

**Sophia Inclusive Catholic Community
Invites You to Our Third Annual Weekend Retreat**

Friday Evening May 31 to Sunday Morning June 2, 2019

St. Marguerite's Retreat House
<http://www.csjb.org/st-marguerites-retreat-house.html>
**82 West Main Street
Mendham, NJ 07945
973-543-4641**

Neuroscience and Well-Being: How Spirituality Affects Our Health and DNA

Our spiritual habits affect our physical and emotional health in a variety of ways. We will explore recent findings in neuroscience showing how these spiritual practices slow aging in our cells, keep our brains healthy and nimble, reduce stress, and bring more health, happiness and compassion to our lives.

Retreat Facilitator



Anne Kertz Kernion

Owner/Artist of Cards by Anne and Author of A Year of Spiritual Companionship

Anne Kertz Kernion (BS in Environmental Engineering, Penn State; MA in Theology, Duquesne University; Certificate in the Science of Happiness, UC Berkeley; current graduate student in Positive Psychology, U. of Missouri) is the owner/artist of *Cards by Anne*, an inspirational greeting card company founded in 1986. Anne's cards are available online (cardsbyanne.com) and in hundreds of stores. For 14 years, Anne taught "Cross-Cultural Understanding of Religious Meaning" at Carlow University; for seven years, she was an adjunct professor at a local college in Pittsburgh, teaching courses ranging from Chemistry, Environmental Science and Nutrition, to World Religions and Ethics. Her book, *A Year of Spiritual Companionship* was published by SkyLight Paths in 2016. Currently, Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the country. A former Division 1 athlete, Anne now teaches a weekly yoga class and enjoys biking and hiking. Anne and her husband Jack currently live in Pittsburgh. They have 3 grown children and 5 grandchildren.

Agenda for the Weekend

Friday -

Arrive as early as 3:00 PM

6:30 PM

Dinner

7:30 PM

Welcome and Introductions

7:45 PM

Mindfulness: The Practice and Its Gifts: Lessons from Neuroscience, Spirituality and Positive Psychology

8:45 PM

Break

9:00 PM

Questions and Discussion

Night Prayer

Saturday -

8:30 AM

Breakfast

9:30 AM

Morning Prayer

9:45 AM

*Neuroscience and Well-Being:
How Spirituality Affects Our Health and DNA – Part One*

10:15 AM

Break

10:30 AM

Part Two

11:15 AM

Questions and Discussion

12 Noon

Chair Yoga

12:30 PM

Lunch

1:30 PM **Creative Project**
2:45 PM **Walking Meditation**
3:05 PM **Practices in Gratitude, Mindfulness, and Meditation**
4:15 PM **Quiet Time for Reflection**
5:00 PM **How Technology Affects Our Brains and Our Spirituality**
6:00 PM **Dinner**
7:30 PM **Prayerful Reflections and Final Thoughts**
8:15 PM **Social Hour**

Sunday - 8:00 AM **Breakfast**
 9:00 AM *Liturgy Led by Mike Corso*
 10:30 AM **Departure**

Cost per person: \$200 for the weekend retreat (2 nights, 5 meals)

 Make check payable to Sophia Inclusive Catholic Community

For more information:

 Contact Marie Hogarty at marie923119@optimum.net or 973-620-9352.

Directions to the St. Marguerite's Retreat House

**Route 287 SOUTH to MORRISTOWN first exit 36, County Route 510
(Morris Ave. Lafayette Ave, Ridgedale Ave.).**

Keep going straight, through stop light, under bridge and right onto Morris Ave. At next stop light, go straight into town following sign for County Road 510. Go around two sides of the Morristown Green (a park) and turn right onto WASHINGTON ST (this is Rt. 24 & 510).

Drive 7.5 miles to Mendham. Then go through two stop lights. 0.5 mile after 2nd light, road curves left. Make sharp left into Convent Drive by 40 speed sign and **Daytop sign (if you go past Daytop, you have gone too far).**

Go up the drive for 0.5 mile, then take right fork, drive through the woods to Convent (white building on left.)

St. Marguerite's Retreat House is the red brick building on the right.

Registration Form

***Neuroscience and Well-Being:
How Spirituality Affects Our Health and DNA***

Registration deadline is April 15, 2019.
Registering as early as possible will be much appreciated.

Please note any dietary restrictions you have here:

PLEASE PRINT ALL INFO LEGIBLY

Name(s): _____

Email address(es) : _____

Best phone number(s): _____

Mail this page with your \$200 per person check payable to Sophia Inclusive Catholic Community to

**Colleen Walsh-White
20 Wilson Place
Newton, NJ 07860**