

*Holy Spirit Retreat Center*

*Fall 2015*

# **CENTER UPDATE**

God Is  
Our Rock!



## A Letter from the Executive Director



*Dear Friends of Holy Spirit Retreat Center,*

We're in the season of Spring, and everything around us is bursting into bloom! The signs of new life are everywhere. This is evident also at Holy Spirit Retreat Center as we look forward to the new programs scheduled for this summer and autumn. The theme for this Center Update is "God Is Our Rock." There are many allusions to God as Rock throughout the Scriptures, and it's comforting to know that we have a strong foundation in God, especially in these tumultuous times! If you're feeling a need for a stronger foundation (and even if you're not), please review our upcoming programs and events and come spend a day, a weekend or a week with us.

There is new life also on our staff, as I have hired a new bookkeeper, Jamie Hernandez, who is helping me get our financials in order. She has been a marvelous help to me and the other staff members in getting things in order and creating new financial processes that will save us time and money. Welcome aboard, Jamie! I am also working with a grant writer, Kelly Kester-Smith, who is doing grant writing and appeal letters for us to bring in additional monies to help support our programs and upgrade our facilities and grounds. Holy Spirit Retreat Center and the Sisters of Social Service, who own and operate the Center, are working together on a water reclamation project and exploring the possibility of bringing solar energy to Holy Spirit Retreat Center. Stay tuned for further updates, and if any of you would be interested in making donations for any of these projects, please contact me, Sr. Chris, at (818) 285-3354.

As we set our feet firmly on the Rock of God, let us walk forward together into the new season of summer. I hope to see you at some of our programs in the coming weeks and months. As always, I and the other members of the staff are grateful for your ongoing support of the Center. Have a restful summer and a fruitful autumn!

In Solidarity,

*Chris Machado, SSS*

### MISSION STATEMENT

Holy Spirit Retreat Center, as a chartered ministry of the Sisters of Social Service, is rooted in Scripture and the spirit of St. Benedict.

We strive to create an atmosphere of prayer and hospitality where community is nourished, each person can thrive and an interfaith environment is fostered.



## Featured on the Cover



The theme of this Center Update is "God Is Our Rock." In these times of stress and upheaval, we all need to know that God is there, God is immovable, God is our security.

The stone steps that are seen on the front cover are located on the retreat property down by the lake. They can be discovered by walking down the steps near the chapel from the Zen Garden. Then, proceed past the SSS Villa and on the right are stairs that wind their way down near the lake. There, the rock steps can be seen as well as the shrine to Our Lady.

*Photo by Elaine Quadra*

## Save the date for the annual Interfaith Celebration of International Peace Day



**Sunday, September 20**  
**Holy Spirit Retreat Center**

The event is envisioned by the *Muslim  
and Catholic Women in Conversation.*

For more info, e-mail  
[interfaithpeacegarden@gmail.com](mailto:interfaithpeacegarden@gmail.com).

## LABYRINTH WALKS

**Wednesday, September 23 • 7:00 pm**  
**Monday, December 21 • 7:00 pm**

Come join us on **Wednesday, September 23, at 7:00 pm** as we celebrate the beauty and bounty of autumn at our **Autumn Equinox Labyrinth walk**. Walking the labyrinth is the perfect way to welcome this new season! The evening will include an opening ritual and an open walk. For newcomers, the team will offer a brief class on the history and practice of walking the labyrinth.

On **Monday, December 21 at 7:00 pm**, we will celebrate the longest night of the year and the gradual return of the light with our **Winter Solstice Labyrinth walk**. This evening would be a beautiful and peaceful way to begin winter and prepare for Christmas. Our time together will include an opening ritual, time for walking, a short introductory course and the opportunity to reflect on your experience alone or with a member of the team. Come and join us!

