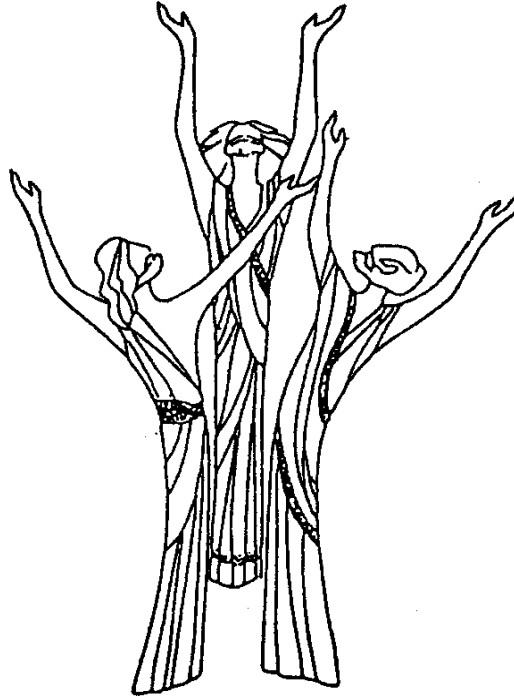


“Lord, it is good for us to be here.”



2008-2009

***ADULT CHRISTIAN FORMATION
PROGRAM CALENDAR***

*Damian Zynda ThD
Director of Formation*

**The Church of the Transfiguration
50 West Bloomfield Road
Pittsford, New York 14534
(585) 248-2427
www.transfigurationpittsford.org**

July, 2008

Dear Friends,

Last Advent, Bishop Clark invited the Diocese to a three-year spiritual renewal, *Spirit Alive!* The first phase is a call to deepen our relationship with God. If you participated in the Eight-Week Group Directed Retreat, the Nineteenth Annotation, the Kentucky Retreats or any number of opportunities Transfiguration offered last year you no doubt you have “tasted the goodness of the Lord!”

Advent 2008 will usher in the second phase of spiritual renewal, a continuation of deepening our relationship with Christ through Sacred Scripture. Throughout the coming year, opportunities such as the Fall or Spring DVD Retreats with Bishop Clark, Scripture Studies and/or any number of retreats offer quality opportunities for you to participate in this phase of the renewal.

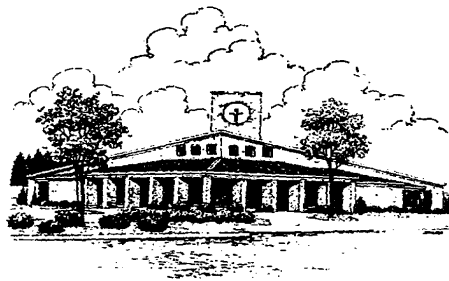
Whether your interest rests with Sacred Scripture, Spirituality, Social Justice, Inter-faith Dialogue, retreats or prayer you will find something in these pages to help satisfy your longing for God.

I invite you to take advantage of any or all of the adult formation opportunities offered through my office, the Tri-Parish Initiative or the Shannon Lecture Series at Nazareth College. Finally, in keeping with our community charisms of hospitality and generosity feel free to extend a welcome to family and friends to share the wealth Transfiguration has to offer.

With my very best on your continued journey to God,
Dr. Damian Zynda
Director of Formation

Table of Contents

Scripture Study.....	5
Spirituality.....	6
A Guided Study of the Holocaust	7
Family Series.....	8
Retreats.....	10
Post <i>Nineteenth Annotation</i> On-Going Formation.....	12
Tri-Parish Adult Formation Initiatives	14
The Shannon Lectures.....	16
2008-2009 Christmas, Lent and Easter Schedule.....	18



Scripture Study

*The second phase of the Diocesan **Spirit Alive!** Spiritual Renewal highlights the importance of Sacred Scripture. To enrich our knowledge and love of Scripture Dr. Joseph Kelly will present the Fall Series and Dr. Anne Merideth will present the Spring Series.*

Fall Series

Early Christian World – A Guide to Understanding the New Testament The History of Christianity: A Brief Look

Dr. Joseph Kelly, Professor Emeritus, Nazareth College
Mondays, September 22, 29 and October 6, 13, 2008
7:00 – 8:30 PM in the Parish Life Center - Double Room

Many Catholics are beginning to realize that they know very little about their history as Christians. But in a time of change, it is important to be rooted in knowledge of the past. This four-week presentation will examine FOUR different periods of Church History:

- The Development of Christian Beliefs
- The Split between East and West
- The Protestant Reformation
- The 20th Century

A study of these historical events will offer better insight into the present allowing us to more easily understand future developments.

