The farthest star and the mud at our feet are our family; and there is no decency or sense in honoring one thing, or a few things, and then closing the list. The pine tree, the leopard, the Platte River, and ourselves—we are at risk together, or we are on our way to a sustainable world together. We are each other’s destiny.

~ Mary Oliver, Upstream: Selected Essays (see page 25)
I Am with You

These lines from Matthew sum up the gospel for me. They act as a rule of life. They are a compass and a guidepost when I take the time to survey my life and determine if I am on the right path or have somehow gotten waylaid. Have I lost my way in the frantic busyness and speed of our culture? Have I forgotten what is important and misplaced my priorities. Yes, I think I have, and I fear I am part of a society that has also lost its way.

I’m writing this in the second week of Lent. Scott Wagoner, a minister I follow on Twitter, tweeted this reminder the other day. “If nothing else, Lent gives us the space to do something we very rarely do…reflect on our lives to see if we are headed in the right direction.” If Lent is giving me the gift of space then what do I find in that space?

I find that I have been complacent in assuming that no matter what one’s individual political preferences are, we are all together in wanting to give everybody a chance to pursue the American Dream. The results of our last presidential election showed us that there are many Americans who feel they have been left out. Technology has made many jobs obsolete yet we have not provided training for these fellow citizens to obtain jobs in the new economy. The Affordable Care Act was not perfect yet it has provided millions of Americans with insurance that was unobtainable before. I have fallen short in assuming that if I paid my taxes and contributed to charities the hungry would be fed and the prisoner would be visited. I am blessed to work for an organization whose mission is caring for the poor and vulnerable yet it becomes more obvious every day that this is not a job that can be left to others.

I depend on the mandates of Matthew 25 being fulfilled by donations to the church and through my taxes but what happens when the commonweal breaks down? We like to think of ourselves as the city shining on the hill, a beacon of hope for all. But when that beacon is snuffed out — when families right here in Austin are separated through deportation, when the refugee is turned away from our shores, and when the sick are not universally recognized as deserving of care, then I have to look at my part in forming the society we live in.

Matthew 25 is a call for action. This call is directed at me and is directed at all of us as a society. I don’t think things will get better until each of us takes these words to heart. There are many people in the world working diligently to fulfill this obligation, but Jesus is telling me that as long as one of us is hungry, as long as one of us is sick, as long as one of us is the outcast and the stranger, we all are. The Kingdom of God comes — the Dream of God is fulfilled — when the consciousness of our culture shifts; when we awaken to the awareness that we are all in this together. Lent provides me the space to come to this realization — to stretch out my hand to my neighbor — whoever she or he might be and say “I am with you.”

Patricia Speier
Executive Director

Follow Patty on Twitter: twitter.com/#!/PattySpeier

REGISTER FOR ALL CLASSES ONLINE – www.setoncove.net or by phone: 512-451-0272
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.

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

REFUNDS: The Seton Cove will give full refunds in the event of program cancellation.

In the event of participant cancellation, refunds will be given less 10% up to five days prior to the scheduled program. Refunds will not be available after that time. Refunds will not be available for retreats and off-site programs.

OUR GOAL: To make Seton Cove available to all people, regardless of age, economic situation, ethnicity, employment status or religious affiliation.
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**REGISTER FOR ALL CLASSES ONLINE** - www.setoncove.net or by phone: 512-451-0272
Staff Presenters

WILL FIORELLO, MA, is an educator, program manager, and spiritual director at the Seton Cove. Previously, he served in the fields of social work, counseling, and education. He is passionate about recognizing and supporting the unique life journey of each person, and accompanying others as they cultivate emotional, physical, and spiritual wellness. 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 Veriditas® trained and certified Labyrinth facilitator, and a spiritual psychology retreat facilitator.

DANIEL HOPE, MA, is an educator and spiritual director at Seton Cove. Daniel was previously at Seminary of the Southwest where he worked in administration and earned his counseling degree with a focus on Marriage and Family. While studying at Southwest he founded the marriage retreat and workshop series, The Commitment Project. Daniel is an alum of Google's Search Inside Yourself Leadership Institute and is passionate about bringing spirituality and mindfulness into the workplace. Daniel also has a background in social media strategy and has spoken at three SXSW Interactive conferences regarding the intersection of technology, psychology and spirituality. Daniel and his wife, Leslie, are about to celebrate their 17th wedding anniversary and live in North Austin with their two daughters, Camilla and Violet.

PATRICIA SPEIER, DMin, is Director of Formation and The Seton Cove for the Seton Healthcare Family. 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 12th year. Speier is a 2008 DMin graduate of Perkins School of Theology and a graduate of the Seminary of the Southwest. She has studied spirituality at the Pecos Benedictine Monastery in New Mexico and Integral Spirituality with Ken Wilbur.

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 is 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 BA 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.

DR. ANNA VU-WALLACE, M.D. (see bio on page 23)
J. PITTMAN MCGEHEE, D.D. (see bio on page 11)
PITTMAN MCGEHEE, PhD (see bio on page 11)

APRIL – JUNE 2017  THE SETON COVE – A Spirituality Center
Seeking the Way of Ultimate Love

GROUP SPIRITUAL DIRECTION
Taking a Long, Loving Look at the Real

8-week series
In this group we will look at what it means to develop a compassionate heart and to see life from a contemplative stance. The contemplative sees life as it is and not as she imagines it to be or wishes it to be. We will draw on readings from poets, philosophers, and mystics to help guide us along the path of equanimity and loving kindness.

We will use, Finding Inner Courage by Mark Nepo as our primary text in this group. A limited number of these books are available for purchase at the Seton Cove.

Patricia Speier, DMin (see bio on page 5)

Apr 11, May 2, 23, 30, Jun 6, 13, 20, 27 (Tu), 10–11:30 am
$185 (Pre-registration required.)
Pre-requisite: One class in the Core Curriculum

The Seton Cove, 3708 Crawford Street, Austin, TX 78731

REGISTER FOR ALL CLASSES ONLINE – www.setoncove.net or by phone: 512-451-0272
ADVANCED LEADERSHIP INTENSIVE

Building the Beloved Community:
Reconnecting with Mystery, Ourselves,
Each Other and the World

“... the greatest dis-ease facing humanity right now is our profound and painful sense of disconnection.”
~ Richard Rohr, The Divine Dance

“The next Buddha will be a sangha.”
~ Thich Nhat Hanh

In this five day intensive in Taos, New Mexico, Flint Sparks and Patty Speier will guide us as we look deeply at both the Christian and Buddhist contemplative traditions, practice meditation and discuss how as leaders we can build a beloved community in our own spheres of influence, thereby helping to heal disconnection with ourselves, each other, and the world.

Flint Sparks, PhD & Patricia Speier, DMin
Apr 4-8, 2017
Location: Mabel Dodge Luhan House, Taos, New Mexico
$2,650 (Includes private room, private bath, all meals, program and materials. Transportation to Taos is not included. Refunds not available for retreats and off-site programs.)

