



SHARING THE VISION OF **TWO KINDRED HEARTS...**

Our foundress, Sister Maria Aloysia, and her companion, Sister Maria Ignatia, had the vision to reach out in love to those most in need. Their “kindred hearts” motivated them to serve God by responding to the needs of their times.

As Sisters of Notre Dame today, we recognize the spiritual hunger of God’s people. Through Kindred Hearts Ministries, we strive to share what we have with other “kindred hearts,” those who are seeking to know and love God more.

ONGOING OPPORTUNITIES



I. CENTERING PRAYER AND LECTIO DIVINA



- 2nd and 4th Tuesdays of each month
beginning Tuesday, August 23, 2016
- 7:00 pm to 8:30 pm
- Facilitators: Sister Betty Mae Bienlein and Sister Regina Robbins

Each session will begin with Centering Prayer according to the method of Thomas Keating, OSB. Through guided silence and quieting the mind, we open our awareness to God who is within us. This is followed by *lectio divina*, praying a selected scripture passage. All are welcome to share in this prayer experience. We will begin the first sessions with some instructional input regarding methods of these prayer forms.

II. TAIZE PRAYER

- Wednesdays of months indicated
- 7:00 pm-8:00 pm
- Facilitators: Sister Mary Ann Carla and Sister Cristina Marie

This beautiful prayer experience includes the use of candles, simple chants, scripture and periods of silence and icons. There is no preaching. The prayers consist of “short chants, repeated again and again.” It is a relaxing time to spend with God in quiet and peaceful prayer. The Taizé prayer experience is very powerful...come join us on the following evenings for a Taize experience in the chapel of Notre Dame Center:

- September 21
- October 19
- November 16
- January 18
- February 15
- March 15
- April 26
- May 17
- June 21



III. SPIRITUAL SPA



- 9:00 am-5:00 pm
- Weekdays, beginning in September
- Coordinator: Leslie Lenko (spiritualspa2015@yahoo.com)

All of us can use a little time off now and then to just relax, refresh and renew our energy and we must admit we all could use some time away with God. The Spiritual Spa experience enables you to do both of these things. Your reservation will include the use of a lovely room for a day, the use of our chapel and lovely grounds. Just contact the SPA coordinator to reserve a day, pack a lunch or let us provide one, bring some materials or use ours and *voila!* you're enjoying a SPA day!

EXPLORING OUR FAITH



I. CONSECRATED RELIGIOUS LIFE: WHO AND WHERE ARE "SISTERS" TODAY?

- September 8, 2016
- 7:00 pm
- Presenter: Sister Mary Regina

There have been many changes in the Catholic Church since Vatican II. The image of the "Catholic nun" is not the least of these changes.

In this presentation we will review the evolution of religious life and explain the reasons for change and how women religious are effectively responding to God's call with even greater enthusiasm, focus and passion as they respond to the needs of our times. Sister Regina Robbins has been a professed Sister of Notre Dame for over 50 years, and has experienced the notable changes in the Church and religious life, as well as having been in the process of formation of new religious for many of those years.

II. SAINTS. ARTISTS. MYSTICS. SCHOLARS.

- Fridays: December 2, 16, 2016; January 13, 27, 2017
February 3, 17, 2017
- 4:00 pm
- Facilitator: Sister Marie Paul

Bishop Robert Barron's CATHOLICISM series, an epic ten part documentary, took people around the world and deep into the Catholic Faith. The series aired on PBS and has been seen by millions.

But there is still more of the story to tell.... Bishop Barron is on a new journey to unlock the truth behind the Catholic Church's most influential people. **CATHOLICISM: The Pivotal Players** is a multi-part film series that illumines a handful of saints, artists, mystics, and scholars who not only shaped the life of the Church but changed the course of civilization. In part I, Bishop Barron focuses on the impact of G.K. Chesterton, Michelangelo, Blessed John Henry Newman, St. Catherine of Siena, St. Francis of Assisi, and St. Thomas Aquinas—and their role in shaping the Catholic Faith and our entire civilization.

III. MOVIES THAT MATTER



In his book *MOVIES THAT MATTER*:

READING FILM THROUGH THE LENS OF FAITH, Richard Leonard, SJ, comments, “Reading a film in the light of faith starts with having the eyes to see, the ear to hear, and the heart to receive what is good and enjoyable in media cultureMovies matter because they entertain us, cast light on our lives, challenge and provoke us, help us grieve, reduce us to peals of laughter, open up other worlds, and expose some dark realities.... But we know that the world of the cinema, and the stars and stories within it, is not our world. Our everyday story is of greater value than the tales in the movies because we are living in it. Our lives matter more than anything else.”