## ADVENT VESPERS 2015

*An Evening of Gratitude for HSRC Staff and Supporters*  
**Sunday, December 20, 2015**



Once again, two of Los Angeles' finest harpists Ellie Choate and Paul Baker will treat us to a brief concert of Christmas music for our Advent

Vesper Service. Ellie and Paul have performed as a harp duo for many recitals and events. They have played for movie soundtracks, commercials and national touring companies. Both have published and released recordings of their own arrangements.

Vesper Service: 7:00 pm (\$10 donation to benefit HSRC programs.)



## DANCING FESTIVAL OF LESSONS AND CAROLS

**Saturday, December 5 • Matinee, 2:00 pm**  
**Saturday, December 5 • Evening show, 7:30 pm**  
**Sunday, December 6 • Matinee, 2:00 pm**

The Valyermo Dancers, in partnership with Holy Spirit Retreat Center, invite you to their "Dancing Festival of Lessons and Carols" concert, choreographed by John West. This is an interfaith, multi-cultural celebration of the Advent and Christmas Seasons open to everyone. Come to Holy Spirit Retreat Center in Encino, and celebrate the joyous expectation of Christmas through music, dance, poetry and Scripture-based prayer. Come be a part of our prayer and cheer!

Please contact Sr. Deborah at (818) 784-4515, ext. 3306 to buy tickets: \$15.00 per person

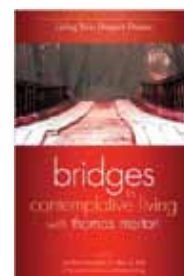
## BRIDGES TO CONTEMPLATIVE LIVING

*Presenter: Sr. Chris Machado, SSS*

**Wednesdays • 10:00 am–12:00 noon**

July 22, August 26, September 23, October 28,  
November 23 (Mon.), December 16

Our Bridges program is beginning Book Three. The process gently leads people into a deeper, more contemplative and reflective mode of living. If you long for a life lived at a deeper and more enriching level, this might be what you are looking for. Each session includes a time of contemplative prayer, a time for reflection and study of texts by Thomas Merton and other well-known spiritual writers and a time for contemplative dialogue with the group. This program has been such a life-changing blessing for those who have been attending that many of those who completed the program are repeating the entire series for a second time. We would be thrilled to have you join us!



Suggested Donation: \$5.00 per session



# SPECIAL EVENTS & SERIES

## CENTERING PRAYER GROUPS

*Presenters: Mary Shear & Linda Snow, CSJ, Contemplative Outreach Co-Coordinator for San Fernando Valley*

### **Tuesdays • 7:00–8:30 pm**

September 1, 15, 29; October 13, 27; November 10, 24; December 8; January 5, 19

### **Thursdays • 9:30–11:30 am**

September 10, 24; October 8, 22; November 5, 19; December 3, 17; January 14, 28

Centering Prayer is a silent meditation practice intended to deepen one's relationship with God. Each group includes two 20-minute periods of Centering Prayer, a contemplative walk and a reflective experience. On Tuesday evenings, we will be praying with a Scripture passage using the method of lectio divina. On Thursday mornings, we will focus on the Welcoming Prayer and its background resources. If new to the practice of Centering Prayer, we highly recommend the Centering Prayer Introductory workshop. For more information, please call Sister Linda Snow at (818) 784-4515, ext. 3317.

**Suggested Donation: \$5.00 per session**

## WOMEN AT THE WELL

*Presenters: Sr. Chris Machado and the Women at the Well Team*

### **Tuesdays • 10:00 am–12:00 noon**

September 8, October 13, November 10, December 8

Another year begins for the Women at the Well group! We are growing in number and would love to have you join us. This group has been meeting for more than 20 years and is going strong! It was founded for women seeking the wisdom and support of other women who are fellow pilgrims on the journey. Our meetings continue to provide these blessings and others as well. Our conversations are based on material from a book, which the women read individually and discuss during the sessions. We will be beginning a new book this year, "Lessons of the Heart" by Patricia Livingston. As part of our gathering, we share in prayer, ritual, Tai Chi and quiet reflection time with questions based on the reading material and some wonderful small group discussions. After the meeting, we gather for lunch in the retreat center dining room. Come and join us around the well.

