



# RESTORING CONNECTIONS

TRANSFORMING THE WORLD ONE RELATIONSHIP AT A TIME

*formerly the Center for Spirituality at Work*



Making Choices participants at graduation

## INVENTIVE TO INFINITY

**You all know that an important part of our mission involves services for women in prison and during re-entry.**

When Denver Women's Correctional Facility was closed to all volunteer programs due to COVID-19, we were faced with a special challenge-how to maintain an active presence to the women and to serve in a way that meets individual needs? The women do not have access to the Internet, and individual volunteers cannot correspond due to Dept. of Corrections regulations.

Within days we came up with a plan. Individual soul care mentors know each woman well. They are now developing written reflections and exercises, and these are sent formally as individualized program materials from our office.

Our Healing Art (Art Therapy) and Making Choices classes were midstream when the prison closed. For **Healing Art**, we are still able to send by mail, simple weekly art exercises that help with feelings, self-management and healing. For **Making Choices**, we are able to send reinforcing materials that support the learning they participated in thus far.

For women in re-entry, we are able to mentor by phone and Internet and we are still able to deliver backpacks.

We look forward to the day when we can go back in to the facility and offer all our programs face-to-face, but for now we are able to express our Vincentian Ethos in a different way. An insight that we carry from Vincent de Paul is that "Love is Inventive to Infinity."

# BRINGING OUR BEST TO YOU

This is a confusing and disorienting time. This time away from others also provides us with more opportunity to pay attention to our inner life and to grow spiritually.

Restoring Connections has a number of well-trained Soul Care providers (spiritual directors) who are willing to be available to you online or by phone.

Soul Care has a long tradition within Christianity and all the major religions. Its purpose is to deepen awareness of God's presence and invitation in the midst of daily circumstances. Unlike many helping relationships, it's not about "having a problem." It's about the desire to grow in inner freedom, to deepen one's capacity to love, to draw closer to one's true self and to the Divine. In addition to intensive training in soul care, our volunteer spiritual directors may also have a background in chaplaincy, ministry or counseling.

If you are interested in Soul Care—for a single session or more ongoing—contact Vie Thorgren:

vie@restoringconnections.org  
720-312-2858 (cell phone)



Vie will help to pair you with a Soul Care provider that is best for you. There is no fee for Soul Care. If you wish, however, to make a **donation** to Restoring Connections to ensure our continued outreach to others, it would be gratefully accepted.



## 1. HOW YOU CAN HELP

### Have you heard about ReFund CO?

It allows you to donate some or all of your state income tax refund to Restoring Connections. It's simple. Look for the "Donate to a Colorado Nonprofit" prompt when you file your state income tax.

Enter "Center for Spirituality at Work" and our registration number :  
20023007714

Your gift will directly support our programs. Visit **refundwhatmatters.org** for more information.

# IN MEMORIAM

**We mourn the loss of four individuals important in developing our mission:**



**Michelle Roth** passed away in November while vacationing in Cairo, Egypt. A special education teacher by profession, she was also one of our earliest

Making Choices Volunteer Mentors. She served in this capacity for many years, strengthened our Making Choices services, and was a transforming presence for the women she served.



**Barbara Laskowski** passed away in Kapaau, Hawaii in March. She was a graduate of our Formation Program for Spiritual Directors and founder of Centennial

Rehabilitation Associates. Barbara was energetic, enthusiastic and endlessly creative in her service of others.



**Roger Nittler** passed away in January. He and his wife Dotty were among the first on our team to provide spiritual care for the women in prison. Roger continued

as a long-time supporter of our programs for justice involved women. Roger was known for his generosity, integrity and service to others.



**Sr. Kathleen Appler, DC** passed away in Paris in March. She was a graduate of our Formation Program for Spiritual Directors and became the Superioress

General of the Daughters of Charity, the first American to serve in that capacity. Sr. Kathleen inspired others internationally to care for those in poverty.

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## 2. HOW YOU CAN HELP

Please consider supporting us while you shop at **King Soopers**. Login at **www.kingsoopers.com**. Search for The Vincentian Center for Spirituality and Work by name or enter CV216 and click Enroll. New users will need to create an account which requires basic information, a valid email address, and a loyalty card.

