

Popular Adult Retreat Themes

Living In Light - Be inspired and encouraged as you explore the Source of your hope and light.

Martha-Mary Balance of Daily Life - With Martha and Mary as your guides, clarify God's unique plan for your own life balance.

Nourishing Your Soul - Connect more deeply with God and become refreshed and renewed in body and spirit.

Remain In Me - Draw closer and be with Jesus through undistracted prayer and reflection on John 15:4.

Say "Yes" To Change - Experience peace as you walk with Jesus through your life changes, past and present.

Spiritual Health For Today - Gain tools to enhance your spiritual well-being.

Seasonal Themes - Deepen your love for Jesus using seasonally appropriate Scripture, music, and reflections. **Lenten themes** include *Draw Near* and *Remain in Me*; **Advent themes** include *Waiting for Jesus* and *Gifts of the Season*.

Popular Family Themes

Encountering The Mass - Increase understanding and engagement using music and responses of the Mass.

Praying As A Family - Understand and experience the impact of selected forms of prayer with your loved ones.

For additional topics or to request a customized theme:
www.prayer-in-motion.com

Experience

I have facilitated numerous retreats, times of reflection, teas, breakfasts, family nights and other events at churches and retreat centers throughout the Midwest.

Participants have included adults and families of all ages, such as:

- Women's and moms' groups
- Teachers and catechists
- RCIA catechumens
- Seniors' groups
- Family religious education participants

Current/Past Clients

- Archdiocese of Detroit, Detroit, MI
- Diocese of Lansing, Lansing, MI
- Diocese of Grand Rapids, Grand Rapids, MI
- Diocesan Center for Ministry, Saginaw, MI
- Episcopal Diocese of Michigan, Detroit, MI

- St. Francis Retreat Center, DeWitt, MI
- St. Paul of the Cross Retreat Center, Detroit, MI
- St. Mary's Retreat House, Oxford, MI
- Manresa Jesuit Retreat, Bloomfield Hills, MI

- Christ Church Episcopal Church, GPF, MI
- United Methodist Church, Clarkston, MI
- Emmanuel Lutheran Church, Livonia, MI
- First Presbyterian Church, Farmington Hills, MI
- Holy Trinity Parish, Ligonier, PA
- Our Lady of Lourdes Parish, Toledo, OH
- St. Francis of Assisi Parish, Orland Park, IL
- St. Francis of Assisi Parish, Ann Arbor, MI
- West Wayne Vicariate RCIA, Dearborn, MI

Complete client listing, references, and resume available upon request



PRAYER IN MOTION, LLC

LET THE SPIRIT MOVE YOU CLOSER

**Encountering Christ
through movement,
music, Scripture,
and prayer**

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About Prayer In Motion

Prayer in Motion was started in 2003 to help others encounter and deepen their relationship with God. Janene's testimony is the reason that she is here to help others along their faith journey in a very special way.

Janene's Personal Story

In 1999 my husband of 17 years died of cancer at the young age of 45. I struggled with my faith for a couple of years, unable to understand why God didn't heal him. That struggle, along with the Holy Spirit, led me into the Spiritual Direction program at Manresa Jesuit Retreat House. My time in study and prayer during these two years not only brought me healing, but also a new ministry. While on retreat I encountered Christ in a new and life-changing way through a form of prayer I had never even heard of before --- movement prayer. After completion of the spiritual direction program and months of prayer and discernment, I finally came to believe that God was calling me not only to minister as a spiritual director, but also to teach others this amazing way to pray.

How It Works

I use prayer experiences which incorporate music, Scripture, and everyday movements to open people's hearts and make encountering Christ more possible. The scriptural focus appeals to all Christian denominations; the movements are simple and repetitive to remove distractions and reinforce the message of the prayer. Other prayer forms, such as journaling and guided reflection, are often included to enhance the experience, providing multiple means to encounter God.



*Participants lay their burdens at the cross.
(Matthew 11:28)*

Movement prayer is *not dance*, but rather about what goes on inside of us. Prayer sessions begin seated with eyes closed, using subtle gestures, which help people to experience the profound difference between listening to a song and praying with it using movement. This progresses to standing and walking prayer; however, options for those unable to walk or stand comfortably are always provided.

What People Are Saying

Participants

+ "The reflection before the songs gave me food for thought. Praying with the movement and music was transforming and the sharing was inspirational."
+ "Thank you so much for sharing your very personal witness and encouraging us to step out of our comfort zones and enrich our prayer lives."

Church Personnel

+ "Janene's unique style of prayer truly touched the hearts of all who were at our retreat - some even to tears. Prayer in Motion is such a gift to those who seek to hear God in an intimate & personal way."
+ "We have had Janene several times over the years. She has always been enthusiastic, professional, adaptable, and creative and she shares an inspiring story. Whatever the occasion, theme or budget, Janene has been able to gear her presentation to it."
+ "Janene awakens new possibilities for prayer, new awareness of God with us. Her gentleness, understanding of people's needs and committed faith touch people deeply."



*Participants experience community
as they support one another.*