

# The Seton Cove

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**A PLACE APART**

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“If you look for nothing but God, nothing or no one can disturb you. God is not distracted by a multitude of things. Nor can we be.”

~ **Meister Eckhart**



**Seton  
Cove**  
SPIRITUALITY  
CENTER

A member of the  
Seton Healthcare Family

# Just Breathe

*Stay with me. Let's just breathe.*

~ **Eddie Vedder**

*And remember, I am with you always, to the end of the age.*

~ **Matthew 28:20**

The other night I watched the film documentary, *Buck*, about the man who was the inspiration for the Robert Redford film, *The Horse Whisperer*. Buck is a horse whisperer — a man who has an almost mystical relationship with horses. What impressed me about the film was not so much what Buck could train horses to do but the motivation behind the way he works with horses.

That motivation seems to be compassion and empathy for the horse and out of that compassion and empathy comes a deep longing to connect. The film reveals that a cruel father abused Buck and his brother as children. When their teachers saw the bruises on the boys that had been inflicted by their father, they were removed from his care and placed in a loving foster home. But this relief came only after years of abuse. Instead of becoming embittered and abusive himself, as so often happens, Buck became a man filled with loving-kindness.

He states in the documentary that he empathized with the horse's fear for their safety and well-being — even at times for their lives. He understood this fear because he had experienced it himself many times. We see this same loving kindness offered to the people Buck works with as well. His own suffering seems to have given him both a longing and ability to connect with others. It allows him to see through the external facades we all try to protect ourselves with and touch what is essential in both horses and people. Buck seems to intuitively realize that all living things share this essential soul or spirit. He is not a theologian and doesn't talk about this in the film; rather, he demonstrates it

through his relationships with his family, friends, clients and the horses he works with.

It wasn't until the final credits of the film that all of this came together for me. What revealed the essence of this documentary to me was Eddie Vedder's beautiful song of longing and love "Just Breathe" that was played as the credits rolled. I have heard this love song before and always been moved by its expression of the longing to connect — to be accompanied as we move through our life's journey. To me, the song is a prayer that each of us has uttered to the Mystery many times in many ways — "Stay with me — let's just breathe."

During this time of Lent, with Easter almost upon us, I remember the promise made to us by the risen Christ, *And remember, I am with you always, to the end of the age*. This is the promise we all long to hear and we have only to remember that it is a promise we can count on. We are often moving too fast to be aware of the one who accompanies us always. We may find this presence in each other, in nature and in our animal companions for it is what we live and move and have our being in. Vedder's haunting anthem suggests how we might awaken to it. We only have to slow down and just breathe.

Patricia Speier  
Executive Director

# The Seton Cove

The Seton Cove was founded in 1995 by Sister Mary Rose McPhee, D.C. and a group of dedicated supporters who wanted to reach out to those striving to integrate spirituality and deeper meaning into their lives. The Seton Cove programs and services encourage people of all faiths to seek more meaning through the healthy balance of a mind, body, and spirit.

## The Seton Cove Mission Statement

The Seton Cove is a non-profit, interfaith center for spirituality, named for Elizabeth Ann Seton, the American foundress of the Daughters of Charity. Rooted in Judeo-Christian values and founded on the principles of St. Vincent de Paul that find God in the ordinary events of everyday life, the center reaches out to the poor in spirit and those seeking to enrich their relationship with God, self, others, and all creation.

Its mission is to provide a welcoming place of solace and hospitality where people of any faith may nourish and foster their spiritual growth and journey toward wholeness.

The center offers a holistic approach to life, which integrates spiritual and human development through programs designed to honor the dignity of every person and to reflect the connections between spirituality and the human experience.

## An Invitation to Discover Your Spiritual Life

If you are searching for resources to develop your spiritual life, the Seton Cove may be the place for you. Just as we feed our body and mind, we need to nourish our spirit. The programs offered at The Seton Cove are designed for participants from all walks of life. The one requirement is a desire to grow spiritually with an open mind and heart.

Throughout this catalogue you will find programs and classes to enrich and challenge you, as well as ask you to share your experiences. It is through this exchange of ideas and personal stories that we appreciate the spiritual and sacred in each other's lives.

### BOARD OF DIRECTORS

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### STAFF

Joe Barry  
 Will Fiorello  
 Patricia George  
 Stephanie Manners  
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 Stephanie Warfield



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## Staff Presenters



**JOE BARRY, MA**, is an educator and spiritual director at the Seton Cove. He has more than twenty years of facilitating, teaching, and consulting in the non-profit, corporate, faith-based and educational sectors. He enjoys working with individuals and groups to promote their own growth in leadership skills, team development, and self-knowledge. He holds an MA, Applied Behavioral Sciences, City University of Seattle, Washington, and BA, Theology, University of Notre Dame. He is certified in the Myers-Briggs Type Indicator (MBTI) and a certified instructor for Crucial Conversations, Crucial Confrontations, Influencer and DDI (Development Dimensions International). He is a graduate of Leadership Austin.

**WILL FIORELLO, MA**, is an educator and spiritual director at the Seton Cove. For the past ten years, he has served as a social worker, counselor, and child mentor and advocate. He is passionate about the interplay between spirituality and emotional wellness; and his vocational ministry has focused on fostering healthy individuals, families, children, and relationships. Will received his Master of Arts in Counseling from the Seminary of the Southwest, and his Bachelor of Arts in Psychology from Miami University. He is a candidate for LPC-I counseling licensure.



**PATRICIA SPEIER, DMin**, is Executive Director of the Seton Cove. She is a spiritual director, teacher, and retreat facilitator who specializes in the use of literature and writing for spiritual growth and ethical development. She is passionate about the connection between Spirituality and Leadership and has developed a year long intensive for leaders in all fields (business, medicine, law, religion, non-profit) which is now in its ninth year. Speier is a 2008 DMin graduate of Perkins School of Theology and a graduate of the Episcopal Theological Seminary. She has studied spirituality at the Pecos Benedictine Monastery in New Mexico and Integral Spirituality with Ken Wilber. She has also practiced Big Mind work with Genpo Merzel Roshi. She is an Associate Professor of Pastoral Ministries at the Seminary of the Southwest.

**REV. STEPHANIE WARFIELD, MA, BCC**, served as Chaplain with the Seton Cancer Care Team before coming to Seton Cove as an educator. Her previous work involved spiritual care/counseling to adults at Shivers Center, the outpatient cancer clinic. Stephanie is passionate about creative ministry using art, poetry, worship, journal writing and retreat facilitation to encourage healing. She is Board Certified through the Association of Professional Chaplains and ordained as an Interfaith Minister. She has a BA in Spanish from the University of Texas and a MA in Culture and Spirituality from Holy Names University. She self-published three books: a Lenten reflection journal, a creative pastoral ministry handbook, and a journal of interviews with a teenage cancer patient in the weeks before her death. Stephanie's mantra: Listen softly and carry a big heart!



