



Preparing people to lead extraordinary lives

In partnership with the
Institute of Pastoral Studies

Living Your Life's Transitions

*Living Toward the
Yet Unknown*

Lenten Retreat



Change is constant, continuous and often challenging showing up in family, work and community. The dynamics of change can affect our lives in positive and negative ways. Transition is the process we go through as we struggle to adapt to interior and exterior changes that are continuous and consequential in our lives. All transitions begin in an ending and ends in a new beginning. In times of transition we are often reliving the Paschal Mystery of death and rebirth. In this class we will discuss the beginning, middle, and ending phases of transitions and how they affect our daily lives. Times of transition and change offer us the opportunity to reflect on our expectations of self and others, and our perceptions of attachment, loss, suffering, and grief.

"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—alumni, parish and congregation leaders, the greater Loyola Chicago community, students, and faculty.

Cost \$25, includes Continental Breakfast, Lunch, Materials, and a \$5 donation to IPS student scholarships

REGISTRATIONS REQUIRED BY MARCH 7. NO WALK-INS

Register here: LUC.edu/alumni/lentenretreat

| www.luc.edu/ALUMNI

SATURDAY

March 10, 2018

9:00 am - 4:00 pm

FACILITATORS

**Joanne Cimbalo and
Sheila Morrow**

Adjunct Faculty

Institute of Pastoral Studies

Loyola University Chicago
Lake Shore Campus
Damen Student Center, 2nd Floor
Sr. Jean Multipurpose Room
6511 N Sheridan Road
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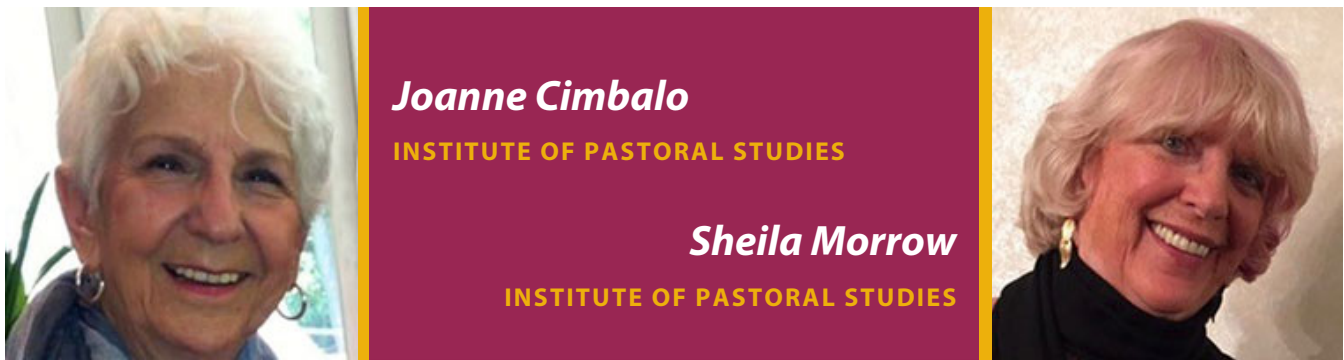
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Joanne Cimbalo is a Licensed Professional Counselor, a teacher, a Spiritual Director, and a student, with an MPS and MAPC from Loyola and a PhD in Therapeutic Counseling from IIIHS in Montreal. She was a counselor and clinical director in a recovery 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. Sheila and Joanne team-teach workshops and a class, The Psychology and Spirituality of Transitions. One of her happiest transitions was the one into being a grandmother to three, of course, wonderful 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 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 upcoming transitions.

