



SPIRITUALITY

2008-2009

St. Simon Catholic Parish fosters
Christ-centered discipleship through
lifelong spiritual formation, open sharing
of our gifts and active participation in our
Church, schools and greater community.

St. Simon Parish Mission Statement

THEOLOGY ALIVE!

Sunday Mornings / 10:15 am – 11:15 am / Simon Room
For All Adults



All are welcome to come enrich your faith as an adult and as a family! Presenters will explore current theological insights on faith, prayer, church, spirituality, morality and our call as disciples of Jesus. Presenters will be our priests, a variety of adult catechists, S. Kathleen Hanley, RSM and S. Rebecca Shinas, OP. S. Kathleen, our Director of Religious Education, has the children in their classes at the same time. Email her at khanley@stsimon.org if you are interested in enrolling your children! Childcare provided, also.

FALL SESSIONS 2008

- Sun Sep 28 Why Do We Need Church?
- Sun Oct 12 We Are the Body of Christ
- Sun Oct 19 Prayer and You: The Inborn Hunger of God
- Sun Oct 26 Mary: The Mother of God and of the Church
- Sun Nov 9 The Liturgy is the Work of the Trinity
- Sun Nov 16 Ways to Pray & Obstacles to Prayer
- Sun Nov 23 What Happens at the End of Life?
- Sun Dec 14 Meeting God in Prayer
- Sun Dec 21 How Am I Made in God's Image?

SPRING SESSIONS 2009

- Sun Jan 4 Baptism: How We Begin Life in the Church
- Sun Jan 11 You Are the Messiah
- Sun Feb 8 Forms of Prayer and Jesus' Our Father
- Sun Feb 22 "Saved By Hope" Pope Benedict XVI's Encyclical
- Sun Mar 8 What is Sin? Missing the Mark
- Sun Mar 15 How Does God Speak to Us in Prayer
- Sun Mar 22 Matrimony: Love Blessed and Celebrated
- Sun Mar 29 Why Did Jesus Suffer?
- Sun Apr 19 Living Together as a Global Community
- Sun Apr 26 Confirmation: The Spirit Strengthens Us
- Sun May 17 Living an Inspired and Guided Life in the Spirit

LIVING OUR RELATIONSHIPS IN FAITH

Wednesday Afternoon / 1:00 – 2:15 pm / Simon Room
For All Adults

Our faith draws us naturally into relationship and community.
Come and understand more deeply the gifts of diversity we share.

- Wed Oct 8 **Living Your Strengths in an Engaged Church**
Steve Clossick and S. Rebecca Shinas, OP
- Wed Nov 12 **The Four Seasons of Marriage**
Mikki Bazaruto-Greene and S. Rebecca Shinas, OP
- Wed Dec 10 **Reflection on “The New Earth” by Eckhart Tolle and
the Article of “The Four You’s” by Fr. Thomas Keating**
S. Rebecca Shinas, OP
- Wed Jan 14 **Feminine and Masculine Communication and Spirituality**
Fr. Warwick James and S. Rebecca Shinas, OP
- Wed Feb 11 **Celebrating Women in the Bible**
Julie Paavola and S. Rebecca Shinas, OP
- Wed Mar 11 **Forgiveness as a Lifestyle: the Core of Inner Peace**
S. Rebecca Shinas, OP



*S*aint Simon Community
is a welcoming, vibrant,
engaged parish where we
SERVE IN THE JOY OF JESUS
with outreach, compassion and justice!
COME AND JOIN US!

BUILDING OUR FAMILY RELATIONSHIPS

Saturday Mornings / 8:00 – 9:15 am / Simon Room
For All Adults

Spirituality and Bagels! We all have differing family fabrics that bind us together. Let us continue to learn how we can support each other gently.

- Sat Oct 11 **Teenagers: Handle with CARE...and Lots of LOVE!**
Beth Connor and S. Rebecca Shinas, OP
- Sat Nov 15 **Care for the Caregiver and Support for the Critically Ill**
Maria Allo
- Sat Dec 13 **Science and Creation: How to Navigate These Universal Truths**
How to Hold the Questions with Your Children
Fred Tou and S. Rebecca Shinas, OP
- Sat Jan 10 **The Five Love Languages**
Greg Bakan
- Sat Mar 14 **Nurturing Your Child's Spirit**
Mikki Bazaruto-Greene
- Sat Apr 25 **The Beatitudes and The Catholic Social Teachings**
Julie McKellar and S. Rebecca Shinas, OP

NURTURING OUR PERSONAL RELATIONSHIPS

Monday Evenings / 7:15 – 8:30 pm / Simon Room
For All Adults



These are those significant relationships that deeply unite us in heart and soul. Come, listen, reflect and grow with our God and your loved ones.

