



Lectures and Courses Offered 2015 - Present

For Adults

- **Catholic Meditative Prayer**
Ignatian Meditation, Lectio Divina, and Centering Prayer
2 courses per year, 6 –Week Adult Faith Formation Program, Saint James, Arlington Heights
- **Lenten Catholic Meditative Prayer**
Ignatian Meditation, Lectio Divina, and Centering Prayer
6 -Week, Adult Faith Formation Program, Saint James, Arlington Heights and Saint Cecilia, Mt Prospect
- **Deepening Your Personal Relationship with Jesus Christ**
Lecture and Ignatian Meditation
St James Catechists, Saint James, Arlington Heights
- **Lenten Meditation; Lectio Divina on Psalm 34:2-7**
Lecture and Meditation
Women’s Guild, Saint Edna
- **Deepening our Relationship with God the Father; Ignatian Meditation on the “Prodigal Son”, Luke 15:11-32**
Lecture and Meditation, Co-Presenter with Fr. Derek Ho
Morning of Reflection, Saint Edna
- **Scripture and Meditative Prayer Course on Genesis**
Ignatian Meditation, Lectio Divina, and Centering Prayer
6 -Week, Adult Faith Formation Program, Holy Family, Inverness
- **“Let the Children Come to Me”, Mark 10:13-16**
Lecture and Ignatian Meditation
Faculty and staff, Saint Viator High School
- **Vocation of Motherhood and Self-Care; “The Birth of Jesus”, Luke 2:1-20**
Lecture and Ignatian Meditation
Moms Plus of St James, Arlington Heights.
- **DRE Year-End Retreat: How to Disconnect from the World and Reconnect with the Lord**
Lecture and Ignatian Meditation, Lectio Divina and Centering Prayer
Day Retreat, Saint Anne, Barrington
- **Ignatian Meditation on Matthew 14:23**
Lecture and Ignatian Meditation
Family Community Event, Saint Anne, Barrington
- **Catholic Meditative Prayer**
Ignatian Meditation, Lectio Divina, and Centering Prayer
6 –Week Adult Faith Formation Program, Saint Mary, Buffalo Grove



- **Catholic Meditative Prayer – Healing and Faith**
Ignatian Meditation, Lectio Divina, and Centering Prayer
6 –Week Adult Faith Formation Program, Saint Mary, Buffalo Grove and Saint James, Arlington Heights
- **The Road to Emmaus**
Ignatian Meditation, Deeping Your Relationship with Jesus Christ
Catechists, Saint Mary, Buffalo Grove
- **A Night with Mary – The Joyfully Mysteries**
The History of the Rosary and The Rosary with Guided Meditations on the Joyful Mysteries
Faith Formation Program, Saint Mary, Buffalo Grove; Saint Joseph of Libertyville and Saint Mary of Vernon
- **Our Lady of Guadalupe – The Joyfully Mysteries**
The History of Our Lady of Guadalupe and The Rosary with Guided Meditations on the Joyful Mysteries
Faith Formation Program, Saint Mary, Buffalo Grove
- **Sorrowful Mysteries**
The History of the Rosary and With Guided Meditation Praying the Sorrowful Mysteries
Women of Saint James, Saint James, Arlington Heights; Saint Mary, Buffalo Grove
- **Lenten Retreat; Lenten Reflection and Sorrowful Rosary**
Prayer, Ignatian Meditation and Sorrowful Rosary
Moms Plus of St James, Arlington Heights; St Mary Bible Study Group, Buffalo Grove, and Archdiocese Chicago, Vicariate I, Faith Formation Directors
- **Women’s Retreat; Pray, Restore, Renew**
Give yourself the gift of a day of peace and prayer. You will deepen your relationship with Christ as you enjoy guided meditations, quiet reflections and spiritual enrichment.
Sisters of the Living Word, Arlington Heights
- **Pausing for Prayer, a ½ day retreat**
Ignatian Meditation, Lectio Divina, Centering Prayer
Saint Joseph Libertyville and Saint Mary of Vernon
- **Spiritual RX Prescription Archdiocese of Chicago, Vicariate I Leaders 2020-2021**
Themes, How to Unplug Yourself, Hope, Joy, Unity, Silence, Love, Peace, Transformation
Remain calm and centered in the midst of turmoil-such as the times we are living through now-in order to find a balance between compassion and equanimity.
Once a month, for 7 executive months through Zoom Session offered to the faith formation directors of Vic. I
- **Spiritual RX Prescription, Joy**
Ignatian Meditation, Lectio Divina
Catechists, Saint Mary, Buffalo Grove
- **Prayer; Keeping the Communication Going**
Ignatian Meditation, Lectio Divina, Centering Prayer
RCIA students, Saint Joseph Libertyville and Saint Mary of Vernon



