

**VILLA PAULINE  
RETREAT AND SPIRITUAL CENTER**

**POETRY AS A SPIRITUAL PRACTICE  
FRIDAY APRIL 29, 2022**



Some poetic books of the Bible such as Psalms and the Song of Solomon, are said to come from the heart. These writers reach us where we are in our own struggles and joys and are often called humankind's reach toward God. Through reading, writing, reflection and discussion of poetry, we can gain greater insights into understanding others, ourselves, and the world around us and in our connection to the divine. This program will explore the ways we can bring poetry into our lives as a spiritual practice that can enrich and enhance our lives at a deeper

**Presenter: Suzanne Dowd, LCSW**, is a psychotherapist in private practice in Sussex County. She has had a love for poetry since the age of 13 and enjoys crafting poems whenever she can. Some of her poems have been published in local poetry publications when she was in college and graduate school. Suzanne encourages her clients to journal and express themselves through creative endeavors to live life more deeply.

\$50.00 offering includes lunch

Friday, April 29, 2022

Arrival 9:30 AM 10 AM-2:30 PM

Register by April 22, 2022

***Poetry As A Spiritual Practice Day Program***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ PROGRAM DATE \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_ ANY QUESTIONS, PLEASE CALL [973-738-4266](tel:973-738-4266)

EMAIL ADDRESS FOR CONFIRMATION \_\_\_\_\_

Please make checks payable to **Villa Pauline Retreat and Spiritual Center**. Call the Center at 973-738-4266 for further information Monday-Friday 9 AM to 4 PM.

**Mail Registration to address below c/o Sister Marie Pauline, SCC**

*352 Bernardsville Road Mendham, New Jersey 07945*