- Mon Jan 12 **Feminine and Masculine Communication and Spirituality**
Lee Panec and S. Rebecca Shinas, OP
- Mon Feb 9 **Living Your Strengths in an Engaged Church**
Steve Clossick and S. Rebecca Shinas, OP
- Mon Mar 30 **The Four Seasons of Marriage**
Mikki Bazaruto-Greene and S. Rebecca Shinas, OP

TUESDAYS WITH JESUS

Tuesday Evenings / 7:15 – 8:15 pm / Parish Chapel
For All Adults



Warying prayer methods taught and experienced on the second Tuesday of each month. Give your prayer life a boost!

- Tues Oct 14** **Contemplative Prayer and Psalm 23**
Moirá Delumpa and S. Rebecca Shinas, OP
- Tues Nov 11** **“Why Do People Suffer?: Praying Your Way Through It”**
Deacon Steve Herrera
- Tues Dec 9** **Ignatian Spirituality and Mary**
Julie Paavola
- Tues Jan 13** **Scripture (Lectio Divina) and Journaling**
Rosie Birnel and S. Rebecca Shinas, OP
- Tues Feb 10** **Forgiveness and Prayers of Healing**
S. Joan Prohaska, OP and S. Rebecca Shinas, OP
- Tues Mar 10** **Taize Prayer (prayer, scripture and song around the cross)**
S. Rebecca Shinas, OP and Friends
- Tues Apr 21** **The Labyrinth and Mandalas (*third Tuesday*)**
Amy Yamamura and S. Rebecca Shinas, OP
- Tues May 12** **Devotional and Spontaneous Prayer Forms**
S. Joan Prohaska, OP and S. Rebecca Shinas, OP

MEN'S SPIRITUALITY

Saturday Mornings / 7:30 – 8:30 am / Parish Rectory
For Men

Meets the 1st, 3rd and 5th Saturday of every month to discuss God's movements in their lives. Email Dave Lipscomb for more info at cowboy.lipscomb@gmail.com. For further Men's Spirituality events please check the current bulletin.

WOMEN'S SPIRITUALITY

Friday Nights / 7:00 – 9:00 pm / Simon Room
For Women

With a 15-minute wine and cheese social / \$10.00 Donation
RSVP to Josie Melo at 650.868.1212 or josiemelo@sbcglobal.net

Fri Sep 12 Diane Dreher, Ph.D.

Featuring her new book *Your Personal Renaissance*

Diane Dreher, Ph.D., is a professor of English and research associate at the Spirituality and Health Institute at Santa Clara University.

Fri Nov 14 Ginny Moyer

Featuring her book *Mary and Me: Catholic Women Reflect on the Mother of God*

How does Mary, the Mother of God, speak to the modern female experience?

Join us as Ginny shares inspiring stories and insights from her new book.

Fri Apr 24 Julie Paavola, MA

Featuring her book *Invitation to the Hidden Spirituality of Motherhood*

Julie Paavola, MA, is an author, spiritual director and retreat leader. She will be sharing her unique perspective on the vocation of motherhood.

Fri Feb 27 Denise Roy, LMFT, M.Div.

Featuring her book *Momfulness: Mothering with Mindfulness, Compassion, and Grace*

Denise Roy, LMFT, M.Div., is an award-winning author and licensed marriage and family therapist who specializes in issues of personal and spiritual growth, particularly in the area of mindfulness in family life. Denise is also the author of *My Monastery is a Minivan* (2001) and *Compassion and Grace* (2007).

We are hoping to begin an inter-generational women's group
W.I.N.G.S. (WOMEN IN GOD'S SPIRIT) at St. Simon's Parish.

NEW!

If you are interested, contact Julie Paavola at 408.746.0181 or julie@orionpark.net for your best time and day! **WINGS** is a faith enhancement group that encourages spiritual growth through prayer, scripture study, faith sharing and community, where **women of all ages** are welcome who want to grow in their relationship with God and each other! **WINGS** involves prayer, fellowship, spiritual mentoring with speakers, small group discussion, socializing and outreach.

SCRIPTURE SHARING

Weekly Wednesday Bible Study
9:30 – 11:00 am / Simon Room
Joan Winkler 650.967.8398

Weekly Thursday Faith Sharing Group
7:30 – 8:15 am / Simon Room
Jean Rousseau 650.964.0374

**1st & 3rd Thursday Scripture Sharing
on Sunday Readings**
11:15 am – 12 noon / Parish Rectory
S. Rebecca Shinas, OP 650.967.8311

1st & 3rd Friday Chinese Bible Study
10:30 am – 12 noon / Parish Rectory
John Yu 650.625.8816

LITURGICAL SEASON SCRIPTURE REFLECTION – TOGETHER LET US PREPARE FOR THE SEASON!