**Suggested Donation: \$10.00 per session  
\$10.00 for lunch**

## WOMAN TO WOMAN

*Presenter: Josephine Broehm, MFT*

### **Last Wednesdays • 11:30 am–1:30 pm**

September 30, October 28, November 25

Experience the wisdom and grace of the feminine spirit in the circle of women that gathers each month to pray, reflect and celebrate their life calling. The group engages in discussions of the questions and the challenges encountered in the soul's journey, sharing on different topics each session. We meet the last Wednesday of the month, unless otherwise noted. Join us as your schedule permits. Individual sessions are also available; contact the facilitator for details at [jmcbroehm@aol.com](mailto:jmcbroehm@aol.com).

**Suggested Donation: \$15.00 per session**

*For who is God, but the Lord?  
And who is a rock, except our  
God? 2 Samuel 22:32*



## CENTERING PRAYER COMMUNITY DAY

*Presenters: Bob Blair and Contemplative Outreach Team*

**Saturday, August 8 • 9:00 am–2:30 pm**  
(Arrival 8:30–9:00 am)

Come join us for a day of Centering Prayer and strengthening our contemplative community. It will be a day of different activities designed for you to pray contemplatively and to have fellowship with the members of our contemplative group.

There will be Centering Prayer, a DVD presentation by Thomas Keating, discussion groups and socializing during the lunch break. Please bring a bag lunch. Come and get to know the people with whom you meditate!

**Please register by August 1. We will be accepting a free will offering.**



## COMMUNICATION: THE KEY TO INTERPERSONAL RELATIONSHIPS

*Presenter: Sr. Deborah Lorentz, SSS M.Ed. Trainer, Group Process, Communication Skills*

**Saturday, September 12 • 9:30 pm–3:00 pm**

Ask yourself—am I so busy that I do not really hear my kids when they talk to me? Am I able to hear my spouse or partner when he or she is trying to tell me something? Am I able to speak in a way so that I can be heard...and understood? Can I hear what my boss is really saying?

Come and learn new ways to s-l-o-w down. Learn to communicate more effectively. Go deeper and be present in the moment. Sr. Deborah has engaged in facilitation, mediation and communication work for more than 30 years. Come and start fall 2015 on the right foot...or perhaps we should say the right word!

**FEE: \$45.00 with lunch**

**\$35.00 without lunch**

**A \$10.00 refundable deposit is due with registration.**

## CENTERING PRAYER INTRODUCTORY WORKSHOP

*Presenters: Bob Blair, Pippi Currey and Contemplative Outreach Team*

**Saturday, September 19 • 9:00–12:30 pm**  
(Arrival 8:30–9:00 am)

Contemplative prayer is God's personal and unique gift to each of us. If we are open to this gift, it will profoundly affect our lives and relationships: with God, others and our world. Centering Prayer is a prayer of consent to God and is based on a rich tradition of contemplative prayer in the Christian tradition. The workshop includes four presentations and the practice of Centering Prayer. This workshop is the first part of the Introductory Series and will continue with a follow-up session on October 3.

**Contact: Pat Nelson, CSJ, (818) 784-4515, ext. 3870**

**FEE: \$35.00** (This fee includes the cost for the Continuation Workshop on October 3 as a bonus for all participants of the Introductory Workshop, see page 6)

**\$10.00 non-refundable deposit with registration requested by September 12.**



# ONE-DAY RETREATS

## RUMI: SUFI POET AND MYSTIC

Presenter: Lala Rukh Khan, Sufi poet, Seeker of Truth

**Saturday, September 26 • 9:30 am–4:00 pm**

*When His light shines—without a veil—neither the sky remains nor the earth, not the sun, nor the moon. God embraces all...there is nothing that is not a part of Him already.*