## Adjunct Faculty

**PAULA D'ARCY** first moved to central Texas from New England in 1998, and since 2006 has gratefully found a home in Austin. The author of nine books, including *Gift of the Red Bird* and *Waking Up to This Day*, Paula's life is spent largely on the road leading seminars and retreats. A former psychotherapist, she speaks and writes from her own experience about spirituality and the transformation of pain. Her non-profit, Red Bird Foundation, has sponsored two international gatherings of women (Womenspeak) dedicated to peace and world change.

**ROBERT D. (BOB) LIVELY** is a native Texan with deep roots in the piney woods of East Texas. He earned his baccalaureate degree from Austin College in Sherman, Texas where he has been named a Distinguished Alumnus. He is an honor graduate of Austin Presbyterian Theological Seminary. A Fellow in the American Association of Pastoral Counselors, Lively is the author of eleven books. In the past 17 years he has published over 400 columns in the *Austin American-Statesman*.

**FLINT SPARKS, PhD**, has been in private practice as a psychotherapist in Austin since 1983. Through exploration of the interface between spirituality and psychology, he found a particularly deep resonance in Buddhist meditation, psychology and philosophy. In March of 2001, Sparks was ordained as a Zen Buddhist priest. He now divides his time between his private practice and a growing Zen center here in Austin.

# Seeking the Way of Ultimate Love

The Seton Cove offers seven distinct classes as part of the core curriculum:

- ☪ The Enlightened Heart
- ☪ Mindfulness: Cultivating a Reverence for Living
- ☪ Crossing Thresholds
- ☪ Integrating Your Life
- ☪ Finding Heart in Your Work
- ☪ Group Spiritual Direction
- ☪ The Middle Way: Entering a Contemplative Mode of Being
- ☪ Spirituality and Personality

Each class has reading and journal assignments and class participation expectations. These classes are central to the mission and vision of the Seton Cove: providing the solitary searching of the spiritual journey, and the time and space for receiving help and guidance from others.

The Christian theologian Karl Rahner says that self-transcendence is a necessary part of true learning. Learning calls forth what is in us, helping us to move toward authenticity and wholeness. The Seton Cove has developed a series of classes that we believe focus on Rahner's theology that "learning always involves our free self-creation."

Core classes offered this quarter:

## GROUP SPIRITUAL DIRECTION

### Taking a Long, Loving Look at the Real

#### 6-week series

In this group we will look at what it means to develop a compassionate heart and walk the path of loving-kindness. We will draw on readings from the philosopher, poet and spiritual teacher, Mark Nepo as well as Christian contemplatives, Thomas Merton, Richard Rohr, John Main, Anthony DeMello and Macrina Wiederkehr to help us determine what is "the Real" and how we can be lovingly present to it.

A copy of *As Far as the Heart Can See: Stories to Illuminate the Soul* by Mark Nepo is included in the price of the class.

*Patricia Speier, DMin (see bio on page 5)*

**Apr 3, 10, 17, 24, May 1, 8 (Tu), 10–11:30 am**

**\$160** (Includes price of book. Pre-registration required.)

**Pre-requisite:** One class in the Core Curriculum

## THE ENLIGHTENED HEART

### Finding Heart in Your Work

#### 5-week course

Are you seeking a renewed sense of meaning and fulfillment in your work? In this course, we will explore our true vocation, that place where, as Frederick Buechner put it, "your deep gladness and the world's deep hunger meet." Through the use of folk and wisdom tales, films, literature and sacred scripture, we will seek to rediscover a deep sense of purpose for our lives that resonates with both external reality and our own inner truth. We will nurture and ground our self-discovery with contemplative practices and rituals so that we may once again find heart in our daily work.

*Joe Barry, MA (see bio on page 5)*

**May 30, Jun 6, 13, 20, 27 (W), 6–8 pm**

**\$125** (Pre-registration required)

## MINDFULNESS

## Cultivating a Reverence for Living

### 6-week course

Could you use practices and attitudes that would help you cope with stress and open yourself to grace? Practicing self-care is probably one of our most difficult challenges living in our often hurried, frenetic culture. But we can begin to reclaim our lives by participating in our own rescue.

Using an integrated mind, body and spirit approach, this program offers a “tool-box” of practices to help us become present to our own lives and move toward compassion for all beings. Included will be centering meditation, reflection, gentle stretching and strengthening exercises including Qigong, relaxation exercises, and a study of psychological methods for managing anxiety and depression. Participants commit to the six-week series and to 20 minutes of daily practice. If you have health problems, please consult your physician about any physical limitations.

*Chris Marks and Stephanie Warfield (see bio on page 5)*

**Apr 18, 25, May 2, 9, 16, 23 (W), 6–8 pm**

**\$150** (Includes CD and workbook. Pre-registration required.)

**Chris Marks, RN**, has been with Seton Healthcare Family for 21 years. He began his journey with the Seton Cove through tranquility luncheons at various sites, restoring balance luncheons at The Cove, and has been active in the Leadership Pilgrimage and related contemplative leadership activities since 2007. Chris is currently in Nursing Administration as Hiring Coordinator and New Associate Trainer and continues to work in patient care at University Medical Center Brackenridge.

## Contemplative Spirituality

*Fr. Richard Rohr, OFM  
2012 Webcast Series*

### What are the endless possibilities

**when we gather?** The Seton Cove invites you to participate in the Fr. Richard Rohr's upcoming webcast series. These four sessions (descriptions below) will focus on themes of contemplative spirituality.



### April

#### **Franciscan Mysticism: Why is it Unique?**

What are the specific characteristics of a Franciscan spirituality? How would Francis and his followers have met God in a way any different than anyone else?

### July

#### **Lineage: Fr. Richard's Seven Spiritual Themes**

Fr. Richard will present what he has summarized as his seven underlying themes: the spiritual assumptions and lineage that allow him to teach as he teaches. How does he know that these are not just “his” thoughts? These themes provide the basis of the curriculum for The Rohr Institute: A Living School for Action and Contemplation, opening Spring 2013.

### September

#### **Practicing Contemplation and Facing Paradox**

Could contemplation be described as an ability to hold and absorb seeming contradictions? Is paradoxical thinking at the heart of faith? Fr. Richard thinks so, and will illustrate why and how.

### December

#### **Immortal Diamond: the True Self and the Risen Christ**

The metaphor “immortal diamond” is taken from Gerard Manley Hopkins, and is used in Fr. Richard's next book as an ideal image for the soul, the true self, and the risen Christ — all at once.

**Format:** Each webcast gathering will run two hours allowing time to gather, view and engage in a facilitated discussion.

