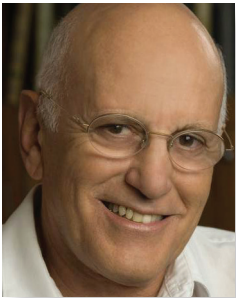


SAT invites all who are seeking a holistic Sabbath experience of attentive rest, theological renewal, and spiritual transformation to our
SPRING 2016 FEBRUARY COURSE OFFERINGS

Presented by THE SCHOOL OF APPLIED THEOLOGY | Located in Oakland, one block from Rockridge BART



**David Richo,
Ph.D., M.F.T.**

February 8
COMING HOME TO WHO YOU ARE

February 9
SELF-COMPASSION; SELF CARE

February 29
*GRATITUDE, GENEROSITY, AND
GENERATIVITY*



Carla DeSola

February 11
*DANCE MEDITATION,
PRAISE WORKSHOP, AND
TAIZE SERVICE: LAUDATO SI':
'PRAISE BE TO YOU,
MY LORD'*



Michael Fish, OSB Cam.

February 16-17
LIVING CONTEMPLATIVELY



Ron Olowin, Ph.D.

February 22
ECO-THEOLOGY



**Mary E. McGann,
RSCJ, Ph.D.**

February 23
*WATER: A SACRED TRUST
AND COMMON GOOD*



Mark McVann, FSC

February 23, March 1, 15
*THEMES OF BAPTISM
IN MARK*



**Ivan Nicoletto,
OSB Cam.**

February 24
*PERSPECTIVES ON
ECO-THEOLOGY*

Ongoing Spring Courses:

*MOVEMENT MEDITATION-JOY THROUGH
MOVEMENT - TAI CHI CHIH®*

with Celeste Crine, OSF

**SERIES I: Mondays, 7-8PM: February 1, 8, 16 (note,
Tuesday), 22, 29**

NONVIOLENCE CIRCLE

with Carrie Rehak, Ph.D

February 4, 18, March 3, 31, April 7

For more information and to register go to
www.satgtu.org/course-offerings/ or call (510) 652-1651.

www.satgtu.org | email: info@satgtu.org

SAT is located at St. Albert's Priory, in Oakland, one block from Rockridge BART;
5890 Birch Court, Oakland CA 94618



School of
Applied
Theology

An affiliate of The Graduate Theological Union, Berkeley CA

SPRING 2016 FEBRUARY COURSE OFFERINGS

Coming Home to Who You Are, presented by David Richo, Ph.D., M.F.T.

February 8, 10:00-3:00 (lunch included), Cost: \$80

We already possess everything we need to have satisfying relationships and a happy, fulfilling life; all we need to do is learn how to bring forth our giftedness and natural wisdom—which includes our innate kindness, understanding, and courage. This course focuses on appreciating our true self and nurturing the best in ourselves and our relationships.

Self-Compassion; Self Care, presented by David Richo, Ph.D., M.F.T.

February 9, 10:00-3:00 (lunch included), Cost: \$80

The demands of ministry and life can be daunting and exhausting. Sometimes our giving of ourselves to others begins to take its toll. In order to maintain the energy and effectiveness of our ministry, we need to pay more attention to how we care for ourselves so that we can maintain our resilience and avoid possible burnout. This course will explore self-care strategies including spirituality, exercise, nutrition, and spending time with friends and family.

Dance Meditation, Praise Workshop, and Taize Service: Laudato Si': 'Praise be to you, my Lord', presented by Carla DeSola, February 11, 7-9PM, Cost: \$30 Suggested Donation

In this dance meditation and praise workshop we rejoice in the spirit of St. Francis, falling in love with Brother Sun, and Sister Moon, praising the purity of Sister Water, the brightness of Brother Fire. The session begins with movement meditation and prayer leading into a gentle yet energetic warm-up. To become channels of God's love we create studies that address our care for the earth, hearing her groans, giving thanks for her gifts, concluding with blessing a large "earth ball" which is passed around becoming part of the dance. Woven into the session are Taize prayers in movement to be included in a closing Taize service.