*Remember God! His remembrance is the strength in the wings of the bird that is your soul.*

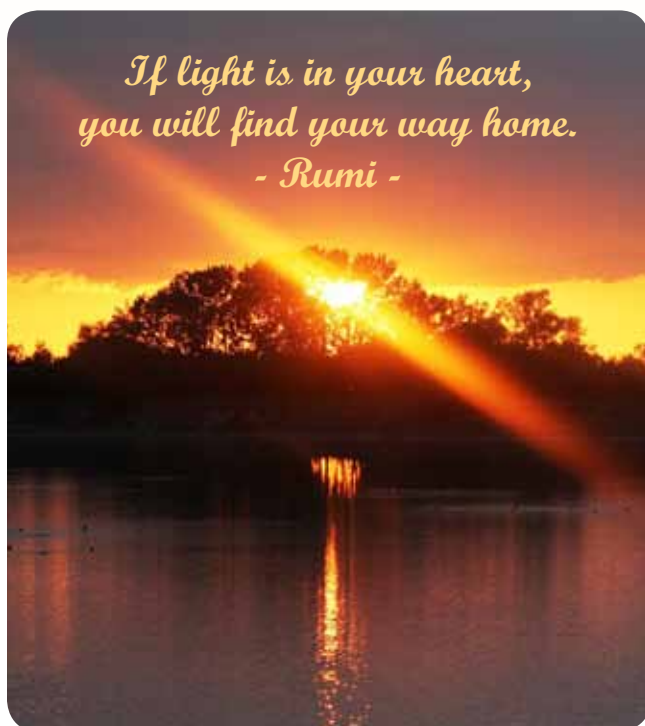
*The souls of all friends of God are connected with one another.*

This day of retreat/celebration—poetry, movement, prayer and silence—will remember the great mystic poet known as Rumi. His writings and composed works of mysticism and desire have inspired countless people throughout the centuries. His poems express the deepest longings of the human heart for the Beloved, for the transcendent intimacy, which is the source of the Divine. Each poetic whisper is urgent, expressing the desire that penetrates human relationships and inspires intimacy with the self, silently nurturing an affinity for the Beloved.

**FEE: \$45.00 with lunch**

**\$35.00 without lunch**

**A \$10.00 non-refundable deposit is due with registration.**



## THE ART AND SOUL OF JOURNALING

Presenter: Chantel Zimmerman

**Saturday, October 3 • 9:30 am–3:30 pm**

Journaling is a spiritual tool, a personal pen-to-paper pilgrimage that allows you to engage in self-discovery and put your feelings, wishes and insights out where you can reflect on them. During this rich and illuminative workshop, you will explore journaling as personal art and spend the day practicing a variety of journaling techniques punctuated with silence and opportunities to share. Using pen and art supplies, we will delve deeply into a myriad of journaling forms. Experienced "journalers" will enjoy learning new techniques and spending the day in a practice they love. Those new to journaling will take away a journal filled with insights and wisdom as well as tools to build a journaling practice. Interactive exercises, silence and new learning will fill the day and refresh your creative spirit. Please bring a journal or purchase one at the Holy Spirit Retreat Center Bookstore. There is a \$5.00 materials fee for art supplies.

**FEE: \$45.00 with lunch**

**\$35.00 without lunch**

**A \$10.00 non-refundable registration fee is due by September 25.**

## CONTINUATION OF THE CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: Bob Blair and Pippi Currey

**Saturday, October 3 • 9:00–12:30 pm**

This session will include time for Centering Prayer and questions and feature DVD presentations by Fr. Thomas Keating. This day is open to all newcomers to Centering Prayer and also to those who have made a Centering Prayer Introductory Workshop in the past and would like to renew their practice of Centering Prayer.

