



## Spirituality Programs

When: The Second Wednesday of each Month

Where: St. Clare Campus– Schervier Hall  
60 Compton Road, 45215

Time: 6:30 pm to 8:00pm

For More Information Call: 513-761-9040 Ext. 101

Email: [office@franciscansistersofthepoor.org](mailto:office@franciscansistersofthepoor.org)

### September 11, 2019 Twelve Truths Learned From Life—Jo Koch

A few days before she turned 61, writer Anne Lamott penned everything she “knew for sure.” Her “12 Truths” nuances the complexity of being a human living in a confusing, beautiful, emotional world, offering her characteristic life-affirming wisdom and humor on family, writing, the meaning of God, death and more. Together, we will engage in a deeper understanding of Anne’s truths and how they can be life changing for us. Join us for the deeper dive and expansive conversation that goes to the heart of the “12 Truths.”

### October 9, 2019 Living From Your Soulful Self

**Joanne Schuster, SFP**

Join us as we deepen the awareness of ourselves as Spirit and body. Discover the intricate relationship shared by both that affects us as a whole. Learn how your body holds blocked energy which prevents the Spirit from flowing to and through you. Recognize your body triggers that indicate when the Spirit is blocked. Learn how breath work releases blocked emotions and creates new circuits that allows the flow of the Spirit in your life, work and play.

### November 13, 2019 Advent– A Journey Into God

**Barbara Fiand, SND**

We will spend our time together pondering the mystery of God’s Love, who gave God’s Self to us fully in the person of Jesus, in order to reveal to us what God’s priority is for all of us. The Advent Call at the beginning of our liturgical year is for all of us to be “divinized,” – to enter into the Christ-event, so that on Christmas day, and beyond, we can experience our oneness with the Holy-One anew, and live that sacred union for the rest of our lives.