Living Contemplatively, presented by Michael Fish, OSB Cam.

February 16-17, 10:00-3:00 (lunch included), Cost: \$160

With an emphasis on finding one's true, authentic self in God, this course offering challenges one to uncover personal masks and look at life from a new perspective. It introduces new forms of prayer, self-care, and simplicity of lifestyle.

Eco-Theology, presented by Ron Olowin, Ph.D., February 22, 10:00-3:00 (lunch included), Cost: \$80

Eco-theology focuses on the interrelationships of religion and nature, particularly in light of environmental concerns. It arose in response to the widespread acknowledgment there is an environmental crisis of immense proportion threatening the future of the human race. This course offering can stand alone or complement "Perspectives on Eco-Theology, with Ivan Nicoletto, on February 24.

Water: A Sacred Trust and Common Good, presented by Mary E. McGann, RSCJ, Ph.D.

February 23, 10:00-12:00, Cost: \$40

In this presentation, Mary McGann will explore both the beauty of God's sacred gift of water and the senseless degradation of this precious resource in today's world. She will propose attitudes we might have toward water drawn from Catholic Social Teaching and offer many strategies for living in deeper mutuality and care for this beautiful creature of God.

Themes of Baptism in Mark, presented by Mark McVann, FSC, February 23, March 1, 15, 1:00-3:00, Cost: \$120

Baptismal images, themes, and symbols abound in the Gospel of Mark. We will explore the meaning of baptism as a reenactment of the death and resurrection of Jesus and see how in Mark these ideas are developed. The course offering will include both lecture and discussion on baptism and the requirements of discipleship in Saint Mark.

Perspectives on Eco-Theology, presented by Ivan Nicoletto, OSB Cam.

February 24, 10:00-3:00 (lunch included), Cost: \$80

This course offering will help translate scientific, cosmological data into a theological and spiritual framework and explore the ramifications of the new cosmology for our spiritual journey. This course offering can stand alone or complement "Eco-Theology," with Ron Olowin, on February 22.

Gratitude, Generosity, and Generativity, presented by David Richo, Ph.D., M.F.T.

February 29, 10:00-3:00 (lunch included), Cost: \$80

When we confirm for each other our giftedness and the many ways we have been blessed by God, we first of all give thanks. But gratitude should then lead to generosity – giving back to others in a variety of ways what we have generously received from God. Generativity is the term describing the stage of life where we give back the hope and wisdom we have gleaned over the years. This course explores the inter-relatedness of these three terms and provides guidance on how we choose to give meaning and purpose to the coming seasons of our lives.

Movement Meditation-Joy through Movement - Tai Chi Chih®, with Celeste Crine, OSF

Series I: February : Mondays, 7-8PM: 1, 8, 16 (note, Tuesday), 22, 29

Cost: Free-will offering; All are welcome, no previous experience is needed.

Looking for a way to become more centered? Move from your head to your heart? Have a mind clearer for prayer? Have a more balanced, flexible body? Pray with your whole self? **New Location: School of Applied Theology**

Nonviolence Circle, with Carrie Rehak, Ph.D., February 4, 18, March 3, 31, April 7, 7:00-8:30PM

Cost: Free-will offering; All are welcome, no previous experience is needed.

Based on insights shared by various nonviolent and restorative justice practitioners, such as Gandhi, Martin Luther King, Jr., and Marshall Rosenberg, this circle will be a place to practice nonviolence in a safe setting. The tools we will use can be used for social and environmental needs as well as for our work and family settings, and our closest and most intimate relationships. Our main objectives will be to grow in compassion and to love more deeply (God, ourselves, other creatures). We will commit to five 1.5 hour sessions, to learn about and practice nonviolent communication through reading (e.g., Marshall Rosenberg's Nonviolent Communication: A Language for Life), group and individual exercises, and role playing.

For more information and to register go to www.satgtu.org/course-offerings/ or call (510) 652-1651

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