Patricia Speier, DMin (see bio on page 5)

Flint Sparks, PhD has over thirty years experience in the practice and teaching of psychotherapy. He is also a Zen teacher who leads retreats throughout the United States and Europe. His academic training includes graduate degrees in both biology and psychology. He has extensive postdoctoral training in mindfulness based psychotherapies and group therapy with specialty training in both the Hakomi Method and Internal Family Systems Model. His traditional Zen training began at the San Francisco Zen Center and continued at the Austin Zen Center which he founded and nourished in its early years. Currently he is a resident teacher at Appamada, a center for Zen practice and inquiry in Austin, Texas.
Right Use of Power

Power is the capacity to have an influence, effect a change, or transform situations. It can be expressed as unwanted oppression, control, and violence, or as enabling responsibility, guidance, support, empowerment of others, and care. It can reflect core values of compassion, wisdom, clarity, and connection. Like any form of energy, power can be used skillfully, consciously, responsibly, and with care or carelessly, selfishly, and destructively. We are often ignorant of our own power or unskillful in its use because we have not been taught how to use it appropriately. We are also suffering from experiencing or witnessing abuses of power, large and small. This makes us afraid of power, or alternatively, grasp for it.

We can learn how to use our own power—and meet the power of others—skillfully and appropriately. In situations involving power dynamics, we can cultivate more humane and intelligent power relations in the service of the larger good. Our lives as social beings mean that the dynamics of power will always be part of our human experience. We have the power of creativity, courage, compassion, connection, care, wisdom, clarity, energy, generosity, vision, and their opposites. The unskillful uses of power have been abundantly demonstrated over millennia, with each other, with other species, and with our planet. We are in our infancy in studying the appropriate uses of our human power. We have the capacity to evolve more mature and wise uses of power that support all life on the planet and provide care for all beings. But time is running out. We need to learn faster and more comprehensively how to use our human power in globally beneficial ways. We are the seeds of this evolution.

Peg Syverson, PhD

Apr 19, 26 (W), 12 noon–1pm
$60 (Includes lunch. Pre-registration required.)

Peg Syverson, PhD, is a senior resident teacher and director for Appamada—a contemporary Zen center for practice and inquiry. She has been studying Zen for 49 years, and was ordained in the Soto Zen tradition in 2004. She is an Associate Professor in the Department of Rhetoric and Writing and the Director of the Undergraduate Writing Center at the University of Texas at Austin.

Bringing Heart into Your Workplace online

Google’s Search Inside Yourself Leadership Institute (SIYLI) has successfully brought mindfulness practice, neuroscience and Emotional Intelligence to their employees and has now opened their program to companies from all over the world. The Institute for Soul-Centered Leadership at Seton Cove has been teaching professionals how to embody Contemplative Leadership for 14 years. Daniel Hope is a graduate of both of these programs and he will be bringing the highlights of his training in both programs to this month-long online program.

Would you like to be the leader who brings a program like this to your workplace? If so, then this program will give you all of the tools you need to:

· Open meetings with a brief reflection that sets the perfect tone
· Lead mini-retreats that highlight your colleagues’ strengths and bring about more cohesiveness
· Create an atmosphere that fosters contemplative leadership
· Reward IQ, EQ (Emotional Intelligence) and SQ (Spiritual Intelligence) for a more balanced and resilient teams

We will look at other companies who are already putting these practices into place. Please join Daniel in this online series designed to help you, your employees and your colleagues find more heart in their work.

Daniel Hope, MA, LMFT-A (see bio on page 5)

Jun 1 (Th)
$75 (Includes 4 online modules (unlocked weekly) + Happy Hour or Interactive Webinar Pre-registration required.)
$55 (Discount for Seton & Ascension Associates and Leadership Pilgrimage Students & Graduates.)

REGISTER FOR ALL CLASSES ONLINE ~ www.setoncove.net or by phone: 512-451-0272
INSTITUTE FOR SOUL-CENTERED LEADERSHIP

2017 INSTITUTE FOR SOUL-CENTERED LEADERSHIP SUMMER INTENSIVE

Spiritual Intelligence: An Essential Tool for the Transformative Leader

Spiritual Intelligence as defined by Cindy Wigglesworth is: “The ability to behave with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation.” Wigglesworth has identified 21 skills of spiritual intelligence. Among these are: Awareness of Ego self/Higher Self; living your purpose and values; being a wise and effective leader/change agent; making compassionate and wise decisions and keeping Higher Self in charge. In this day and a half intensive we will learn practices that help us to cultivate the above skills which strengthen our ability to lead with wisdom and compassion. By incorporating these skills into our lives and leadership we are better able to lead others through transformative change and awaken to the new levels of consciousness that are necessary to bring our work to fruition.

Participants in the summer intensive will have the opportunity to take the Twenty-One Skills of Spiritual Intelligence Inventory at a reduced fee.

This is a CEU Accredited class. Professional Counselors, Chaplains, and Social Workers earn 9 hours of continuing education.

Patricia Speier, DMin & Joe Barry, MA

Aug 10 (Th) 8:30 am–3 pm & Aug 11 (F) 8:30 am–12 noon

Location: Seminary of the Southwest, 501 E 32nd Street, Austin, TX 78705

$195 (Includes continental breakfast and lunch on Aug 10. Pre-registration required. Refunds not available for off-site programs.)

Or $295 (Includes everything above, plus a personalized SQ21™ Assessment (a $100 savings, see page 30) and a private one-on-one coaching session to debrief the report and develop a personal action plan.)

Patricia Speier, DMin & Joe Barry, MA are both experienced workshop facilitators and master teachers. Patricia is Director of Formation and The Seton Cove for the Seton Healthcare Family. She is an experienced 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. Joe has more than twenty-five years of experience in adult education, group facilitation and mediation, leadership development, management consulting, and spiritual formation with leaders at all levels of organizations.

SAVE-THE-DATE: OCT 26 & 27, 2017

16th Annual McPhee Lecture and Workshop

Featuring Vic Strecher, PhD

Vic Strecher, PhD, MPH is a Professor and Director for Innovation and Social Entrepreneurship at the University of Michigan School of Public Health. As a teacher and researcher, Vic has spent much of his time studying the science and psychology of healthy personal change for both individuals and large populations. In 1999, Vic founded Health Media, Inc., a groundbreaking health and wellness company that, for the first time, allowed large health plans and employers to cost effectively encourage and support healthy behavior change for the thousands of their members and employees. Health Media was eventually sold to Johnson & Johnson, Inc., the largest healthcare company in the world and continues to help tens of thousands of individuals live healthier, more fulfilled lives.

In 2010, Vic suffered the terrible loss of his nineteen-year-old daughter, Julia, to a rare heart condition. This tragedy set Vic on a new course of discovery that continues to this day. His acclaimed graphic novel, On Purpose traces Vic’s path toward fully reengaging with life while documenting for himself—and anyone who reads his book—the transformative power of purpose. Vic lives with his wife, Jeri, in Ann Arbor, Michigan.

LECTURE: October 26th (Th) 7–8:30 pm WORKSHOP: October 27th (F) 8:30 am–3 pm

APRIL – JUNE 2017 THE SETON COVE – A Spirituality Center
Leadership Pilgrimage:
A program for visionary leaders

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: Patricia Speier and Joe Barry
Both are experienced workshop facilitators and master teachers. Patricia is the Executive Director of The Seton Cove and an Associate Professor of Pastoral Ministries at Seminary of the Southwest. Joe has more than twenty years of facilitating, teaching, and consulting in the non-profit, faith-based and educational sectors.

