

## Firstfruits Registration Form

\_\_\_\_\_ **Soup Dinner 5:30-6:30**

**Evening, Nov. 7 6:30—8:15**

5:30—6:30 Check-In

6:30—6:45 Music/Welcome

6:45—8:15 Check if you are attending:

\_\_\_\_\_ Grief, Loss, and the Holidays  
(Ann Marie Uselmann)

**Morning, Nov. 8 9:30—11:15**

9:00—9:30 Check-In

9:00—11:15 Childcare (FREE)(pre-regis. required)

9:30—9:45 Music/Welcome

9:45—11:15 Choose one:

\_\_\_\_\_ Literal to Mystical: a Franciscan Way to  
Conversion! (JoAnn Boss)  
\_\_\_\_\_ Mind Makeover (Ginny Starcken)

\_\_\_\_\_ **Lunch & Free Time 11:15-1:00**

**Optional Mini-Sessions (\$10):**

\*\*Space is limited to specific time slots. **Signup online** for any of these sessions or **call or email** Joan Carey at 262-271-7859 or Firstfruits.Joan@gmail.com on a first-come basis.

\_\_\_\_\_ **Individual Spiritual Direction** with  
Mary Janowak (12:00 or 12:30 -- 25 mins  
each)

\_\_\_\_\_ **Conv. with Hospital Chaplain** with  
JoAnn Boss (11:45 or 12:15 -- 25 mins each)

\_\_\_\_\_ **Chair Massage** with Pam Poglisch  
(11:15-1:00 -- 15 minutes each-7 slots)

**FREE Opportunities:**

\_\_\_\_\_ **Power Beads** (weather permitting)  
(FREE) (11:45-1:00)

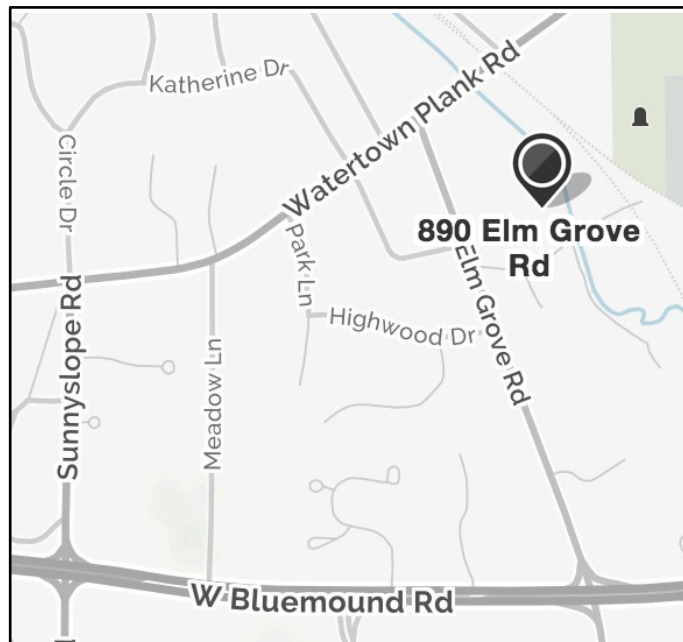
\_\_\_\_\_ **Prayer Partners** with Thelma Walker  
(FREE) (11:45-1:00 -- 15 mins each-3 slots)

**Afternoon, Nov. 8, 1:00—2:30**

Check if you are attending:

\_\_\_\_\_ Mining the Meaning of Our Lives:  
Theological Reflection as Prayer (Mary  
Janowak)

**Location:** 890 Elm Grove Rd,  
Building 2, Suite 6  
Elm Grove, WI



### **Registration Options:**

- Register online at [www.firstfruits.info](http://www.firstfruits.info)
- Turn in or mail paper registration form to  
Firstfruits  
890 Elm Grove Rd  
Village Court  
Building 2, Suite 6  
Elm Grove, WI 53122
- Contact Joan Carey at 262-271-7859  
or email [Firstfruits.Joan@gmail.com](mailto:Firstfruits.Joan@gmail.com)

**Payment due upon arrival on day of event. At this time we only accept cash or checks on site.**

## A Gathering of Women



**Nov. 7-8,  
2018**

**Mini-Retreat**

**Firstfruits  
Faith Center**

890 Elm Grove Rd

Village Court

Elm Grove, WI 53122

262-271-7859

[www.firstfruits.info](http://www.firstfruits.info)

## WELCOME!

We're so glad you'll be joining us for a Firstfruits mini-retreat. The session times are:

- Wednesday Evening: 6:30-8:15pm
- Thursday Morning: 9:30-11:15am
- Thursday Afternoon: 1:00-2:30pm
- Optional Thursday Mini-Sessions: 11:15am-1:00pm

Register for some or all four sessions. In between sessions, come relax in the Kiwi-Café with a cup of coffee and a variety of homemade goodies. You are also welcome to join us for a lunch (Thursday 11:15-1:00) and/or soup dinner (Wednesday 5:30-6:30).

