

Holy Spirit Retreat Center

JANUARY – JUNE 2014

CENTER UPDATE



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Meaningful Retreats

A Message From Sister
Chris Machado, SSS

Our Valued Volunteers
and More

A Letter from the Executive Director



Dear Friends of Holy Spirit Retreat Center,

Happy New Year! I hope that you all enjoyed a peaceful and beautiful holiday season and are ready to begin this year on a positive note. We have some wonderful programs coming up, so take a look and make your reservations early. Be sure to make a note of the dates for Holy Week and the Triduum and get them in your calendars so you can plan to join us for these holiest of days.

In our last Center Update, we honored our wonderful staff. This time, we are honoring our volunteers: Mary Shear, who has been instrumental in promoting and presenting the Contemplative Outreach programs, Joanne Biondi, Marilyn Von Brauchitsch and Joanne Taylor, all of whom assist the office manager, Elaine Quadra, with phones and other office projects. Some of our volunteers stay overnight with our weekend groups so there is someone present in case of emergency. They answer phones, do clerical work and serve as ministers of hospitality for our guests. My thanks go out to Joanne Biondi (Volunteer Coordinator), Pat Chase, Marilyn Von Brauchitsch and Joanne Taylor. Each one of them is a true blessing of God for me, as they allow me to have some weekends off for relaxation and rest. I am very happy to report that we are currently welcoming a new weekend volunteer, Diane Stafford, to our volunteer list! Diane has been a long-time supporter of Holy Spirit Center. Welcome aboard, Diane! We would not be able to provide the services and programs that we do without the excellent assistance of our fabulous volunteers! My dear friends, I pray that God will continue to bless each of you with health and happiness in the New Year.

To all of you who support the Center, may God's richest blessings be yours this coming year. Each of you has brought the special gift of your presence to the staff here at Holy Spirit Retreat Center and others who come to enjoy the peace and beauty of our grounds. I look forward to seeing all of you at the Center in the near future!

Peace and All Good,

Chris

MISSION STATEMENT

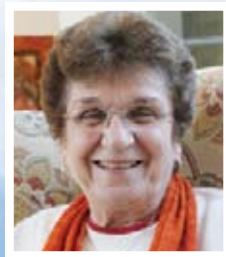
Holy Spirit Retreat Center, as a chartered ministry of the Sisters of Social Service, is rooted in Scripture and the spirit of Saint Benedict.

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



Our Volunteers Make a Difference

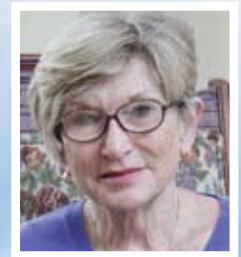
Holy Spirit Retreat Center is gifted with wonderful volunteers who help keep our Center and its programs running smoothly. We are indebted to them, because it would be difficult to do all the things we are able to do here if we didn't have their help! They are one of God's special gifts to the Center.



Joanne Biondi



Marilyn Von Brauchitsch



Pat Chase



Mary Shear



Joanne Taylor



WOMEN AT THE WELL

Presenter: Sr. Chris Machado and the Women at the Well Team

Tuesdays • 10:00 am–12:00 noon

Series of Five Sessions

January 14, February 11, March 11, April 8, May 13

Our group continues to grow and we are now around 40 women and counting! We gather at the well monthly for silent reflection, group discussion, mutual support and good conversation! In September of last year, we began working with Sr. Joan Chittister's book, *The Gift of Years*, and are finding it to be very challenging and thought provoking! We will be finishing it this year. The books are free for group members. Our time together includes prayer, ritual, music, quiet reflection, small group sharing and tai chi. Lunch is provided for an additional \$10 fee for those who wish to stay and enjoy some additional time together. Come join us around the well!

