

Decisions! Decisions!...

And the transitions that follow

- A Charis Retreat Day -

Decisions shape every aspect of our lives; but making a choice is only the beginning. Any decision, good or bad, is always followed by a necessary period of transition. Whether we are moving, changing jobs, leaving school, or starting a new relationship, every transition begins with an ending of the way things were.

Whether we are overjoyed or overwhelmed as a result of our decisions, there can be confusion, uncertainty, excitement and energy around the unknown. This retreat will share with you the tools you can use to move forward through your transition.

Take time to fill up your soul and open your heart to what lies before you. Be inspired by others in their 20s and 30s who will share their own experience of transition and how their Catholic faith sustained them.

- Two opportunities to attend -

OCTOBER 27th

9:30 a.m. - 5:00 p.m.

St. Edna Catholic Church
2525 N. Arlington Heights Rd.
Arlington Heights, IL 60004

\$40/person or \$35/pp
when registering 2 or
more at the same time.

After 10/19, \$50/person

[| Click here to Register |](#)

NOVEMBER 10th

9:30 a.m. - 5:00 p.m.

Old St. Mary's
1500 S. Michigan Ave.
Chicago, IL 60605

\$40/person or \$35/pp
when registering 2 or
more at the same time.

After 11/2, \$50/person

[| Click here to Register |](#)

- Questions? -

773.508.3237 - charis@charisministries.org

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ONE day.
TWO dates.
YOU decide.

oct 27: arlington heights
nov 10: chicago

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A Charis Retreat Day

Charis Ministries

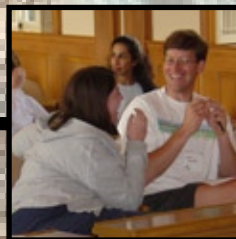
1400 W. Devon Ave. Box 415

Chicago, IL 60660

CharisMinistries.org

charis@charisministries.org

P: 773.508.3237 | F: 773.508.2844



[October Registration!](#) | [November Registration!](#)

Retreat Information:

- Plan to attend this retreat day -

All those married or single in their 20s and 30s are invited to this retreat. Following time listening to others share their personal experience of transition, take time on your own to reflect on what you have heard, what has inspired you and where you are at in your own life. You will be given a few questions to help guide your reflection time.

Following the reflection time you will have time for conversation as you join a small group of 5 or 6 others. In this group you are free to share as little or as much as you would like about yourself and your own experience of transition and faith.

Registration begins at 9:30am and the retreat starts at 10am. At various points during the day, everyone is invited to gather with the retreat team for prayer. Priests will be available to hear confessions during the afternoon. At 5pm, everyone will have the opportunity to gather with the St. Edna or Old St. Mary's parish community for Mass. We expect 20 to 30 people to attend this retreat day. We hope you will be joining us.

The retreat includes lunch on Saturday and ends just before the Saturday Vigil Mass. After Mass, anyone who is interested can go to dinner together at a neighborhood restaurant.

How do I register?

You can complete our online

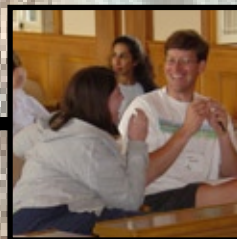
[- October registration form click here -](#)

[- November registration form click here -](#)

What if I can't afford the registration price?

Partial scholarships and installment payment plans are available until 11/19 (11/2 for the Nov retreat). Please call the office for information.

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Meet your retreat team!



Laura Antos was born in Milwaukee, WI and has lived in the Northwest Suburbs for most of her life. She is a member of St. Raymond de Pentafort church in Mount Prospect where she is a graduate of the Called & Gifted Lay Ministry program.

She is passionate about helping people live out their faith in the corporate world where she is a manager of Training & Development for McDonald's Corporation. She enjoys being a career coach and helping employees achieve their goals. Her interest in developing people has led her to pursue a Pastoral Counseling Masters degree at Loyola University this fall. Laura is a Bears fan and loves to watch the game live or on TV. She also likes to travel, play golf and enjoys going out with friends and family.



