

September Classes at Tau Center, a spirituality ministry of the Wheaton Franciscans.

To register or for more information call 630-909-6805 or visit www.taucenter.org.

Mindfulness as a Lifestyle

How “in the world” do we live mindfully ... moment to moment, listening to our bodies, our minds, and the internal Divine? This ten-month program will help you to uncover the implications of living mindfully. Participants will gather monthly to meditate, reflect, and discuss various aspects of mindfulness. The work of this program takes place not only during the monthly meetings, but also in the day-to-day, working with the material given at the end of each session. Participants in this program are committing to an ongoing program and an intentional learning community, so they must attend class regularly, commit to the monthly study, and share openly with the group.

Facilitator: Sr. Rosemarie Burian

Class meets on the third Thursday of each month, beginning September 16; 7:00 to 9:00 p.m.

Fee: payment of \$100 for the first five sessions is due on September 16; the second payment will be due at the February 17 class.

Registration closes September 10 or when the class is full.

The Power of Words

“In the beginning was the Word...” (John 1:1). With a Word, the world was created, according to the Judeo-Christian tradition. Likewise, we have all been granted the power of creation by God, by our deeds, and yes, by our words. Some Eastern traditions believe words maintain a spirit energy, and the very act of speaking words has the power to change the world. We’ve all experienced the way positive, life-affirming, loving words make us feel happy, energized, and at peace. Likewise, harmful, hateful, angry words make us feel depressed, drained, and anxious.

How often do we take the time to think about what we say and how we say it? Do we often dismiss our comments by thinking, “it’s just a phrase,” not realizing how harmful our words may actually be? There is power in our choice of words and our tone of voice.

In this evening of reflection, we will consider the role of language in our daily interactions. We will explore some scientific evidence of the power of words and engage in exercises to raise our consciousness and creativity in the use of words and tone.

Facilitator: Sr. Glenna Czachor

Tuesday, September 21, from 6:30 to 9:00 p.m.

Fee: \$25

Registration closes September 13 or when the class is full.

Tools for the Journey

This class is for those who desire to know more of the spiritual territory deep within themselves. We will work with two skills that are helpful for journeying: focusing and active imagination. Honing these skills will teach you to shift from ego to center as you let go into the mystery of the Incarnation.

Facilitator: Sr. Pat Irr

September 22, October 6 and 20, November 10, and December 1 from 10:00 a.m. to 12:00 noon

Fee: \$75

Registration closes on September 13 or when the class is full.

The Ongoing Journey of Conversion

This book study and group discussion is for those who have been walking the journey for some time and desire to look at the constant ongoing demands and challenges of daily fidelity to the Spirit's call. Our lens will be *The Naked Now* by Richard Rohr, OFM, and *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion* by Pema Chödrön.

Facilitator: Sr. Pat Irr

One Thursday night a month from September through January: Sept. 23, Oct. 21, Nov. 18, Dec. 16, and Jan. 20 from 7:00 to 9:00 p.m.

Fee: \$75

Registration closes on September 14 or when the class is full.

Breaking Open the Field of Compassion

Are you being called to more deeply integrate your own spirituality and the urgent summons within our Universe to evolve into new consciousness, a consciousness of compassion for all life? If so, you are invited to a study and reflection group led by Sr. Pat Irr using two books as the basis for discussion: *Field of Compassion: How the New Cosmology Is Transforming Spiritual Life* by Judy Cannato and *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion* by Pema Chödrön. Jesus has already called us to such life in the gospel message; now the Universe herself opens this call to us. Read the preface of Judy Cannato's book. If its purpose speaks to you, do join us.

Facilitator: Sr. Pat Irr

September 27, October 11 and 25, November 8 and 22, December 13, January 10 and 24 from 7:00 to 8:30 p.m.

Fee: \$120

Registration closes September 20 or when the class is full.