Suzanne Fitzgerald (1:15 – 2:15 pm) S. Rebecca Shinas, OP (7:15 – 8:15 pm)

Mon Dec 1	1:15 – 2:15 pm & 7:15 – 8:15 pm	Advent and Christmas
Mon Mar 9	1:15 – 2:15 pm & 7:15 – 8:15 pm	Lent/Tridumm
Mon Apr 2	1:15 – 2:15 pm & 7:15 – 8:15 pm	Easter Season/Pentecost

SAGINAW DAILY SCRIPTURE PRAYER BOOKS

Enhance your Prayer Life with these awesome “take anywhere” prayer books and follow the Church’s Liturgical Seasons. *(Available free in vestibule seasonally)*

Aug 22 The Little Burgundy Stewardship Prayer Book
Nov 22 The Little Blue Advent Prayer Book
Feb 14 The Little Black Lenten Prayer Book
Apr 18 The Little White Easter Prayer Book

PUTTING OUR FAITH INTO ACTION!

With joy and gratitude, we are called to share the fruits of our prayer and contemplation with others! Our **Social Justice** Parish Coordinator is Julie McKellar 650.962.9404 or fulmermckellar@yahoo.com. Please check the Sunday bulletin or contact her for our latest topics of discussion and action.

We support **Fair Trade Coffee**. Contact our Sales/Coordinator Heather Myers 650.210.0096 or heather_myers36@yahoo.com for how you can get involved!

SACRAMENT AND LITURGY

We welcome you with joy and praise!

Mon Oct 20 Anointing of the Sick Service: 7:00 – 8:00 pm

Thur Nov 27 Thanksgiving Liturgy 9:00 am

RECONCILIATION SERVICE/CONFESSIONS

Mon Dec 15 Advent Reconciliation Service 7:00 – 8:30 pm

Mon Apr 6 Lent Reconciliation Service 7:00 – 8:30 pm

CHRISTMAS LITURGIES

Wed Dec 24 Christmas Eve Liturgies 3:00 pm, 5:00 pm, 11:30 pm carols,
Midnight Christmas Liturgy

Thur Dec 25 Christmas Day Liturgies 8:00 am, 10:00 am, 12 noon

LENTEN STATIONS AND SOUP FRIDAY NIGHTS

Fri Feb 27, March 6, 13, 20 & 27

Stations of the Cross followed by soup meal 6:00 pm

Fri Apr 3 Soup 6:00 pm

LifeTeen dramatization of the “Living Way of Jesus” 7:00 pm

HOLY WEEK/EASTER LITURGY

Thur Apr 9 Holy Thursday Liturgy 7:00 pm

Fri Apr 10 Good Friday Liturgy 12 noon and 7:00 pm

Sat Apr 11 Easter Vigil (Sat night) 7:30 pm

Sun Apr 12 Easter Sunday Services 7:30 am, 9:00 am, 10:45 am, 12:15 pm

Sun Apr 26 Confirmation 5:00 pm

R.C.I.A. RITE OF CHRISTIAN INITIATION FOR ADULTS

A process for entering the Catholic faith with time for stories, questions and making new friends with similar needs and inquiries.

Director: Sue Marrion 650.694.7479 or sue@marrion.com

DEVOTIONS, MEDITATION AND HEALING

There are many ways to deepen our personal relationship with our loving and comforting God. Please join us for support, prayer and peace!

EXPOSITION OF THE BLESSED SACRAMENT

Every Tuesday 9:30 am – 4:00 pm (4 pm Benediction)

Contact Michele Coldiron, 650.965.8258

LEGION OF MARY

Every Wednesday 1:00 – 3:00 pm / Parish Rectory

Contact May Wang, 650.961.6146

MEDITATION CIRCLES

Every 1st Monday 7:30 – 9:00 pm and every 1st Friday 10:00 – 11:30 am

Convent Chapel

Contemplation and More!

Contact S. Joan Prohaska, OP, 650.968.2135 or joanie@msjdominicans.org

CANCER HEALING GROUP

Every 2nd Friday, 10:00 am – 12 noon / Convent Chapel

For those seriously struggling with their health and/or recovery.

Contact Keeth Courpet, 408.733.1110 or acourpet@pachel.net



This brochure is available online at www.stsimon.org at the Adult Spiritual Formation Brochure link.