**Contact: Pat Nelson, CSJ, (818) 784-4515, ext. 3870**

**Fee: \$15.00 (for persons who did not attend the September 19 Introductory Workshop)**



## WELLNESS DAY: A CONVERSATION WITH DR. ARNEL REYES

*Presenter: Dr. Arnel Reyes, Family Physician*

**Saturday, October 17 • 9:30 am–4:00 pm**



This is your opportunity to talk with a medical doctor and ask all of the questions that have been on your mind for a long time. Dr. Reyes will address the importance of physical fitness and diet. He will engage with those present about the connections between medicine and spirituality. Dr. Reyes will reflect on how to deal with stress from a faith perspective.

He will speak to the issues of wellness, how to develop a healthy diet and how to combine yoga, meditation and relaxation so as to remain healthy and feel wonderful! Lala Rukh Khan, Wellness Educator, and Deborah Lorentz, L.Ac., will intersperse Dr. Reyes' talks with short meditations, qi gong and laughter yoga. Bring your questions!

*Dr. Reyes is a multi-sport athlete, coach and certified personal trainer.*

**FEE: \$15.00, includes lunch**  
**Registration due by September 26, 2015**

## SACRED COLLAGE: DREAMS AND NIGHTMARES

*Presenter: Jody Berges*

**Saturday, November 7 • 9:00 am–4:00 pm**

This workshop will use sacred collage to learn about and explore our dreams and nightmares, sleeping or awake. Each of us has both kinds of "dreams." Come and explore how these dreams



can serve us and how they can hinder us. Join us for a contemplative day of silence and reflection. We will be creating our own collages and learning about our dreams.

All materials will be provided. No previous collage experience is necessary. Register early since space is limited.

**FEE: \$55.00 with lunch**  
**\$45.00 without lunch**  
**(Fee includes a \$10.00 charge for collage materials)**  
**A \$10.00 non-refundable deposit is due with registration.**

## REMEMBERING TO TELL THE STORY

*Presenter: John West, Artistic Director of the Valyermo Dancers*

**Saturday, October 31 • 9:30 am–3:00 pm**

This Sacred Dance Workshop provides an opportunity for dance prayer to be experienced by dancers and non-dancers alike. Each of us holds onto family stories that we share from one generation to the next. Join us to celebrate and dance those stories and memories together. This day will include reflection on the multicultural experience of the triduum of Hallowtide—October 31 through November 2—and the dance of remembrance. We hold our memories of those who have filled our lives with love. Let us dance in celebration of those loves!

**FEE: \$45.00 with lunch**  
**\$35.00 without lunch**  
**A \$10.00 non-refundable deposit is due with registration.**







## CONSCIOUS AGING: MAKE A CHOICE!

*Presenters: Sr. Deborah Lorentz, SSS M.Ed. and Lala Rukh Khan, Wellness Educator*

**Saturday, November 21 • 9:00 am–3:30 pm**

**Conscious Aging** is a program that has been developed by the *Institute of Noetic Sciences*. Sister Deborah and Lala have “signed on” as facilitators for this program. There are eight sessions in all:

- **Introduction to Conscious Aging**
- **Self-Compassion**
- **Forgiveness**
- **Life Review**
- **Transformative Practices**
- **Death Makes Life Possible**
- **Surrender—Letting God**
- **Creating a New Vision of Aging**

On this retreat day, the program will be introduced to participants. During this first day, those present will engage with self-compassion and forgiveness. The following two sessions will cover the remaining topics.

**FEE: \$45.00 per person with lunch**

**\$35.00 without lunch**

**A \$10.00 non-refundable deposit is due with registration.**

## ADVENT SILENT SATURDAY

*Presenters: Lylia Dange and Contemplative Outreach Team*

**Saturday December 5 • 9:00–11:30 am**  
**(Arrival 8:30–9:00 am)**

Join us for a quiet morning of Centering Prayer and silence. The day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal prayer, a contemplative walk, private journaling, reflection and an opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

