

ST. JOHN'S EPISCOPAL CHURCH
ELLICOTT CITY, MD

The John L. Rabb Lectures in Contemporary Theology is proud to announce our next speaker, **Dr. Robert Wicks**, Professor Emeritus at Loyola University Maryland.

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. Dr. Wicks, an expert on the prevention of secondary stress, the pressures experienced in reaching out to others, offers insights into how we can remain resilient and, in turn, extend our warmth to others.

Dr. Wicks will address how to:

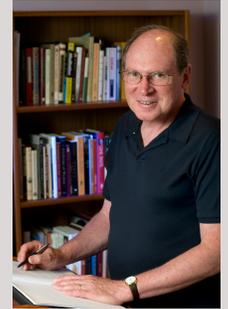
- maintain a healthy sense of perspective;
- avoid dangers that lead to unnecessary stress;
- develop your own self-care program;
- improve self-awareness; and
- develop a richer rule of prayer.

Please join us for this practical and lively presentation that will serve as an introduction to Dr. Wicks' latest book, *Night Call*. A book study will be offered at Sunday Adult Forums in October.

Wednesday, September 26, 2018, All Saints Hall

6:30-7:00 p.m. Snacks and desserts
7:00-8:30 p.m. Presentation
8:30-9:15 p.m. Book signing
Books will be on sale for \$12.50 each after the presentation and during All Saints Hall fellowship every Sunday in September.

Cost of event: \$20 per person



Dr. Robert Wicks, Professor Emeritus at Loyola University Maryland, received his doctorate in Psychology from Hahnemann Medical College and Hospital. Dr. Wicks has published over 50 books. In 2006, Dr. Wicks received the first annual Alumni Award for Excellence in Professional Psychology from Widener University and 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. He was an officer in the U.S. Marine Corps.

For the past 35 years he has spoken nationally and internationally on his major areas of expertise: resilience, self-care, and the prevention of secondary stress. These groups include members of Congress, Johns Hopkins School of Medicine, the Mayo Clinic, Harvard Divinity School, and the NATO Intelligence Fusion Center in England. In 1994, he was responsible for the psychological debriefing of relief workers evacuated from Rwanda during their genocide. In 1993, and again in 2001, he worked in Cambodia, working with professionals who were present to help the Khmer people rebuild their nation following years of terror and torture.

REGISTRATION

Register on-line

Select the link on St. John's homepage at www.stjohnsec.org.

Register by mail

Send registration and payment to:
ATTN Rabb Lectures
St. John's Episcopal Church
9120 Frederick Road
Ellicott City, MD 21042

With your registration, please consider adding a "Gift to the Rabb Lecture's" to fund future speakers. To learn more about the program, contact Sally Goss, sallykgoss@gmail.com.