Dates: February 15-17, 2018; June 21-23, 2018; September 13-15, 2018
Location: All retreats are held at Canyon of the Eagles located in the Texas Hill Country.
Program Fee: $3,650/$3,290 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
To register: Call 512-451-0272 or visit www.setoncove.net

“The Pilgrimage gave me the space and the tools to begin the journey from a human doing to a human being. As a classic Type A driver, doing has taken the center role for many years. Now I’m more of a whole human being in whatever I do. This has given my work more power and made my life more satisfying and rich.”

~ Linda Ford, PhD, Ford Business Consulting, Inc.

Join us for a no-cost luncheon info session
Jun 28 (W) 11:30 am–1 pm

Photo by Dennis Fagan
SAFE! at Home:
Baseball and the Hero’s Journey

This unique Seton Cove offering will explore the rich spiritual themes of America’s pastime, the great game of Baseball. In Joseph Campbell’s formula of the myth of the Hero’s Journey, he formulates the three-fold process as symbolic of the process of individuation. Baseball is the Hero’s Journey. The Hero emerges from the underground, the dugout. With lance in hand he stands at home. In the myth, the threefold process is: separation, initiation, and return. The Knight takes his lance and must leave home in order to return. Someone must sacrifice to get him home, lest he die on second. The ritual is played in a Park. The park is a derivation of Paradise. Such is played out on a diamond, the symbol of the Self. No wonder we call it, “America’s pastime,” for it is beyond time in the archetypal pattern of the Hero’s Journey. All seek to return home, from which we were called and long to return.

There’s no better place to experience this than at the Ball Park. So we have reserved an air-conditioned Luxury Skybox Suite along with the outer porch on the first-base sideline at Dell Diamond—home of the Round Rock Express. Your registration reserves you a premier luxury suite game ticket, a parking pass, ballpark catering, and this one-of-a-kind program. We will meet in the luxury suite at 4:30pm, engage in the class, and wrap up just prior to game-time (first pitch is at 6:05pm). We will then share fellowship and take in the ballgame as a group. Space is limited. Please register early.

J. Pittman McGehee, D.D., Pittman McGehee, PhD, & Will Fiorello, MA
Jun 17 (Sa) 4:30 pm–the end of the ballgame
Location: Dell Diamond, Home of the Round Rock Express, 3400 E Palm Valley Blvd, Round Rock, TX 78665
$157 (Includes Luxury Skybox game ticket, Dell Diamond parking pass, ballpark catering. Pre-registration required. Refunds not available for off-site programs.)
Discount: $300 for two tickets

J. Pittman McGehee, DD is an Episcopal priest and Jungian analyst in private practice in Austin, TX. He served as the dean of Christ Church Cathedral for eleven years, during which time the Cathedral became a beacon of spiritual insight and compassionate action in the Houston Community. Beloved for his warmth, humor, and keen attunement to the deeper psychological currents moving through contemporary American life, Pittman is widely known as a lecturer and educator who has influenced countless students, clinicians, clergy, and scholars through his teaching at the University of Houston, Saybrook University, The Seminary of the Southwest, and the University of Texas. Pittman is also a widely published poet and essayist and is the author of The Invisible Church: Finding Spirituality Where You Are, Raising Lazarus: The Science of Healing the Soul, Words Made Flesh, and The Paradox of Love.

Pittman McGehee, PhD, is a licensed psychologist in private practice in Austin, Texas. He received his doctorate from The University of Texas, Austin where he researched self-compassion and mindfulness with Dr. Kristin Neff. Pittman has worked as a psychologist with individuals of all ages and trained in many different environments. Prior to working in private practice, he worked and trained at the Austin Psychology and Assessment Center, the Capital Area Mental Health Center, and the Travis County Correctional Complex. He also trained at the UT Counseling and Mental Health Center, where he worked with individual students and co-led several groups, including Mindfulness Based Cognitive Therapy groups for depressed students. In addition, Dr. McGehee is a certified Mindful Self-Compassion teacher and teacher trainer, is adjunct faculty at Seton Cove, and holds a faculty position in the Department of Educational Psychology at the University of Texas, Austin.

Will Fiorello, MA (see bio on page 5)
**Mystic Heart Wisdom School**

We don’t need to enter monasteries to become mystics or to cultivate our spirituality: We are all mystics! The mystic heart is the deepest part of who or what we are. We need only to realize and activate that essential part of our being.

—Wayne Teasdale

**The Mystic Heart Wisdom School** is a year-long spiritual formation program that builds on the Core Curriculum of Seton Cove and provides an in-depth study of the Wisdom Tradition. This tradition, also known as the Perennial Philosophy, is the core synthesis of religious thought from the world’s great religions.

**True to the Seton Cove mission** of providing hospitality and holistic programing for people of all faiths to nourish their spiritual growth and journey toward wholeness, this program will foster spiritual inquiry within community.

**Through sacred study and spiritual practice** we will walk in the steps of the great saints and teachers who paved the way for the modern day mystic. The curriculum will include: book studies, the Enneagram, contemplative practice, body prayer/qi gong, mindfulness, and individual and group discernment processes.

**The Mystic Heart Wisdom School** will meet four times a year in a retreat format and will be centered on the following themes:

1. **The Perennial Tradition and the Mystic Heart**
2. **Source and Presence: The Divine I Am**
3. **The Trinity: Entering the General Dance**
4. **Carrying on the Work of Love**

**Who should attend:** Counselors, Social Workers, Teachers, Chaplains, Spiritual Directors, Healthcare Professionals, and anyone who wishes to draw on the Wisdom Traditions to help them skillfully deal with the complicated world both personally and professionally.

**Requirements:** Completed application process. Attendance at four, 3-day retreats over a ten-month period. Three reflection papers and a final integration paper.

**Continuing Education Hours:** This educational event provides 65 clock hours of continuing education for social workers, professional chaplains and professional counselors using a one clock hour = one education hour formula.

We don’t need to enter monasteries to become mystics or to cultivate our spirituality: We are all mystics! The mystic heart is the deepest part of who or what we are. We need only to realize and activate that essential part of our being.

—Wayne Teasdale

**Featuring Rabbi Rami Shapiro**
SPECIAL PROGRAMS

Rabbi Rami Shapiro is an award winning author of over two dozen books on religion and spirituality, including *The Divine Feminine in Biblical Wisdom Literature* and *The Sacred Art of Loving Kindness*. He received rabbinical ordination from the Hebrew Union College Jewish Institute of Religion, and holds a PhD from Union Graduate School. A congregational rabbi for 20 years, Rabbi Rami currently co-directs One River Wisdom School, writes a regular column for Spirituality & Health magazine called Roadside Assistance for the Spiritual Traveler, and hosts the weekly Internet radio show, How to be a Holy Rascal. His newest book is *Perennial Wisdom for the Spiritually Independent*.

Will Fiorello, MA is an educator and spiritual director at the Seton Cove. Previously, he served in the fields of social work, counseling, and education. He is passionate about recognizing and supporting the unique life journey of each person, and accompanying others as they cultivate emotional, physical, and spiritual wellness. 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 Veriditas® trained and certified Labyrinth facilitator, and a spiritual psychology retreat facilitator.

