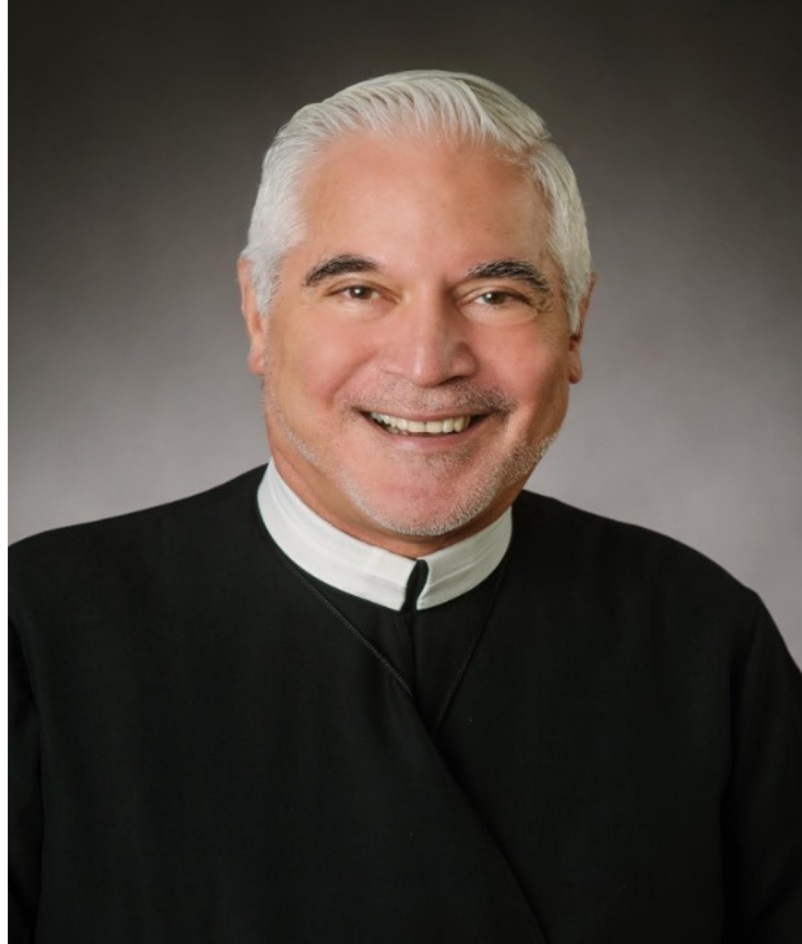
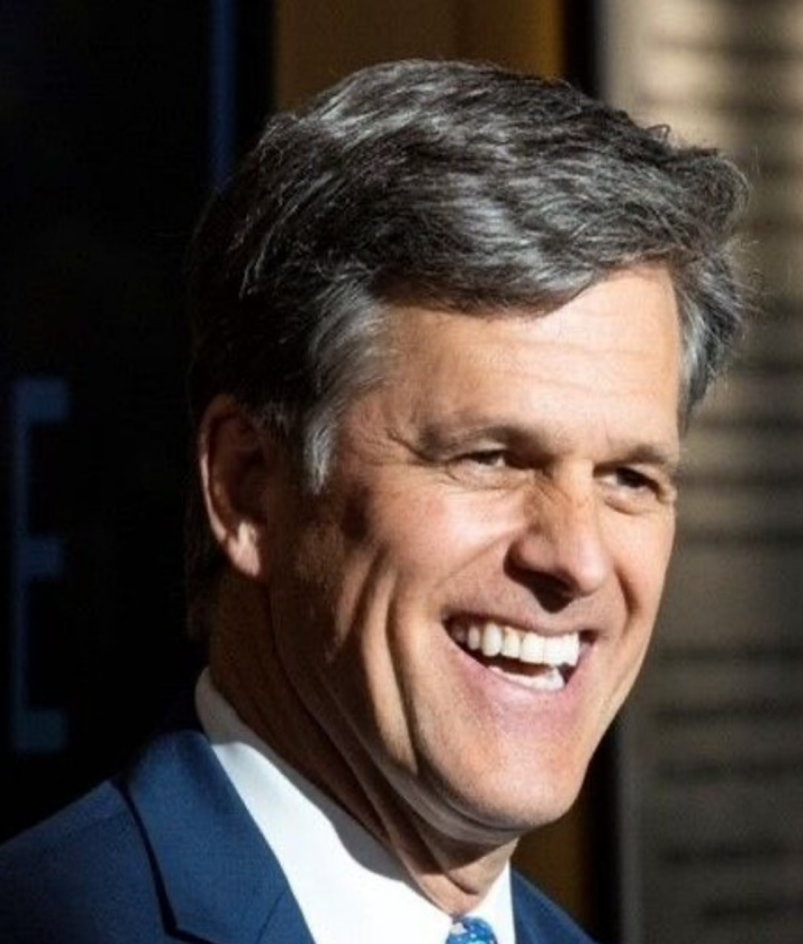




