



# SoulCore

Holy Name of Jesus Catholic Church

HEAL





# WELCOME

- ▶ Who is SoulCore for?
  - ▶ Anyone wanting to have an experience as we Pray the Rosary with body, mind and soul.
- ▶ What is SoulCore?
  - ▶ A prayerful meditation of the Rosary and movement of the body.
- ▶ When to attend a class?
  - ▶ See the calendar for October 2020
- ▶ Where to attend a SoulCore class?
  - ▶ Holy Name of Jesus Parish Hall
- ▶ Why attend a class?
  - ▶ This is a Spiritual fitness through prayer as we focus on the Rosary.
- ▶ How to attend?
  - ▶ Call the church office 270-826-4646 to reserve your place! Class size is limited!
  - ▶ Contact Shannon Long Faith Community Nurse for details od SoulCore !



# SoulCore

## Lent Prayer Experience

- ▶ Who is SoulCore for?
  - ▶ Anyone wanting to have an experience as we Pray the Rosary with body, mind and soul.
- ▶ What is SoulCore?
  - ▶ A prayerful meditation of the Rosary and movement of the body.
- ▶ When to attend a class?
  - ▶ See the Lenten Calendar.
- ▶ Where to attend a SoulCore class?
  - ▶ Holy Name of Jesus Multipurpose Room
- ▶ Why attend a class?
  - ▶ This is a Spiritual fitness through prayer as we focus on the Rosary.
- ▶ How to attend?
  - ▶ Bring an open mind and heart to receive the experience. Water bottle, comfortable clothing, and a yoga mat for the floor.
  
  - ▶ Contact Shannon Long Faith Community Nurse for details at 270-8262096 or [slong@holynameparish.net](mailto:slong@holynameparish.net)



# TIMES OF CLASSES

- 745am-845am
- 1030am-1145am
- 530pm-630pm



# DATES of CLASSES

- ▶ October 5<sup>th</sup>-October 30<sup>th</sup>
- ▶ Monday Wednesday and Friday 745am,
- ▶ Tuesday and Thursday 1030 am
- ▶ Monday Wednesday Friday 530pm

# Class Schedule with Facilitators

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5- 745am	Oct 6-745am	Oct 7-745a	Oct 8- 745 a	Oct 9- 745 a
RW- Joyful	SBL-Sorrowful	SBL-Glorious	SBL- Luminous	SBL/BP
BP SBL	Oct 6 – 1030 a Chair	BP	Oct 8 – 1030aChair	
	LF- Joyful		BP- Sorrowful	
Oct 5- 530pm	Oct 6 530pm	Oct 7 430pm Chair	Oct 8 530pm	
SBL-/RW	SBL	SBL	BP/SBL	
<b>Week TWO</b>				
Oct 12-745	Oct 13- 745	Oct 14- 745	Oct 15-745	Oct 16-745
RW	SBL	SBL/BP	SBL	SBL/BP
	Oct 13-1030a Chair		Oct 15-1030 a Chair	
	LF-Glorious		SBL- Luminous	
Oct 12-530pm	Oct 13- 530pm	Oct 14-430pm	Oct 15-530pm	

# Class Schedule Continue

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 19-745a	Oct 20-745a	Oct 21-745a	Oct 22-745a	Oct 23-745a
SBL	SBL	BP/SBL	BP/SBL	SBL/BP
	1030 am-Chair LF		1030 am-chair SBL	
	530pm SBL	430pm Chair SBL	530pm SBL	
SBL...CANCEL				
Oct 26-745am	Oct 27-745	Oct 28-745	Oct 29-745	Oct 30-745
SBL	SBL	BP/SBL	BP/SBL	SBL
	1030 am Chair LF		1030am- chair SBL	
530pm BP/SBL	530pm BP/SBL	430pm Chair SBL	530pm SBL	

# Class Schedule with Facilitators

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5- 745am	Oct 6-745am	Oct 7-745a	Oct 8- 745 a	Oct 9- 745 a
RW- Joyful	SBL-Sorrowful	SBL-Glorious	SBL- Luminous	SBL/BP
BP SBL	Oct 6 – 1030 a Chair	BP	Oct 8 – 1030aChair	
	LF- Joyful		BP- Sorrowful	
Oct 5- 530pm	Oct 6 530pm	Oct 7 430pm Chair	Oct 8 530pm	
SBL-/RW	SBL	SBL	BP/SBL	
<b>Week TWO</b>				
Oct 12-745	Oct 13- 745	Oct 14- 745	Oct 15-745	Oct 16-745
RW	SBL	SBL/BP	SBL	SBL/BP
	Oct 13-1030a Chair		Oct 15-1030 a Chair	
	LF-Glorious		SBL- Luminous	
Oct 12-530pm	Oct 13- 530pm	Oct 14-430pm	Oct 15-530pm	





# Welcome to Participants

- ▶ Sign in complete COVID form
- ▶ Identify space in Parish Hall
- ▶ Carpets in place 6ft apart
- ▶ Encourage Floor Mat /Chairs need 2
- ▶ Weights Optional
- ▶ Wipes for Weightrs
- ▶ Spray for Mat/carpet/chair
- ▶ Kleenex
- ▶ Candles/batteries
- ▶ DVD of Mysteries

# Facilitators

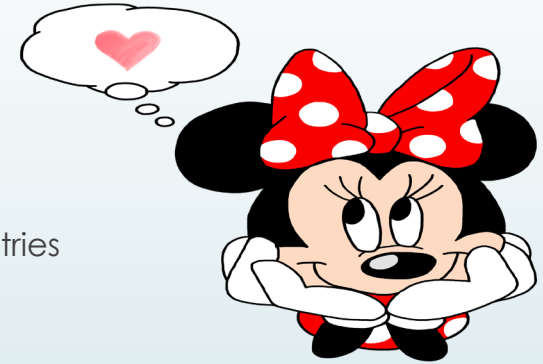
- ▶ Rose Wheeler
- ▶ Director of Religious Education



- ▶ Ranni Dillard
- ▶ Social Concerns



- ▶ Beth Probus
- ▶ Director of Youth Ministries



- ▶ Lucy Felty
- ▶ Parish Nurse



A dark blue arrow points right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the slide.

# OTHER

- ▶ Turn Projector on with remote control, press on 2 times at projector.
- ▶ Use remote and push the video button
- ▶ It will say video ready
- ▶ Turn DVD player on in the cabinet.
- ▶ Load DVD
- ▶ Hit play with the remote for the DVD Player
- ▶ When done with class- eject dvd and turn off dvd player
- ▶ Use remote for the projector back to computer and hit off button 2 times