**Facilitators:** *Seton Cove Faculty*

**Apr 26 (Th), Jul 31 (Tu), Sep 25 (Tu), Dec 12 (W)**

**6–8 pm**

**\$100** (for all four sessions)

**\$35** (for individual sessions)

## Leadership Pilgrimage:

### *A program for visionary leaders*

2012  
**CLASS  
FULL**  
Now taking  
registrations  
for 2013

As the foundation of Seton Cove's leadership programs, the Leadership Pilgrimage provides leaders an opportunity to reflect on their personal identity and work through a year-long program that includes three retreats. These retreats are designed for the lives of busy professionals who generally don't make time to renew their spirit and revitalize their understanding and practice of leadership.

Located in the Texas Hill Country, retreats are just far enough away to be accessible while still off the grid of daily life. Retreats are designed to be logistically feasible, beginning on Thursday afternoons and continuing through mid-day Saturday — striking the perfect balance between not missing too much work and not giving up an entire weekend.

The Leadership Pilgrimage mixes individual and group experiences that ultimately allow each person to slow down and regain awareness required to do "inner work" that modern life rarely enables. The use of personal stories, tales from the wisdom traditions, contemporary thinkers, and experiential exercises will facilitate individual reflection and group discussion.

**Facilitators:** *Flint Sparks and Patricia Speier*

Both are experienced workshop facilitators and master teachers. Flint is the founder of the Austin Zen Center and an ordained Zen Buddhist priest. He has had a private practice in psychotherapy since 1983. Patricia is the Executive Director of The Seton Cove and an Associate Professor of Pastoral Ministries at Seminary of the Southwest.

**Dates:** February 21–23, 2013; June 13–15, 2013; September 26–28, 2013

**Location:** All retreats are held at Canyon of the Eagles located in the Texas Hill Country.

**Program Fee:** \$3,450/\$3,150 non-profits (*Includes program materials, lodging, and meals.*)  
\$750 non-refundable deposit included in fee.

**Program requirements:**

- ~ A desire to be challenged, inspired, and celebrated in one's call to leadership.
- ~ Participation in building a community of leaders based on mutual trust.
- ~ Attendance at three, 3-day retreats over an 8-month period.

**Guiding Principles:**

- ~ Effective leadership flows from the identity and integrity of the person.
- ~ Every person has gifts to offer to the practice of leadership.
- ~ Leaders lead from within, not from external expectations.
- ~ Authentic leadership demands spiritual depth and centeredness.
- ~ Spiritual depth and centeredness flow from a commitment to contemplative practices.

**For Details:** Contact Patricia Speier at 512-451-0272 or [pmspeier@seton.org](mailto:pmspeier@seton.org)

**To register:** Call 512-451-0272 or visit [www.setoncove.net](http://www.setoncove.net)

## SAVE THE DATE

Advent Contemplative Retreat  
in the Sonoran Desert

**Nov 26 – Dec 1, 2012**

## Developing an Integral Worldview

Leadership development is more about the journey than about a destination. Integral leadership involves self-development toward an integral worldview. This session begins with a brief overview of Ken Wilber's integral model as a framework for examining one's own leadership and that of others. Participants next will explore their own leadership journey, identifying crucibles and epiphanies that have represented major shifts or turning points in their lives. Everyone experiences such moments. However, using mindfulness practices, these moments can provide opportunities for shifting one's consciousness. This session will explore using a practice based on Jesuit priest Bernard Lonergan's developmental method, as a vehicle for examining life events or moments of awakening, with the goal of developing a more integral worldview.

*Pauline Albert, PhD*

**Jun 19 (Tu), 7–8:30 pm**

**\$25** (Pre-registration required.)

**Pauline J. Albert, PhD**, is an Assistant Professor of Management at St. Edward's University. She joined St. Edward's School of Management and Business eleven years ago, after a 25-year career in business management. Her primary area of interest is the interface of leadership, ethics, and spirituality. Her approach is based on her pragmatic background and experience as a businessperson, her passion for supporting others in identifying and living out their passion, and her scholarly approach based on her Ph.D. in Human and Organizational Systems.



**Institute for  
Soul-Centered  
Leadership**  
AT SETON COVE

## Clearness Committee

Many of us face a dilemma when trying to deal with a personal problem, question, or decision. On the one hand, we know that the issue is ours alone to resolve and that we have the inner resources to resolve it, but access to our own resources is often blocked by layers of inner "stuff" — confusion, habitual thinking, fear, despair. The function of the Clearness Committee is not to give advice or "fix" people from the outside in but rather to help people remove the interference so that they can discover their own wisdom from the inside out. (Parker Palmer)

The Seton Cove offers clearness committees for individuals seeking to work through problems and/or discernment issues. To find out more about this process and to schedule a session, please contact Patty Speier, DMin, at 512-451-0272 or pmspeier@seton.org.

### *Lunch with the Author:*

## Paul Woodruff

### *The Ajax Dilemma*

"In this short and unusual book Paul Woodruff shows us by example that there is more than one way to do good philosophy. Officially the book is about justice and fairness, but its real topic is leadership in all its forms — in academia, the military, and in business. Woodruff puts the Greek legend of Ajax to wonderfully inventive use, deriving all sorts of practical lessons from it about how to be a good leader, a good follower, a good loser, and a good winner. The message of *The Ajax Dilemma* can be put into practice, and it should be. This book should be required reading for anyone who finds themselves running anything." ~ Jonathan Dancy, Department of Philosophy, University of Texas, Austin

*Paul Woodruff*

**Apr 26 (Th), 12 noon–1 pm**

**\$20** (Includes lunch. Pre-registration required.)

**Paul Woodruff** has taught philosophy and classics at the University of Texas at Austin since 1973 and is currently the dean of the School of Undergraduate Studies. His books include *Reverence: Renewing a Forgotten Virtue* (2001), *First Democracy: The Challenge of an Ancient Idea* (2005), and *The Necessity of Theater* (2008). He has also written plays, poetry, short fiction, and opera libretti, as well as translations from the Greek of Plato, Sophocles, and Thucydides.

## SPECIAL EVENTS



### Balance Beam:

#### *Writing as Soul-Centering Practice with Naomi Shihab Nye*

Easily available, immediate and non-threatening in nature. What may a regular writing practice offer us all?

Join us for a special workshop and luncheon with poet Naomi Shihab Nye. She will read and discuss some of her own poems and short prose. Participants will also engage in brief writing activities. Please bring a journal/notebook for writing activities.