Spring Series

The Gospel of Mark

Presenter: Dr. Anne Merideth Assistant Professor of Religion, University of Rochester
Mondays, March 16, 23 and 30, 2009
7:00 – 8:30 PM in the Parish Life Center - Double Room

This series will be an examination of the Gospel of Mark, the earliest and shortest of the canonical Gospels, with special focus on Mark's presentation of Jesus as both a powerful miracle-worker and a suffering messiah. Through analysis of general themes and specific passages, we will explore Mark's depiction of Jesus as a rather mysterious and somewhat enigmatic figure.

Additionally, study of the historical contexts of the composition of the Gospel will help us develop a richer understanding of Mark's portrait of Jesus.

Spirituality

Java with Joan (morning sessions)

or

Chardonnay with Chittister (evening sessions)

Facilitators:

Georgia Crissy

GAVC26@frontiernet.net or 383-1868

Barbara Flynn

Dflynn3@rochester.rr.com or 381-8848

Join us for coffee (in the morning) or Chardonnay (in the evening) while we listen to an audio DVD by former Benedictine Abbess, renowned speaker and global activist, Sr. Joan Chittister. Discussion will follow the listening facilitated by Georgia or Barb. This series will conclude with an opportunity for a weekend retreat at St. Scholastica Monastery in Erie, Pa. where Sr. Joan resides.

Sr. Joan Chittister – Icon, Rebel and Saint

Thursday Morning Sept. 25, 2008 or Wednesday Evening, Oct. 29, 2008

9:00 – 11:00 AM

7:00 – 9:00 PM

Parish Life Center – Double Room

Parish Life Center – Double Room

Roots and Wings: The Church in the New Millennium

Thursday Morning, Jan. 22, 2009 or Wednesday Evening, Feb. 11, 2009

9:00 – 11:00 AM

7:00 – 9:00 PM

Parish Life Center – Double Room

Parish Life Center – Double Room

Sister Joan “W-O-W-S” em in Dublin

Thursday Morning, April 2, 2009 or Wednesday Evening, May 6, 2009

9:00 – 11:00 AM

7:00 – 9:00 PM

Parish Life Center – Double Room

Parish Life Center – Double Room

Yoga as Devotional Practice

Presenter: Sheri Kreher, LMSW, RYT

Wednesdays, March 11, 18, & 25, 2009

Time: 7:00-8:30 PM in the Parish Life Center, Double Room

Yoga (Sanskrit); “to yoke” oneself to the Divine.

For over 5000 years, yogic practices have been used to cultivate awareness and connection with God. Yogic devotion includes meditation, breath control, physical postures and the observance of ethical principles. A few simple yogic practices can enliven your existing prayer life, or help renew a dormant relationship with God.

Join Sheri for an experiential workshop of yogic devotion. You will be guided through introductory meditations, breathing techniques, and body postures. We will have the opportunity to discuss how yogic philosophy and practices can enrich our relationships with Christ.

No yoga experience is necessary, and all levels of physical ability are invited to attend. Please wear comfortable clothing and bring a firm blanket. If you have an established practice, please bring any props you may use for yoga or seated meditation.

Sheri Kreher, LMSW, RYT - is a group therapist at Unity Behavioral Health with experience in bereavement, mental health, family interventions and eating disorders. A student of meditation and yoga, Sheri also works privately as a Certified Phoenix Rising Yoga Therapist. "Yoga, like prayer, invites Alignment with our Divine Nature - which is loving, joyful and enthusiastic!"

