

# “Keep Up the Spirit Days” Demonstrates Bon Secours Care

THE BON SECOURS SPIRITUAL CENTER staff initiated two new care programs this past summer for people needing special personal and spiritual support. “Care for the Caregivers” respite sessions and “Keep Up the Spirit Days” are all held regularly and available at no charge for participants at the Spiritual Center.

During the monthly Keep Up the Spirit Day, the staff invites individuals seeking new employment opportunities or changing careers to the Spiritual Center for a day of respite from their career-changing tasks. The morning session focuses on time for personal prayer and reflection on how the participants’ situation affects their relationships with God, family, and others. Participants have the opportunity to enjoy the Provincial House grounds and to develop new support and networking options with others.

Following lunch, invited guest speakers offer suggestions to improve job search or personal planning skills. Participants leave with suggestions, ideas and strategies to be more effective in their next phase of their career.

The sessions are led by Executive Director Thomas E. Little; Sharon Scibek, president of Swan Learning Services; and personal life coach Grace Garrett. Volunteer life coaches and trainers join the program monthly to develop specific job-finding skills for participants. Special thanks is also due to advertising support by Susan Ayers, Richmond Career Service Development, and Examiner.com.

In their evaluations, participants indicate that the primary benefit of the day is having time and space to relax from the pressures of seeking their next employment



opportunity and to realize that God is very much part of their lives, continuing to support and care for them even during life’s challenging days. As Paul reminds us in the *Letter to the Romans*, “God causes everything to work together for the good of those who love God and are called according to God’s purpose....”

Funded by participant donations and the Bon Secours Spiritual Center \$5-Fund, Keep Up the Spirit Days remind us that God’s purpose is being worked out in our lives even while we search for the ways to understand our challenges and disappointments. Please continue to pray with the Center’s staff for the success of the transitions that Keep Up the Spirit Days program participants are addressing. ✨

*If you have ideas or ways to support job seekers in these challenging times or would like to share your skills to support program participants please contact Dr. Little at [Thomas\\_Little@bshsi.org](mailto:Thomas_Little@bshsi.org) or call the Center 410-432-3120.*

*In the next Bridges, look for a report on our ongoing initiative on “Care for the Caregivers” Respite Sessions.*