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## Capuchin Retreat sponsors thought-provoking sessions on spirituality

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Contributing Writer

Is it possible your iPod will bring you closer to God? Is it wrong to pocket something small, like just a few pens, from work? Why make time to have a meal with your family?

These are just a few questions that will serve, organizers hope, to springboard further discussion and reflection during the "Winter Blahs" series offered

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Wednesday evenings in February by the Washington Township-based Capuchin Retreat.

The first presentation on Feb. 4, called "Technology and Spirituality! How does my iPod help me connect with God?" is offered by Father Ken Reinhart of the Capuchin Retreat and will explore ways computers, MP3 players, Blackberries, cell phones and other devices help bring people closer to one another and to God. Online scripture, respectable Web sites that connect people, uplifting songs to download and more are just a few of the topics that may be discussed, according to Sister Joanne Peters of the Capuchin Retreat. The technology discussion may also look at how devices, the Internet and other technology can deter a person away from others and God.

"Spirituality in the Workplace: Is it really wrong to steal at work? They won't notice it!" will not only look at the moral question of whether it's wrong to bring home a few paperclips, it will also examine why and how to bring spirituality to work. Peters will host this Feb. 11 session, which may offer tips on how to treat and get along with people at work, including coworkers and subordinates; why it's necessary to speak up on certain issues; building camaraderie; balancing work and family; and bringing spirituality to work through sacred objects like pictures of family or nature. Introducing God into the workplace through events like Bible studies, if possible, as well as the question of how workers spend their time may also be discussed.

"Are you using your computer for work the whole time you are at work and if not, is that wrong?" Peters asked.

The Feb. 18 session, "Family Spirituality: How come my kids don't go to church anymore?" may explore the importance of family time; developing spirituality, respect and values in children; increasing bonds by setting aside work for family; the importance of setting boundaries; and other topics.

Peters said the family session, which will be offered by Father Jerry Kessell of the Capuchin Retreat, will probably not look at why children won't go to church.

"We already know why; church is geared for adults and most kids find that boring," Peters said. "The core of this discussion is on values and relationships."

Each session is open to people of all faiths and will take place from 7 to 8:30 p.m. at the Capuchin Retreat, 62460 Mt. Vernon in Washington Township. Sessions cost \$15 each or \$35 for all three sessions. Registration is required by calling 248-651-4826 or e-mailing info@capretreat.org



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