Justfaith Engaging Spirituality

Facilitator: Karen Nowlan

Thursdays from September 25, 2008 through March 19, 2009

6:30-9:00 PM

Parish Life Center – Double Room

Contact: Karen Nowlan knowlan@rochester.rr.com or 248-2427 ext. 243

Engaging spirituality invites Catholic adults to break open their lives, penetrate the realities of our times, and explore the intersection between Christian spirituality and Gospel justice. Participants focus on the practical challenges of following Jesus, engaging in contemplation while immersing themselves in the heart of our fragmented world.

A Guided Study on the Holocaust

Facilitator: Deacon Tony Sciolino

Spring 2009 Dates and time TBA

This two-pronged study incorporates a presentation by Deacon Sciolino on the Holocaust and attending the Holocaust Museum in Washington, D.C. The experience in Washington includes attending the Holocaust Museum followed by a theological reflection of the experience led by Deacon Sciolino and associates. Those planning to participate in the Washington trip are responsible for their own transportation, accommodations and additional expenses.

For more information contact Debbie Mulcahy at the Formation Office.

Family Scripts

Dennis Boike, PhD

All presentations begin at 7:00 PM in the Education Building.

The Sandwich Generation

Monday, November 10, 2008

Middle-aged adults are simultaneously faced with mid-life crunches (corporate flattening, marital ennui, and personal reality testing) and confronted with raising teenagers and supporting young adult children while taking care of their aging parents. “*Stop the world: I want to get off!*” summarizes the feelings of the sandwich generation adult caught between the child slice and the parents slice ... while yet holding tightly to Hugh Prather’s encouragement: “Now is the time to take possession of my life, to start the impossible, a journey to the limits of my aspirations, for the first time to step toward my loveliest dream: WOW!!”

We will address:

- How to deal with aging parents
- How to cope with the teens’ struggles
- How to keep perspective “in the middle of the journey of our life” (Dante)
- How to balance competing priorities

Making Peace with an Aging Parent

Monday, November 17, 2008

Whether or not our parents are alive, the impact they have had and continue to have on our lives cannot be denied. Whatever my age, to become a fulfilled and creative person I must resolve the issues in my life that derive from my relationship with my parents. This presentation will help each of us come to grips with the most fundamental, and perhaps most difficult, relationships in our lives. Making peace with our parents is at the core of the human experience, and an adventure of the heart in living and being loved.

We will address:

- Understanding the deep desire to live and be loved by our parents
- How to break free of the “approval trap”
- Coping with guilt - “*the gift that keeps on giving*”
- Techniques to improve communication in the family
- Effective techniques to deal with my anger and resentment

Walking on Eggshells with your Adult Children

Monday, Jan. 26 and Feb. 2, 2009 (note: there are two parts to this series)

Stealing a book title for our theme, we will address issues created by 18 – 30 year old adults who expect to do no more than put out the garbage cans as their family contribution and parents confused as what to reasonably expect of their stresses, identity-seeking, career-exploring progeny.

Lenten Marriage Series

Six Secrets for Keeping the Love Alive

Monday, March 9, 2009

In an era of rising expectations in all life's spheres, couples have higher expectations of marriage than in previous generations. We will look at six secrets for keeping wedding bliss vigorous for years – it's not an *impossible dream!*

Are we having fun yet?

Love is also a four letter word, spelled P – L – A – Y

Monday, March 16, 2009

"... *even little children do it!*" Youngsters know how to seek things out that are fun to do; they smile a lot, are creative and innovative, and above all, are passionate about life. Where do couples-in-relationship lose that wonderful zest for fun and play? More importantly, how do we find it, resurrect it, or create it? Yes, love should be re-creative, but it is also meant to be recreative!

Can I Really Be Me and Still Be Married To You?

Monday, March 23, 2009

In the 70's and 80's the "Me Generation" broke away from the traditional marriage and tried to discover their potential as individuals. But as personal freedom increased, love relationships fell apart in chilling numbers. Being committed to developing genuine intimacy and personal fulfillment at the same time seemed impossible. Yet, freedom without intimacy was empty, while intimacy without freedom was unacceptable.