*Naomi Shihab Nye*

**Apr 20 (F), 11:30 am–1:30 pm**

**Location:** Chez Zee Restaurant, 5406 Balcones Drive, Austin, TX 78731

**\$75** (Includes lunch. Pre-registration is required.) All proceeds go toward Seton Cove special projects.

**Naomi Shihab Nye** describes herself as a “wandering poet.” She has spent 37 years traveling the country and the world to lead writing workshops and inspiring students of all ages. She is the author and/or editor of more than 30 volumes. Her books of poetry include *19 Varieties of Gazelle: Poems of the Middle East*, *A Maze Me: Poems for Girls*, *Red Suitcase*, *Words under the Words*, *Fuel*, and *You & Yours* (a best-selling poetry book of 2006). Two new books are forthcoming in 2012: *There Is No Long Distance Now* (a collection of very short stories) and *Transfer* (poems). She has been a Lannan Fellow, a Guggenheim Fellow, and a Witter Bynner Fellow (Library of Congress). In January 2010 she was elected to the Board of Chancellors of the Academy of American Poets.



### The Soul's Language:

#### *A Talk, Conversation and Mini-Workshop About Sacred Poetry with John Fox*

Meeting the sacred in the world, in nature, within yourself or another person, is difficult to express in words. Your deep breath, a look of awe, the upwelling feeling of love from a deep inward place, a shattering of old ways of thinking, the caring embrace of another, tears streaming down your cheeks or simple silence opening out — all these are sometimes the only way to express this ineffable, wordless space. This is when your experience...

...all of a sudden  
turns to a surprisingly vibrant sky  
as your eyes widen ever-so-slightly  
in a recognition that shimmers  
under your skin, wells-up  
into a calm line-of-sight  
that is your own and goes on  
almost forever...

~ John Fox from *Consider What Happens*

Another way to revive this connection to Spirit is through poetry. Poem-making is a language of the heart and can be accessible to each of us. Through the poetry of Mary Oliver, Wendell Berry, Rumi, Jane Kenyon, young children, Mary TallMountain, Zen poets, and Psalms of David we will explore poetry that tune us to a sacred presence and inspire our own writing. John Fox will share what he has learned over a life-time of inquiry about poetry's spiritual capacity to inform, salve, heal — and serve as a generative and transformational force to uplift and empower people.

*John Fox*

**May 11 (F), 12 noon–2 pm**

**\$65** (Includes lunch. Pre-registration is required.) All proceeds go toward Seton Cove special projects.

**John Fox** is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States.

## CALENDAR AT-A-GLANCE

# APR–JUN 2012

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**Follow us on TWITTER!**



[www.twitter.com/setoncove](http://www.twitter.com/setoncove)

**SCHOLARSHIPS:** Assistance is available based on need. Please call the Cove for more information.

**REFUNDS:** Seton Cove will give partial refunds in the event of participant cancellation made 5 days or more before a scheduled program. Such refunds will be less \$20 (unless previously stated otherwise). No refunds will be given for participant cancellation made less than 5 days before a program. A full refund will be given if the program is cancelled by the Seton Cove.

**OUR GOAL:** To make Seton Cove available to all people, regardless of age, economic situation, ethnicity, employment status or religious affiliation.



**Seton  
Cove**

**SPIRITUALITY  
CENTER**

A member of the  
Seton Healthcare Family

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Group Spiritual Direction p 6 10 am Restoring Balance Lunch p 11 12 noon	4	5	Good Friday	7
Easter 8	9	Group Spiritual Direction p 6 10 am Restoring Balance Lunch p 11 12 noon	Spirituality and Cinema p 11 12 noon	12	13	14
15	16	Group Spiritual Direction p 6 10 am Restoring Balance Lunch p 11 12 noon	Spirituality and Cinema p 11 12 noon Mindfulness p 7 6-8 pm	19	Naomi Shihab Nye Luncheon p 10 11:30 am-1:30 pm	Soul Collage p 14 9 am-12:30 pm
22	23	Group Spiritual Direction p 6 10 am Restoring Balance Lunch p 11 12 noon	Spirituality and Cinema p 11 12 noon Mindfulness p 7 6-8 pm	Lunch with the Author: Paul Woodruff p 12 12 noon Richard Rohr Webcast p 7 6-8 pm	27	28
29	30					



**Seton Cove**  
SPIRITUALITY CENTER

A member of the Seton Healthcare Family

# MAY 2012

## SETON COVE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Group Spiritual Direction</b> p 6 10 am <b>Restoring Balance Lunch</b> p 11 12 noon <b>Mindful Photography</b> p 14 6-8 pm <b>1</b>	<b>Mindfulness</b> p 7 6-8 pm <b>2</b>	<b>Labyrinth</b> p 14 6-8 pm <b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>Group Spiritual Direction</b> p 6 10 am <b>Restoring Balance Lunch</b> p 11 12 noon <b>Mindful Photography</b> p 14 6-8 pm <b>8</b>	<b>Longing for Enough</b> p 11 12 noon <b>Mindfulness</b> p 7 6-8 pm <b>9</b>	<b>Labyrinth</b> p 14 6-8 pm <b>10</b>	<b>John Fox Luncheon</b> p 10 12 noon-2 pm <b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>Restoring Balance Lunch</b> p 11 12 noon <b>Mindful Photography</b> p 14 6-8 pm <b>15</b>	<b>Longing for Enough</b> p 11 12 noon <b>Mindfulness</b> p 7 6-8 pm <b>16</b>	<b>"Tell Me a Story"</b> p 12 12 noon <b>17</b>	<b>18</b>	<b>Soul Collage</b> p 14 9 am-12:30 pm <b>19</b>
<b>20</b>	<b>21</b>	<b>Restoring Balance Lunch</b> p 11 12 noon <b>Mindful Photography</b> p 14 6-8 pm <b>22</b>	<b>Longing for Enough</b> p 11 12 noon <b>Mindfulness</b> p 7 6-8 pm <b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>No Tuesday Luncheon</b> <b>Enneagram (Intermediate)</b> p 13 6:30-8 pm <b>29</b>	<b>Finding Heart in Your Work</b> p 6 6-8 pm <b>30</b>	<b>31</b>		

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



**Seton Cove**  
SPIRITUALITY CENTER

A member of the Seton Healthcare Family

**Conversation  
Café** *p 13*  
10 am–12 noon

		<p><b>Morning Book Study</b> <i>p 13</i> 9:30–10:30 am</p> <p><b>Restoring Balance Lunch</b> <i>p 11</i> 12 noon</p> <p><b>Enneagram (Intermediate)</b> <i>p 13</i> 6:30–8 pm</p>			1	2
3	4	5	6	7	8	9
		<p><b>Morning Book Study</b> <i>p 13</i> 9:30–10:30 am</p> <p><b>Restoring Balance Lunch</b> <i>p 11</i> 12 noon</p> <p><b>Enneagram (Intermediate)</b> <i>p 13</i> 6:30–8 pm</p>	<p><b>Finding Heart in Your Work</b> <i>p 6</i> 6–8 pm</p>	<p><b>Ten Poems to Open Your Heart</b> <i>p 12</i> 12 noon</p>		
10	11	12	13	14	15	16
		<p><b>Morning Book Study</b> <i>p 13</i> 9:30–10:30 am</p> <p><b>Restoring Balance Lunch</b> <i>p 11</i> 12 noon</p> <p><b>Integral World View</b> <i>p 9</i> 7–8:30 pm</p>	<p><b>Finding Heart in Your Work</b> <i>p 6</i> 6–8 pm</p>			
17	18	19	20	21	22	23
		<p><b>Restoring Balance Lunch</b> <i>p 11</i> 12 noon</p>	<p><b>Finding Heart in Your Work</b> <i>p 6</i> 6–8 pm</p>			
24	25	26	27	28	29	30

