



Parish Health Ministry

Institute for Maturing Spirituality

ERH Parish Health Ministry is delighted to subscribe to a series of webinars through the Martin de Porres Center's Institute for Maturing Spirituality in Columbus, Ohio. The 2013 Spring/Summer series is geared toward faith communities, health centers, and senior residences. The subscription allows ERH Parish Health Ministry to bring live presentations with dynamic, nationally recognized speakers to our partnering churches in Greater Cincinnati. These seminars address topics of mind, body, spirit health and healing, and include such topics as, "Learning the Art of Inner Healing," "The Journey through Grief," and, "Are We Too Old to Dream?"

Reservations are required. To register, contact Holli at 272-5555 ext. 4285 or hstevenson@erhinc.com.

The first presentation in the series, Learning the Art of Inner Healing, was introduced during the Greater Cincinnati Network Meeting on April 30th. The following are details on the rest of the series:

THE JOURNEY THROUGH GRIEF

Presented by Mauryeen O'Brien, OP

Thursday, May 9 | 1:45-3:45 PM

Location: ERH large conference room, 3870 Virginia Ave., Cincinnati 45227

Refreshments provided

Cost: Free

If we have ever taken the special risk to invest care and concern and love in another person, we will never be exempt from making that difficult journey through the grieving process if that person dies. Somehow we will find that grieving is the price we pay for loving. This presentation will examine the process we go through after the death of a loved one. It will help us understand our feelings and expectations and give us an opportunity to seek answers for the many questions we are sure to have.

Sister Mauryeen O'Brien, OP, is coordinator for ministry to the bereaved, separated and divorced for the Archdiocese of Hartford, CT. Certified in bereavement and divorce counseling and facilitator training for support groups and seminars for the bereaved and divorced, she has published several books related to her ministry, including *Praying through Grief*, *Gentle Keeping*, *Lift Up Your Hearts*. Sister Mauryeen, a member of the Dominican Sisters of Peace and a graduate of Notre Dame University, has received several awards and recognitions for her commitment and service to those who mourn.

ARE WE TOO OLD TO DREAM?

Presented by Frances C. Frazier

Thursday, June 6 | 1:45-3:45 PM

Location: To be determined

Refreshments provided

Cost: Free

Asking if we are too old to dream is like asking if we are too old to hope. Embracing the words of Isaiah (40:31), "They that hope in the Lord will renew their strength, they will soar as with eagles' wings," we believe that we are never too old to hope and it is never too late to dream. In older adulthood, the temptation to sacrifice our dreams to those of others and transfer our hope to the accomplishments of young people may rob us of opportunities to reach the fullness of our God-given potential. This presentation will encourage us to dream for ourselves and to realize God's promise through Isaiah for those who hope—"They will run and not grow weary, walk and not grow faint."

Frances Curtis Frazier, facilitator and consultant, is a native of Philadelphia with a master's degree in learning disabilities and behavioral disorders from The Ohio State University. An ardent advocate for women's transformation, she is a national speaker in this area, with expertise in presenting creative and insightful approaches to issues of high sensitivity. An active member of her Columbus community, she was appointed by the Mayor of Columbus as a commissioner for the Community Relations Commission. Her many awards and recognitions include the "Living Faith" Award from the Columbus Metropolitan Area Church Council.

To register, contact Holli Stevenson at hstevenson@erhinc.com or (513) 272-5555 ext. 4285.