

Cathedral of St. Matthew's 2019 Lenten Lecture Series: "METANOIA"

2019 Lenten Lecture Series: "METANOIA" Our series focuses on our personal Metanoia regarding a transformative change of heart and spiritual conversion that includes repentance. During Lent, we encounter the world, ourselves and our God through this lens. Let us accompany each other on this Lenten journey of faith.

**The lecture will be held Tuesday 7pm – 8pm in the North Conference Room.
1725 Rhode Island Ave NW, Washington, DC 20036**

April 2: Dr. Robert J. Wicks, PSY. D. ~ "The Simple Care of a Hopeful Heart: Strengthening Your Inner Life in Challenging Times" The Simple Care of a Hopeful Heart

~ Strengthening Your Inner Life in Challenging Times ~

One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have. By discussing psychological and spiritual approaches to maintaining a healthy perspective and enhancing resilience, Dr. Wicks, an expert on the prevention of secondary stress (the pressures experienced in reaching out to others) and author of *Bounce: Living the Resilient Life, Riding the Dragon, and Prayerfulness*, offers insights into how we can extend our warmth to others without losing our own inner fire in the process. Topics will include: avoiding dangers that lead to unnecessary stress and a loss of perspective; developing your own self-care program; knowing the four "voices" we need in our circle of friends to have balance and courage in life; improving self-awareness at each phase of adulthood; benefiting from inner darkness; and strengthening and deepening your own rule of prayer. Practical, illustrative, lively, this rich presentation will provide essential information on resilience, compassion, prayer, spirituality, and personal / professional wellbeing.



For over 35 years, *Dr. Robert Wicks*, has been called to speak calm into chaos for individuals and groups experiencing great stress, anxiety and confusion. Dr. Wicks received his doctorate in Psychology (Psy.D.) from Hahnemann Medical College and Hospital, is Professor Emeritus at Loyola University Maryland, and has taught in universities and professional schools of psychology, medicine, nursing, theology, education, and social work. In 2003 he was the Commencement Speaker for Wright State School of Medicine in Dayton, Ohio and in 2005 he was both Visiting Scholar and the Commencement Speaker at Stritch School of Medicine in Chicago. He also was Commencement Speaker at, and the recipient of honorary doctorates from, both Georgian Court University and Caldwell College in New Jersey.

In the past, he has spoken on Capitol Hill to Members of Congress and their Chiefs of Staff, at Johns Hopkins School of Medicine, the U.S. Air Force Academy, the Mayo Clinic, the North American Aerospace Defense command, at Harvard's Children's Hospital, Harvard Divinity School, Yale School of Nursing, Princeton Theological Seminary, the Defense Intelligence Agency, and to members of the NATO Intelligence Fusion Center in England on his major areas of expertise: resilience, self-care, the

prevention of secondary stress (the pressures encountered in reaching out to others) and approaches to strengthening your spiritual life.

He has also spoken at the Boston Public Library's commemoration of the Boston Marathon bombing, addressed 10,000 Catholic educators in the Air Canada Arena in Toronto, was the opening keynote speaker to 1,500 physicians for the American Medical Directors Association, spoken at the FBI Academy, led a weeklong course in Beirut for Catholic relief workers from Aleppo, Syria, and addressed caregivers in Beijing, Hanoi, Haiti, India, Thailand, Northern Ireland, Scotland, Hungary, Guatemala, Malta, New Zealand, Australia, France, England, and South Africa.

In 1994, he was responsible for the psychological debriefing of relief workers evacuated from Rwanda during their bloody genocide. In 1993, and again in 2001, he worked in Cambodia. During these visits, his work was with professionals from the English-speaking community who were present to help the Khmer people rebuild their nation following years of terror and torture. In 2006, he also delivered presentations on self-care at the National Naval Medical Center in Bethesda Maryland and Walter Reed Army Hospital to those health care professionals responsible for Iraqi and Afghani war veterans evacuated to the U. S. with multiple amputations and severe head injuries. More recently he addressed U.S. Army health care professionals returning from Africa where they were assisting during the Ebola crisis.

Dr. Wicks has published over 50 books for both professionals and the general public. He has published a number of works on spirituality including *Prayer in the Catholic Tradition, Riding the Dragon, Everyday Simplicity, and Prayerfulness*. Two of his latest psychological works are: *Perspective: The Calm within the Storm* and *Bounce: Leading a Resilient Life*. His books have been translated into Chinese, Polish, Indonesian, Korean, and Spanish.

In 2006, Dr. Wicks received the first annual Alumni Award for Excellence in Professional Psychology from Widener University, is also the recipient of the Humanitarian of the Year Award from the American Counseling Association's Division on Spirituality, Ethics and Religious Values in Counseling and for his service to the Church he received the Papal Medal Pro Ecclesia et Pontifice from Pope John Paul II.

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