## TUESDAY LUNCHEONS

**Restoring Balance:***Reflection and Practices for Daily Living*

Is it possible to restore life balance over lunch? We'd like to think that such mindful changes can happen in small moments, so why not at lunch? Simple, rejuvenating practices will be shared and discussed with ample opportunity to practice. Facilitated by Seton and Seton Cove staff, these mind/body/spirit practices can help us all restore that much needed life balance.

**12 Noon–1 pm**

**\$5** (*Bring a brown bag lunch. Beverages and cookies provided.*)

**\$15/\$12 Giving Club** (*Reserve a box lunch by registering by 12 noon the Monday prior to each luncheon.*)

Apr 3 . . . .Stephanie Warfield  
Apr 10 . . . .Anne Province  
Apr 17 . . . .Laura Rosales  
Apr 24 . . . .Joe Barry  
May 1 . . . .Lynda Young Kaffie  
May 8 . . . .Patty Speier  
May 15 . . . .Lynette Reed  
May 22 . . . .Ginny Agnew  
May 29 . . . .No Luncheon  
Jun 5 . . . .Charlie Scarborough  
Jun 12 . . . .Will Fiorello  
Jun 19 . . . .Liz Powell  
Jun 26 . . . .Chris Marks

## WEDNESDAY LUNCHEONS

**Spirituality and Cinema****3-part series**

Movies are a pervasive part of our society, and they can serve both to diagnose and heal the wounds of our culture. In many cases, they ask us to turn inward and reflect on our own flaws, foibles, and suffering. The three films to be discussed deal with questions of justice, fairness, wisdom, and compassion. They look at what it means to be on a quest and how we are shaped by the pursuit of our quests.

April 11: *The Way*  
April 18: *The Ides of March*  
April 25: *The Help*

*Patty Speier, DMin (see bio on page 5)*

**Apr 11, 18, 25 (W), 12 noon–1 pm**

**\$60** (*Includes lunch. Pre-registration required.*)

**Longing for Enough  
in a Culture of More****3-part series**

John Updike once observed, surely with some intended irony, that Americans have a difficult time achieving a sense of enough. This series will explore the notion of modesty as a framework for imagining some possibilities for finding our way to enough. Together we will explore ways in which this peculiar notion may assist us in understanding the nature of God, examining personal lifestyle, and considering our purpose and vocation in the world. The subjects of the

three-week study are as follows:

- The modesty of God and the modesty of good
- Sabbath subversion then and now
- An overlooked parable spendthrift in nature

*Paul L. Escamilla*

**May 9, 16, 23 (W), 12 noon–1 pm**

**\$60** (*Includes lunch. Pre-registration required.*)

**Rev. Paul L. Escamilla** is Senior Pastor of St. John's United Methodist Church in Austin, Texas. He served churches in the Dallas area for over twenty years and taught at Perkins School of Theology as an adjunct professor of preaching. He is the author of *Seasons of Communion*, *Longing for Enough in a Culture of More*, and *True When Whispered*, and numerous other publications.

**Hearing the Call:***Exploring a Spirituality of Vocation  
and Education***2-part series**

The first of a two-part series will focus on the way that spirituality informs our lifelong roles as teachers and mentors, and as students and learners. Building from this theme, the second luncheon will explore the spiritual significance of listening and questioning as we embrace these dual roles at different moments in our lives.

*Kelley Coblentz Bautch, PhD and Jenny Veninga, PhD*

**Jun 20, 27 (W), 12 noon–1 pm**

**\$40** (*Includes lunch. Pre-registration required.*)

**Kelley Coblentz Bautch, PhD**, is an associate professor of religious studies at St. Edward's University and teaches courses in biblical studies and classical languages. She received her Ph.D. from the University of Notre Dame.

**Jenny Veninga, PhD**, is an assistant professor of religious and theological studies at St. Edward's University and teaches courses in world religions and contemporary Christian theology. She received her Ph.D. from the Graduate Theological Union (Berkeley).

## WEEKDAY LUNCHEONS

### THURSDAY LUNCHEONS

*Lunch with the Author:*

**Paul Woodruff**

*The Ajax Dilemma*

"In this short and unusual book Paul Woodruff shows us by example that there is more than one way to do good philosophy. Officially the book is about justice and fairness, but its real topic is leadership in all its forms — in academia, the military, and in business. Woodruff puts the Greek legend of Ajax to wonderfully inventive use, deriving all sorts of practical lessons from it about how to be a good leader, a good follower, a good loser, and a good winner. The message of *The Ajax Dilemma* can be put into practice, and it should be. This book should be required reading for anyone who finds themselves running anything."

~ Jonathan Dancy, Department of Philosophy,  
University of Texas, Austin

*Paul Woodruff*

**Apr 26 (Th), 12 noon–1 pm**

**\$20** (Includes lunch. Pre-registration required.)

**Paul Woodruff** has taught philosophy and classics at the University of Texas at Austin since 1973 and is currently the dean of the School of Undergraduate Studies. His books include *Reverence: Renewing a Forgotten Virtue* (2001), *First Democracy: The Challenge of an Ancient Idea* (2005), and *The Necessity of Theater* (2008). He has also written plays, poetry, short fiction, and opera libretti, as well as translations from the Greek of Plato, Sophocles, and Thucydides.

## Poetry at Round Top Festival 2012

The Poetry at Round Top festival provides an intimate weekend gathering led by prominent American poets and writers. This year's event will feature the esteemed writers and educators Pattiann Rogers and Reginald Gibbons along with Naomi Shihab Nye, Cyrus Cassells, Ed Madden, Joseph Campana, Bryce Milligan, Ken Fontenot, and other outstanding writers. The schedule includes featured readings, small-group workshops, open-mic events, conversations on craft, release of a festival anthology, plus some anniversary surprises. Overnight accommodations and meals are available on campus and at numerous area inns. A complete schedule and brochure are available on request from the email address below.