Suggested Donation: \$10 per session

BRIDGES TO CONTEMPLATIVE LIVING

Presenter: Sr. Chris Machado, SSS

Wednesdays • 10:00 am–12:00 noon

Series of Six Sessions

January 22, February 26, March 26, April 23, May 28, June 25

Our Bridges group is moving into its seventh year! Based partly on the writings of Thomas Merton, this series gently leads participants on a journey toward personal spiritual transformation and a more contemplative, peace-filled life. Bridges fosters a proper relationship to God, self, others and nature. Each session offers an introduction to Merton and contemplative living through prayer, readings from Merton and other spiritual masters and

questions for contemplative dialogue. You do not have to be a practitioner of contemplative prayer—just someone longing to live in a deeper and more enriching way. We are almost finished with the series and plan to begin again with book one, so this would be a great time to join the group! If you have any questions, feel free to call Sr. Chris at (818) 285-3354.

Suggested Donation: \$5 per session

HARMONIZING THE THREE TREASURES: MIND, BODY AND SPIRIT

*Presenter: Lala Rukh Khan,
Wellness Consultant and Movement Educator*

Wednesday Afternoons • 4:00 pm–5:15 pm

Series of Five Sessions

January 29, February 5, 12, 19, 26

Series of Six Sessions

April 2, 9, 16, 23, 30, May 7

Lala offers healing sessions to those who are open to harmonizing mind, body and spirit. Making use of traditional healing techniques—deep breathing, gentle movement, visualization, healing sounds, tai chi, meditation and self-applied massage—participants are invited to deeper persona integration. The chi energy that each person brings will be strengthened and affirmed. Lala's style is loving, never forceful and always encouraging. Lala brings years of experience in laughing yoga, reiki, hypnotherapy and other modalities. It is possible for each of us to find internal bliss for our own health and healing. Lala will help us to find this bliss. (Bring a yoga mat or a blanket.)

FEE: \$15 per session

LABYRINTH WALKS

On **Thursday, March 20th at 7:00 pm**, we will gather to welcome and celebrate the new life that is part of Spring with an evening of prayer and quiet at the Spring Equinox Labyrinth Walk. The evening includes a short workshop for Labyrinth neophytes.

On **Saturday, June 21st at 7:00 pm**, we will welcome the return of the sun and celebrate summertime fun with our Summer Solstice Labyrinth Walk. The evening includes an opening ritual, a workshop for Labyrinth neophytes and an open walk. Come join us!

SERIES & ON-GOING RETREATS

CENTERING PRAYER GROUPS

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

Centering Prayer is a silent meditation practice intended to deepen one's relationship with God. The group sessions include time for communal Centering Prayer, a contemplative walk, input from a Spiritual Journey DVD or book by Fr. Thomas Keating and group sharing. If you are new to the practice, we highly recommend the Introduction to Centering Prayer Workshop.

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

Tuesdays • 7:00–9:00 pm

January 7, 21; February 4, 18; March 4, 18; April 1, 15, 29; May 13, 27; June 10, 24; July 8, 22

Thursdays • 9:30–11:30 am

January 16, 30; February 13, 27; March 13, 27; April 10, 24; May 8, 22; June 5, 19; July 3, 17, 31

Suggested Donation: \$5 per session

WOMAN TO WOMAN

Presenter: Josie Broehm, MFT

Series of Five Sessions

Thursdays • 10:00 am–1:00 pm

January 23, February 27, March 27, April 24, May 22, June 26

All women are invited to participate in this ongoing monthly program. Come and join with other women for stimulating conversation on various topics of interest each month. We gather for enrichment, reflection, encouragement and conclude with prayer. Meetings are held on the last Thursday of the month.

FEE: \$45 with lunch

\$35 without lunch

\$10 non-refundable deposit



ONE-DAY RETREATS

Saturday, January 11 • 9:30 am–3:30 pm

ENCOUNTERING GOD!

Presenter: Josie Broehm, MFT

Humanity is yearning for a peaceful approach to all manner of living. Recognizing our struggle with many personal and more global concerns, we approach this new year by engaging in honest conversation on how to live in a spirit of renewal and joyful expectations. Join us for a time of prayerful contemplation, dialogue and openness to the guidance and wisdom of the Holy Spirit. Please bring your sacred text and a journal/writing materials for personal use; comfortable clothing is suggested.

