

Four great reasons to attend...

BREAK-OUT SESSIONS

- **Rosary + Stations of the Cross**

The Scriptural Rosary will take place at the grotto*. The mysteries of the Rosary are based on passages from the bible. Meditating on the scripture passages of the Rosary leads one to encounter a certain sense of serenity. / The Stations of the Cross will take place in the Pecan Grove.* Participants may take turns contemplating each station with a reading and a scriptural reflection.

**In case of inclement weather, the Stations and Rosary will take place in St. Joseph's Chapel.*

- **Yoga & Prayer**

Yoga is a discipline used to calm the mind and body to bring the spirit to prayer. In this session, we will combine yoga movements with moments of prayer. Poses will be modified to accommodate ability levels; overall easy and gentle. The instructor has practiced yoga since 2002 and is a certified instructor. Please bring a yoga mat if you own one (instructor has a limited number). You will be asked to sign a liability waiver.

- **Traditional CDP Songs**

Many beautiful songs and hymns were composed by our Sisters. In this session we will introduce you to a number of those, such as *Beate Moye* and *Mother of Providence*. This session will be informative and engaging as we learn and sing traditional songs and hymns of our beloved CDP Sisters.

- **Creative Meditation**

Take time to reflect on your spirituality with artistic creative opportunities to: create a collage, decorate a wooden cross, journal, and write poetry. Sometimes, we just need ME time while listening to relaxing music to let our creative juices flow that allows us to express ourselves artistically in an environment conducive for personal growth. Join in the quest to grow as a person; we all have artistic capabilities we just need opportunities to unleash those talents. In the words of Thomas Merton, "Art enables us to find ourselves and lose ourselves at the same time."

REMINDER: Each 40 min. session will be repeated to allow the opportunity to attend two different sessions. Indicate your preference and send it in to reserve your space in order to ensure we have plenty of supplies.



Opening our arms
to the joy and
suffering in all
creation

**2017-2023 CDP Chapter Statement*

EIGHTH ANNUAL ASSOCIATES CONVOCATION

Saturday, March 3, 2018

9:00 a.m.-4:00 p.m.

Our Lady of the Lake Convent

Regan Community Room

RSVP: (210) 587-1105 or

associates@cdptexas.org