Lauren Gaffey is a member of St. Andrew's Parish on the north side. Originally from southern California, she braved the frigid Midwestern winters to go to school. She is a Notre Dame grad with a degree in Political Science and Theology and a Loyola University alum with a M.A. in Pastoral Studies.

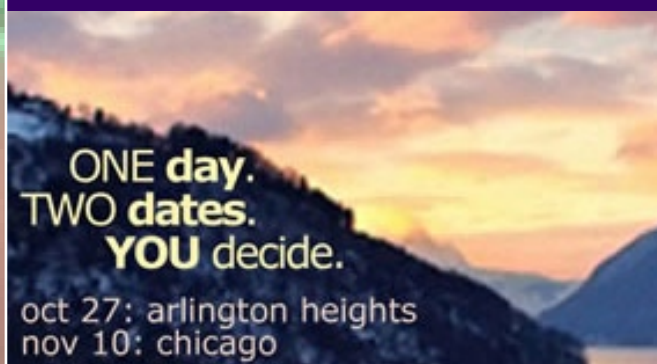
Not quite ready to leave the academic environment after graduating, she spent four years as a college campus minister before joining Charis Ministries as the Program Coordinator. Lauren loves being able to spend her time with fabulous young adults who live out their faith every day. She and her husband Jim live in Roscoe Village have an adorable Siamese cat. In her free time, Lauren enjoys going to the beach, reading, and spending time with friends.



Tricia Jalovec, a lifelong Midwesterner, moved to Chicago nearly ten years ago after attending the University of Wisconsin at Madison, and considers it "her kind of town." She regularly attends mass Old St. Pat's where she participates in a variety of volunteer activities

including Theology on Tap and, of course, the infamous Block Party! After attending her first retreat after college, she has since become a bit of a retreat connoisseur, including several through Charis Ministries. She hopes you will gain spiritual nourishment while on retreat that will sustain you throughout the winter months!

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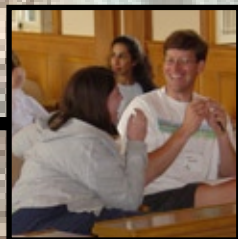
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Chris Penna hails from Washington, DC where his trend setting personality was shaped by the independent music scene of the Capitol City. It was there where his passion for social justice, music and education was fostered. Chris first encountered the Jesuit Spirituality at Xavier University where he received a dual degree in Theology and Political Science, while spending every moment of his free time in Campus Ministry and the Peace and Justice House. Inspired by his four years at Xavier, Chris has worked against the Death Penalty, taught high school World Religions, was a campus minister and now is delighted to be working at Charis Ministries.

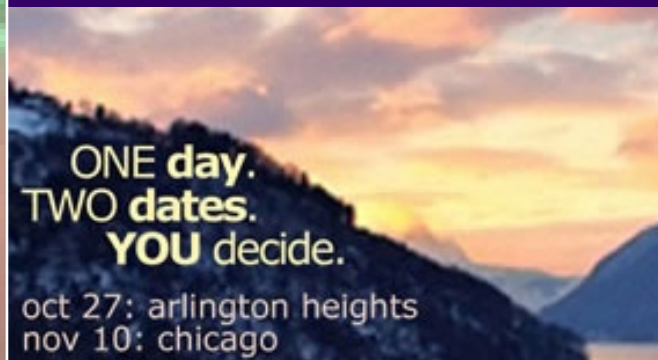


Fr. J. Michael Sparough, S.J. is a retreat master, storyteller, writer, and spiritual director and has published extensively on prayer and the sacraments. He holds a Master of Fine Arts in theater directing from Yale School of Drama and a Doctor of Ministry from St. Mary of the Lake in Mundelein, Illinois. He is a Lecturer at the Institute of Pastoral Studies of Loyola University. Fr. Michael has the ability to make the scriptures come alive through his heart-warming dramas, spirited preaching, and innovative approaches to spirituality.



