

# *Growing & Nurturing Adult Spirituality: Partnering with God to Nurture Ourselves and Others*

*with Nancy Reeves and Linnea Good*



**Thursday, February 16, 2012**

**1:00 p.m. to 4:00 p.m.**

**7:00 p.m. to 9:00 p.m.**

**St. Boniface Cathedral Hall**

**190 de la Cathedrale Avenue (use South entrance to Hall)**

**Cost \$15.00 per session**

**(\$25.00 if attending both sessions)**

**Register by Monday, February 13th, 2012**

**Contact: [khrizai@archsaintboniface.ca](mailto:khrizai@archsaintboniface.ca) 237-9851 ext.235**

## **Afternoon Session (1:00 p.m. to 4:00 p.m.)**

Through story, song, personal reflection, prayer and discussion, we will focus on the ancient wisdom and psychological value of being a spiritual seeker, including such topics as: living faithfully through loss and change, cultivating virtues and ways to deepen our relationship with God.

## **Evening Session (7:00 p.m. to 9:00 p.m.)**

Again through story, song, personal reflection, prayer and discussion, we will focus on the needs of the spiritual seeker, including: balancing a focus on self and on others, understanding the spiritual needs of introverts and extroverts, and learning psychological insights and spiritual wisdom about deepening our relationship with God. Though a continuation of the afternoon's theme, this session can be a stand-alone event for participants.



**Linnea Good** is a singer/hymn writer and leader in the fields of music, worship, biblical storytelling and all ages worship styles. She has a Master of Religious Education degree with a focus on music as tool in

Christian Education. Her latest CDs "Swimmin' like a Bird" and "Momentary Saints" were nominated Children's and Gospel albums of the year by a variety of Canadian music associations.

**Dr. Nancy Reeves** is a psychologist, psychotherapist, spiritual director, best-selling author, and published poet. She works extensively in the areas of healing, loss and transformation and spiritual discernment. An international presenter, she is known for her heartwarming stories, practical information and lively way of presenting. Nancy and Linnea have received awards from the North American Catholic Press Association and Canadian Church Press Association for their column on Children's Spirituality in Celebrate! Magazine.



**Presented from the Archdioceses of Winnipeg and Saint Boniface Offices of Catechetics**