

SERENITY AND HEALTH  
FALL 2014, ST. MARK THE EVANGELIST

WHAT IS IT: a program in which participants join with a facilitator during an introductory meeting followed by 6 weekly group meetings with the goal of improving our health, sense of well being and closeness to God. Participation and sharing will be encouraged. This is NOT medical care, it is self care as we all work to feel better w/ less stress, aches and pains, worrying, bad habits, obesity, irritability, etc.

OUR PRAYER: **“God grant me the serenity to accept what I cannot change, the courage to change what I can, and the wisdom to know the difference.”**

WHO CAN COME: 1. All adults who have some problem or issue that they wish they didn't have, such as stress, worry, bad habits, obesity, aches and pains, etc. AND 2. Must be willing to commit to coming to the 6 session AND to do the home practices every day. The group will be limited to 12 people.

SCHEDULE:

**Session 1, Sept. 17, 7:30-9PM**

Basic concepts: Mind-body-spirit connection, power of thought, Neuroplasticity, Prayer, Home practices.

**Session 2, Sept. 24, 7:30-9PM**

Chronic stress, Relaxation, and Human Resiliency.

**Session 3, October 1, 7:30-9PM**

“Sacrament of the Present Moment,” Mindfulness=Awareness, Recognizing negative emotions.

**Session 4, October 8, 7:30-9PM**

Prayer in general, Centering Prayer. Pain. Review to date.

**Session 5, October 15, 7:30-9PM**

Eating habits and nutrition, goal setting

**Session 6, October 22, 7:30-9PM**

Physical exercise. Time management. Discussion self care plan, selection of home practices.

## PREPARATION FOR SESSION ONE NEXT WEEK:

- Be familiar w/ contents of folder.
- Pray in your own style for God's help in your journey and consider going to confession before we start.
- Reflect on your reasons for participating and your goals...what is the main thing you hope to achieve.
- Bring folder, notepaper, pen, and water bottle.
- Please arrive by 7:20PM so we can settle in and start on time.

With man this is impossible  
but with God all things are possible.  
Matthew 19:26

Facilitator, Donna Chacko, M.D.  
[upwells@gmail.com](mailto:upwells@gmail.com)  
Home phone 301-277-2970