**Please register by November 27. We will be accepting a free-will offering.**

*The Lord is my rock & my  
salvation; whom shall I fear?  
Psalm 62:6*



## CELEBRATING THE FEAST OF OUR LADY OF GUADALUPE: MARY, DID YOU KNOW? AND THE JUBILEE YEAR OF MERCY

*Presenter: Linda Crisostomo, Founder of EMmausRoad153, "On-the-Road" Retreats, Open-Bible Night, Intercessory Prayer and Prayer-Dance*

**Saturday, December 12 • 9:30 am–3:00 pm**

Juan Diego's life was interrupted when the Virgen de Guadalupe surprisingly appeared to him. Mary knew and understood the experience of interruption—it was what happened to her when the angel suddenly appeared to announce that she was to be a mother. If you feel that life is a "ministry of surprises and interruptions," come join us. Let us



look at how it has been over these past 11 months, as we approach the end of the year and the time of Advent. We may find glimpses of similarities between Mary and us. We may discover how the mercy of God empowered us in our joyful and sorrowful surprises and constant interruptions. May this day draw us ever closer to Our Most Blessed Virgin Mother, also popularly known as Our Lady of Guadalupe, our steadfast intercessor of God's mercy.

**FEE: \$45.00 with lunch**

**\$35.00 without lunch**

**A registration deposit of \$10.00 is due by December 7.**



## AWAKEN, A NEW YEAR IS DAWNING

*Presenter: Josephine Broehm, MFT*

**Saturday, January 9, 2016 • 9:30 am–3:00 pm**

Bring your old calendar, to-do lists and agendas and, in a gesture of letting go, say goodbye to them and awaken to the present moment. Now, unencumbered from the past, consider ways to be more present and aware of life's many blessings. How might that change how you perceive your life and calling? Bring your favorite writing materials and a mat or blanket for meditation experience.

**FEE: \$45.00 with lunch**

**\$35.00 without lunch**

**A \$10.00 non-refundable deposit is due by January 4.**



# EXTENDED RETREATS

## CENTERING PRAYER WEEKEND RETREAT DEEPENING EXPERIENCE OF CENTERING PRAYER

Presenter: Jim McGhee

**Friday, October 23 • 5:00 pm–  
Sunday, October 25 • 1:00 pm**

"The Cloud of Unknowing" is an enduring classic of our Christian contemplative tradition. It never seems to go out of print or lose its ability to speak directly to the spiritual seeker's heart. It was a major influence on Thomas Keating in the birth of the Centering Prayer movement. This weekend, we will taste together the delightful wisdom of the Cloud and its companion volume, "The Book of Privy Counsel." It is recommended that each participant bring a copy of Carman Acevedo Butcher's fresh and lively new translation.



**Pre-requisite: regular practice of Centering Prayer**

**Contact: Pat Nelson, CSJ, (818) 784-4515, ext. 3870 or  
Linda Snow, CSJ, (818) 784-4515, ext. 3317**

**FEE: \$275.00 per person/private room**

**\$225.00 per person/shared room**

**\$150.00 per person/commuter (includes all meals)**

**A \$30.00 non-refundable deposit is requested with  
registration by October 5.**

**Early registration is recommended, as this retreat tends  
to fill early and space is limited.**

*The Lord is my rock, my  
fortress and my deliverer; my  
God is my rock, in whom I  
will I take refuge. Psalm 18:2*



## NEW YEAR'S RETREAT THE WOLF YOU FEED

Presenters: Sr. Chris Machado and Michael O'Palko

**Wednesday, December 30, Thursday, December 31  
and Friday, January 1**

An ancient Native American legend from the Cherokee nation reveals that each of us has two wolves inside of us that we feed, depending on circumstances. Our retreat will explore and feast upon this concept as it relates to the world outside and our inner journey. We will focus on our individual stories and experiences, the struggles that occur in a violent world around us, the struggles that surface when attempting to walk a spiritual path of non-violence, what has been done to us and what we have done to others. We will feed upon the wisdom of Native American spirituality, Sacred Scripture, Thomas Merton, Gandhi and others. Together, we will find nourishment to walk into the New Year ahead.

