

- **Directed Prayer Retreat:** the individual or group gathers to focus on a particular scripture theme or prayer method. Sister acts as companion or leader, taking the individual or group through the movements of this retreat.
- **Preached Retreat:** Sister acts as presenter and speaks to the subject, leading the group into a prayerful experience of the theme
- **Private Directed Retreat:** An individually planned retreat for those seeking silence and solitude. This retreat focuses on the person's desire to deepen their relationship with God. Sister serves as a daily contact for guidance and direction.

## Retreat Themes

Themes for retreats can be set by the group or individual. Some themes for retreats that Sister has led in the past include:

- Finding God in Your Everyday Life
- Couples Way to God
- Walking with God Through 12-Step Recovery
- Single Parents' Way to Partner with God
- Powerless for God
- Mothers and Daughters Share Faith
- Spiritual Recovery for Life
- Spirituality in Retirement Years
- Sowing the Seeds of Spirituality in the Parish Community

## Workshops

Workshops are a series of discussions, lectures, and exercises (small group and individual) focused on a particular topic. The goal is for participants to gain a deeper understanding of the subject matter and how it relates to them and their lives.

Sister is currently developing a new workshop entitled, "Spirituality and the Workplace." Previously developed workshops that are available include:

- Bio-Spirituality through Focusing
- Self-Esteem
- Twelve-Step Spirituality
- Spirituality and Aging
- Spiritual Recovery for Today
- Spirituality in the Marketplace
- The Myth of Power and Control

To request or suggest a workshop not included above, contact Sister.



*"With God, all things are possible."*



*"All Dominicans are called to PRAISE, to BLESS, and to PREACH. And, so we shall."*

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## Who is Sr. Maureen?



Sister Maureen Murphy, O.P., has been a member of the Order of Preachers (O.P.), the Congregation of Dominican Sisters at

Blauvelt, since 1975. She was born and raised in Yonkers, New York, along with her sister and two brothers.

## Education

Sister has the following degrees and certifications:

- BA in Sociology (Mercy College: Dobbs Ferry, NY)
- MTS with a concentration in Spirituality (Weston Jesuit School of Theology: Cambridge, MA)
- Spiritual Director Certification (The Upper Room Spiritual Life Center: Neptune, NJ).
- Trainer/Facilitator of BioSpiritual Focusing Certification (The Institute of BioSpiritual Research: CA).
- Level II Reiki Practitioner Certification

## Experience

Sister's experience is detailed below. She has performed various supervisory, program development, supervision, and training/mentoring tasks throughout all of these positions.

- **1996-Present:** Full time ministry of Spiritual Formation and Development.
- **1979-1994:** Pastoral Minister to the sick, the elderly and the homebound.
- **1977-1979 and 1968-1973:** Child Care Worker for adolescent girls in placement.
- **1973-1976 and 1964-1968:** Credit analyst and other lending field positions within the Banking Industry.

## Sister's Congregation

The Order of Preachers (O.P.), the Dominican Sisters of Blauvelt, NY was incorporated in 1890 to further the mission of promoting for the temporal and spiritual welfare of destitute, homeless, and unprotected children.

Over one hundred years later, the Sisters continue to adapt their ministries to serve the needs of God's children in light of the signs of the times.

## Sister's Gifts for Sharing

In addition to offering services as a presenter and guest speaker at seminars, workshops, and retreats, Sister also offers individual services to those seeking:

- **spiritual direction** - one-on-one companionship to assist the individual in developing and/or maintaining his or her personal relationship with God.
- **Reiki** - hands-on healing energy work, which helps the recipient reach their level of highest healing good. 'Reiki' means 'universal life force' - Sister calls this life force 'grace.'

## Retreats

Retreats are times of prayer that can be individual or group, formal or informal. They can also take on a variety of formats, including:

- **Guided day/evening of prayer:** the group gathers to focus on a particular theme. Sister functions as a facilitator, rather than a leader.

*(continued)*