Faculty:

*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 12th year. Speier is a 2008 DMin graduate of Perkins School of Theology and a graduate of the Seminary of the Southwest. She has studied spirituality at the Pecos Benedictine Monastery in New Mexico and Integral Spirituality with Ken Wilbur.

*Gordon Peerman, D.Min.*, is a psychotherapist in private practice in Nashville. He holds degrees from the University of Virginia, Yale, and Vanderbilt. He founded the Saint Thomas Mindfulness Based Stress Reduction Program in 1997. As a vice-president at Saint Thomas Health Services, he coordinated the dissemination of Mindfulness Based Stress Reduction to fourteen other hospitals in the United States. He is an Episcopal priest and has taught Buddhist Christian Dialogue at Vanderbilt Divinity School. He and his late wife Kathy Woods taught Mindfulness Based Stress Reduction at the Vanderbilt Center for Integrative Health.

*Hannah O’Donoghue, CCVI, RN, MS*, has spent the past 50 years of her religious life in various roles in health care. She is a spiritual director and former health care executive who focuses her ministry on holistic approaches to healing. She received preparation in spiritual direction at St. Thomas Theological Seminary in Denver, CO, and energy based therapies in Bethesda, MD.

Dates:
Jan 26–28, 2018
Apr 13–15, 2018
Jul 20–22, 2018
Sep 28–30, 2018

Location:
Oblate Renewal Center, San Antonio, Texas

Program Fee:
$2,850 (Includes program materials, lodging and meals. $500 non-refundable deposit included in fee.)

Early Bird Discount:
$2,550 if application submitted and registered by September 15, 2017.

Application and Registration Deadline:

For Details:
Contact Patricia Speier at 512-451-0272

To Apply:
Call 512-451-0272 or visit www.setoncove.net

“The Wisdom School offers participants a map for discovering their own innate wisdom as well as contemplative practices to tap the wellspring of their basic goodness. This is a program that rests on sacred wisdom traditions but which also is designed to meet the demands of the modern world. Here is a place where wisdom and compassion come together in the real world.”

~ Flint Sparks

Join us for a no-cost luncheon info session
Jun 14 (W)
11:30 am–1 pm
Mindfulness for Teens: Summer Day Camp

Being a teen in today’s fast-pace, media-saturated world is difficult and highly stressful. With the intense and constant pressures teens face at home, at school, and from their peers, it is crucial to teach them self-awareness and stress-management skills so that they can experience balance, joy, and health. The practice of mindfulness—paying attention to the present moment with kindness and curiosity—has been scientifically proven to decrease anxiety and depression, and increase attention, learning, and resiliency in teens.

The Seton Cove’s 5th annual Mindfulness for Teens: Summer Day Camp program is an expression of profound respect for our community’s teens, a deep bow to their treasured lives, and a road map for bringing mindfulness more fully into their lives. This day-long event is specially designed for teens (ages 13-18) to discover peace and joy through self-acceptance, creative expression, and connection with other teens. Activities will include a variety of mindfulness practices including calming exercises, stress-relieving artwork, eco-mindfulness, Tai Chi, meditation, awareness of negative thought patterns, gratitude practices, and more. All supplies will be provided and breakfast and lunch are included.

Scholarships are available; discounts for Seton employees

Will Fiorello, MA, Daniel Hope, MA, & Jeni Brazeal, LMT (see bios on page 5)

Jul 28 (F) 9 am–4 pm

Location: Dell Children’s Medical Center: Pat Hayes Education Center. 4900 Mueller Blvd, Austin, TX 78723

$95 (includes breakfast, lunch and all supplies. Pre-registration required.)
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<th>Date</th>
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<td>SoulCollage® Open Studio</td>
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<td>Stephanie Warfield</td>
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<td>Soul-Full Conversations (1 of 9)</td>
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<td>Group Spiritual Direction (1 of 8)</td>
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<td>Lunch with the Mystics: Willie Nelson</td>
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<td>Living Poets Society</td>
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<td>Celebrate Earth Day at Seton Cove</td>
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<td>12 Steps to a Compassionate Life</td>
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<td>26</td>
<td>Mindful Photography</td>
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<td>Stress-Reduction Meditation Workshop for Healthcare Providers</td>
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<td>Dr. Anna Vu-Wallace</td>
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**Mother's Day**

**Memorial Day**

**Register for all classes online** - www.setoncove.net or by phone: 512-451-0272
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<th>Date</th>
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<td><strong>Coffee and Conversation</strong>&lt;br&gt;(1 of 2) p 25&lt;br&gt;9:30–11 am&lt;br&gt;Patricia Speier&lt;br&gt;The Art of Spiritual Dreaming&lt;br&gt;(3 of 3) p 24&lt;br&gt;7–8:30 pm&lt;br&gt;Kinsloe &amp; Garrick Colwell</td>
<td><strong>Bringing Heart into Your Workplace</strong>&lt;br&gt;online p 8&lt;br&gt;Daniel Hope</td>
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<td><strong>Upstream: Quiet Day in the Texas Hill Country</strong> p 25&lt;br&gt;9 am-4 pm Red Corral Ranch&lt;br&gt;Patricia Speier</td>
<td><strong>Soul-Full Conversations</strong>&lt;br&gt;(7 of 9) p 23&lt;br&gt;10–11:30 am&lt;br&gt;Stephanie Warfield</td>
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<td><strong>Soul-Full Conversations</strong>&lt;br&gt;(8 of 9) p 23&lt;br&gt;10–11:30 am&lt;br&gt;Stephanie Warfield</td>
<td><strong>Into to SoulCollage®</strong> p 27&lt;br&gt;9:30 am–3 pm&lt;br&gt;Aimee Shaw</td>
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<td><strong>Living Poets Society</strong> p 27&lt;br&gt;10 am–2 pm&lt;br&gt;Stephanie Warfield</td>
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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 Enlightened Heart (Reserve a box lunch by registering by 12 noon the Monday prior to each luncheon.)

Apr 4 Anne Province
Apr 11 Julia Aziz
Apr 18 Jennifer Bloom Greenberg
Apr 25 Delaney Wray
May 2 Melissa Wolf
May 9 Tracy King
May 16 Jennifer Hritz
May 23 Esmé Peterson
May 30 No Luncheon
Jun 6 Judy Myers
Jun 13 Christine McIver
Jun 20 Donna O’Klock
Jun 27 Ellen Carpenter

WEDNESDAY LUNCHEONS

How to Talk About Books You Haven’t Read

“If you don’t read one book this year, make this the one!”
— Bloomsbury Press

In this delightfully witty, provocative book—a huge hit in France that has drawn attention from critics and readers around the world, literature professor and psychoanalyst Pierre Bayard argues that not having read a book need not be an impediment to having an interesting conversation about it (in fact, he says, in certain situations reading the book is the worst thing you could do).

Using examples from such writers as Graham Green, Oscar Wilde, Montaigne, and Umberto Eco, he describes the varieties of “non-reading”—from books that you’ve never heard of to books that you’ve read and forgotten—and offers advice on how to turn a sticky social situation into an occasion for creative brilliance. Practical, funny, and thought-provoking, How to Talk About Books You Haven’t Read is in the end a love letter to books, offering a whole new perspective on how we read and absorb them. It’s a book for book lovers everywhere to enjoy, ponder, and argue about—and perhaps even read.