**A Mepkin Abbey Weekend featuring Tim Shriver
with Fr. Francis Gargani**

*Dignity: A Journey
in Spiritual Consciousness*

SEPTEMBER 25-28, 2026

**THREE WAYS TO BE
A PART OF THIS EVENT:**

- **IN-PERSON THREE-DAY RETREAT**
- **IN-PERSON SATURDAY LECTURE**
- **ZOOM SATURDAY LECTURE**

**Tim will invite us to consider a new reality
around the world, with which we are now living.
We have now come to an era in which contempt
for each other is not something of which
we are ashamed or which we hide;
but rather, we have built it into an entire complex.
It is addictive, polarizing, and normal.**

**Tim quotes John Gottman, "Contempt is that which is
not only eroding our political discourse and public trust -
but also damaging family and personal relationships."**

**There is an alternative:
a culture that makes it normal to treat each other with dignity
even and especially when we disagree.
A "dignity mindset" can enable us to see the dignity in the other,
even as we may oppose the plans or positions of the other.
Instead of judging others as worthy or unworthy,
we become able to see others with love.
And instead of attacking people, we can focus
on listening, curiosity, humility, and dignity
as change strategies all unto themselves.**

**Tim will share with us The Dignity Index,
an instrument that reveals patterns of dignity and contempt
within and between us, and more importantly,
reveals strategies for change.**

**Finally, he will emphasize how important meditation is
in finding our own center, our own dignity.**

**Meditation is the practice
where we find the spiritual strength
to treat people with dignity when we disagree.**

If you could help ease the divisions in America, would you do it? Dignity.us

**Keynote Speaker: Tim Shriver - CEO & Founder,
Co-creator of the Dignity Index**



Tim Shriver is married, a father of 5, the Chairman of Special Olympics International, co-creator of the Dignity Index, and founder and CEO of UNITE. Tim began his career as an educator and co-founded and currently chairs the Collaborative for Academic, Social, and Emotional Learning (CASEL). He earned his undergraduate degree from Yale University, a Master's degree from Catholic University, and a Doctorate in Education from the University of Connecticut. He has produced 6 films, is the author of the NYT bestseller *Fully Alive - Discovering What Matters Most*, and co-editor of *The Call to Unite: Voices of Hope and Awakening*.

Conversationalist: Fr. Francis Gargani

Francis Gargani is a priest of the Redemptorist Fathers & Brothers, presently residing in Washington, DC. He served as full-time Retreat Director for nine years at the Redemptorist Mt. St. Alphonsus in Esopus, NY, as full-time Justice Minister for ten years, residing in the South Bronx at a Redemptorist parish. He moved to DC as an Evangelical Minister giving Parish Missions. He has served as Board President of PAX CHRISTI Metro NY, Board Member of Inter-faith Assembly on Homelessness & Housing of NY, CAVE CANEM, Black Poets Organization of North America, Board of National Pastoral Musicians NY Chapter, and presently co-ordinates a series on Racial Equity for the North American Conference of Redemptorists and co-coordinates the Redemptorist "Lay Partners in Mission" Program. He currently serves as a board member for Dignity Index.



HOW TO PARTICIPATE IN THIS EVENT:

on our website mepkinabbey.org, you can register for:

the **in-person retreat**, which includes the lecture
registration fee: \$400.00

the **in-person Saturday lecture**
to be held in the Mepkin Abbey Clare Boothe Luce library
on Saturday, September 26, from 10:00 am to 3:00 pm.
registration \$35.00, bring your own lunch.

the **Saturday lecture on Zoom,**
September 26, from 10 am to 3:00 pm.
registration fee \$25.00

Questions? Contact us at mepkinguestmaster@gmail.com