

By Still Waters:

A Virtual Day of Spiritual Refreshment for Caregivers

Hosted by the Archdiocese of Kansas City,
with Catholic Author and Speaker Maureen Pratt

Caregiving is a holy vocation that truly imitates the loving example of Jesus Christ. But it is not an easy activity, and it can take a toll on the very people who bring great blessings to others. Fatigue, depression, frustration – these and other effects can wear down the most conscientious caregiver, especially during the unprecedented times in which we are living. So, there is a time and a place during the journey of taking care of others for gentle, profound refreshment for the caregiver’s own soul, body, and mind. Like Jesus, who “would always go off to some place where he could be alone and pray” (Luke 5:16), caregivers need care, too.

“*By Still Waters: A Virtual Day of Spiritual Refreshment for Caregivers*” is an online, faith-centered retreat for caregivers that will offer time for prayer, reflection, sharing, learning, song, and Scripture. Participants will have an opportunity to consider their caregiving activities within the context of faith and the long, encouraging tradition of caregiving that extends back to Jesus’ ministry. They will have time to pray in silence, song, or spoken word, and meet and share with other caregivers. A virtual liturgy, Adoration of the Blessed Sacrament, and resources for further refreshment will be included.

“*By Still Waters...*” will be held entirely online on Saturday October 3, 2020, from 9:30 AM to 4:00 PM. It will be hosted by the Archdiocese of Kansas City and will be led by Los Angeles-based, award-winning author and speaker Maureen Pratt. There is no fee to participants, but registration is required at www.archkck.org/special-needs.

By Still Waters:

A Virtual Day of Spiritual Refreshment for Caregivers

Hosted by the Archdiocese of Kansas City,
with Author and Speaker Maureen Pratt

Event Schedule

- 9:00 – 9:30 AM: Log-in, gather, greet
- 9:30 – 10:15 AM: Liturgy online
- 10:15 AM – 12:15 PM: Part One: Refresh the Spirit - Spirituality,
Scripture, and Caregiving (with first break-out
room chats)
- 12:15- 1:30 PM: Break for lunch with optional online
Adoration of the Blessed Sacrament
- 1:30 – 3:30 PM: Part Two: Faith-in-Practice - Practical
Considerations for Caregiving, the Caregiver,
and Keeping the Faith
- 3:30- 4:00 PM: Reflections, questions, sending forth

About Maureen Pratt

For almost 20 years, since a devastating diagnosis of lupus, Maureen has combined her writing and speaking talents with unwavering faith to encourage others who live with chronic illness, pain, or who care for and about someone who has health challenges. She has spoken at regional and national faith-based conferences and medical centers and led workshops and retreats at churches and for patient advocacy groups such as the Lupus Foundation of America and the Arthritis Foundation. Her books in print include *Peace in the Storm: Meditations on Chronic Pain & Illness* (Doubleday/Penguin Random House), *Salt and Light: Church, Disability, and the Blessing of Welcome for All* (Twenty-Third Publications), and *Beyond Pain: Job, Jesus, and Joy* (Twenty-Third Publications). She writes the syndicated column, “Living Well,” for Catholic News Service, and has written numerous other articles for publications such as Guideposts Magazine, St. Anthony Messenger Magazine, and Arthritis Today. She has been awarded four Catholic Press (CPA) awards and in 2019, her book *Salt and Light: Church, Disability, and the Blessing of Welcome for All*, was honored with CPA and Association of Catholic Publishers awards.

Maureen holds a BSLA from Georgetown University, a Master of Fine Arts from UCLA’s School of Theater, Film, and Television, and is currently studying toward a masters in theology at the Jesuit School of Theology, with a concentration in disability ministry and the role of caregivers in Scripture and contemporary culture. A native Midwesterner, she continues to live with serious illness, including lupus, and at crucial times has also been called to be a caregiver for loved ones. Maureen’s website is

www.maureenpratt.com

Books by Maureen Pratt

Salt and Light: Church, Disability, and the Blessing of Welcome for All, Twenty-Third Publications, 2018. First Place – 2019 Excellence in Publishing Award – Resources for Ministry, Association of Catholic Publishers; Second Place – Pastoral Ministry, 2019 Catholic Press Association Book Awards.

Don't Panic! How to Keep Going When the Going Gets Tough, Franciscan Media, 2016. Third Place – Backlist Beauty, 2019 Catholic Press Association Book Awards.

Beyond Pain: Job, Jesus, and Joy, Twenty-Third Publications, 2010. Faith Friendly Seal, Dove Foundation.

Peace in the Storm: Meditations on Chronic Pain & Illness, Image/Penguin Random House, 2005.

The First Year: Hypothyroidism, Perseus, Revised Edition, 2007, and First Edition, 2004.

Taking Charge of Lupus: How to Manage the Disease and Make the Most of Your Life, New American Library, 2002.

Letters of the Heart, “Dear Love,” an inspirational novella, Tyndale House Publishers, 2001.

Regular columnist, “Living Well,” Catholic News Service. 2006-present. www.catholicnews.com