



## Testimonials

*“This class really helped me choose Joy. I want to bring it to my parish group. We are ready for our next challenge.”*

*“I am surprised at how much I got from going to this workshop. I have decided to create a painting that visualizes how I want to be in Joy.”*

*“After losing my wife last year, I want to find ways to choose Joy. It is very easy to forget that is what God wants for me when I am grieving. This class has helped me look at what brings me comfort and Joy.”*

*“This session unlocked a deep place of longing for Joy, that I didn’t know was there. Although I cried through some of it, it has helped me realize how I put my needs behind others and end up like an empty vessel. I want to be overflowing in order to be giving to those I love.”*

*“Wow. I thought I was going to a class because my friend encouraged me. I was surprised by the depth of feelings and learning I got from it.”*



## Spiritual Joy Institute

The idea of the Spiritual Joy Institute was started when Father John Catoir and Julianne Schwietz met in 2004, at a conference at Notre Dame.

Fr. Catoir’s aim is to help “elevate your aspirations” to live a more Joy-filled life. He is the author of many books, with three of them on the subject of Spiritual Joy. His work was the inspiration that led Julianne to create workshops that help Christians find their way to Joy.

Julianne is the Director of the Spiritual Joy Institute, and author of the *People of Joy* program. She is a Life Coach, speaker, and friend to those in need of a mended heart. Her work centers on helping people move from a place of loss into finding joy and fulfillment once again. She is available to lead *People of Joy*, and other Spiritual Joy workshops.

*Leaders of Joy* is a training program created especially for those interested in leading workshops from the Spiritual Joy Institute. You may attend sessions in Minneapolis, MN, or arrange for group learning in your city. See the website for details.

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This workshop,  
from the Spiritual Joy Institute,  
is designed to help Christians  
live a more spiritually joy-filled life.

Appropriate for:  
Divorce Support Groups  
Parish Study Groups  
Adult Formation  
Books Clubs  
AA  
...and more!

***www.SpiritualJoyInstitute.com***



## The Workshop

“I do not remember anyone ever teaching me how to enjoy the Lord, or my life, because of the Lord. Perhaps it was supposed to be self-evident.

If so, it wasn't to me. From our earliest days we were taught in religion class that our purpose was ultimately to be happy with God in this life and forever in the next. If only the teachers had spent more time telling us how. Serving God was always stressed in school, and doing religious “things” was always encouraged, but enjoying one's life with God? Who taught that?

Only after years of struggle was I able to piece the puzzle together for myself. It isn't very profound, but it has helped me and enabled me to liberate many others from a path of joylessness. You pray for the gift of joy. It's like the gift of music, you may have it, but you have to develop it. If you play the piano you will need to learn your chords. These workshops are designed to help the gift of Joy to grow”

— *Father John Catoir*

***People of Joy*** is a workshop that leads participants to find their own ways of living in Spiritual Joy. Finally, here is a session that teaches the why and how of enjoying one's life.

God's greatest desire is for us to be loving, and therefore joyful people. Groups going through this workshop form “Joy Communities,” based on God's desire for us to love one another in community.

This two-hour session is filled with exercises that tap into both right and left-brain activities. Trained leaders certified through the Spiritual Joy Institute facilitate adult learning styles. *People Of Joy* is appropriate for parish groups, book clubs, grief support groups, families, and others interested in fellowship while learning.

*People of Joy* materials may be purchased as a package including Facilitator's Guide, Participant Guidebooks, DVD message from Fr. Catoir, and *Spirit of Joy*, a CD of harp music and mediations.



## The Results

- ◆ Participants will be able to comprehend the meaning and existence of Spiritual Joy.
- ◆ They will be able to personally answer, “Do I believe this?”
- ◆ Attendees will identify the importance of (or passion for) Spiritual Joy in their own lives.
- ◆ Individuals will decide how (or if) they want to invest themselves further toward living in Spiritual Joy.

The need for Spiritual Joy is vast today. Without it, people hesitate to allow themselves to experience Joy, and are weighted down by guilt, shame, or a negative outlook after significant loss in their lives. Having full knowledge and understanding of God's desire for us to live joyfully gives hope and permission to people to seek ways to live in fulfillment.

You can help spread Spiritual Joy by introducing others to this first step toward Heaven while living Joyfully here on Earth!