This presentation points to an exciting alternative – the evolving relationship – that combines the best of the "Me Generation" with the thrust of the contemporary "We Generation."

Conflict Resolution Skills

Monday March 30, 2009

Retreats

DVD Retreat with Bishop Clark

Bishop Matthew Clark has produced a four part inspiring DVD Retreat in concert with the four phases of the *Spirit Alive!* Spiritual Renewal in the Diocese. These evening retreats consist of viewing and listening to Bishop Clark, time for reflection, prayer and group sharing.

Fall DVD Retreat

Retreat Director: Matt Jones (Seminarist)
August 5, 2008
7:00 – 8:30 PM
Parish Life Center – Double Room

Spring DVD Retreat with Bishop Clark

Retreat Director: Damian Zynda
Tuesday, April 28, 2009
7:00 – 8:30 PM
Parish Life Center – Double Room

Nineteenth Annotation Retreat

Director of the Program: Damian Zynda
September 28, 2008 to May 3, 2009
Fee: \$15.00 Transfiguration parishioners. \$500.00 for non-parishioners
12 spaces are available for the 2009-2010 retreat; preference is given to Transfiguration parishioners.

If you possess a **desire** to deepen your relationship with Christ, can commit an hour to daily prayer with the Gospels, and are able to meet weekly with a spiritual director here at Transfiguration, the Holy Spirit may be inviting you to make the *Spiritual Exercises of St. Ignatius*. Throughout the retreat, Ignatius invites us to learn various styles of prayer, and teaches us the precious art of discernment so that we may come to know Christ more intimately, love Christ more intensely and follow Christ more closely in our daily living.

Fall Evening Retreat in Everyday Life - Eight Week Group Directed Retreat

Retreat Director: Damian Zynda
Tuesdays, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 18, 2008
7:00 – 8:30 PM
Small Chapel off the Gathering Area of the Church
Fee: None

Spring Afternoon Retreat in Everyday Life - Eight Week Group Directed Retreat

Retreat Director: Damian Zynda

Tuesdays, March 3, 10, 17, 24, 31, April 7, 14, 21, 2009

1:00 – 2:30 PM

Small Chapel off the Gathering Area of the Church

Fee: None

Both retreats are an abridged version of the *Spiritual Exercises* of St. Ignatius (the 30 Day and the Nineteenth Annotation Retreat). Weekly, participants will be introduced to spiritual exercises and Scriptural passages to pray during the week. At our weekly gatherings time is provided for silence and sharing.

“Wise Womaning” Retreat

Retreat Director: Dr. Stephanie Sauvé

Saturday, January 24, 2009

9:00 AM to 4:00 Mass

Education Building

For information contact:

Mary Lou Stotz at stotz707@fronier.net or 586-4344

Barbara Osterman at bosterman@humansolutionsllc.com or 586-1717

Danielle Lazzaro at danielleaz@yahoo.com or 503-7735

Fee: \$25.00

Registration required. Limit of 30 people. Call Debbie Mulcahy at 248-2467

This is an inter-generational day retreat open to women in all stages of life to celebrate who we are, appreciating the wisdom and insight we have to offer each other and the community. This will be a time of storytelling, revisiting the scriptures, and claiming voice-- thus honoring the seasons of our lives, be we a Maiden, Mother, or Crone.

Dr. Stephanie L. Sauvé received her Master of Divinity from Yale Divinity School and her Doctor of Ministry from Colgate Rochester Divinity School. She is a certified Spiritual Director and Dean of Woman and Gender Studies, Director of Supervised Ministry and an Associate Professor of Practical Theology at the Colgate Rochester Crozer Divinity School.

Women's Kentucky Retreat

Coordinator and Contact: Meg Kastner 381-4965

Dates: April 25-May 2, 2009

Women of the parish are invited to the Women's Kentucky Retreat. Join us for prayer & joy, friendship & laughter and spiritual growth & renewal.

