



women
TRUSTEES
OF
humanity
ANNUAL WORKSHOP

NOVEMBER 22 - 24, 2019

Thirsting for Peace
Learning to live one moment at a time

Friday 7:30 PM - Sunday 2:00 PM

ARNOLD HALL CONFERENCE CENTER
One Randall St. Pembroke MA 02358

The spiritual and doctrinal formation of the programs at
Arnold Hall Conference Center are entrusted to Opus Dei,
a personal Prelature of the Catholic Church.

We live in a fast and distracting world, and tend to spend much of our time thinking about the past, worrying about the future, or immersed in the internet. We are not as free as we would like to to pay attention to others, to think and work deeply, to relax, or to pray. Yet inner freedom and peace are always available in the present moment, if we know how to discover them. This practical workshop - led by faculty with expertise in neuroscience, psychology, education, and Christian spirituality - is designed to give attendees the skills they need to find and maintain peace of heart in the midst of busy lives. Attendees will learn to:

- Understand the value of non-judgemental awareness of the present moment as the doorway to peace, love and prayer
- Handle negative emotions like anxiety, insecurity and anger more effectively
- Recognize and let go of thought patterns that lead to unhappiness
- Act freely, because they "want to" not because they "have to"
- Educate children in good habits of mind that will help them thrive

As always, there will be plenty of time for small group discussion and personal reflection.

Friday Nov 22	Cultivating Inner Freedom in an Age of Distraction - Jenny Driver, MD
Saturday Nov 23	Mindfulness Workshop - Kate Schell
	Emotional Agility - Adrienne Fournier and Stephanie Devaney
	Panel Discussion
Sunday Nov 24	Habits of Mind and Heart: Educating Children in Freedom - Deborah Farmer Kris, PhD

Fee: \$225.00
REGISTER ONLINE AT
www.arnoldhall.com

For information about the program contact:
Jenny Driver
Jenny.Driver@gmail.com
617-771-7421