

**Directions**

**From the North**

Go to I 64 / 40 (E-W);  
from I 64 40, South on Big Bend  
Left (S) on Laclede Station Road  
(continued below)

**From the East**

West on I-44; Take Shrewsbury Exit,  
turn Right / South at the end of ramp;  
(at 4<sup>th</sup> corner) Right on Murdoch  
Left (S) on Laclede Station Road  
(continued below)

**From the West or South**

Go East on I-44 (NE)  
South on Laclede Station Rd.  
(continued below)

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**Continuing From Laclede Station Road:**  
When sign above marks a lane for "Heege  
Rd only", get in far left turn lane.

At corner (Jack in the Box), turn  
Left on Watson Road. Go about 1 mile  
(past Rothman Furniture.)  
On Left, sign on brick walls says  
Cardinal Ritter Senior Services – enter  
there, drive in straight ahead.

Follow signs (L, then R) for  
Mother of Perpetual Help Residence,  
to Lally Room.  
Covered entrance is to R – sign in at  
Reception Desk.  
Lally Room is on the Lower Level.



**Steering Committee**

- Diane Frederick, OSF, Chair*
- Ruth Eggering, OSF*
- Maureen Elfrink, OSF*
- Maggie Jackson, OSF*
- Arlene Kohut, OSF*
- Barbara Mary Novak, OSF*
- Colleen Olsen, OSF*

***Journeying With the Divine,  
Receiving God’s Gifts:  
Compassion, Mercy,  
Gratitude and Joy.***

Saturday, September 24, 2016  
8:15 AM to 2:30 PM

*Paul Coutinho, PhD*

Cost: \$30  
Registration deadline  
**September 9, 2016**

At Mother of Perpetual Help residence, Lally  
Room, in the Cardinal Ritter Senior Complex,  
7609 Watson Rd., St. Louis, MO

Paul Coutinho is an internationally recognized scholar and speaker who blends Spirituality and Psychology, and brings an Eastern influence on Western spirituality. He leads regular workshops and retreats that respond to the heart's relentless quest for the Divine and a desire to live the fullness of life.

Coutinho has done doctoral studies in Psychology and has a doctorate in Historical Theology from Saint Louis University.



He is the author of several books, including *How Big is Your God? The Freedom to Experience the Divine*, *Just as you are: Opening Your Life to the Infinite Love of God* and his latest, *Sacred Darkness: Encountering Divine Love in Life's Darkest Places*.

We are gathering in the Lally Room  
In the lower level of the  
Mother of Perpetual Help residence,  
in the Cardinal Ritter Senior Complex,  
7609 Watson Rd., St. Louis, MO

### *Schedule*

**8:15 AM**  
**Registration**

**8:45 AM**  
**Welcome, Opening Prayer**

**9:05 AM**  
**Introduction of presenter,**  
**Presentation**

**10:00 AM**  
**Mid-Morning Break**

**10:20 AM**  
**Presentation**

**11:10 AM**  
**Contemplative Reflection**

**11:25**  
**Sharing at table**

**11:40**  
**Gathering of the Wisdom**

**12:00 Lunch**

**1:00 PM**  
**Presentation**

**1:45 PM**  
**Interactive Conversation**

**2:10 PM**    **Evaluation**

**2:20 PM**    **Sending-forth Prayer**

### **Registration Form**

**Journeying with the Divine,  
Receiving God's gifts...  
Saturday, September 24, 2016  
Registration due September 9.**

**Names:** \_\_\_\_\_

\_\_\_\_\_

**Emails:** \_\_\_\_\_

\_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

\_\_\_\_\_

**Dietary needs:** \_\_\_\_\_

\_\_\_\_\_

**Please mail this form and your  
non-refundable \$30 Fee  
Mail before September 9**

**TO:**

**Franciscan Federation Region V  
c/o Barbara Mary Novak, OSF  
919-B Carriage Circle Lane  
Kirkwood, MO, 63122-6472**