



How to Stay Up in a Down World

Janet Schaeffler, OP

Saturday, February 14, 9:30am-12:30pm

Suggested Offering \$25

As the calendar turned from 2025 to 2026, social media told a shared story: the year behind us was not an easy one.

Personal challenges, news cycles, and global concerns left us feeling worn down.

This morning of reflection and sharing invites participants to consider some practical and spiritual ways to nurture resilience, deepen faith, and live with purpose - when circumstances feel discouraging. Together, we'll explore realistic tools for staying emotionally and spiritually steady in difficult times, cultivating hope, maintaining balance, and responding to life's challenges with courage and compassion.



Janet Schaeffler, OP, is a facilitator of days of reflection, retreats, and workshops. An author and college educator, she teaches online classes for the University of Dayton and Boston College. The former director of adult faith formation for the Archdiocese of Detroit, she continues this ministry in a wide variety of pastoral settings.

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Saturday, February 14, 2026

Name _____ Phone _____

Address _____ E-mail _____

City, State, Zip Code _____ Amount Enclosed _____

*We are a place of welcome
for all who seek quiet space,
spiritual companionship
or opportunity or spiritual growth.*