You can also support us while you shop on **Amazon**. Go to **smile.amazon.com** and select the **Vincentian Center for Spirituality at Work** as your charity. Bookmark smile.amazon.com and continue to make purchases as you normally would.

# UPCOMING WEBINARS

Join us for our **FREE** online webinars with presenter **Dr. Vie Thorgren**.

You will be given instructions and an online link when you register. The webinar is **free**, but **donations** are welcomed and help us to continue our mission.

## APRIL 21 @ 10 AM MOUNTAIN TIME

### **Grandloving: Caring for Grandchildren from a Distance**

Some grandparents are always faced with the challenge of living far away from the grandchildren they love. Our present sheltering-in-place during COVID19 creates this “distance challenge” for all of us. While the present pandemic is unsettling for adults, our grandchildren’s lives will be marked by this experience.

Will this time nurture their inherent soul life and foster values that will sustain them for a lifetime? Our Grandloving webinar is about fun and deeply meaningful ways to connect with our grandchildren when we can’t be together. As grandparents we have a very special role to play.

Register online by April 18:

**<http://evite.me/vERJ3KqtkF>**

## APRIL 25 @ 11 AM MOUNTAIN TIME

### **Nurturing the Soul of Your Child: Parenting for Life Purpose**

We all have an inborn natural spirituality that is foundational to mental health and wellness, particularly as it develops in the first two decades of our lives. Spirituality is an untapped resource for the inner work that fosters emotional resilience, healthy relationships, empathy, social concern and meaning-making throughout life.

Biologically, we are hardwired for spiritual connection. We don’t “give” our children a spiritual life, we simply acknowledge and encourage it. Our Nurturing the Soul of Your Child webinar is science based and theologically sound. It’s also an awe-filled and fun way to grow in appreciation for our children and mature in our own spiritual journey.

Register online by April 21:

**<http://evite.me/hfDwWF8x3e>**

**NOTICE!** Due to COVID-19 stay-at-home restrictions, our **VCA Dinner** has been cancelled. We hope to reschedule an event in the near future.

## MOTHER'S DAY VIRTUAL TEA

MAY 9 TO 16 @ 10 AM MOUNTAIN TIME

Mothers, grandmothers and all women make a big difference for others every day in both quiet and dramatic ways. Since Mother's Day is coming, we have planned something special in appreciation. Although we cannot be together in the same room we can share a few minutes together online.

Starting at 10:00 a.m. each day from May 9 to May 16, join us online at your convenience, enjoy a cup of tea, hear from some special mothers, grandmothers and women of influence, have a few moments to reflect on your own experience and make a difference for others in whatever way you can. Watch for the invitation arriving in the mail soon with directions on how to connect.

## RECRUITING NOW FOR MAKING CHOICES MENTORS

We are recruiting now for new Making Choices mentors - for both the 10-week program at DWCF and for re-entry. For more information, contact Jasmine at: [jjohnson@restoringconnections.org](mailto:jjohnson@restoringconnections.org)

We pray for our greater community as we recognize the impact that COVID-19 has already had and continues to have on Coloradans and people around the world. We remain committed to uniting diverse people for spiritual transformation and social justice. If you are able to support Restoring Connections, you will be helping us continue to support justice-involved women and provide soul care to the greater community.

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*formerly the Center for Spirituality at Work*

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DENVER, CO 80250-2168

Learn more at [www.restoringconnections.org](http://www.restoringconnections.org)

## VIGIL FOR COMMUNITY MENTAL WELLNESS

APRIL 26 @ 6 PM MOUNTAIN TIME

There is hardly a family in Colorado that is not touched in some way by mental health issues and the need for community support. Restoring Connections has entered into an exciting relationship with Mental Health Colorado and together we are co-sponsoring a Virtual Vigil for Community Mental Wellness.

Register in advance for this meeting:

<https://zoom.us/meeting/register/u5Msd-mgqjwsoMSZLDvQOdQ8d8ot3qA2pA>

After registering, you will receive a confirmation email containing information about joining the vigil.

*Donate today!*

[www.coloradogives.org/cfsaw](http://www.coloradogives.org/cfsaw)