

FRANCISCAN RETREAT

“Can A Franciscan Be Angry? Spiritual Practice And Emotional Range In The Franciscan Tradition.”

Presented by Darleen Pryds, Ph.D.

January 25-27, 2019

Have you heard someone say, “That’s not being very Franciscan!” in response to an outburst of anger or even direct speech? We like to think of Francis gently talking to birds, but we forget that he also got angry. This retreat explores the dangers of a mono-emotional spirituality and uses a rich range of sources from the early Franciscan tradition to explore the passionate and exuberant expression of emotions that reflects what it means to be Franciscan. Contrary to what is commonly believed, Francis, Clare, and lay Franciscans expressed themselves in a fullness of emotions. They could be peaceful, curt, patient, direct, sarcastic, gentle, angry, and through it all, loving. They used these emotions to work with and come to a deep understanding and experience of Joy. Without this inner work, joy is mere giddiness. Through talks, film clips, experiential meditations, reflection, and discussion, this retreat brings out a new acceptance of our own emotions and the emotions of those we live with and brings a new depth to what it means to be Franciscan. By working with the full range of emotions we can discover the depth of Franciscan Joy.

Gentle yoga will be offered. Please bring a yoga mat, comfortable clothing, and a bolster or pillow if you have one.

PRESENTER:



Darleen Pryds has taught at the Franciscan School of Theology since 2001. Her research and much of her teaching focuses on the faith experiences of lay Franciscans. She has written three books on the subject and many articles, all of which focus on how lay men and women become “somatic theologians and preachers”--or embodied theologians/preachers by living out and modeling for others the Franciscan spirituality that they

learn. She has also filmed two programs with Now You Know Media. Her most recent book, *Enduring Presence: Diversity and Authenticity among the First Generations of Franciscan Laity* is due out in September 2018. In her spare time, Darleen practices yoga and hikes with her husband Scott, and their dog, Gioco.

REGISTRATION:

Registration begins at 4:00 pm - 6:30 pm, Social at 6:00 pm, Dinner at 7:00 pm. First Session at 8:00 pm. Concludes with lunch on Sunday.

COST:

\$245 for private room. \$215 per person for double occupancy. All bedrooms are non-smoking.

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

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.

TO MAKE A RESERVATION:

Please send a check of \$50 deposit to:
San Damiano Retreat
P. O. Box 767
710 Highland Drive
Danville, California
94526-0767
Phone: (925) 837-9141
Fax: (925) 837-0522

SPECIAL NEEDS:

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

RESERVATION FORM FRANCISCAN RETREAT • JANUARY 25-27, 2019

NAME(S): _____

ADDRESS: _____

STREET

CITY

STATE

ZIP

EMAIL: _____

PHONE: _____

EMERGENCY CONTACT: _____

Phone: _____

PRIVATE ROOM(\$245) SHARED ROOM(\$215) WITH: _____

CREDIT CARD #: _____

EXP. DATE: _____

NAME ON CREDIT CARD: _____

CHARGE ALL DEPOSIT ONLY