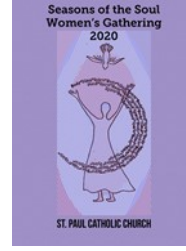




**SEASONS OF THE SOUL  
MARCH 21, 2020  
WOMEN'S GATHERING  
8 A.M. to 4:00 P.M.**



Select ONE Workshop per Gathering

**1st Gathering—9:45-11:00 a.m.**

- \_\_ Party of One ~ Solitude throughout the Seasons  
~ Bonnie L. Abadie ~
- \_\_ Self-Care & Healing  
~ Julie Louviere ~
- \_\_ Spiritual Life of Women  
~ Sr. Norma Pimentel ~
- \_\_ La Vida Espiritual de la Mujer  
~ Sr. Guadalupe Ramirez ~

**\$25 Per Person  
Includes Lunch  
@ 12:30 p.m.  
Scholarships  
Available**

**2nd Gathering—11:15 -12:30 pm**

- \_\_ Why be Compassionate?  
~ Sally Gomez-Jung ~
- \_\_ The Different Phases & Stages of Motherhood  
~ Michelle Ruiz & Anna Marie Ramirez ~
- \_\_ Reaching Professional Success Rooted in Faith  
~ Dr. Maribel Larraga ~
- \_\_ Alcanzar el éxito profesional enraizado en la fe  
~ Lupita Valdez ~

**Third Gathering 1:45—3:00 pm**

- \_\_ How do we Embrace our LBGQT Sisters?  
~ Judith Posten ~
- \_\_ Exploring the Life & Charism of Sr. Angela Merici  
~ Sr. Karen Schwane, OSU ~
- \_\_ Mothers at Heart ~ Alma Mendez ~
- \_\_ Perdonandome a mi misma ~ Sr. Luz Moreno ~

PLEASE SEE BACK OF PAGE FOR GATHERING DESCRIPTIONS

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ Zip Code \_\_\_\_\_

PHONE # \_\_\_\_\_ EMAIL \_\_\_\_\_

- PLEASE CHECK: I am  Married  Divorced  
 Single  Widowed  
 I am  20-30 yrs.  31-40 yrs.  
 41- 50 yrs.  51-60 yrs.  
 61-70 yrs.  70 & over

I would like to purchase  
 \_\_\_ 2020 Women's Gathering  
 T-Shirt—\$15.00  
 Size \_\_\_\_\_  
 \$18.00 for XXL/XXXL

**For Office Use Only:**  
 Date \_\_\_\_\_  
 Gathering Fee \_\_\_\_\_  
 \$25 per person  
 T-Shirt(s) \_\_\_\_\_  
 \$15 (\$18 for XXL/XXXL)  
 Total Amount Paid \_\_\_\_\_  
 Check # \_\_\_\_\_ Cash \_\_\_\_\_  
 Received by \_\_\_\_\_

Please fill out one registration form per person and return ENTIRE FORM with \$25 to:

St. Paul Community Center

1201 Donaldson, San Antonio, TX 78228 Attention: Women's Gathering

Checks made out to: St. Paul Catholic Church

For Scholarship information contact: Virginia Valenzuela—(210) 733-7152, ext. 123

vvalenzuela@saintpaulsa.org ~ <https://saintpaulsa.org/2020gathering>

**SEASONS OF THE SOUL**  
**WOMEN'S GATHERING**  
**MARCH 21, 2010**  
**WORKSHOP DESCRIPTIONS**

**1ST Gathering—9:45-11:00 A.M.**

**Party of One ~ Solitude throughout the Seasons**

~ **Bonnie L. Abadie** ~

What is the difference between Solitude and Loneliness? In this workshop, participants will explore both realities through story and poetry leading to an appreciation of singleness as wholeness in every season of a woman's life.

**Self-Care & Healing ~ Julie Louviere**

Attitude is the smallest thing that makes the biggest difference.

**Spiritual Life of Women ~ Sr. Norma Pimentel**

Exploring the spiritual life of women of all Seasons!

**La Vida Espiritual de la Mujer ~ Sr. Guadalupe Ramirez**

Una reflexión sobre la integración de las experiencias de la vida de la mujer, su oración, aspiraciones, y vocación en el mundo de hoy que la llevan a una vida feliz y fructífera con Dios y con todos a su alrededor, y toda la creación.

**2nd Gathering 11:15 A.M.-12:30 P.M.**

**Why be Compassionate? ~ Sally Gomez-Jung**

Our baptism calls us to live our lives as Jesus did (caring in his encounters with outcasts and outsiders, restoring people's dignity and seeing people as God sees them). It is a challenging way to live and it takes practice every day and in all that we do.

**Different Phases & Stages of Motherhood**  
~ **Michelle Ruiz & Anna Marie Ramirez** ~

Motherhood is ever-daunting no matter in what stage we find ourselves. This is a time to gather to learn and support each other as mothers at all different stages of our God given blessings.

**Reaching Professional Success Rooted in Faith**  
~ **Maribel Lárraga, Ph.D.** ~

Being a professional woman and a woman of faith is not separate. We will explore and discuss ways of growing professionally grounded in our own faith and spiritual journeys.

**Alcanzar el éxito profesional enraizado en la fe**  
~ **Lupita Valdez** ~

Ser una mujer profesional y una mujer de fe no está separada. Exploraremos y discutiremos formas de crecer profesionalmente basados en nuestra propia fe y viajes espirituales.

**3rd Gathering—1:45-3:00 P.M.**

**How do we Embrace our LBGQT Sisters? ~ Judith Posten**

Learning how to better live out our call as baptized Catholics in extending a welcome to our LBGQT sisters with respect and sensitivity.

**Exploring the Life & Charism of Sr. Angela Merici ~ Foundress of Ursuline Sisters**  
~ **Sr. Karen Schwane, OSU** ~

Explore the life and charism of St. Angela Merici, foundress of the Ursuline Sisters, who left an indelible mark on history. Though Angela's words are based in 16th-century Italian Spirituality they are applicable to our own time. The session will include a power point presentation, sharing some of Angela's writings, group interaction, and reflective conversation with other Ursuline Sisters.

**Mothers at Heart! ~ Alma Mendez**

Being a mother is something that may be woven into the fabric of many women. Where do you put that mothering instinct when you are unable to have your own children? And especially, what do you do on Mother's Day, when everyone else is celebrating, and the identity that you have felt in your heart has either gone unrealized, or has been taken from you? The role of mother and child is all about *relationship*. We cannot choose what life brings us, but we can choose what we do with the time we have been given.

**Perdonandome a mi misma ~ Sr. Luz Moreno**

No te agrada tu relación contigo misma! Te sientes vacía y sin ánimo! Te cuesta trabajo relacionarte con la jente! No sabes cómo perdonarte a ti misma! En esta conferencia te ofrezco una salida a tus dudas, ven y te sentirás libre de ataduras innecesarias.