## Offering Descriptions...

**Grief, Loss, and the Holidays** ~ For many of us, the holiday season is filled with special memories and traditions. For some of us, though, they can be a time of stress particularly after a loss. Loss can come in so many different forms; loss of a loved one, divorce, retirement, empty nest, to name a few. Grief is difficult any time of the year. It can be that much more difficult during the holiday season. Join Ann Marie Uselmann, MSW as she helps guide a conversation on the many areas one might experience loss and the common reactions to losses. Additionally, she will share practical tips and suggestions for reducing stress and creating meaningful memories during the holiday season.

*Ann Marie Uselmann*

**Mind Makeover** ~ Do you worry about the health or safety of family or friends? Are you stressed about financial issues? Do you get frustrated when something messes up your plan for the day? Based on excerpts from Fr. Thomas Keating, this presentation will teach you three emotional programs for happiness. Learn to laugh at yourself as you recognize negative patterns and decide to find the joy in life!

*Ginny Starken,  
Owner of Motivating Mindsets, LLC*

## Offering Descriptions...

**Literal to Mystical: a Franciscan Way to Conversion!** ~ St. Francis literally wanted to live a way of life as proclaimed by Jesus Christ. Francis became the "prayer" he prayed and became the "instrument" of peace he preached and lived.

In fostering this deeply personal relationship with the humanity and divinity of Jesus, Francis courageously extended into the world his awareness, his enlightenment, his mission and ministry. How do we build such a relationship with Jesus and move into our secular worlds? This conversion can start with the unconditional acceptance of Trinitarian Love which Jesus taught in serving the less, the lost, and lonely in their material or spiritual poverty. Join me as we look closer at this amazing movement from the literal to the mystical moments of "universal" love.

*JoAnn Boss, BCC Board Certified Chaplain,  
National Association of Catholic Chaplain*

**Mining the Meaning of Our Lives: Theological Reflection as Prayer** ~ Someone once said, "We live life forward, but we understand it backward." Wise people become that way by learning from the experiences of their lives, and those with spiritual wisdom have done so in dialogue with their faith tradition. Engaging fully the questions of our lives (and reveling in the blessings) can teach us so much if we are tuned in. That's what our pray lives should be, but who has taught us to do that?

*Mary Janowak, M.A.P.S., St. Francis Seminary  
Certified Spiritual Director, Creighton University*

**Power Beads** ~ Weather permitting, join us in a walk around Elm Grove Park as we recite the rosary.

**Spiritual Direction** ~ Find out what Spiritual Direction is and if it is for you. Trained listeners will help guide you on your spiritual path.

**Conv. with a Hospital Chaplain** ~ Find comfort and wisdom as you face the challenges associated with your illness or that of someone you love.

**Prayer Partners** ~ "Where two or more are gathered..." find the presence of God as you pray in partnership with another.

## Firstfruits Registration Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_

Parish: \_\_\_\_\_

- FREE Childcare needed for Friday morning (9:00-11:15) **(pre-registration required)**  
Names and ages of children:  
\_\_\_\_\_  
\_\_\_\_\_

Registered for \_\_\_ session(s) \$\_\_\_\_\_  
(\$15/session)

Registered for mini-session(s) \$\_\_\_\_\_  
(\$10/mini-session)

Lunch (11:15-1:00) (\$7) \$\_\_\_\_\_

Soup Dinner (5:30-6:30) (\$7) \$\_\_\_\_\_

### Are you a Firstfruits Member?

Members take half off of total (50% off) - \$\_\_\_\_\_

**Total enclosed** \$\_\_\_\_\_  
**Payment due upon arrival on day of event.**

(Please make checks payable to **Firstfruits**.)  
(At this time we only accept cash or checks on site.)

**Thank You for registering!**