

Visitation Spirituality Center

Programs

Winter-Spring 2026

VISITATION CENTER is available for **A DAY AWAY!** If you are looking for a contemplative space for prayer, study, or personal reflection consider spending a day, or part of a day with us. Just contact us in advance to make your reservation with a call to (248)433-0950 or an e-mail to visitationnorth@ihmsisters.com. (Free Will Offering.)

Musing over Mugs

February 6, March 4, April 1, May 6, 10:00am-12:00noon

Over a cup of coffee or tea, women explore the graces and challenges of their lives as seen through the eyes of faith. Marie Miller, IHM, is our facilitator. (Free Will Offering)

How to Stay Up in a Down World

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

Janet Schaeffler, OP, MA

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. (Suggested Offering: \$25)

John Lewis: A Life of "Good Trouble"

Saturday, February 28, 9:30am-12:30pm

Joni Scott, BA

One of the "Big Six" leaders of the Civil Rights Movement, John Lewis was guided by his belief in the power of ordinary people to effect positive changes in their communities and the world. He often emphasized the importance of getting into "good trouble, necessary trouble" in the pursuit of justice. His commitment to non-violent protest and his belief in the inherent goodness of humanity served as guiding principles throughout his life. All of this and more will be explored as we remember this powerful civil rights icon and peacemaker. (Suggested Offering: \$25)

Rooted in Presence: Bringing Body Mind and Soul into Contemplative Stillness

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

Julie Vieira, IHM, MA

Presence is an abundant word that calls us to be here and now with our whole self; however, we are in the moment. Sometimes the here and now of our lives is messy, unpredictable, exhausting and even unbearable. No matter what the moment brings, we can meet it with our full presence. This morning is a contemplative space in which to rest, listen, behold and be held. Our time will include prayer, input, and the opportunity for personal reflection. Along the way, you will find ideas and practices that can guide you along your own journey. (Suggested Offering: \$25)

Psalms: A Prayer Book for Holy Week (Lenten Day of Reflection)

Saturday, March 28, 10:00am-4:00pm

Kathie Budesky, IHM, MA

The words of the Psalms, the ancient prayers of the Jewish people, were frequently on the lips of Jesus as he turned to prayer at critical junctures in his life. Thus, it is fitting for us to look to the Psalms for our prayer as we enter into the holiest season of the year and remember the events of Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday. In addition to input, there will be time for personal prayer and reflection, sharing, and a lunch from Panera Bakery. The program will end in time for participation in the Palm Sunday liturgy. (Suggested Offering: \$50, including lunch)

Exploring Matthew's Spiritual Vision

Saturday, April 18, 9:30am-12:30pm

Kathie Budesky, IHM, MA

Each of the Evangelists wrote their Gospel for a particular audience with unique questions and concerns. As a result, each of the Gospels offers today's readers differing insights into the person of Jesus and what it means to live as a disciple of Jesus. This year, the liturgical readings focus on the Gospel of Matthew and there is little question that understanding the spiritual vision of this Gospel can enrich our celebration of the Eucharist and animate our efforts to live lives of Christian discipleship. The morning will include input, time for personal prayer and reflection, as well as lively conversation. (Suggested Offering: \$25)

Preachers and Teachers in Scripture and Our World Today

Saturday, April 25, 9:30am-12:30pm

Barbara Bacci-Yugovich, MA, IHM Associate

Join us as we explore and reflect on key women and men in Scripture -- Priscilla, Phoebe, Deborah, the daughters of Philip, John the Baptist, Peter, and Mary Magdalene -- all who functioned as preachers and teachers of God's Word. They continue to hold a significant place in our understanding of leadership and teaching to this day. With these biblical men and women as our backdrop, participants will be invited to reflect on contemporary men and women, leaders and preachers, who serve as a source of inspiration. The morning will include input, time for personal reflection, table conversation, and large group sharing. (Suggested Offering: \$25)

Profiles of Courage: Women in the Old Testament

Saturday, May 16, 9:30am-12:30pm

Annemarie S. Kidder, PhD, IHM Associate

While women play a key role in the life and ministry of Jesus, they make only sporadic or tangential appearances in the stories of the Old Testament. In this presentation, we will meet those who through faith and fortitude were able to advance salvation history, despite obstacles and outside interference. Among them are Sarah, the wife of Abraham; Rebekka, the mother of Jacob and Esau; Miriam, the sister of Moses and Aaron; Deborah, a judge and leader of her people; Ruth, the companion of Naomi; and the midwives of the Hebrews, Shiprah and Puah, along with Moses' mother, Jochebed. The hope is to detect in the stories of these women a common thread that might strengthen and empower our own walk of faith in Christ. (Suggested Offering: \$25)

Visitation Spirituality Center 7227 Lahser Road Bloomfield Hills, MI 48301 visitationnorth@ihmsisters.org visitationnorth.org (248) 433-0950

Registration Form

Visitation Spirituality Center

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| <input type="checkbox"/> How to Stay Up in a Down World (February 14) | <input type="checkbox"/> John Lewis (February 28) |
| <input type="checkbox"/> Rooted in Presence (March 14) | <input type="checkbox"/> Lenten Day of Reflection (March 28) |
| <input type="checkbox"/> Exploring Matthew's Spiritual Vision (April 18) | <input type="checkbox"/> Preachers and Teachers (April 25) |
| <input type="checkbox"/> Profiles of Courage: Women in the OT (May 16) | |

Name _____ Phone Number _____

Address _____ Email _____

City, State, ZIP Code _____ Amount Enclosed _____

Be a Visitation "Frequent Flyer": For those who register for three or more programs, there is a \$5 reduction for the cost of each program.

Send your registration and check to: Visitation Spirituality Center, 7227 Lahser Road, Bloomfield Hills, MI 48301; email VisitationNorth@ihmsisters.org, or call (248)433-0950.



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