



# Restoring Connections

TRANSFORMING THE WORLD THROUGH RELATIONSHIP  
*formerly the Center for Spirituality at Work*

## The Power of Relationship

We're entering a new year, and I think all of us are hoping 2022 will be less painful than 2021. As I listen to all of you, however, I do hear you talk about the blessings of the past year—the main blessing being how it has reminded us of the importance of relationships. This has been a core value of Restoring Connections since the beginning. Vincent de Paul believed in relationships as the way to bring about individual and societal change. Although we offer a variety of programs it is really the relationships we foster that bring about transformation. Our volunteers are focused on the importance of **being with** and **being open to receiving, as much as giving, of self**. These relationships result in mutual transformation for both mentor and mentee and further enhance the giftedness each has to bring. You can ensure life-changing relationships continue with a year-end, tax-deductible contribution. Give online on our website at [www.restoringconnections.org](http://www.restoringconnections.org) or use the enclosed envelope. We are grateful for your support. - Vie Thorgren, Director



## Join us for these upcoming communication programs offered by Elder Wisdom:



### Healing Conversations: Dialogue not Disaster

SATURDAY, FEBRUARY 5, 2022

9:30 AM - 12:30 PM

Online via Zoom

Celebrating our 25th year, people who register by January 25th receive a 25% discount! Register at [www.restoringconnections.org](http://www.restoringconnections.org)



### Want to Talk? Communication Tools for Divided Times

WEEKLY, TUESDAYS MARCH 8-APRIL 12, 2022

10:00 AM - 12:00 PM

Online via Zoom - Registration opening soon

Want to Talk is a six-week, online Lenten Series designed for small groups and utilizing tested materials from JustFaith Ministries. *Deepen your relationships while staying true to your values, whether you find yourself navigating a heated disagreement with a family member, interrupting racism in the office, facilitating political tension in church, or working for systemic change on any justice issue.*

# Soul Care for Justice-Involved Women

We are so excited to be back in Denver Women's Correctional Facility offering Soul Care Mentoring. Since 2000 we have served hundreds of women during incarceration and re-entry. Soul Care focuses on healing, helping women to address the reasons why they ended up incarcerated. A significant challenge for all the women is finding meaning in their experience so they can pick up their past and use it in positive ways for self and others. Another challenge is the importance of forgiveness of self, for the harm one has caused, and forgiveness of others who were abusive parents or partners.

Our Soul Care mentors receive training in trauma-informed soul care and offer the tools that enable their mentees' self-healing, self-management, and self-growth. Soul Care mentors are equipped with an understanding of mental health issues and addiction. They are not engaging in therapy but bring the strengths of soul care practices to their mentees.

We work with women of all faith traditions and those who have no faith affiliation. The goal is always greater freedom to find meaning and purpose, to discover one's individual calling, to heal from trauma and moral injury, to live out personal values with integrity and to identify ways of serving others.

Celebrating our 25th year as an organization, we are hoping to expand our team to twenty-five Soul Care Mentors. If interested, contact Vie at 303-383-1610x2.

## *A Mentee's Perspective: Lora*

During the past year I've experienced many lockdowns. Honestly, for me lockdowns became a blessing. I learned to apply what my mentor taught me, "be still and listen." I've learned if I did not do this, life for me would become worse physically.

Unfortunately, I have not had my mentor right here next to me. Her words of wisdom have always given me peace of mind and direction.

I never thought I could get through the challenges alone, but she had given me the tools I needed so I can apply it all myself. I continue to grow, and I am becoming the woman I want to be! It has been a long tough journey, but one I am so thankful to have experienced.

The facility has re-opened now, and my mentor has returned. I can tell she is proud of the progress I made, and her presence reminds me that I have a lot to give. I look forward to her coaching as I prepare for the next part of my journey—re-entry. I know everything has changed since I've been inside. I know some days I will be struggling. But the heart and soul and thinking work she helped me do has changed me. I'm ready.

## *A Soul Care Mentor's Perspective: Dottie Liston*



It was such a joy to return to DWCF after 19 months of separation from my mentee due to the pandemic. Over those months, I thought of her and prayed for her daily since I was concerned about how she was dealing with the lockdown and her spiritual life. When we were able to meet in mid-October, I was relieved to see how happy she was and how well she had dealt with the difficult situation. She was extremely grateful for the spiritual readings with reflection questions I prepared for her every two weeks. It is evident how the Spirit has worked within her to sustain her growth, resilience and spiritual maturity.

## Remembering With Gratitude

We remember with gratitude as we mourn the loss of a special friend this last year.



Dave Sheehan was a past Board Member providing guidance as the organization was in its early stages of development. He put his professional background in Gerontology to work for us as an instructor and facilitator for a series on the "Spirituality of Retirement." Dave inspired us by his own spirit of

relationship. He was a fun person to know who modeled integrity and faith.

# News from the Board



This month we honor Jan Williams with gratitude. Jan served as Board Chair for **Restoring Connections**, formerly the Center for Spirituality at Work, from 2016 to June 2020 and then continued as a Board member this past year. She graduated from our *Formation Program for Soul Care* in 2011. Jan's concern for those who are marginalized and her commitment to the transformative work done by nonprofits has a long history. She has served on several boards, both nationally and internationally, and was Executive Director for the Inner City Health Center and Program Director for Joshua Station. We were blessed by her expertise and wisdom. We know the Denver Metro area will continue to be enriched by her compassionate presence.



We welcome Connie Shelley, who will step into Jan's place on the Board. Connie has twenty years' experience with Restoring Connections. She is a 2000 graduate of the *Formation Program for Soul Care* and was an instructor and advisor in this program for many years. She was

involved with our *Soul Care Mentoring program for Justice-Involved Women* as a mentor herself and as program coordinator for 15 years. Connie brings a wealth of direct service experience in hospital chaplaincy, Restorative Justice, and mentoring unsheltered families. Her background reflects a deep commitment to systemic change.

“

I want to serve Restoring Connections and those they serve and give back to an organization that has meant so much to me.

-Connie

”



**Restoring Connections**  
formerly Center for Spirituality at Work

PO Box 102168  
Denver, CO 80250-2168

303-383-1610  
[www.restoringconnections.org](http://www.restoringconnections.org)  
[rc@restoringconnections.org](mailto:rc@restoringconnections.org)

*To receive monthly email newsletters and event invitations, go to our website at [www.restoringconnections.org](http://www.restoringconnections.org) and subscribe. If you aren't getting our email newsletters, be sure to add [rc@restoringconnections.org](mailto:rc@restoringconnections.org) to your "safe senders" list.*