**FEE: \$275.00 per person/private room**

**\$225.00 per person/shared room**

**\$150.00 per person/commuter**

**A non-refundable deposit of \$30.00 is due by  
December 27.**



# Spiritual Direction at Holy Spirit Retreat Center

Life is a sacred path. Each of us is invited by God to make our journey in the light of faith. At Holy Spirit Retreat Center, we wish to support the spiritual journeys of persons through a ministry of accompaniment that is known as Spiritual Direction. These one-on-one conversations are an opportunity for persons to break open their sacred stories, awakening anew to Sacred Mystery living, acting and present in all of life and to respond generously to the Holy One in a growing and deepening relationship.

Holy Spirit Retreat Center spiritual directors on staff are happy to work with the individual needs of those interested in Spiritual Direction.



Linda Snow, CSJ



Chris Machado, SSS



Pat Nelson, CSJ



Joyce Gaspardo, CSJ



Josie Broehm, MFT



Deborah Lorentz, SSS  
Acupuncturist



Anne Field, SSS

## Retreat Directors for Youth and Adults

If you have a group that is coming to the Holy Spirit Retreat Center and you need a retreat director, we have people on staff here who are happy to make their services available. If no one at the Center is available, we have additional retreat directors who are available to work with groups:

**Michael O'Palko (Youth and Adults) • (818) 996-8238**

**Fourth Day Retreats (Youth): Sr. Una Feeney and Rebekka Vieira • (213) 220-8444**

## ADMINISTRATION



**Chris Machado, SSS**  
Executive Director



**Elaine Quadra**  
Office Manager



**Deborah Lorentz, SSS**  
Sponsored Retreat  
Program Director



**Maria Simental**  
Food Services  
Supervisor



**Lucia Alvarez**  
Housekeeping  
Supervisor



**Art Mayers**  
Plant Manager

## REGISTRATION FORM

Name: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

\$\_\_\_\_\_ deposit enclosed (\$10/one day or series; \$30/weekend; \$50/extended) non-refundable, non-transferable portion of total retreat offering.

I am also enclosing an additional donation of \$\_\_\_\_\_.

Lunch preference where offered:

Yes \_\_\_\_\_ No \_\_\_\_\_

Room preference where offered:

Single \_\_\_\_\_ Shared \_\_\_\_\_ Commuter \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$\_\_\_\_\_

Please return to: **Holy Spirit Retreat Center**

4316 Lanai Rd., Encino, CA 91436 • (818) 784-4515 • Fax: (818) 784-0409 • [HSRCenter@earthlink.net](mailto:HSRCenter@earthlink.net)



# Holy Spirit Retreat Center

## CENTER UPDATE

4316 Lanai Road  
Encino, CA 91436

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(818) 784-0409 (fax)  
HSRCenter@earthlink.net  
[HSRCenter.com](http://HSRCenter.com)

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Anisha Verma  
Donald & Joanne Williams  
Yvonne Zellmer  
Robert & Kerry Zochling  
...and anonymous donors and others  
whom we have failed to mention.



## USE OUR CENTER FOR YOUR GROUP'S NEXT RETREAT OR WORKSHOP

You will find our warm, comfortable facility a pleasant change from the conventional hotel. Providing an open atmosphere is our important offering. The Center has all the important attributes that add to your group's successful event.

- ✓ Beautiful dining room serving attractive, healthy meals (most dietary needs can be accommodated)
- ✓ Private bath, heat and air conditioning
- ✓ Overnight accommodations for up to 50 persons (single or double occupancy)
- ✓ Lovely gardens and grounds for meditation and outdoor activities
- ✓ Six bedrooms for handicapped guests
- ✓ Gracious, helpful staff
- ✓ Meeting rooms for groups of 10 to 120

**For more information, contact  
Elaine Quadra, Office Manager, at:  
(818) 784-4515, ext. 3370**

