



ST. JOSEPH SPIRITUALITY CENTER CASE FOR GIVING

Spirituality can be a powerful and important source of strength when obtained through the blessings of grace to restore each person to his own dignity as a child of God to enjoy God's abundance.

Our center offers acceptance of God's abundance as reflected in our vision and mission.

Mission

Awakening and deepening spirituality to impact our world

Vision

To offer a welcoming space of spiritual transformation visible in a community united in love.

Our core values are centered around the charism of the Congregation of St Joseph Sisters

- Work toward transforming the culture of power, privilege and violence, to a culture that embraces diversity and welcomes the gifts of all.
- Exercise personal and collective leadership to bring about a more just and peaceful world.
- Collaborate with others to change societal systems of injustice, oppression and poverty.
- Take steps to strengthen, heal and renew ourselves and our communities.

History

-- In 1984, at the request of a group of women to Sister Lydia Champagne (Peter) to focus on helping bring spirituality into their and other lives, the Center began. Starting with bible study groups and retreats, the reputation of the restorative culture of these gatherings spread throughout the community as a pathway to fill a void not being addressed elsewhere. Once bible studies, retreats and weeklong missions became available in our churches, the Center took on a new focus under the leadership of Sister Kathleen Babin.

-- Since 2000, the focus has been on spiritual direction, where people of all faiths come together individually or in groups to meet with trained spiritual directors and share their personal journey toward a spirit-filled life. In 2000, the Center was granted its non-profit 501(c)3 status and Sister Cynthia Sabatier assumed the Executive Directorship.

-- In Summer 2012, following several years of review and planning, the first lay Executive Director, Dianne Hanley, was hired and the Board Directorship was opened to lay persons. The charism of spiritual development continued with a deeper focus on reaching out to all.

-- In 2016, the mission of the Center was broadened to be more inclusive and outreaching, as stated, "Awakening and deepening spirituality to impact our world". Retreats and spiritual direction were offered in Spanish. Expanded hours were offered for working participants. The Center, with cooperation from several parishes, began to offer spiritual direction in parish halls and other off-site locations. Programs developed that encouraged the spirituality of those who worked for systemic change.

-- In 2017, the first Word and Deed program began as an outgrowth of the connection between spirituality and one's response in the world, continuing the commitment to social responsibility.

One participant shared, “...the Busy Person’s retreat was very beneficial to my prayer life and my relationship with God. I was given practical tools on how to pray, something that I have struggled with my whole life. This retreat was a catapult for me and I have continued it in my daily life since...”.

About Us

The purpose of the Center is to promote religious education and the spiritual development of adults. This includes activities that foster the wholeness and holiness of the human person, which leads to a deepening and effective consciousness of the role of the Christian in the world. Our offerings include retreats, workshops, personal and group spiritual direction, and peer supervision.

The mission of St. Joseph Spirituality Center is rooted in the mission of Jesus Christ, the same mission which continuously unfolds in the Church and in the world: “That they all may be one as you, Father, are in me and I in you; I pray that all may be one in us” (John 17:21). From its mission, interpreted through the charism of the Congregation of the Sisters of St. Joseph, women and men desirous of a life of faith, prayer and service come together throughout our community, with Ignatian Spirituality as the context for its offerings.

Furthermore, following the suggestion of Pope Francis, “We must strive to ask for grace to create a culture of encounter that restores to each person his own dignity as a child of God - the dignity of a living person”.

“Each time I participate, my faith is both encouraged and strengthened...I really enjoyed the guided Ignatian meditation we did last night. I actually used it with my kids this morning... I use the compassion exercise with my students”, shared a Word and Deed program participant.

Meeting Important Individual and Community Needs

Research shows over and over that if you cultivate a warm, loving connection with the Divine and with a community of like-minded people, it makes a huge difference in the quality of your life. As one researcher puts it, “Spirituality is an important, multidimensional aspect of the human experience that is difficult to fully understand or measure using the scientific method, yet convincing evidence in the medical literature supports its beneficial role in the practice of medicine.”

Spirituality can be a powerful and important source of strength. It is recognized as a factor that contributes to health in many persons. The concept of spirituality is found in all cultures and societies. It is expressed in an individual’s search for ultimate meaning through participation in religion and/or belief in God and family.

Benefits of Spiritual Practice

According to the latest studies, people who report some sort of spiritual practice are more likely

- To live longer with spiritual energy to cope with life's problems
- To gain higher levels of peace and happiness about one's direction in life
- To be more committed to romantic partners and spiritual companions
- To promote the healthy development of their children
- To cope better with the death and illnesses of a loved one
- To have lower risk of depression and suicide and a greater sense of spiritual freedom

How You Can Support the St. Joseph Spirituality Center

Our vision is unifying. We are inviting you to invest yourselves through the resources that God has given you – your energy, your prayers, and your financial treasure – in this vision.

Through your support of our Annual Giving Campaign, you ensure the continuation of services and programs for participants that awaken and deepen their spirituality to impact our world. Your generosity also helps those who may not be able to afford the services offered by the Center.

“I found the retreat to be most beneficial. I am at a transitional place in life – aging, downsizing, moving, and entering a new phase. My director helped me see the turmoil I am experiencing as normal and to ask for the graces I need to go forward...I am excited and motivated to enter this new phase with spiritual support and the wisdom of the Spirit available to me. Thank you for offering this experience.”



Let's realize God's abundance together that all may be one, as "those who need money and those who give money meet on the common ground of God's love." Henri Nouwen