**May 4–6**

**For information and registration:** 979-249-3129  
info@festivalhill.org www.festivalhill.org

**\$125** full program **\$95** Sat only (student rates available)  
*The program will be held at the Round Top Festival Institute.*

## "Tell me a story..."

*Our hour of Wisdom Tales*

*There are no people a thousand years old,  
but there are words a thousand years old.*

~ short story from Mongolia

"'Tell me a story' still comprise four of the most powerful words in English, words that are intimately related to the complexity of history, the origins of language, the continuity of the species, the taproot of our humanity, our singularity, and art itself."

~ Pat Conroy

Listening to wisdom tales from an assortment of faith traditions and from diverse parts of the world, we will sit within these stories and parables to reveal common and shared truths that bridge cultures and embrace timeliness. These words from the past might open our eyes and our ears and our hearts with brighter wisdom for the present here and now. Once upon a time...

*Stephanie Warfield (see bio on page 5)*

**May 17 (Th), 12 noon–1 pm**

**\$20** (Includes lunch. Pre-registration required.)

## Ten Poems to Open Your Heart

When the heart opens, we forget ourselves and the world pours in: this world, and also the invisible world of meaning that sustains everything that was and ever shall be. When the heart opens, everything matters, and this world and the next become one and the same. Roger Housden has identified ten perfect poems that will do that very thing for us as readers and explorers of an open heart.

*Ginny Agnew*

**Jun 14 (Th), 12 noon–1 pm**

**\$20** (Includes lunch. Pre-registration required.)

**Ginny Agnew, MSLS, JD**, is an Austin lawyer, political activist and poet. She has received her certificate of completion in spiritual formation from the Seton Cove.

## Conversation Café

Tired of small talk? Want to try some big talk about questions that matter? Experience the magic of deep listening and intentional conversation among people with diverse views at the Seton Cove Conversation Café. A Conversation Café is a hosted conversation where you can talk with others about your thoughts, feelings and dreams for a better world. A simple format helps people feel at ease and gives everyone who wants it a chance to speak. Come join us and experience how "creating a positive future begins in human conversation."

Topic for discussion: *What does it take to be a leader in a divided world?*

*Leilani Rose and Ginny Agnew*

**Jun 2 (Sa), 10 am–12 noon**

**\$5** (Pre-registration required.)

**Leilani Rose, MPAff**, is a consultant who specializes in public sector management and health and human services. She currently collaborates through Wellspring Resources in the design and facilitation of gatherings that foster inquiry, reflection, and renewal.

**Ginny Agnew, MSLS, JD**, is an Austin lawyer, political activist and poet. She has received her certificate of completion in spiritual formation from the Seton Cove.

## MORNING BOOK STUDY

### Speaking Christian:

*Why Christian Words Have Lost Their Meaning and Power and How They Can Be Restored by Marcus Borg*

#### 3-week series

Have you ever wondered what the real meanings of words like salvation, sacrifice, mercy, and repentance are? Then join us for an insightful and provocative discussion of what these words and others mean for us as Christians today.

"Christian words and phrases have not only diminished in meaning, but they've become distorted and virtually stripped of their biblical and historic meanings. In this much needed Christian primer, Borg teaches us how to read, hear, and digest our Christian language without preconceived notions getting in the way. In *Speaking Christian* Borg redeems the language of Christianity by restoring its power to illuminate us and transform our world."

*Patricia Speier, DMin (see bio on page 5)*

**Jun 5, 12, 19 (Tu), 9:30–11:30 am**

**\$50** (Pre-registration required.)

## Developing Receptivity to Spiritual Experience Using the Enneagram

### Intermediate Level

#### 3-week series

As Scott Peck said in *The Road Less Traveled*, "Life is difficult." To counter this, each of our Enneagram types provides a path to feeling successful, a method for avoiding our deepest fears, and a mechanism for ignoring the pain of daily life. This system is very reassuring, provides many gifts to the world and creates a life that feels secure. Unfortunately, as long as we remain unaware of it, this smooth system also prevents us from being open to spiritual grace and inner peace.

In this workshop, we will explore how each of the Enneagram types strives for achieving their ideal image, avoids falling into perceived danger and remains unaware of existential pain. We will explore how we can begin to relax our defense system and become more receptive.

*\*This is an intermediate level class, and prior experience with the Enneagram and knowledge of your type is necessary to incorporate the course concepts.*

#### Course Content:

Week 1: Idealization of Type

Week 2: Avoidance of Type

Week 3: Defense Mechanisms

*Rick and Lesley Bradstreet*

**May 29, Jun 5, 12 (W), 6:30–8 pm**

**\$75** (Pre-registration required.)

**Rick and Lesley Bradstreet** have been studying the Enneagram for over thirteen years, and are certified Enneagram teachers. Much of their training has been done with Helen Palmer, one of the pioneers in the Enneagram as a tool for spiritual development in the United States. Rick spent his career as Chief Psychologist for the Austin Police Department, and still does training, counseling and other consultant work. Lesley's career was in marketing and community relations. They lead an ongoing monthly Enneagram Learning Community at their home in Northwest Hills.

## Introduction to SoulCollage®

*"Discover Your Wisdom, Change Your World"  
"The Soul speaks to us through images."*

~ Seena Frost, creator/founder of SoulCollage®

Enter a spiritual journey of play and wonder to awaken the many often fragmented pieces of your soul. During this series of three SoulCollage® Play Days, you will choose patterns and images and begin a process of creating a personal, collaged deck of cards to reveal your multi-dimensional life story and to explore your inner self. With magazines provided, you will cut and paste images into a collage. The images that have meaning for you will be discovered through setting an intention, the honoring of your inner wisdom, your imagination and your intuition.

WEEK ONE: learn the basics of SoulCollage® and be immersed in images and reflection.

WEEK TWO: review the four suits (Committee, Community, Companion, and Council) through discussion and guided meditation.

WEEK THREE: savor the depth of exploring in small groups and in a closing ceremony.

Each week will offer time for making cards.

*What to expect:*

- A time for meditation and intention, creativity and self-discovery
- A time for play using scissors, glue sticks and images – and SoulCollage® artboards
- An opportunity to connect with others; group sharing/ reflection
- All supplies will be provided (No artistic ability required.)

*What to bring:*

- Curiosity, imagination and the willingness to play and explore
- Personal photos, greeting cards, calendars, postcards – anything that you would not be afraid to cut up and paste into a collage (optional)
- Additional magazines, if you have extras to share (optional)

Stephanie Warfield, SoulCollage® facilitator (see bio on page 5)

**Apr 21, May 19, Jun 16 (Sa), 9 am–12:30 pm**

**\$150** (Includes all supplies. Pre-registration required.)

Limited to 16 participants.)