A. MOVIE: *THE LETTERS: THE UNTOLD STORY OF MOTHER TERESA*

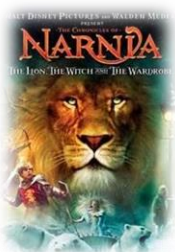
- Sept 16, 23, 30
- 4:00 pm
- Facilitator: Sister Marie Paul

In this month of Mother Teresa's canonization, it is appropriate that we study The Letters, a 2015 production which explores the life's work of Mother Teresa's selfless devotion to the poor and is told through a series of personal letters to her longtime friend and spiritual advisor, Max von Sydow. **Please RSVP for each session you will attend.**



2-3 sessions:

- Session one: introduction and distribution of study guide for discussion
- Session two options:
 - showing the movie The Letters (120 minutes)
 - or can be viewed on your own
- Session three: discussion of the movie



B. MOVIE: *THE LION, THE WITCH AND THE WARDROBE*

- March 10, 17, 24
- 4:00 pm
- Facilitated by Sister Marie Paul

Enter the world of C.S. Lewis, meet Aslan in Narnia, and discover faith in fantasy. ***Please RSVP for each session you will attend.***

2-3 sessions:

- Session one: introduction and distribution of study guide for discussion
- Session two options:
 - showing the movie (135 minutes)
 - or can be viewed on your own
- Session three: discussion of the movie

IV. CONNECTING IN COMPASSION

- Tuesday, May 2, 2017
- 7:00 pm-8:30 pm
- Presenter: Sister Marie Julie

During the past year our Holy Father Francis has called us to greater manifestations of God's mercy. Together, we will explore the spirituality of connectedness which provides the basis for a "field of compassion." The presentation will include something of the new cosmology, as well as attitudes which foster the manifestation of a "field of compassion:" spaciousness, contemplation, commitment and imagination.



PRAYER EXPERIENCES



I. FAITHFUL CITIZENSHIP



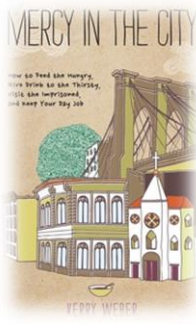
- Monday, November 7, 2016

- 4:00-5:00 pm/ 7:00pm-8:00pm

Join with fellow citizens as we pray for the guidance of the Holy Spirit before election day and ask for blessings on our country. The hour will include songs, readings, prayers, silence and exposition of the Blessed Sacrament.

II. FAITH SHARING

- A. Based on the book **MERCY IN THE CITY** (available through Amazon.com). **Please RSVP for each session you will attend.**



- Thursdays: Sept. 29, Oct. 20, Nov. 10
- 7:00 pm-8:30 pm
- Facilitators: Sister Marie Paul, Sister Cristina Marie

When Jesus asked us to feed the hungry, give drink to the thirsty, and visit the imprisoned, he didn't mean it literally, right? Kerry Weber, a modern, young, single woman in New York City sets out to see if she can practice the Corporal Works of Mercy in an authentic, personal, meaningful manner while maintaining a full, robust, regular life. Weber, a lay Catholic, explores the Works of Mercy in the real world, with a gut-level honesty and transparency that people of urban, country, and suburban locales alike can relate to. *Mercy in the City* is for anyone who is struggling to live in a meaningful, merciful way amid the pressures of "real life."

For those who feel they are already overscheduled and too busy, for those who assume that they are not "religious enough" to practice the Works of Mercy, for those who worry that they are alone in their efforts to live an authentic life, *Mercy in the City* proves that by living as people for others, we learn to connect as people of faith.

- B. Based on the book **HERE AND NOW: LIVING IN THE SPIRIT** by Henri Nouwen (available from Amazon.com) **Please RSVP for each session you will attend.**

- October, 2016-February, 2017
- 10:00 am and 7:00 pm
- Facilitator: Sister Marie Paul



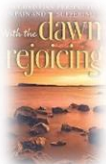
Nouwen writes: "My hope is that the description of God's love in *my* life will give you the freedom and courage to discover—and maybe also describe—God's love in *yours*." In this faith sharing/book study we will seek to discover God's action in our daily life experiences.

Guide for reflection found in some editions of the book pp. 202 and following for each chapter. If your edition does not include it, we will provide the reflection guide.

- October 13 Chapter 1: Living in the Present
- October 27 Chapter 2: Joy
- November 3 chapter 3: Suffering
- November 17 chapter 4: Conversion
- December 8 chapter 5: Disciplined living
- chapter 6: The Spiritual Life
- January 5 chapter 7: Prayer

- January 19 chapter 8: Compassion
- February 9 chapter 9: Family
chapter 10: Relationships
- March 2 chapter 11: Who We Are

C. Based on the book ***WITH THE DAWN REJOICING: A Christian Perspective on Pain and Suffering*** by Sr. Melanie Svoboda, SND (available from Amazon.com) ***Please RSVP for each session you will attend.***



- April 27 (chap. 1-12), May 18 (chap. 13-24), June 1 (chap. 25-36) , 2017
- 10:00 am and 7:00 pm
- Facilitator: Sister Marie Paul

Who among us hasn't felt pain? It is a universal experience. For some pain is minor; for others it is a constant companion. This deeply spiritual exploration of pain offers encouragement for anyone dealing with suffering whether physical, psychological, or spiritual. It is rooted in scripture and real life, and its 36 brief chapters touch on the many ways pain affects our lives. Recently diagnosed with a rare autoimmune disorder, Sr. Melannie writes from personal experience and with deep wisdom.