Men's Kentucky Retreat

Contact: Tim Smith or Mike Piehler at 248-2427 ext. 245

Dates: Sept. 6-13, 2008

Men's Weekend Retreat at Notre Dame Retreat Center

Contact: Bob Hutchins at Hutch2@rochester.rr.com or 737-1903

March 20-22, 2009

Fee: \$100.00 Double Room

\$130.00 Single Room

Ninth Annual Transfiguration Men's Day of Reflection

Contact: Mike Feldhousen

Date: TBA

Time: TBA

Camp Stella Maris

Fee: TBA

Post Nineteenth Annotation On-Going Formation

The following formation opportunities are available to anyone who has made the *Spiritual Exercises* of St. Ignatius.

Small Group Formation

Coordinator and Contact: Deborah Bussewitz at dbussewitz@CAL-MUM.ORG or dbussewi@rochester.rr.com

Small Group Formation continues the spiritual work begun in the *Spiritual Exercises*.

Private Directed Weekend Retreat
Fall

Retreat Director: Damian Zynda
October 17, 18, 19, 2008
Stella Maris Retreat and Renewal Center, Skaneateles, NY
Fee: \$150

Registration is necessary. Five spaces are available; more can be added according to need. Registration deadline for this retreat is Sept. 15, 2008
Contact: Debbie Mulcahy at 248-2467 to register.

Spring

Retreat Director: Damian Zynda
March 27, 28, 29, 2009
Bethlehem House, Our Lady of the Genesee Monastery, Piffard, NY
Fee: \$100.00

Registration is necessary. Five spaces are available; more can be added according to need. Registration deadline for this retreat is March 1, 2009.

Contact: Debbie Mulcahy at 248-2467 to register.

These Fall and Spring silent personally directed weekend retreats are designed to continue the on-going formation begun in the *Spiritual Exercises*. Each retreatant will meet daily with the spiritual director and spend time in contemplative prayer.

An Ignatian Day of Retreat, "Exploring the Graces of the Exercises: Gratitude, Healing, Call and Co-Laboring

Sunday, January 11, 2009 following the 9:30 Mass till 3:00 PM. Brunch included.
Education Building

This day of retreat will focus on the four graces of the *Spiritual Exercises*: gratitude, healing, call and co-laboring. Ample time will be provided for personal and group prayer, silence and community.

Tri-Parish Adult Formation Initiatives

In an effort to continue collaborating with the St. Catherine and St. Louis Communities the following are the Fall, Spring and Lenten Adult Formation opportunities.

Fall 2008

*In conjunction with the Diocesan **Spirit Alive!** Spiritual Renewal we are pleased to offer this series which focuses on developing our relationship with God through Scripture, Eucharist and a life of Justice.*

Spirituality of the Word

Presenter: Deacon Tom Driscoll
Monday, October 20, 2008
7:00 – 8:30 PM
St. Louis Church

Spirituality of Eucharist

Presenter: Fr. Robert Kennedy
Monday, October 27, 2008
7:00 – 8:30 PM
St. Catherine of Sienna Church

Spirituality of Justice

Monday, November 3, 2008
Presenter: Sr. Donna del Santo SSJ
7:00 – 8:30 PM
Church of the Transfiguration

***Note:** Since this is the eve of our presidential elections this session will take place in the church where Sr. Donna will preside over a prayer service on responsible citizenship.

Spring 2009

This series introduces participants to the Islamic culture and religion – both ancient and complex. Leaders from the Islamic community will present the intricacies of this beautiful and too-often misunderstood community.

An Overview of Islam

Deacon George Dardess
Monday, February 2, 2009
7:00 – 8:30 PM
St. Catherine of Sienna Church

The Differences and Tensions between Islamic Groups

Presenter TBA
Monday, February 9, 2009
7:00 – 8:30 PM
St. Louis Church

Islam Part III

Presenter: TBA
Monday, February 16, 2008
7:00 – 8:30 PM
Place: Church of the Transfiguration

Tri-Parish Retreat

Retreat Director: Rev. Richard N. Fragomeni, Ph.D.

Dr. and Rev. Richard Fragomeni, a priest of the diocese of Albany, NY is an associate professor of liturgy and homiletics and chair of the Department of Word and Worship at Catholic Theological Union in Chicago. He has written widely on topics of liturgy, music, symbolism, the catechumenate, the Eucharist, and liturgies with children. In addition to his inspirational teaching, preaching, and writing duties, Fr. Fragomeni serves as rector at the Shrine of Our Lady of Pompeii, and Italian-American spiritual center in Chicago's Little Italy.

