Living Your Life's Transitions
Living Toward the Yet Unknown

Lenten Retreat

Change is constant, continuous, and often challenging. The dynamics of change can affect our lives, our families, and our work in positive and negative ways. Transition is the process we go through as we struggle to adapt to interior and exterior change. All transitions begin with an ending and end in a new beginning. Therefore, in times of transition, we may find ourselves reliving the Paschal Mystery of death and rebirth. In this workshop we will discuss the beginning, middle, and ending phases of transitions and how living out that process affects our daily lives. These are times that offer us an opportunity to reflect on our expectations of self and our own personal journeys.

“Change is all about the outcome we are trying to achieve; transition is about how we’ll get there and how we’ll manage things while we are in route.”—William Bridges

This event is open to all—parish and congregation leaders, the greater Loyola Chicago community, students, faculty, and alumni.

Cost $25, includes Breakfast, Lunch, Materials & $5 IPS Scholarship

REGISTRATIONS REQUIRED BY MARCH 7. NO WALK-INS

OR CONTACT

Mirta Garcia
Parish Leadership and Management Programs
p. 312.915.7466 | mgartia29@luc.edu

ONLINE REGISTRATION LINK

LUC.edu/alumni/lentenretreat

www.luc.edu/ALUMNI

www.luc.edu/IPS
Joanne Cimbalo is a Licensed Professional Counselor, a teacher, a spiritual director, and a student, with an MPS and MAPC from Loyola and a Ph.D. in Therapeutic Counseling from IIIHS in Montreal. She was a counselor and clinical director in a recovery home for homeless women for twenty-seven years and has been a member of the Ignatian Spirituality Project team, a group that gives retreats for residents of recovery homes around the city, for ten years. Joanne and Sheila team-teach workshops and a class, *The Psychology and Spirituality of Transitions*. One of Joanne’s happiest transitions was the one into being a grandmother to three wonderful (of course) boys!

Sheila Morrow is a teacher and a Licensed Professional Counselor. She has Masters Degrees from Northeastern Illinois University and Loyola, IPS. She has taught everything from Head Start to graduate school, and has been engaged as a counselor in private practice with graduate students at IPS and with couples at Loyola Medical Center. She also facilitates bereavement groups and is involved with the Archdiocesan Domestic Violence Education and Training Program. Sheila is a mother and a grandmother who lives life to the fullest, and especially loves to travel the world.

**Workshop Outcomes**

This retreat is both didactic and experiential. Participants will learn and explore:

- How to recognize our reluctance to change and view change in a positive light as an opportunity for learning and growth.
- How to become more aware of the smaller daily transitions that are successfully made in our lives, in addition to the BIG transitions that we all recognize.
- How to begin to understand change and transition as opportunities for transformation. This is an antidote to feelings of fear, anxiety, anger, and resentment that arise over transitions.