- **Catechists Enrichment Program; Deepening Your Personal Relationship with Jesus Christ**
Lecture, Ignatian Meditation and Lectio Divina
St Zachary Catechists, Saint Zachary, Des Plaines
- **Advent by Candlelight – A Matter of the Heart**
Presentation an evening of reflection
St Mary, Buffalo Grove
- **Advent Meditative Prayer**
Ignatian Meditation and Lectio Divina on the Advent Readings
4-Week Course offered to through Zoom – morning and evening sessions are offered
- **Immaculate Conception and Joyful Rosary**
Presentation Immaculate Conception and The Rosary with Guided Meditations on the Joyful Mysteries
St Mary, Buffalo Grove
- **Advent Day of Prayer**
Formation Day Lay Leadership, Catechetical Leadership and Lay Ecclesial Ministry, University of Saint Mary of the Lake

For Youth

- **Faith: Live, Deepen and Celebrate**
Ignatian Meditation
Freshmen retreat, Saint Viator High School
- **Your Relationship with Jesus**
Ignatian Meditation
Three times a year leading the youth in the Kairos Retreats, Saint Viator High School
- **The Prayer Process by Matthew Kelly (Decision Point)**
Meditative Prayer
Confirmation Group, Saint James, Arlington Heights
- **What is Your Image of God and How Do You Communicate With Him? The Birth of Jesus, Luke 2:1-20**
Lecture and Ignatian Meditation
Confirmation Retreat, Saint James, Arlington Heights
- **Meditative Reflection and Examination of Conscience Using the Ten Commandments**
Confirmation Reconciliation, Saint James, Arlington Heights
- **Confirmation Meditation; You are God's Beloved Child**
Lecture and Ignatian Meditation
Confirmation Group Saint James, Arlington Heights
- **How to Relax Before Tests and Exams**
Lecture and Exercises
The Willows Academy, Des Plaines



References

University of Saint Mary of the Lake

- Dave Retseck, Associate Director Institute for Pastoral Leadership, 847-837-4553
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Archdiocese of Chicago, Vicariate I

- Marta Stepniak, Lifelong Formation Coordinator, Vicariate I,
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Saint Mary, Buffalo Grove

- Teri Toentjes, Coordinator of Religious Education, 847-537-9458
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Saint James, Arlington Heights

- Joanne Mullen-Muhr, Retired Coordinator of Religious Education, 847-951-0096
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Saint Zachary, Des Plaines

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Moms Plus at Saint James

- Nina Losh, ninalosch@gmail.com
- Sandra Chaplin, sandramchaplin@gmail.com

Holy Family, Inverness

- Mary Whiteside, Director of Adult Faith, 847.907.3450
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Wishing you a Blessed Day!

Sincerely,

Joy

Please find below, my recommendation letters, each from a different parish offered executive years and student evaluations. Please, feel free to contact any of my references. Gratefully, Joy.



FORMATION DAY EVALUATION
LAY LEADERSHIP/CATECHETICAL LEADERSHIP/
LAY ECCLESIAL MINISTRY

ADVENT DAY OF PRAYER

DECEMBER 3, 2022

The presenter will not see individual evaluations. She will receive a summary of all the responses. Please include your name so we can record that you have completed the evaluation.

