



Still celebrating our 20th Year!

~ 10:45-11:45 am in Daniels Hall ~

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March 17 – Second Sunday in Lent

“Some new ways to journey through Lent this year”

with Bernie DeBoer and Jane Clare Ishiguro

**Lightening your load: Lent is an opportunity to evaluate how our lives are going. Part of that might be discerning what you need to build upon and what you can let go of. We will present some ways to approach “upsizing” as well as “downsizing”.

**Nested meditation: a simple and heartfelt way of praying that lets the soul speak.

Bernie DeBoer is a member of Good Shepherd long involved in many adult formation activities. A retired RN, she completed the Casa Romero/Cardinal Stritch University, Spiritual Mentoring program and the Marquette U. Parish Nurse program. She identifies as a pilgrim on a continuous spiritual journey. Jane Clare enjoys serving as Pastoral Associate for the Good Shepherd Community of Care; she too is a continuous seeker, a retreat leader and spiritual guide.

March 24 – Third Sunday in Lent

“The Radical Optimism of a Fig”

with Virginia Stone, BVM

The fig tree has deep roots in our biblical story. We will explore the health of these roots and our care of them in our time.

Sr. Virginia is a Spirituality Consultant in the Milwaukee Archdiocese. She also facilitates small groups and meets with persons individually.

March 31 – Fourth Sunday in Lent

UrbanInitiativeMKE- Walking the Talk in Urban Ministry

with Anne Haines

Milwaukee is a city of great gifts and great challenges. Come find out about some of the new initiatives that the Archdiocese of Milwaukee has embarked upon in the central city of Milwaukee. Learn how we can answer the social justice call of the Gospel by working and walking together so that all can reach their God given potential and realize their inherent dignity.

Anne Haines is executive director of UrbanInitiativeMKE (Urban Ministry) and an episcopal representative for the Archdiocese of Milwaukee. She has a BA in History and Philosophy with a minor in Sociology, a Secondary Education Teaching Certification and a Masters in Religious Studies. Anne has worked in urban education and also has a long history of engagement in social issues and social activism on behalf of the unborn, the poor and the marginalized.