Ginny Agnew
May 3 (W), 12 noon–1 pm
$35 (Includes lunch. Pre-registration is required.)

Ginny Agnew is an Austin lawyer, political activist and poet. She leads weekly Seton Cove mindfulness meditation sessions and is a regular presenter at Seton Cove on a variety of subjects that always include laughter. Ginny also works as a reference librarian.
Always We Begin Again

From the riches of the Benedictine monastic tradition we receive this phrase: “Always we begin again.” While not a part of the Rule of St. Benedict, this phrase captures an insight full of faith, hope and love. Attending to our bodies and to our natural surroundings allows us to enter this awareness. With each inhalation, we begin anew. With each dawn, possibilities unfold. With each season of the year, tiny fissures in old, stagnant structures begin to appear. Each of these beginnings is preceded by an ending. In Benedictine practice, we are invited to pay attention to what is ending, and to take the time to pause and to wait for the beginnings to make themselves known. Our time together will include some background on the Rule of St. Benedict, reflection on endings, pauses and beginnings, and opportunity for meditation.

Rev. Mary C. Earle

May 17 (W), 12 noon–1 pm
$35 (Includes Lunch. Pre-registration is required.)

Mary C. Earle is an Episcopal priest, poet, author, spiritual director and retreat leader. Until her retirement, she taught classes in spirituality for the Seminary of the Southwest in Austin, Texas. Mary has authored nine books; the subjects include the spirituality of living with illness, rule of life, Celtic Christian spirituality, the Desert Mothers, and Julian of Norwich. Mary has offered presentations and retreats in a variety of ecumenical settings, including conferences of the Academy for Spiritual Formation, Spiritual Directors International, the International Thomas Merton Society and hospice organizations. She and her husband Doug live in San Antonio. She was included in the Living Spiritual Teachers project of Spirituality and Practice. Her website is www.marycearle.com.

WEEKDAY LUNCHEONS

Zen and the Art of Making a Living

What if you could take the radical simplicity and mythic archetypes found in Zen tradition and apply them to your career? When work sends you disruptions, what if you could take up the Sword of Present Concentration to find the focus you need? Or when work presents a problem, what if you could Ride the Windhorse of Creative Aggression to find its clever solution? In this two-part series we will be using Laurence Boldt’s classic Zen and the Art of Making a Living: A Practical Guide to Creative Career Design to take a clear-eyed look at the work we do and courageously strip away the unnecessary. Whether you are working for an organization, running your own business or wielding the “free-lance”, you will find worksheets, quotes of wisdom and interactive exercises that are sure to bring fresh perspective and vital energy to the sacred work you do.

Daniel Hope, MA (see bio on page 5)

May 24, 31 (W), 12 noon–1:30 pm
$70 (Includes Lunch. Pre-registration is required.)
THURSDAY LUNCHEONS

A Primer for True Spiritual Awakening

The title of Bob Lively's latest book is, So What's the Point? The subtitle is A Primer for a True Spiritual Awakening. In this session, Bob returns to the Cove to lead a discussion that will focus primarily on the subtitle. Together we will explore in some depth what it means to experience the awakening of one's True Self. Bob will offer examples of awakened souls who have learned for the first time what it really means to love God and our neighbors as we love ourselves. And finally, we'll explore how the church might be even more helpful and far more intentional in fostering awakenings. Join us for this insightful lunch-hour session.

Bob Lively
Apr 27 (Th), 12 noon–1 pm
$35 (Includes lunch. Pre-registration is required.)

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. He has published over 400 columns in the Austin American-Statesman.

Integrative Oncology: The Future of Cancer Care Treatment

Integrative medicine treats the whole person – mind, body, and spirit – using evidence-informed modalities. Integrative oncology synergistically merges integrative medicine and conventional oncology. People with cancer benefit greatly from integrative medicine techniques that optimize health during and after conventional cancer treatment and that make the body as inhospitable to cancer as possible.

This class will discuss major integrative oncology modalities. We will explore:

- mind-body techniques such as meditation, guided imagery and hypnotherapy,
- massage/healing touch,
- traditional Chinese medicine including acupuncture,
- oncologic nutrition,
- botanicals such as cannabis, CBD oil, milk thistle and mushrooms,
- aromatherapy, and
- oncologic Yoga, Qi gong and Tai Chi.

Dr. Matthew McCurdy, MD, PhD
Jun 1 (Th), 12 noon–1 pm
$35 (Includes lunch. Pre-registration is required.)

Matthew McCurdy, MD, PhD is Board Certified in Radiation Oncology and Board Eligible in Integrative Medicine. In addition to offering all of the latest technology and knowledge for patients needing radiation treatments, Dr. McCurdy empowers all cancer patients, whether receiving radiation or not, with integrative medicine throughout their cancer treatment and survivorship. Dr. McCurdy received his medical degree at Baylor College of Medicine in Houston and PhD in Bioengineering at Rice University in Houston as part of a National Institutes of Health-funded dual degree MD/PhD program. He was designated a “Top Doctor” in 2012. Dr. McCurdy has numerous research publications and was awarding the Roentgen Award, Oncologist Award, and numerous scholarships and travel grants for his efforts. Dr. McCurdy practices what he preaches. Formerly an elite triathlete, he competes in marathons competitively, eats a plant-based anti-inflammatory diet, plays the trumpet and piano and sings, and finds purpose in life with his wife and two kids and volunteering in the community.
Celebrate Earth Day at Seton Cove

Indigenous people the world over have long understood the importance of harmony with nature in getting and staying well. Modern science now validates the healing power of nature.

Join us as we explore the principles of Andean mysticism as safeguarded and practiced by the Q’ero people of Peru for centuries. The goal of the Andean mystic’s path is cultivating a state of mindful awareness in order to enhance our own intimate relationship with the power of nature. From this place we can employ life transforming exchange of living energies between nature and self.

In this lunch hour presentation Allison Peacock returns to the Cove to share insights gained at the intersection of her Andean practice and two trips to Standing Rock to stand in solidarity with Lakota water protectors. In celebration of Earth Day, we’ll end with a short ceremony to create and burn an offering to honor Mother Earth.

Allison Peacock
Apr 21 (F), 12 noon–1:30 pm
$35 (Includes lunch. Pre-registration is required.)

Allison Peacock is a modern day medicine woman with deep expertise in self-care. She teaches practical mindfulness and radical wellness based on a blend of earth-honoring indigenous wisdom and neuroscience. Initiated into the Andean mystical traditions of the Q’ero people of Peru, she is an apprentice Pampamesayok, or “Earthkeeper.” As a mesa carrier, she is connected by her medicine bundle to the ancestral lineage of Q’ero elder don Mariano Quispe Flores, as well as the other modern day healers in this tradition from around the world.

FRIDAY LUNCHEONS

Twelve Steps to a Compassionate Life

“All faiths insist that compassion is the test of true spirituality and that it brings us into relation with the transcendence we call God, Brahman, Nirvana, or Dao. Each has formulated its own version of what is sometimes call the Golden Rule, ‘Do not treat others as you would not like them to treat you,’ or in its positive form, ‘Always treat others as you would wish to be treated yourself.’ Further, they all insist that you cannot confine your benevolence to your own group; you must have concern for everybody – even your enemies.”