## Mindful Photography: Sacred Viewing of Ordinary Objects

An essential skill in our spiritual development is the ability to recognize the sacred within the ordinary. One way to strengthen this ability is through the practice of "mindful photography." Through the lens of a camera, we will observe and take informal snapshots of ordinary objects at home, in nature, at work, etc...We will then reflect on the sense of presence, connection, or meaning we find in these photos and craft a story, essay, or poem about what we have noticed and experienced.

**This class requires a camera and internet access.**

Julie Bowman

**May 1, 8, 15, 22 (Tu), 6–8 pm**

**\$95** (Pre-registration required.)

**Julie Bowman** is a union organizer by day, an imperfect contemplative by night. She discovered Mindful Photography through Seton Cove, delighting in a practice that combines her love for the camera with a more focused intention.

## The Labyrinth: Sacred Pattern, Sacred Path

*"The Labyrinth inspires in the people who have come to walk along its sinuous, painted path a palpable mix of solemnity and joy."*

~ The New York Times

Walking the Labyrinth is a metaphor for the spiritual journey. It is regarded as a powerful tool for transformation, and as a guide to help us develop the higher level of human awareness we need to survive in the twenty-first century. Join us as we explore the historical origins of this divine imprint as well as the wondrous potential of the Labyrinth to quiet the mind, open the soul, and inspire change and renewal in individuals and communities. This Creative Encounters course will also include a facilitated walk at a local eleven-circuit Labyrinth.

Will Fiorello, MA (please see bio on page 5)

**May 3, 10 (Th), 6–8 pm**

**\$60** (Pre-registration required.)

## Awakening Your Heart: Healing the World

*"Virtually every spiritual tradition that holds a vision of human transformation at its heart also claims that a practice of intentional silence is a non-negotiable. Period. You just have to do it....there is a universal affirmation that this form of spiritual practice is essential to spiritual awakening."*

**~Cynthia Bourgeault**

The Seton Cove offers four opportunities a week for the practice of intentional silence. In these groups we sit together not only to awaken and heal our own hearts, but also to help heal the world. There is a power and grace present when we sit together. At times we all feel helpless in the face of the pain and suffering present in our world; sitting in contemplative silence is one thing that we can do together to bring about change.

### BE STILL AND KNOW

The aim of all spiritual practice is to lead the mind to stillness. Laurence Freeman, Director of the World Community for Christian Meditation states that the false perception of the world and of our self will disappear when the mind becomes still. He goes on to say, "Everyone must work hard at coming to the self-knowledge necessary to put on the mind of Christ." But individual spiritual practice is never for the individual alone "but through the greater Body of Christ our spiritual practice benefits the whole of humanity."

Please join us for reflective reading and discussion followed by 30 minutes of contemplative prayer/ meditation.

*Stephanie Warfield*

**Mondays, 7:30–8:30 am**



### ZEN MEDITATION

People of many faiths have utilized Zen meditation techniques to deepen their relationship with their own religious tradition. Join us for any of two sessions of practice and discussion period that will draw upon a variety of texts and techniques. Beginners are encouraged to attend.

*Ginny Agnew, MSLS, JD*

**Wednesdays, 7:30–8:30 a.m.**

**Wednesdays, 9:45–11 a.m.**

### CONTEMPLATIVE PRAYER

Join us for 30 minutes of silent prayer and meditation and 30 minutes of shared reflection.

**Fridays, 7:30–8:30 am**

*The Seton Cove offers these prayer and meditation groups as a service to the community.*

*Donations are welcomed.*



## Spiritual Direction

More and more people are recognizing the benefits of spiritual direction for the authentic life. Our lives are permeated with spirit, and spiritual direction helps us to develop an increased awareness of the Sacred in the everyday and to respond to that "still, small voice within."

**For those new to spiritual direction: Call 451-0272 to schedule a free 30-minute consultation with one of our spiritual directors or to receive more information.**

### **INDIVIDUAL SPIRITUAL DIRECTION** *(Available by appointment)*

Fee: \$75/hour (sliding scale available based on need)

Patricia Speier, DMin 🌿 Will Fiorello, MA 🌿 Joe Barry, MA 🌿 Stephanie Warfield, MA, BCC

## Holistic Health Services Offered at the Cove

### **MASSAGE**

#### **Seton Cove - ME 1528**

Massage can be an effective tool to help relieve stress by positively affecting all the systems in the body. Equally, massage can help facilitate the connection between mind/body/spirit through the healing power of touch. Massage appointments are available seven days a week.

<i>Rates:</i>		<i>Giving Club/Associates:</i>	
<b>\$95/90-minute session</b>		<b>\$90</b>	
<b>\$70/60-minute session</b>		<b>\$65</b>	
<b>\$40/30-minute session</b>		<b>\$35</b>	
<i>Lila Beckley, LMT</i>	<i>MT039337</i>	<i>Russell Seguin, LMT</i>	<i>MT106368</i>
<i>Cobi Bentley, LMT</i>	<i>MT019469</i>	<i>Lisa Soileau, LMT</i>	<i>MT004142</i>
<i>Anne Marie Palmer, LMT</i>	<i>MT007389</i>	<i>Olga Torres, RN, LMT</i>	<i>MT047818</i>
<i>Joy Sablatura, LMT</i>	<i>MT013801</i>	<i>John Van Ness, LMT</i>	<i>MT101049</i>
<i>Peg Schoettlin, LMT</i>	<i>MT020169</i>	<i>Tracy Whitehill, LMT</i>	<i>MT045900</i>

**Please call the Cove at 451-0272  
for an appointment.  
Gift certificates available for all services**

## Infant Massage

Infant Massage is a parent education program that promotes the physical and emotional well-being of babies. It can help encourage secure attachment, bonding and communication between parent and baby. Offered as needed and upon request.

*Peg Schoettlin, LMT, Certified Educator of Infant Massage*

**One 2-hour session: \$75 (2 adults; 1 infant)**

**Four 1-hour sessions: \$125 (2 adults preferred; 1 infant)**

## The Seton Cove Quarterly Luncheons

The quarterly luncheon series on Spirituality in the Workplace is an opportunity for UMCB and SMCA staff to explore the unique joys and challenges related to healthcare.