Student Name _____

Presenter: Joy Anderson

Table with 7 rows of evaluation questions and 7 columns of response counts (Strongly Agree, Agree, Neutral, Disagree, Strongly Disagree, Not Applicable).

What I found most helpful from this Formation Day was...

- Learning how to find the right headspace to mediate.
Today is a perfect day to be present during this Formation Day. I have learned different forms of prayers: Ignatian Meditation way, Lectio Divina and Centering Prayer. These give me also a full review of my prayer life which I have been practicing in the past and overlooked to do it due to busyness and multi-tasking in my day-to-day life. It was such a great recollection/retreat and a great way of returning my heart to God. It was such a great preparation for His coming to open the eyes of my heart to feel Him so he can dwell. He is always waiting every day to enter into my heart to have that intimate relationship. Because of my failings and sins, it clouds my path. Spiritually, He desires



more of me than I desire more of Him. So, through these different methodology of prayers helps me to unlock the door of my heart so Jesus can enter in. Having this relationship, He can teach me what it takes to be one of His missionary disciples; to bring good news and glad tidings to the poor and the weak. What a gift from God during this Christmas!

- Learning the different types of prayer and the realization that I don't need to learn the perfect prayer, instead I need to carve out my time and create a space for prayer.
- I liked that we actually practiced three types of contemplative prayer. I am so happy we were given a journal notebook and we took the time to actually journal. It was very good to do that – to get some ideas down on paper. Lots of ideas of how to organize prayer time for daily prayer.
- How she was able to share and to open us up to the Lords prayers. She was great in explaining Advent and how we need to create a prayer space.
- The day was awesome! Just what I was needing. A great way to start Advent. Joy was a "joy" to listen to and learn from.
- I felt God's presence in the prayer/meditations throughout the day. I really liked the Ignatius meditations. The handouts are great too.
- This was outstanding. Clean, concise explanations of Ignatian meditation, Lectio Divina and centering prayers.
- Experiencing the three forms of prayer was terrific. I need to develop a better means of communication with God. I need to start to listen better and listen more. I am confident that Lectio Divina, centering prayer, and Ignatian meditation will help me to do that.
- I love how you talked about incorporating these prayers in your daily life, such as doing chores. I find that as the day gets busier, I tend to drift away from God, so this was helpful for me to try it out.
- All of the meditative/contemplative prayer forms were very helpful! I've always focused on studying scripture with commentaries, but have not really prayer with scripture, so this opened a whole other facet of listening to God speak to me through His word.
- The actual practice of prayers (methods) while being guided by Joy. Good presentation of the three methods with history of the forms.
- I received tools/advice about doing a better job personally to engage in prayer.
- Thank you, Joy! I am so grateful for the Advent Day of prayer formation. I was aware of the three prayers but never really knew how to use them. These prayers will be part of my daily routine to bring me closer to God.
- How to stay in prayer: the background music was very helpful. Meditation was very helpful.
- Learning more ways of prayer. Being provided resources from instructor and other students in the class.



- Learn ways to pray and use methods of prayer.
- Rest in God 😊
- This was the clearest instruction I've had on these forms of prayer. It was difficult for me to really get into it in the classroom, but I feel prepared to try it on my own.
- How important prayer is – great to see so many peers who are so prayerful – wonderful role models for me. (I have much to learn!) Excellent exercises to practice various prayer methods – well done!
- All this content has been helpful. Ms. Joy is truly and meets all her name fully. What a joy and sooooo inspiring!
- I love the joy that Joy exudes, it is obvious it is the joy of the Lord. Joy is perfect at leading meditative prayer. Her tone, word choice, cadence was all perfect.
- I didn't know I knew the name of centering prayer. I now feel comfortable doing this.
- Everything! It has been a wonderful day to experience such powerful methods of prayer. I truly appreciate gaining a little history but really allowing for the experience. The journals with stickers were also so helpful to focus my monkey mind in a short amount of time.
- Of course, the three types of meditative prayer.
- Practice of each prayer type.
- The ability to sit quietly and be reminded that God speaks in silence.
- Was how to truly prayer the different types of prayer.
- My struggles in prayer – meditating, reflecting, my time with God. Finding a place for prayer is important to connect with God.
- The sharing with colleagues and the moments of reflection. It was great to connect with God through silence/prayer/meditation.
- Actually, doing the three ways of prayer. The journal questions on the labels were awesome.
- It was helpful to spend class time on prayer. The additional resources are appreciated.
- The different types of meditative prayer will be helpful to me in my prayer life. This is a good thing for the advent season.