~ Karen Armstrong

With social media (Facebook, Twitter and others), we have a wonderful opportunity to reach out and connect with people all over the world in the comfort of home. Are we connecting compassionately? Are we choosing words and images that reflect our true values? Join me each first Friday of the month during the coming year as we gather to reflect on the twelve steps from Karen Armstrong’s book Twelve Steps to a Compassionate Life. Purchase of the book is required.

A limited number of copies will be available for purchase at the Cove. Let’s gather for lunch and compassion. As the Dalai Lama said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” This quarter we look at: Empathy (April), Mindfulness (May), and Action (June)

Stephanie Warfield, MA, CZT (see bio on page 5)
Apr 7, May 5, Jun 2 (F), 12 noon–1 pm
$95 (Pre-registration required. Lunch included.)
$35 (To register for each month separately. Lunch included.)
Lunch with the Mystics: Willie Nelson

“With his beatific smile and twinkling bright eyes, Willie Nelson looks like the most serene and centered man on the planet. When he’s wearing a Stetson hat or a wide red bandana, he brings to mind a sort of Western Santa Claus, someone you’d trust to slide down your chimney and come into your house with a sack full of cap guns, singing a cowboy tune.”

~ Bill DeYoung

Join us for an hour of music and lunchtime munchies as we reflect on the mystical lyrics and poetry of Willie Nelson, Texas’ very own living mystic. Bill DeYoung writes: “There has never been a singer like Willie Nelson. He’s a genre-jumper. The rich, mellow timbre of his voice, going tip-toe over the kind of casual jazz phrasing Frank Sinatra used to be able to do in his sleep, gives Nelson the option of singing virtually any style of music and giving it his distinctive stamp. He transcends country music; he transcends music, period. It’s no wonder Willie Nelson is considered an American Folk Hero. In the best American tradition, he is tireless and his talent is timeless.”

Well, hello there … let’s celebrate Texas mysticism together in honor of Willie’s 84th birthday on April 29th.

Stephanie Warfield, MA (see bio on page 5)

Apr 28 (F), 12 noon–1 pm

$35 (Includes Lunch. Pre-registration is required.)

How to Handle the Stress of Your Newsfeed: Staying Centered in the Digital World

Is the never-ending negative news cycle taking its toll on you? Is your stress response often activated as you turn on the TV or scroll through social media? Join us for this lunch-hour session with Dr. Michelann Quimby, a leading expert in cyber-psychology, online engagement, activism burnout, self-care, and how to stay mentally and spiritually healthy in our digital world.

The internet has become an integral part of modern life. Whether welcomed or intrusive, how we connect with our friends and family, shop, and learn is very often mediated by digital means. The internet can fascinate and beguile us while creating deep imbalances in how we perceive the world and each other. It can also facilitate human community, compassion, and understanding. This interactive and engaging session will explore ways to reconnect with our inner truth and well-being while immersed in a rapidly changing, digitally mediated world.

Dr. Michelann Quimby, PhD

May 26 (F), 12 noon–1:30 pm

$25 (Brown bag lunch. Pre-registration required.)

Dr. Michelann Quimby, PhD, is an internet psychology and culture researcher. She teaches Leadership and Communication at St. Edward’s University and consults on the psychology of online culture, leadership, and ethics. She holds a PhD in Human Development from Fielding Graduate University and a Master of Organizational Leadership and Ethics from St. Edward’s University. Dr. Quimby lives in Austin with her husband and daughter where they enjoy catching Pokemon, exploring the area, and discovering interesting food.
Soul-Full Conversations:
Spiritual Memoir

“The page is a receptive ear for the soul’s murmuring. Writing has helped me figure out what I know for sure and, more important, it has given me a way to grapple with those questions that seem to have no answers. At times, it has been a call and response between my doubting, uncertain, seeking self and some wiser self whose voice I’m still learning to summon and trust. But sharing what I write is what takes me to my edge, to that place where my own vulnerabilities are brought to light and exposed. And what a relief it is, always, to realize I can survive the glare, and that I’m not alone after all.”

~ Katrina Kenison, Magical Journey

In this quarter of Soul-Full Conversations, we continue engaging in soul-full dialog using David Whyte’s book Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words. As we reflect upon and share insights with one another on his “everyday” words each week (Anger, Courage, Heartbreak, Rest, Silence, and more), we will also discover our unique spiritual stories. Everyone is invited to “write” a memoir using words and images by engaging his chapters as the creative prompt. Purchase of the book is required. A limited number of books may be available for purchase at Seton Cove. (There will be a FB group for additional conversation during the weeks we do not meet at the Cove.)

Stephanie Warfield, MA (see bio on page 5)

Apr 13, 20, 27, May 11, 18, 25, Jun 8, 15, 22 (Th), 10-11:30 am
$130 (Pre-registration required.)

Stress-Reduction Meditation Workshop for Healthcare Workers and Providers

Meditation has been studied over 30 years and is an evidence-based method that counteracts daily stress responses. The effects have been shown in MRIs of the brain, in biochemical changes in blood, and even in genetic changes in the body. This mind-body method has been proven to significantly improve health and quality of life for patients with illnesses that are caused or made worse by stress, including obesity, type 2 diabetes mellitus, hypertension, pain and fatigue syndromes, mood disorders and many others. It has been shown to also improve attention, increase creativity and provide greater cognitive flexibility. The benefits proven for patients using this method also applies directly to all healthcare providers. It is an important step in ‘healing the healer’.

This stress-reduction workshop will help providers:
- Understand stress physiology and its consequences
- Become familiar with current research on meditation and its role in stress-reduction
- Learn and practice a simple mindfulness, evidenced based method to reduce stress

This is a CME accredited workshop. Attendees will earn 5 CMEs of Continuing Education.

Discounts for Physicians, Nurses, and LVN/Students.
Underwritten by Seton Cove and a special benefactor (normally $200)

Dr. Anna Vu-Wallace, MD
Apr 29 (Sa) 9 am–3 pm
$150 Physicians; $75 Nurses; $50 LVN/Students
(includes lunch. Pre-registration required.)

Anna Vu-Wallace, MD, is an Internal Medicine physician with a focus on peri-operative medicine. She is a former part-owner and has served as Medical Director and Board Member for Hospital Internists of Austin. She began her meditation study 8 years ago with an Eastern practice and is now practicing Centering meditation. She is trained and certified to teach the Centering Method through Contemplative Outreach. Dr. Vu also studied stress-reduction and the relaxation response through the Benson-Henry Institute, Harvard Medical School.
The Art of Spiritual Dreaming

“Dreams represent the guiding words of the soul. They invariably seek to express something that the ego does not know and does not understand. We have forgotten the age-old fact that God speaks chiefly through dreams and visions.”

~ C. G. Jung

Throughout the ages, dreams have been held in high esteem. Prophets like Moses and dream interpreters like Joseph held the fate of nations in their hands. Dreams played an important role in the lives of The Buddha, Jesus, and the Prophet Mohammad. Dreams have been responsible for major creative and scientific discoveries throughout human history. No longer dismissed by psychologists as random neurons firing or meaningless fantasies, dreams are now considered an ongoing thought process that occurs while we sleep. Your dreams are real. They can help you discover what you need to know, wake-up to yourself as Soul, and serve as a source for everyday guidance.

