

## OUR VISION

*The vision of the Atchison Connection is to develop communities of women empowering other women, and together experiencing changes in ourselves and our communities. Sophia Center's Atchison Connection joins with other circles of Atchison women to create caring environments for personal growth through spiritual and social development.*

For information  
or registration,  
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VISIT US ONLINE

[www.mountosb.org/sophia.html](http://www.mountosb.org/sophia.html)



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751 South 8th  
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# *Sophia Center's* *Atchison* *Connection* **Winter**



# **Spring** **2012**

*Sophia Center*

A Ministry of the Benedictine Sisters  
of Mount St. Scholastica  
751 S. 8th Street  
Atchison, KS 66002

## TAKE SOME TIME FOR YOURSELF

### *Bridges to Contemplative Living With Thomas Merton*

1st and 3rd Thursday, 10:30 to 11:45 a.m.  
Sophia Center, 8th and R Street, Atchison  
Facilitators: Sisters Sheila Carroll OSB  
Gabrielle Kocour OSB

The Trappist monk Thomas Merton was famous for his contemplative teachings. Share with others the journey toward person spiritual transformation and a more peace-filled life.

January 5 and 19  
February 2 and 16  
March 1 and 15  
April 19 and May 3

See more Sophia Center Offerings  
for 2012 at  
[www.mountosb.org/sophia.html](http://www.mountosb.org/sophia.html)

*Refresh your spirit Stimulate your mind  
Connect with other women*

### *Book Discussion*

Last Tuesday of the month, 7:00 p.m.  
Mount St. Scholastica  
8th and U Street, Atchison  
Facilitators: Sister Sheila Carroll OSB,  
Sister Gabrielle Kocour, OSB

*Read a highly recommended book and share  
your experience of it with other readers.*

January 31  
***Born on a Blue Day***  
by Daniel Tammet

February 28  
***The Master Butchers Singing Club***  
by Louise Erdrich

March 27  
***The Immortal Life of Henrietta Lacks***  
by Rebecca Skloot

April 24  
***Riding the Bus with My Sister***  
by Rachel Simon

*All programs are offered free of charge, but  
freewill offerings are gratefully accepted.*

### *Lectio Divina*

2nd and 4th Thursday, 7:00 p.m.  
Facilitators:  
Sister Gabrielle Kocour, OSB  
Sister Sheila Carroll, OSB

Share in the traditional monastic practice of guided reading, listening, reflecting and responding to the Word of God in the Scriptures.

January 12 and 26  
February 9 and 23  
March 8 and 22  
April 12 and 26  
May 10 and 24

*This semester we will use **Visio Divina** (Seeing the Word), a guided reflection that makes it possible to pray with images from the Saint John's Bible.*

### *Sunset Yoga*

Thursdays 7:00—8:00 p.m.  
January 5 to May 17  
Mount St. Scholastica  
8th and & Street, Atchison  
Facilitator: Sister Martha Schweiger, OSB

This age-old Eastern practice is now used as a stretching exercise and for meditation. Yoga focuses on techniques which energize the body and improve flexibility.

(No class on April 5)