What I didn't understand from this Formation Day was...

- Everything was well detailed.
- In my perspective, this formation day topic and lecture were all clear. The presenter was trying to make this Advent clear to us.
- Joy Anderson, the presenter was a dynamic, excellent speaker. She speaks from the heart.
- Joy was amazing. Her smile bought me joy.
- with me. Great combination of calling the Holy Spirit to work in our lives. Ironically slowing us down so we can grasp Him.



Dear Madam, Sir,

February 20, 2016

For the past eighteen months, I have had the extreme pleasure of working with Joy Anderson. I originally connected with Joy in a professional capacity when I served as Director of Faith Formation at St. James Parish in Arlington Heights. Joy had originally contacted me to see if there was a way to engage her gifts of relaxation techniques, stress management, meditation practices, and one-on-one coaching sessions in the context of our parish community. From our first conversation, I was deeply impressed by Joy's warmth, peaceful countenance and professional confidence. When I explained to Joy that I could not promote or engage her services without better knowledge of what they were, she graciously invited me to meet with her for two sessions gratis. Little did I realize this would be one of the most life-changing invitations I have ever received.

Over that following year, I continued to meet with Joy for personal reasons. In those sessions, I experienced first-hand her incredible ability to accompany and guide an individual through stress and major life questions and transition to clarity and calm. She is keenly gifted in leading you to identify your important questions and challenges and then provides you tools and practices to address them. Her training across multiple disciplines affords benefits that could not be found elsewhere. Especially revelatory and healing were the meditation experiences she led me through.

Because of the profound healing and help I found working with Joy, I was more than delighted that she could offer experiences to others on a parish level. Over the past year, Joy has provided a number of different contexts for groups across ages to experience prayer and meditation:

- Development and Co-leading a six-week women's book club, providing guided meditation for the second half of each session.
- Monthly meditation prayer for over 200 high school students in our Confirmation program, meeting with 20-30 students at a time.
- Developing and providing over fifty participants with a seven week Catholic meditation series with historical, theological, and praxis components.
- Providing spiritual and catechetical formation for parish catechists.

As Director of Faith Formation, I cannot count the number of positive comments, conversations, and emails I have received as to the impact these sessions have had on the participants, including feedback from our parish youth and their parents.

Joy is professional and refreshingly self-initiating. She is quick to respond, reliable, and on-time. Joy is one of those rare individuals who is so deeply rooted in faith and deftly skilled at what she does, that I want as many people as possible to benefit from her work.

I kindly thank you for your time and consideration. I hope you will consider inviting Joy to work within your community. Sincerely,

JoAnne Mullen-Muhr, Director of Faith
Formation at St. James Parish in
Arlington Heights.



HOLY FAMILY CATHOLIC COMMUNITY

inviting all to new life in Christ

Friday, March 30, 2017.

To Whom It May Concern:

As Director of Adult Faith at Holy Family, I am responsible for securing speakers for our Catholic Scripture Study and spirituality programs. Joy Anderson's name was brought to my attention as a potential speaker and she had received rave reviews from those who had worked with her at St. James Parish in Arlington Heights. After hearing such positive feedback about Joy, I asked her to be part of our Bible Journey program in January and February of 2017 for a combination of Scripture study and meditation.

