Miranda, MA has been a spiritual director for 19 years and received her formation at Mercy Center, Burlingame. Though Catholic, she enjoys working with people of all traditions. After receiving a masters degree in Transpersonal Studies, a focus of Kathy's has been the blend of spirituality and creativity. Adding to this over 25 years of work in Pastoral Ministry, healing and wholeness are at the heart of what she offers. She often incorporates use of images, Soul Collage and Mandala work.



**SAN DAMIANO RETREAT**

DANVILLE • CALIFORNIA

**A FRANCISCAN PRESENCE IN  
NORTHERN CALIFORNIA**

### **REGISTRATION:**

Registration begins at 9:00 am. Program from 9:30 am to 12:30 pm. Option to stay for lunch served at 12:30 pm.

Registration online is available at [www.sandamiano.org](http://www.sandamiano.org) or call us at (925) 837-9141 to make your reservation by phone.

### **TO MAKE A RESERVATION:**

Please send a check of \$20 per series or \$120 for 8 week series to:  
San Damiano Retreat  
P. O. Box 767  
710 Highland Drive  
Danville, California  
94526-0767  
Phone: (925) 837-9141  
Fax: (925) 837-0522

Deposits or payment are non-refundable, but transferable to a future retreat within one year providing cancellation is received at least 7 days prior to the retreat.

### **SPECIAL NEEDS:**

Please call us after you make your reservation for any retreats.

### **COST:**

\$120 for the 7 Week-Series.  
\$20 per series.  
\$10 for lunch.

## RESERVATION FORM

FALL BOOK SERIES: PRESENTED BY KATHY MIRANDA, M.A.

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STREET

CITY

STATE

ZIP

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_

Phone: \_\_\_\_\_

Tues., Sept. 12 (\$20)

Tues., Sept. 19 (\$20)

Tues., Sept. 26 (\$20)

Tues., Oct. 3 (\$20)

Tues., Oct. 10 (\$20)

Tues., Oct. 17 (\$20)

Tues., Oct. 24 (\$20)

\$120 for 7 week series

Yes, I want Lunch and know it is \$10

CREDIT CARD #: \_\_\_\_\_

EXP. DATE: \_\_\_\_\_

NAME ON CREDIT CARD: \_\_\_\_\_

CHARGE ALL  DEPOSIT ONLY