FEE: \$45 with lunch

\$35 without lunch

\$10 non-refundable deposit with registration due January 1

Saturday, January 25 • 9:00 am–2:30 pm

(Arrival 8:30–9:00 am)

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenter: Contemplative Outreach Team

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 Continuation Workshop on March 15.

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

FEE: \$45 with lunch, \$35 without lunch.



Saturday, February 1 • 9:30 am–3:30 pm **JESUS SOPHIA: WISDOM OF GOD**

Presenters: Sr. Deborah Lorentz, SSS M.Ed. and Lala Rukh Khan, MBBS

This retreat day offers the time and space for reflection for those who entrust their lives to the leadings of God. We will explore how the Holy Spirit interacts in relationship with Jesus Christ.

- It was the Spirit who drove Jesus into the desert to face the devil.
- It was the Spirit who was present at the anointing of Jesus at the time of his baptism.
- It was the Spirit who was poured out in blood and water from the side of Christ at the time of his death.
- It was the Spirit who Jesus promised to send after his death and Resurrection.

Sr. Deborah will offer thoughtful but challenging presentations on the role of Jesus Sophia in our lives. The presentations will be followed by meditative breathing and movement with Lala, who will assist us in our encounter with Jesus Sophia. There will be times of silence as well as simple conversation.

FEE: \$45 per person with lunch
\$35 without lunch



Saturday, February 8 • 9:00 am–12 noon (Arrival 8:30–9:00 am) **SILENT SATURDAY**

*Presenters: Lylia Dange and
Contemplative Outreach
Team*

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.

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

FEE: Free-will offering.

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it." —Rumi

Saturday, February 15 • 9:30 am–3:30 pm **RUMI: MYSTIC FOR THE TWENTY FIRST CENTURY**

*Presenter: Lala Rukh Khan, Life Educator and
Wellness Consultant*

This day on Rumi and his teachings will be an interactive day of movement, sharing and some input.

Rumi (Jalāl ad-Dīn Muḥammad Rūmī) was a 13th Century Sufi mystic and poet, from Persia (Rumi was born in modern day Afghanistan and lived for a while in Turkey). Rumi's poetry expresses his longing for union with the Divine. It is a personal mystic journey he invites us all to join. The mystics have crossed over the barriers that all humans face; they have, with the help of the Divine, succeeded in becoming One with all things. We can learn from them by allowing their teachings to touch our hearts and deepen our spirits. Lala trained as a doctor in Pakistan. Since she came to the United States, she has studied yoga, qi gong, reiki, music therapy, creative visualization, guided imagery and clinical hypnotherapy. With this eclectic background and her study of the teachings of Rumi, she brings an opportunity for a day of growth and love. (Bring a yoga mat or a blanket.)

Fee: \$45 per person with lunch
\$35 without lunch

Saturday, March 1 • 9:30 am–3:00 pm **"SIT LIKE A MOUNTAIN"....**

*Presenter: Rev. Alden Sison, Pastor of St. Genevieve's
Catholic Church, Panorama City*

*Sitting like a mountain, let your mind rise and fly and soar.
—On how to meditate by Father Seraphim*

*When you meditate, be as a mountain motionlessly settled
in silence.*

The posture of sitting while meditating is as ancient as meditation itself. The ancient monks of the Eastern Church instructed their students to sit quietly and pray while following the breath and being mindful as one's heart beats.

This day will be led by Father Alden Sison, a practitioner of sitting meditation, who says that meditation is not just for nuns and monks: "If we can say that meditation is to bring oneself into the presence of God, then everyone is called to meditation."

St. John of the Cross, the sixteenth century mystic, taught that "the language of God is silence." Sitting quietly, praying silently before God lets us listen to God's voice.

ONE-DAY RETREATS

Fr. Alden wrote his master's thesis on the mystical experience of the 16th century Spanish mystic and reformer, St. John of the Cross. He explored the meaning of the dark night of the soul. He discovered through his sitting prayer that "St. John and the Zen Buddhists depart from the common plane of nothingness...Nada! Nada! Nada!" God draws us through the dark night! Come and "sit like a mountain" with Fr. Alden.