Joy met with me before the program to learn more about the format, and to familiarize herself with our parish and the space available for her program. It did not take long to realize that Joy is a very special person. She is not only very professional in the way she presents herself, but her kindness and concern for others shines through in everything she says and does. I quickly understood why she had been given such wonderful reviews. She is a peaceful, graceful woman who is gifted at calming the heart and blessing those she meets with peaceful reflections and meditative experiences. Her faith is strong and she lives it well.

For six weeks Joy blessed us with her meditation exercises, and even those who were unsure about trying this different format for our program gave beautiful feedback. One woman said, "I really thought I wasn't going to like this, but I came away feeling so peaceful." The evaluations at the end of the program were all very positive and it was clear that Joy was well loved!

Joy's grace in an imperfect setting was greatly appreciated and contributed to the wonderful experience everyone had. She was working in a small room that was off of a hallway that our Holy Family Catholic Academy preschool classes use, and at times the noise level in the hallway was challenging. Joy went with the flow and never allowed distractions to get in the way. She was a true champion of meditation! Following the program, there was an opportunity to sign up for Joy's email list to find out where she would be presenting in the future. Many of our participants signed up and some have already gone to programs that she has offered in other parishes.

I am happy to highly recommend Joy and would be happy to discuss my experience with her further if you have any questions. I hope you will consider having Joy work with your community. You will be glad you did.

In Christ,

Mary Whiteside, Director of Adult Faith
Holy Family Catholic Community
847-907-3450 mwhiteside@holyfamilyparish.org



Arlington Heights

05/28/2018

Dear Madam, Sir,

We asked Joy to bring a meditative prayer session to a meeting for mothers of young children. Joy met with the co-leaders before the session in order to understand the needs of the women in our group, and she thoughtfully created a peaceful and prayerful session. She invited us to calm our minds and hearts to encounter Jesus in prayer, and she guided us through a time of meditative prayer. She has a soothing, warm presence that helped everyone feel relaxed and comfortable. Her gentle voice and guidance helped me to find the quiet and calm to meet Jesus in prayer and to listen to Him. After the meditation session, Joy stayed to answer questions, and I appreciated her practical wisdom for mothers of young children on developing and deepening our prayer lives. Joy has a natural, beautiful way of sharing her faith and love of God with others. I highly recommend her for individuals or groups looking to grow closer to God through prayer!

Catherine Madison, Leader, Moms Plus Group Saint James

catherine.madison@gmail.com

February 2019

I strongly recommend Joy Anderson as holistic teacher of mindfulness, stress management and meditation. Joy has worked with our high school students on retreats for many years and has helped them relax deeply, release control and anxiety and enter more fully into a sense of peace. Many of our students report that the time spent with Joy was the most beneficial of the prayer experiences on retreat.

Mrs. Nancy Devroy

Director Campus Ministry

Saint Viator High School

ndevroy@saintviator.com

“Peaceful, purposeful, relaxed, content, open, connected” These are comments from high school students after a session with Joy Anderson and Centering Prayer. I highly recommend Joy for your retreats or prayer experiences.



Ms. Joy Anderson
Medesthai
1722 W. Rusty Drive
Mount Prospect, IL 60056

July 20, 2020

To Whom It Concerns:

I wish to recognize and highly recommend Ms. Joy Anderson to any parish seeking a formation session for parishioners seeking to deepen their prayer and spiritual lives.

Joy was the guest presenter for a summer program at St. Joseph Church in Libertyville, delving into different types of prayer for adult Catholics from two neighboring parishes that are collaborating on adult formation activities.

Despite the obstacles brought about by the COVID-19 pandemic, Joy was able to simplify and organize her presentation to meet the guidelines of social distancing as well as allow the audience to feel relaxed and open to the movement of God in their lives.

The feedback from our participants was very positive overall, and we hope to welcome Joy back for future presentations.

Sincerely,

Dave Retseck, Director of Faith Formation

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