



# ST. THOMAS MORE REGION SECULAR FRANCISCAN ORDER



## AGENDA REGIONAL RETREAT July 14-16, 2023

### Friday July 14th

- 4:00 – 5:45 pm Registration  
6:00 – 6:45 Dinner  
7:00 – 7:30 Opening Prayer – Welcome from Regional Minister  
7:30 – 8:00 Evening prayer (LOH on screen)  
Fraternitas; munchies; pool and hot tub time

### Saturday July 15th

- 7:30 – 8:00 am Morning prayer (LOH on screen)  
8:00 – 9:00 **Breakfast**  
9:00 – 9:20 Welcome/Introductions (Community Life Center)  
9:30 – 10:30 Presentation: **The Loom of God** - Thomas McNamara, OFS  
10:30 – 11:00 *Break*  
11:00 – 12:00 Presentation: **Praying with Art** - Stan Sisson, OFS  
12:00 – 1:00 pm **Lunch**  
1:00 – 2:00 Presentation: **Always Let the Gospel Be Your Guide** – Mary Esther Stewart, OFS  
2:00 – 3:00 \* *Break*  
3:00 – 4:00 Presentation **Andiamo, Walk to Assisi** - Cathy Roszhart, OFS  
4:00 – 6:00 *Break*  
6:00 – 7:00 **Dinner**  
7:00 – 7:30 Silent Auction and Raffle Results  
7:30 – 8:00 Profession Anniversary ceremony  
8:00 – 8:30 Evening prayer (LOH on screen)  
Fraternitas; pool and hot tub time

\***Please note:** Confessions in St. Mary's of the Angels church Saturday 2:00 – 3:00 pm

### Sunday July 16th

- 7:30 – 8:00 am Morning prayer (LOH on screen)  
8:00 – 9:00 *Breakfast*  
9:15 – 9:45 Closing Remarks and turn in Feedback Forms – Regional Minister  
9:45 - 10:30 Final pick up of silent auction items (**please bring your money / checkbook**)  
11:00 – 12:00 MASS with local community  
12:00 – 1:00 pm *Lunch*  
Depart for home

**Please check out of your room by 10:00 on Sunday. Thank you!**

**All activities in Community Life Center. All meals shared in dining room.**



## ST. THOMAS MORE REGION SECULAR FRANCISCAN ORDER



### **The Loom of God** - Thomas McNamara, OFS

To experience the history of the Secular Franciscans is to discover that we are not separate or isolated from our ever-changing world. Come share stories about what it means to be Franciscans and members of a global Church in the Third Millennium.

*Born in Chicago and raised in Phoenix, Arizona, Tom studied in Catholic schools and attended Seminary in the Diocese of Tucson. After high school he studied fine art and psychology, with a master's degree in environmental therapy where he explored and wrote about the inseparable connection between human and planetary health.*

*Tom worked in the Valley of the Sun all his life, living with JoAnne, his wife of 46 years. They professed together in 2012. He recently retired to take up freelance writing and gardening. Tom currently serves as Formation Director and Archivist for St. Thomas More Region. He also serves as national Historian for our Order and hopes to complete a new volume of our history shortly.*

### **Praying with Art** - Stan Sisson, OFS

Mystical Revelations, Spiritual Illuminations. Stan will share the process of how to dial up your prayer life with art. The practice of creating art as a form of prayer. The revelation of how art connects you to the divine and spiritually illuminates your mind.

*Stan's career has encompassed working in graphic design, printing production and fine art. He feels the Holy Spirit has guided him to become an OFS to use his talents to bring God's love to all. He creatively supports and works with his local, regional and national fraternities.*

*Stan assisted in the creative works supporting the 2022 "Q".*

*He is a painter of Icons and fine art highlighting mystical revelations and spiritual illuminations. Stan uses art to create a tapestry, revealing new possibilities and pathways, allowing the viewer a glimpse of the true meaning and beauty of life.*

### **Always Let the Gospel Be Your Guide** – Mary Esther Stewart, OFS

Based on Articles 4 and 8 of our Rule, this session will be a visual and interactive experience using the Gospel as the foundation for contemplative prayer. This process can be life-changing!

*Mary Esther is a member of Bl. Franz Jägerstätter Fraternity, Flagstaff, and has served our region as formation director. She was professed in 2010. She is author of an introduction to St. Bonaventure's Soul's Journey into God and has given retreats on many Franciscan topics.*

### **Andiamo, Walk to Assisi** - Cathy Roszhart, OFS

Let us go on a journey of health, balance and relationship in the spirit of Saint Francis' Cantic of the Creatures. Come discover a wellness program inspired by a Franciscan spiritual approach to healthy living.

*Cathy was professed in August 2008 and currently serves on her local council and is St. Thomas More Regional Vice Minister and Database Administrator. She has a Bachelor's degree in Community Health Education and enjoys sharing her passion for wellness, using a holistic approach blending it with our celebrated Franciscan Charism.*