### UMC Brackenridge

This quarter's speaker: **Tom Caven, MD,**  
*VP-Medical Affairs*

**May 4 (F), 12 noon–1 pm**

**Location:** UMCB Board Room (on the 3rd Floor of UMCB)  
Lunch provided

### Seton Medical Center Austin

This quarter's speaker: **Charley Scarborough, VP,**  
*Executive Director, The Seton Fund*

**Apr 27 (F), 12 noon–1 pm**

**Location:** SMCA Board Room (on 1st Floor)  
Lunch provided

## Chair Massage

Enjoy a break in your day and have a relaxing massage. Chair massages are **\$1 per minute** and are offered at the following times and places:

### SMCA Cafeteria:

**2nd Thursday of the month. 2–4 pm**

### UMCB 4th Floor Conference Room:

**2nd Wednesday of the month. 11 am–2 pm**

### SMCW Cafeteria:

**1st Friday of the month. 11 am–1 pm**

### SNW 3rd Floor Conference Room C:

**3rd Thursday of the month. 1–3 pm**

### SAO 1st Floor Suite 154:

**Last Friday of the month. 10 am–2 pm**

### CHEVY CHASE Creative Room:

**4th Wednesday of the month. 1–4 pm**

**RELAX:** Staff are invited to relax and find a respite from the stress of healthcare in one of our Tranquility Rooms. These rooms are available 24 hours a day for staff use and are located at SMCA (ground floor), SSC (4th floor), DCMC (4th floor), UMCB (4th floor), SMCW (one on each floor), SMCH (one on each floor), SAO (Room 105), and SSW (1st floor)

## Tranquility Place Monthly Luncheons

### **Restoring Balance: Reflections and Practices for Daily Living**

Is it possible to restore life balance over lunch? We'd like to think that such mindful changes can happen in small moments, so why not at lunch? Rejuvenating, simple practices will be shared and discussed with ample opportunity to practice. Facilitated by Seton Cove staff, these mind/body/spirit practices should help us all restore that much needed life balance.

### **SMC-Hays** (Two offerings each meeting date)

**Apr 3, May 1, Jun 5 (Tu)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** Education/Learning Center (across the hall from Labor & Delivery), Lunch provided

### **Dell Children's** (Two offerings each meeting date)

**Apr 5, May 3, Jun 7 (Th)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** Respiratory Conference Room (4th floor), Lunch provided

### **Seton Admin. Offices** (Two offerings each meeting date)

**Apr 10, May 8 (Tu), Jun 6 (W)**

**11:30 am or 12:30 pm** (each sessions lasts 30 minutes)

**Location:** East Auditorium, Lunch provided

### **SMC-Austin** (Two offerings each meeting date)

**Apr 11, May 9, Jun 13 (W)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** South Conference Room (Ground Floor), Lunch provided

### **Chevy Chase Building** (One offering each meeting date)

**Apr 12, May 10, Jun 14 (Th)**

**12 noon** (45 minute session)

**Location:** Upstairs Conference Room

### **SMC-Williamson** (Two offerings each meeting date)

**Apr 17, May 15, Jun 19 (Tu)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** Classroom Number 2, Lunch provided

### **Shoal Creek** (Two offerings each meeting date)

**Apr 19, May 17, Jun 21 (Th)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** 6th Floor AMEP Library, Lunch provided

### **Seton Northwest** (Two offerings each meeting date)

**Apr 24, May 22, Jun 26 (Tu)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** 3rd Floor Conference Room B, Lunch provided

### **UMC at Brackenridge** (Two offerings each meeting date)

**Apr 25, May 30, Jun 27 (W)**

**11:30 am or 12:30 pm** (each session lasts 30 minutes)

**Location:** 2 North Conference Room, Lunch provided

*Seton employees receive a 10% discount on all  
Seton Cove programs (excluding overnights)*

~ SAVE THE DATE ~

## 11TH ANNUAL SR. MARY ROSE MCPHEE LECTURE AND WORKSHOP OCTOBER 24-25, 2012



### FEATURING: MARGARET BENEFIEL, PH.D

Executive Officer of Executive Soul, LLC, offers consulting, coaching, and spiritual direction for leaders and organizations. She is also adjunct faculty at Andover Newton Theological School in Boston and visiting lecturer at All Hallows College in Dublin, Ireland. Over 800 executives, managers, and other leaders have participated in her seminars and courses. She is the author of *Soul At Work* (Seabury, 2005) and *The Soul of a Leader* (Crossroad, 2008), and co-editor of *The Soul of Supervision* (Morehouse, 2010). Her website is [www.executivesoul.com](http://www.executivesoul.com)

*"Today's global community desperately needs leaders with soul. Margaret Benefiel's groundbreaking book (The Soul of the Leader) meets that need beautifully, by teaching principles of soulful leadership, illustrated with stories of real leaders who practice them. Required reading."*

~Archbishop Emeritus Desmond Tutu  
Nobel Peace Prize recipient and human rights advocate

## JOIN SETON COVE'S GIVING CLUB

The vital work of the Seton Cove is financed through nominal program fees and generous financial support from the community. We invite you to become part of the Seton Cove to help sustain our programs for those seeking spiritual growth and development.

Everyone who is part of the Giving Club receives:

- Quarterly catalogue of upcoming events and programs
- Invitation to the annual Giving Club reception
- Tuesday lunch discounts and guest pass
- Discounts on massage
- Recognition in the Seton Cove Annual Report

Each Giving Club level offers additional benefits. For more information call Seton Cove at 451-0272.

Please see page 19 for a Giving Club form.

Join on-line at [www.setoncove.net](http://www.setoncove.net)

# WAYS TO SUPPORT THE SETON COVE

## JOIN THE GIVING CLUB – Everyone is welcome!

Yes, I want to be a part of the important work at the Seton Cove. Please accept my contribution for Seton Cove Special Programs and Projects.

Please visit us at [www.setoncovenet.net](http://www.setoncovenet.net) and select "Giving Club."

Giving Club levels are:

Visionary .....	\$1,000	Advocate .....	\$100
Patron .....	\$500	Supporter .....	\$50
Sponsor .....	\$250	Friend .....	\$25



Giving Club	\$ _____
Endowment	\$ _____
<b>TOTAL</b>	<b>\$ _____</b>

## SUPPORT SETON COVE'S ENDOWMENT

Please also consider a **tax deductible** gift that will help Seton Cove continue to provide the quality spiritual programming for which it is known.

\$50    \$100    \$250    \$500    \$1,000    Other \$ \_\_\_\_\_

## PERSONAL INFORMATION

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone: (\_\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_\_) \_\_\_\_\_

## PAYMENT TYPE

Check Enclosed    Visa    MasterCard    Discover    American Express

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security code \_\_\_\_\_

Signature \_\_\_\_\_

**PLEASE RETURN BY MAIL TO:** The Seton Cove  
3708 Crawford Street  
Austin, TX 78731

**OR BY FAX TO:** 512-451-0284



## Seton Cove SPIRITUALITY CENTER

A member of the Seton Healthcare Family

3708 Crawford Street

Austin, Texas 78731

PH: 512-451-0272

FAX: 512-451-0284

Change Service Requested



[www.setoncove.net](http://www.setoncove.net)

*"The greatest challenge of our age is not to discover  
extraterrestrial life but to discover our own inner lives."*

**~ Ilia Delio, OSF**

### **ARTIST'S WORK ON DISPLAY**

June/July: TEXTure curated by John Sager