Monday, March 2, 2009 at 7:00 pm
St. Louis Church

Tuesday, March 3, 2009 at 7:00 pm
Church of the Transfiguration

Wednesday, March 4, 2009 at 7:00 pm
St. Catherine of Sienna Church

The William H. Shannon Lecture Series

presents

Women of Wisdom and Witness

Sheila Cassidy

“Audacity to Believe”

Thursday, October 2, 2008

7:00 PM

Forum, Otto A. Shults Community Center

“The Key Is Empathy: A Spirituality of Life and Work”

Friday, October 3, 2008

1:30 PM

Golisano Academic Center Room 38

A doctor, psychotherapist and writer, Sheila Cassidy practiced medicine in South America and, in 1975, was held and tortured under the Pinochet regime in Chile. Her story, told in *Audacity to Believe*, helped draw attention to human rights abuses in Chile. For fifteen years, she served as medical director of St. Luke’s Hospice in Plymouth, England and is known for her work in palliative care. Among her publications are *Good Friday People* and, most recently, *Made for Laughter*.

Elizabeth A. Dreyer

“Women Alive in the Spirit: Wisdom of Medieval Mystics”

Thursday, October 23, 2008

7:00 PM

Forum, Otto A. Shults Community Center

“The Holy Spirit According to Women”

Friday, October 24, 2008

1:30 PM

Linehan Chapel, Golisano Academic Center

Professor of Religious Studies at Fairfield University in Connecticut, Elizabeth A. Dreyer is known for her work on medieval women mystics, spirituality in everyday life, and the Holy Spirit. Her recent publications include: *Passionate Spirituality: Hildegard of Bingen and Hadewijch of Brabant*; *Holy Power, Holy Presence: Rediscovering Medieval Metaphors for the Holy Spirit*; and *Making Sense of God: A Woman’s Perspective*.

Please Save the Dates for:

Jamie T. Phelps, O.P.

Professor and Director of the Institute for Black Catholic Studies
Xavier University of Louisiana

*Lecture topic TBA
Thursday, March 5, 2009
7:00 PM
Forum, Otto A. Shults Community Center

Friday, March 6, 2009
1:30 PM
Golisano Academic Center Room 38

Carol Rittner, R.S.M.

Distinguished Professor of Holocaust and Genocide Studies
The Richard Stockton College of New Jersey

*Lecture topic TBA
Thursday, April 2, 2009
7:00 PM
Forum, Otto A. Shults Community Center

Friday, April 3, 2009
1:30 PM
Golisano Academic Center Room 38

ADVENT 2008

ADVENT EVENING PRAYER

Monday Evenings in the Church
7:00 PM
December 1, 2008 & December 15, 2008

ADVENT RECONCILIATION SERVICES

Saturday, December 20, 2008 at 10:00 AM
Monday, December 22, 2008 at 7:00 PM
(Individually at 3:30 P.M. on Saturdays or by appointment)

CHRISTMAS MASSES

CHRISTMAS EVE
3:30 P.M. & 5:30 PM

MIDNIGHT MASS
(Prelude begins at 11:30 PM)

CHRISTMAS DAY
10:00 A.M.

LENT 2009

Ash Wednesday

Mass
6:45 AM and 7:00 PM

Service of Word and Ashes
12:15 PM

Lenten Taizé Service

Wednesday Evenings
In the Church
7:00 PM
March 11, 18, 25, & April 1, 2009

LENT RECONCILIATION SERVICES

Saturday, April 4, 2009 at 10:00 AM
Monday, April 6, 2009 at 7:00 PM
(Individually at 3:30 P.M. on Saturdays or by appointment)

HOLY WEEK SERVICES

Holy Thursday
7:30 PM

Good Friday
2:30 PM
Stations of the Cross
7:30 PM

Easter Vigil
8:00 PM

Easter Sunday
8:00 AM, 9:30 AM and 11:30 AM