Lynn G. Stasior, M.D. is a physician who is Board Certified in Internal Medicine and has a Masters Degree in Pastoral Studies. She practices medicine with a holistic approach and incorporates Mind/Body Therapies and Spirituality into her patient care. Lynn is the founder and director of Healthcare Healers, an organization that supports the health and wellness of healthcare professionals.

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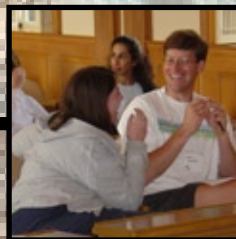
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October Registration! | November Registration!

- How to get there -

- October 27 -

Directions from Chicago to St. Edna

If coming by public transportation, take the Union Pacific-Northwest Metra Line to Arlington Heights and we will make every effort to arrange a pick-up for you at the station.

Please make sure you contact Charis by 10/17
(10/31 for the Nov retreat) so we can arrange this!

We also request that you plan accordingly to be on the [Union Pacific-Northwest](#) departing from downtown (Ogilvie Station) at 8:30am & arriving in Arlington Heights at 9:16am to assist us in arranging rides most effectively. Plan to return to Chicago from Arlington Heights on the train departing Elgin at 6:32pm & arriving downtown Chicago at 7:23pm.



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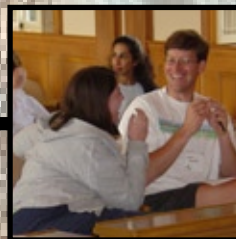
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- How to get there -

- November 10 -

Directions to Old St. Mary's

1500 S. Michigan Avenue, Chicago, IL 60605

To Old St. Mary's Church from the South (Springfield, IL)
Take I-55 north towards Chicago.

Take the Cermak Road exit (#293A) towards Chinatown.

Turn right onto W. Cermak Road/E 22nd Street.

Turn left onto S. Michigan and proceed north on Michigan Avenue.
The church parking lot will be on your left as you pass through
the traffic light at the 16th Street intersection.

To Old St. Mary's Church from the North (Milwaukee, WI)

Take I-94 east towards Chicago/Indiana.

Take the Taylor Street exit (52A) towards Roosevelt Road.

Turn left onto W. Roosevelt Road.

Turn right onto S. Michigan Avenue and proceed three blocks.

The church parking lot will be on your right.

To Old St. Mary's Church from the East (Grand Rapids, MI)

Take I-94 west towards Chicago/Niles.

Merge onto I-90 west.

Take the I-55 North/Stevenson Expressway/22nd Street Exit (#53C)
towards Lake Shore Drive. Keep left at the fork in the ramp.

Turn right onto W. Cermak Road. W. Cermak Road becomes E.
Cermak Road/22nd Street.

Turn left onto S. Michigan Avenue and proceed north on
Michigan Avenue.

The church parking lot will be on your left as you pass through
the traffic light at the 16th Street intersection.



- Public Transportation -

Bus - Old St. Mary's Church is on the route of the
CTA No. 3 Bus Line (King Drive) and the
No. 4 Bus Line (Cottage Grove).

Train - The Orange Line and Green Line (elevated)
and the Red Line (subway) stop at Roosevelt & State,
3 blocks north and 2 blocks west of the church.

For more information, contact the CTA (1-888-YOUR-CTA)
or the RTA (312-836-7000, no need to dial the area code if
within the regional service area).

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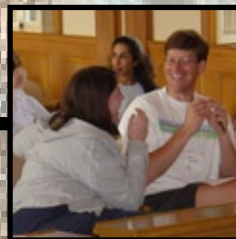
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October Registration! | *November Registration!*

Ignatian Spirituality for adults in their 20s and 30s