During this three-part dream series, you’ll learn practical techniques for how to remember and explore the meaning of your dreams, gain insights from the past and future, promote healing and wholeness, and even learn how your dreams can help you make life decisions. Don’t miss this opportunity to discover more about yourself and learn to live your dreams.

Space limited to 12 participants.

Kinsloe Colwell & Garrick Colwell
May 24, 31, Jun 7 (W), 7–8:30 pm
$95 (Pre-registration is required. Space is limited.)

Kinsloe Kelley Colwell MA, LMFT in private practice in Austin since 2002, holds a graduate degree in Spiritual Psychology from the University of Santa Monica where she served for 6 years as a member of the faculty.

Garrick Colwell, Business Consultant and Certified Grief Recovery Specialist. Since 1987 he has served as a hospice volunteer and a volunteer hospital and Hospice Chaplain since 1999.
Coffee and Conversation:
1984 and Brave New World

“As Americans grapple with the unreality of the new administration, George Orwell’s “1984” has enjoyed a resurgence of interest, becoming a surprise best seller and an invaluable guide to our post-factual world.”

~ Charles J. Sykes, Why Nobody Cares the President Is Lying

Are we living in the dystopian worlds described by George Orwell and Aldous Huxley? Both 1984 and Brave New World present us with striking similarities to the postmodern world of Brexit and Trump. What is truth in a world of “alternative facts?” What is real and what is “fake?” Join us for a discussion of these still relevant novels and what they may have to say to us about 21st century western democracies and the challenges they present to living an authentic life.

Patricia Speier, DMin (see bio on page 5)

Jun 7, 14 (W), 9:30–11 am
$50 (Pre-registration required.)

Upstream:
A Quiet Day in the Texas Hill Country

“Or maybe it’s about the wonderful things that may happen if you break the ropes that are holding you.”

~ Mary Oliver

Join us for a quiet day in the Texas Hill Country at the beautiful Red Corral Ranch as we focus on readings from Mary Oliver’s recently published book of selected essays, Upstream. Our day will include looking deeply at readings of both poetry and prose by Oliver as well as discussion, journal writing and contemplative prayer. There will be time for walking in nature, reading, and writing all in the sacred container of silence. This is an opportunity to immerse yourself in the silence of the sacred—a time when silence is not awkward but rather a welcoming invitation to plunge into the mystery of the Holy.

Patricia Speier, DMin (see bio on page 5)

Jun 8 (Th), 9 am–4 pm
Location: Red Corral Ranch, 505 Red Corral Ranch Rd., Wimberley, TX 78676
$125 (Includes lunch and snacks. Pre-registration required. Refunds not available for retreats and off-site programs.)
SoulCollage® Open Studio

Open Studio is for anyone who has previously taken a SoulCollage® class and is searching for a dedicated group of individuals who want to continue growing in this process. If you have not worked with SoulCollage®, you are also welcome to attend the gathering. No teaching is included however. It is a time for creating additional cards and sharing in community. Images, scissors and glue sticks will be available, and one SoulCollage® artboard and one plastic sleeve. This is an opportunity to connect with others and further your own inner journey in a safe and encouraging environment.

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

Apr 8, May 13, Jun 10 (Sa), 9:30 am–12:30 pm
$30 for each Open Studio (Pre-registration required.)

Mindful Photography: Sacred Viewing of Ordinary Objects

Mindful photography opens up a new way of connecting with our sense of spirit as we choose to see the sacred in our ordinary surroundings. Allowing ourselves to slow down and be genuinely present as we focus on various elements in our world can be a profound and personal experience.

Over four weeks, both during the workshops and between sessions, we will explore how we can use our cameras to receive the images that surround us. We will take time to reflect on the sense of presence, connection or meaning we find in our photographs. We will also be invited to craft a story or poem about what we have noticed and experienced.

Please bring a digital camera or Smartphone. This is not a technical class, and no experience is needed.

Julie Bowman
Apr 20, 27, May 4, 11 (Th), 6–8 pm
$140 (Pre-registration is required.)

Julie Bowman discovered Mindful Photography through Seton Cove during her former life as a stressed-out union organizer desperately seeking some peace. She found a practice that combined her love for the camera with an intention grounded in presence. She has been leading workshops in this form of photography for several years, ever-marveling at the open hearts and fresh perspectives shared by the participants.
Living Poets Society: Art + Poetry Open Studio

“Listen along the edges as you create. When you tear, paint, alter, glue, draw, blend, doodle and layer, notice how and where your essence rises to meet you. The whole remembers its nature and cracks open again.”

~ Cat Caracelo

MONTHLY ARTIST DATES ARE BACK! Pablo Picasso said, “Every child is an artist. The problem is how to remain an artist once he grows up.” In Julia Cameron’s book *The Artist’s Way*, she encourages readers to plan a weekly artist date with themselves – an opportunity for insight, inspiration and guidance – a block of time “set aside and committed to nurturing your creative consciousness, your inner artist”.

Each gathering will begin with a reflection to encourage writing and art-making. Join me for a soul-full “play date”. No writing or artistic skills are required – simply a willingness to explore soul-fully and heart-fully. Everyone is welcome. Supplies included.

*Stephanie Warfield, MA, CZT (see bio on page 5)*

**Apr 22, May 20, Jun 24 (Sa), 10 am–2 pm**

$50 for each Open Studio (Pre-registration required.)

Introduction to SoulCollage®
Quarterly Creative Encounter Retreat

“Discover Your Wisdom, Change Your World.”

~ Seena Frost, creator/founder of SoulCollage®

Enter a spiritual journey of play and wonder to awaken the often fragmented pieces of your soul. As you choose patterns and images, a process of creating a personal, collaged deck of cards will reveal your multi-dimensional life story for exploration of your inner self. In this daylong class, everyone will learn the basics of SoulCollage® and be immersed in images and reflection; review the four suits (Committee, Community, Companion, and Council) through discussion and guided meditation; and savor the depth of exploring in community and in a closing ceremony. Everyone is welcome. No artistic skills required. Supplies included.

*Aimee Shaw, MA, SoulCollage® facilitator*

**Jun 17 (Sa), 10 am–3 pm**

$95 (Pre-registration required. Brown bag lunch.)

*Aimee Shaw, MA* is a fourteen year stage IV cancer survivor, diagnosed as a young woman. She is mom to three adult children, one with autism. Aimee is an experienced social worker (working in the areas of domestic violence, juvenile probation, foster care, and developmental disabilities) and she is a shamanic practitioner with membership in the Foundation for Shamanic Studies and the Society for Shamanic Practice. She writes poetry, dabbles in various forms of visual arts, and is passionate about SoulCollage® as a medium for personal and social healing.
Visioning:
Creating Your Story and Discovering Your Purpose

Each day as you make choices, you are creating your life story. We can either decide to create our story or let someone else, or time, create it for us. Do you feel you have a purpose and would like to tap into it? Does fear, anxiety or doubt impede your ability to succeed? What are some approaches to tapping into your life purpose? We will discuss these and other questions as we explore your story and life purpose. Together, we’ll explore the seven areas that encompass your life and determine how you want your life story to read for the future.

