

Facilitator: Pat Francek

Date and Place: Wednesday, September 25th, 7-9 pm, in the East Wing

Title: The Gift Of Co-Imagining

Goal: This workshop invites us to a greater understanding and appreciation of our own unique spirituality and how it has supported us through life's challenges. It also provides the gift of co-imagining where, in a safe setting, opportunity for connection and community occurs as we share perspectives together on our spirituality and our life's journey.

Description: We begin by "calling us" together with the use of drums, rattles and other musical instruments. Then through an experience in guided meditation, we intend to create a safe space within which to reflect and share. Through the use of the Visual Explorer, a set of images intended to spark imagination, we're invited to reflect silently and then share in small groups of 3 or 4 about an image that resonated with a challenging or transformational moment in each of our lives. Within this process, "surprise" and "magic" begin to happen-- Connection and Community can grow. We conclude by taking time to play with art materials and words, silently or expressed, to create a touchstone or take away from this evening. (The 6 word story is introduced...a fun way to say a little but signify a lot!)

Those who sign up are asked to bring a rattle, drum or other musical instrument, their cell phone and a pen or pencil with which to write.

Bio: Pat is a licensed clinical social worker who has a psychotherapy practice in Norwalk, CT. She is also an Executive Coach for the Center for Creative Leadership. Pat uses a strength-based approach to life and work (Appreciative Inquiry) that searches to discover and unleash the positive within people, families and organizations. She offers workshops and retreats for women. ("A Woman's Walk", "From Inner Whispering to Outer Creation") Pat's history includes being an educator and a Dominican nun. Here at TUCW Pat offers grief support groups as a pastoral care chaplain. She has been a member of TUCW since 2008 and deeply appreciates this community. Pat loves family life and the amazing joy of being a grandmother.