Contact S. Rebecca Shinas, OP
Coordinator of Adult Spiritual Formation
for any further information or support
650.967.8311 x13 or rebecca@stsimon.org

SPIRITUAL DIRECTION AND GUIDANCE

A Spiritual Director is one who companions you on your faith journey and assists you in becoming more aware of the experience of God in your life. These Directors, Guides and Coaches have received formal spiritual formation for this ministry.

SPIRITUAL DIRECTION Offered by:

S. Fidelma Heeran,RSM	408.947.8651	fidelmarsm@sbcglobal.net
Julie Paavola	408.746.0181	julie@orionpark.net
S. Ingrid Clemmensen,OP	650.325.5614	ingrid@vallombrosa.org
Harold Perry,Ph.D.	650.964.1843	
Josie Melo	650.868.1212	josiemelo@sbcglobal.net
S. Rebecca Shinas,OP	650.967.8311 x13	rebecca@stsimon.org

One-on-one **SPIRITUAL GUIDANCE** is available for these areas of interest:

“THE LIVING YOUR STRENGTHS PERSONALITY ASSESSMENT”

This tool helps you discover your God-given talents and inspire your community.

Coaches:

Joan Mibach	650.967.8311 x16	jmibach@stsimon.org
S. Rebecca Shinas,OP	650.967.8311 x13	rebecca@stsimon.org
Marc Ortiz	650.968.9952 x23	mortiz@stsimon.com

“THE CATHOLIC SPIRITUAL GIFTS INVENTORY”

This inventory assists Catholics to discern, develop and use their spiritual gifts.

Coaches:

Josie Melo	650.868.1212	josiemelo@sbcglobal.net
S. Rebecca Shinas,OP	650.967.8311 x13	rebecca@stsimon.org

“THE ENNEAGRAM: DISCOVERING THE NINE TYPES OF PERSONALITY”

This process reveals the uniqueness of motivations, desires, behavior patterns and shows how to put this self-knowledge to use in your everyday life.

Guide:

S. Rebecca Shinas,OP	650.967.8311 x13	rebecca@stsimon.org
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“THE FIVE LANGUAGES OF LOVE”

People express and receive love in different ways. This process can enhance your relationship with your spouse, parents, friends, children, co-workers...all!

Guide:

S. Rebecca Shinas,OP	650.967.8311 x13	rebecca@stsimon.org
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RETREATS AND DAYS OF REFLECTION

FALL INTER-GENERATIONAL RETREAT/CONCERT

with **Tony Alonzo**

Fri Oct 3 7:00 pm Concert

Sat Oct 4 9:00 am – 1:00 pm Retreat (Lunch included)

Come for a fun and inspirational day! Tony is a great presenter for all ages!

DAY RETREAT FOR MEN AND WOMEN

with **S. Eloise Rosenblatt, Ph.D., J.D.**

Sat Nov 8 9:30 am – 3:30 pm Off-site at Presentation Center, Los Gatos

The topic is “How to Engage God in My Day-to-Day Life.” Come for a day away and let your hearts be lifted and refreshed with new ways to be PEACE in the world! (\$35 per person, limited to 30 participants)

RSVP to S. Rebecca 650.967.8311 x13 or rebecca@stsimon.org

PARISH LENTEN MISSION: PRACTICAL SPIRITUALITY

with **Fr. Gavin Griffith, OFM**

Mar 23, 24, 25 Sessions: 10:00 – 11:00 am and repeated at 7:30 – 8:30 pm

“Nothing is more practical than our spiritual life. Fr. Gavin has been featured in *Time Magazine* for innovative educational methods and is a proponent of the healing nature of humor. Join us and let your faith be renewed and hope strengthened during the season of Lent.

ADDITIONAL OPPORTUNITIES

Presentation Retreat Center

Santa Cruz (Bear Creek Rd)
www.presentationcenter.org

The Jesuit Retreat Center

Los Altos
www.jrclosaltos.org

Mercy Center

Retreats, Workshops, Training
Burlingame
www.mercycenter.com

Vallombrosa Retreat Center

Menlo Park
www.vallombrosa.org

SpiritSite San Jose

The Catholic Spirituality Center
www.spiritsite.org

Sacred Space by the Jesuits

Daily Catholic Prayer online
www.sacredspace.ie/

The Institute for Leadership in Ministry

Provides theological education, leadership training and pastoral/ spiritual formation.
San Jose www.dsj.org/education/ilm.asp
Contact Joan Mibach: jmibach@stsimon.org or 650.967.8311 x16

Los Angeles Religious Education Congress

www.recongress.org

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