Rooted in our Christian faith, her meditations explore topics such as: the universality of pain, pain as wise advisor, Jesus the healer, dealing with setbacks, befriending the imperfect, pain and laughter, the suffering of the saints, biblical images of suffering, and death and resurrection. Each chapter begins with an engaging quotation from a wide variety of sources. The quotation is followed by a meditation on the topic and an appropriate prayer. Each chapter concludes with a question or two for personal reflection as well as a suggested action for the day.

III. ***WORLD DAY OF THE SICK***

- February 11, 2017
- 7:30 am liturgy



This special day, February 11, was established by Pope John Paul II in 1992. It was established in the Catholic tradition to coincide with the Feast of Our Lady of Lourdes and is a fitting time for all of us to pray for the sick and those in any kind of healthcare ministry. We invite you to join us at Notre Dame Center for the Eucharistic Liturgy and the sacrament of the Anointing of the Sick. All are invited to a continental breakfast to conclude our celebration.

IV. ***CONTEMPLATIVE ROSARY***

A. ***JOYFUL MYSTERIES***

- December 14, 2016
- 10:00 am/7:00pm
- Facilitator: Sister Antoinette Marie



Let's celebrate Advent with a deeply contemplative experience of Our Lady's rosary. You are invited to rediscover and experience the rosary as contemplative prayer. We will pray the JOYFUL mysteries with

scripture readings, meditation, music and song, icons and other sacred images. Inspired by St. Pope John Paul's apostolic letter on the rosary (*Rosarium Virginis Mariae*), musician and composer Bob Hurd created this contemplative rosary experience.

B. SORROWFUL MYSTERIES

- March 29, 2017
- 10:00 am / 7:00 pm
- Facilitator: Sister Antoinette Marie

We are invited to celebrate Lent with a deeply contemplative experience of Our Lady's rosary as contemplative prayer. We will pray the SORROWFUL mysteries with scripture readings, meditation, music and song, icons and other sacred images. Inspired by St. Pope John Paul's apostolic letter on the rosary (*Rosarium Virginis Mariae*), musician and composer Bob Hurd created this contemplative rosary experience.

DAYS OF RECOLLECTION



I. "BE STILL AND KNOW THAT I AM GOD." (PS. 46: 10)— DEVOTION TO THE PRESENT MOMENT

- October 6, 2016
- 10:00 -11:30 am
- Facilitator: Sister Antoinette Marie

How can we live moment by moment uniting our life with God? The answer for some is simple and uses an idea for prayer that has been tried successfully for many for more than 500 years—"The D to the PM! That is, *devotion to the present moment!*

Come join others to celebrate and sanctify a moment's pause in our busy morning to let ourselves be loved by God, to be quieted and to pray reflect and to share. This is an opportunity to look at the ordinary circumstances of our lives, and use them to give honor and glory to our good God. This reflective moment is based on the Spiritual Exercises of St. Ignatius of Loyola.

II. ADVENT RETREAT: THE "O" ANTIPHONS AND THE LITANY OF LORETO

- Sunday, December 11, 2016
- 2:00 pm– 7:00 pm
- Facilitator: Sister Mary Lisa



The "O" antiphons grace the Advent liturgy in the final days before Christmas. These antiphons are filled with a human longing that transcends countries and centuries. Rich

with symbolism, each antiphons includes a salutation, a messianic image and a petition. In the Litany of Loreto, we honor Mary with invocations which have the potential to inspire spiritual awakening and charitable action. As Mary was part of the Messianic prophecies, the Litany of Loreto and the “O” Antiphons complement each other and provide a rich treasury for Advent prayer.

III. *LENTEN RETREAT: HOPE FROM THE CROSS THROUGH THE SEVEN LAST WORDS OF JESUS*



- Sunday, March 12, 2017
- 2:00 pm – 7:00 pm
- Facilitator: Sister Mary Lisa

The seven last words of Christ have the power of transformation—the ongoing personal work of transformation that is essential for all who follow Christ, and the spiritual work that is facilitated through the graces of the Lenten journey. This retreat will integrate Scriptural themes with the reflections of Cardinal Basil Hume in meditation, Eucharistic adoration, and faith-sharing.

IV. *“THANKS BE TO GOD FOR HIS INDESCRIBABLE GIFT!” (2 CORINTHIANS 9:15)—A NEW DAWN*

- May 4, 2017
- 10:00 am -11:30 am
- Facilitator: Sister Antoinette Marie

Let’s step aside for a moment and experience the deep joy of the resurrection of Jesus Christ and celebrate the faith of Mary. God raised Jesus from death to new life—to the astonishment of all but Mary, who had trusted completely the promise of the God to whom she had said “yes.”

Moment by moment during these springtime days, we are asked to turn around, view things differently and share the gift of our faith with others. Come aside for a moment to reflect on Easter and to share your faith and your experience of the risen Jesus. This reflective moment is based on the Spiritual Exercises of St. Ignatius of Loyola.