After creating your story and discovering your life purpose (Part I), you will engage in the process of visioning and setting goals for the future. Visioning entails creating a clear and specific picture of what you want in your life in the future. We often decide what we don’t want, and this will be an opportunity to express what you do want in your future. The vision precedes goal setting and goal setting is then evidenced by a vision board. Each participant will create a vision board to crystallize their goals for the year. What do you want? What do you need? How will you feel when you achieve your goals?

In a supportive space, you will tap into your spirit and set your intentions. The vision board will be made from magazines and journals using images, words and phrases. You will be able to display your vision board in your home or office as a reminder of what you are working towards in your life. Materials will be available, and participants can bring materials including their favorite magazines and journals.

Gerry Tucker

Jun 14, 21 (W), 6:30–8 pm
$60 (Pre-registration is required.)

Gerry Tucker is a published author and certified professional life coach. Her mission is to “help bring about a profound change for the better in the lives of other souls; to assist them in re-defining their goals and objectives, evaluating how to make choices for positive change. Whether serving on non-profit boards, managing human resource problems, writing articles and newsletters, or conducting workshops, Gerry's passion is working with women to achieve their dreams. As a spiritual, career, and life coach, Gerry does individual and private coaching helping people tap into their purpose and passion in order to create a more fulfilling life.
**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.

**OPEN MIND, OPEN HEART**

Contemplative prayer is a method of silent prayer that prepares us to experience God’s presence within. This method is not meant to replace other forms of prayer; rather, it adds depth of meaning to all prayer and facilitates a process of interior transformation. According to Fr. Thomas Keating—founder of the Centering Prayer Movement and Contemplative Outreach—“Our way of seeing reality changes in this process; and a restructuring of consciousness takes place which empowers us to perceive, relate, and respond with increasing sensitivity to the divine presence in, through, and beyond everything that exists.” This dynamic process evolves not by strategy, but through a personal love-relationship with God.

Please join us for 20 minutes of contemplative prayer, as well as reflective reading, discussion, and support. Beginners are welcome and encouraged to attend.

*Will Fiorello, MA and Daniel Hope, MA*

**Wednesdays, 5:45–6:45 pm**

**MINDFULNESS MEDITATION**

People of many faiths have utilized mindfulness 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.

*Stephanie Warfield, MA, BCC*

**Fridays, 7:30–8:30 am**

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

**Zentangle® Brown Bag**

**A creative meditation group**

For anyone interested in practicing a creative meditation using pen and paper, we gather to draw breath and draw intentional patterns on paper. Each gathering offers a brief introduction to the practice, 30 minutes of creative meditation and a time of reflection and sharing. Everyone is welcome. No artistic skills required. Supplies included.

*Stephanie Warfield, MA, CZT (see bio on page 5)*

**Apr 13, May 11, Jun 8 (Th), 12 noon–1 pm**

*$10 per session (Pre-registration required.)*
SETON COVE SERVICES

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  Daniel Hope, 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.

Rates:
Enlightened Heart/Associates:
$100/90-minute session  $95
$75/60-minute session    $70
$45/30-minute session    $40
Lisa Soileau, LMT  MT004142

Lisa Soileau is a licensed massage therapist who brings twenty five years of practice and experience to her work. She completed the basic and advanced training at the Lauterstein-Conway School of Massage Therapy where she was also a core faculty member for six years. Lisa draws from the nurturing elements of Swedish Massage, the structural focus of Deep Massage, and the energetic contact of Zero-Balancing and Cranial-Sacral Therapy. She specializes in Deep Massage-The Lauterstein method TM, an advanced body work practice dedicated to the alignment of both structure and energy. A long time student and teacher of Tai Chi, and mindfulness meditation, Lisa works with sensitivity, awe and respect for our humanness and our body's innate wisdom.

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

SQ21™ Spiritual Intelligence Assessment

“There are numerous ways to define “spiritual intelligence,” and thus numerous ways of assessing it. Cindy Wigglesworth has devised one such assessment which is an excellent overview of the process of general spiritual intelligence itself, including development variables—and thus one I can highly recommend.”

~ Ken Wilber, Integral Institute

Spiritual Intelligence (SQ) is “The ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the situation.” It is composed of 21 skills which can be assessed and developed. The SQ21 Assessment, created by Cindy Wigglesworth has been carefully created and tested via Harvard Instrument for validity and reliability. Seton Cove is now offering this assessment tool to the community. Participants will receive the assessment as well as additional coaching to debrief the report and develop a personal action plan.

Stephanie Warfield, MA, & Patricia Speier, DMin, Spiritual Intelligence Certified Coaches (see bios on page 5)
$200 (For full details or to register, contact Seton Cove Educator, Stephanie Warfield: sawarfield@seton.org; 512-451-0272)
Tranquility 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.

Lunch Provided for those who attend:

**SMC-Hays**
Apr 5, May 3, Jun 7 (W)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
Executive Board Room or Learning Center

**Dell Children's Medical Center**
Apr 6, May 4, Jun 1 (Th)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
DC 4 Central - Respiratory Conference Room

**Seton Administrative Offices**
Apr 11, May 9, Jun 13 (Tu)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
Seton Foundations Board Room (4th Floor)

**SMC-Austin**
Apr 12, May 10, Jun 14 (W)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
South Conference Room or McFadden

**Chevy Chase**
Apr 13, Jun 8 (Th)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
Location: TBD

**Children’s Comprehensive Care**
Apr 19, May 17, Jun 21 (W)
1 Session: (12 noon–12:30 pm)
Conference Room

**SMC-Williamson**
Apr 18, May 16, Jun 20 (Tu)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
Learning Center 1-4

**Shoal Creek**
Apr 20, May 18, Jun 15 (Th)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
First Floor Classroom

**Seton Northwest**
Apr 25, May 23, Jun 27 (Tu)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
3rd Floor Conference Room B

**UMC-Brackenridge/CEC**
Apr 26, May 31, Jun 28 (W)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
3rd Floor Boardroom or CEC

**Seton Smithville**
Apr 16 (Th)
2 Sessions: (11:30 am–12 noon) & (12:30–1 pm)
Conference Room II

**Seton Highland Lakes**
TBD (Th)
1 Session: 12 noon–12:30 pm
Location: TBD

**Seton Behavioral Health**
TBD (F)
1 Session: 12 noon–12:30 pm
Conference Room

**Seton Southwest**
TBD (W)
1 Session: 12 noon–12:30 pm
Surgery Lounge

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

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:

**SMC-Williamson**
2nd Thursday of the month. 11 am–2 pm
Location TBD

**Seton Northwest**
3rd Tuesday of the month. 1–3 pm
Conference Room C

**Seton Quarry Lake**
3rd Thursday, every other month. 11:30 am–1:30 pm
Tranquility Room

**UMC-Brackenridge**
3rd Friday of the month. 11 am–2 pm
4th Floor Conference Room

**Seton Administrative Offices**
Last Friday of the month. 11 am–2 pm
Location TBD

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), SMCM (one on each floor), SMCH (one on each floor), SAO (Room 105), and SSW (1st floor)
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

“Carry on the work of love.”
~ Sr. Jean Ann Wessleman

ARTIST’S WORK ON DISPLAY

March/April
Mindful Photography: The Painted Churches of Texas
Group Show

May/June
What is Written Inside
Sandra Martin
Meet the Artist: May 5 (F), 5:30–7:30 pm

BECOME A SETON COVE ENLIGHTENED HEART TODAY!