**FEE: \$45 per person with lunch
\$35 without lunch**

**Wednesday, March 5 • 9:30 am–3:00 pm
(Arrival 8:30–9:00 am)**

ASH WEDNESDAY: DAY OF PRAYER

Presenter: Linda Snow, CSJ

"I will lead her into the desert and there I will speak to her heart."

Lent is the season when we are invited into an extended retreat of forty days. It is the season in which Jesus calls us to prayer, fasting and alms giving. It is a time of renewal and spiritual growth, of conversion and new life, leading to Easter and Resurrection with the potential to transform every aspect of our lives. So we invite you to join us for our day of prayer on Ash Wednesday as we begin communally this season of renewal. The day will provide time for prayer and reflection, input from Abbot Joseph Boyle on DVD (a moving presentation filled with much wisdom), sharing together and the distribution of ashes.

**FEE: \$45 with lunch
\$35 without lunch
\$10 non-refundable deposit by February 26**

Saturday March 15 • 9:00–2:00 pm

CONTINUATION OF THE CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenter: Contemplative Outreach Team

This session will support the beginning of one's Centering Prayer practice. It is highly recommended. The day will include time for Centering Prayer, questions, discussion



and feature DVD presentations by Contemplative Outreach Presenters. The day is open to all newcomers to Centering Prayer, those who have made an Introductory Workshop in the past and all who practice Centering Prayer and would like to renew their practice.

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

**FEE: \$35 with lunch
\$25 without lunch**

Saturday, April 12, 2013 • 9:00 am–4:00 pm

SACRED COLLAGE: THE GIFT OF THE SHADOW

Presenter: Jody Berges

This workshop will explore using sacred collage as a way of finding and integrating "the jewel in the wound" and the "discovery of the golden shadow" (terms used by Carl Jung to describe the unknown, unacknowledged parts of ourselves). God invites us to be all that we can be; to become whole and holy.

Join us for a contemplative day of reflection and quiet. We will be creating our own collages, discovering our deeper selves and integrating parts of our "shadow." All materials will be provided. No previous collage experience is necessary. Space is limited.

FEE: \$45 (with lunch), PLUS a \$10 charge for collage materials [Total \$55]

\$35 (without lunch), PLUS a \$10 charge for collage materials [Total \$45]

A non-refundable deposit is due with registration in order to reserve your space.

**Saturday, May 3 • 9:00 am–12 noon
(Arrival 8:30-9:00 am)**

SILENT SATURDAY

Presenters: Lylia Dange and Contemplative Outreach Team

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.

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

Free-will offering.



Saturday, May 17
• 9:30 am–3:30 pm
(Arrival 8:30–9:00 am)
MARIAN RETREAT:
VIRGIN MARY,
MOTHER OF JESUS
Presenter: Linda M. Crisostomo

Let us celebrate what we know about Mary, the Mother of God. You may find something precious about her if you do not know her yet.

Our day will be filled with prayer, discussion, meditation, quiet time for reflection,

Marian music and graceful movements. We will look at Mary's Hymn of Praise for our Lord, "The Magnificat," and experience how the words and melody weave through our own stories. We may rediscover her role in our lives as we recognize some similarities with her joyful, sorrowful and glorious journey.

Re-treat yourself and get a glimpse of how it is to simply rest in her loving arms. (Kindly bring your symbol of joy and/or sorrow.)

Linda Crisostomo calls herself a pilgrim discovering her true source of sufficiency. After many years of a successful career in the corporate world, she joined a full-time volunteer service, then was hired as office manager of a retreat center. She facilitates one-day, weekend and twilight retreats. She started EMmausRoad153: "On-the-road" Retreat, Prayer Hour, Bible Night and Prayer-dance.

FEE: \$45 per person with lunch
\$35 without lunch
\$10 non-refundable deposit with registration

Saturday, May 24 • 9:30 am–4:00 pm
A DAY IN THE GARDENS
Presenters: Michael O'Palko and Sr. Chris Machado, SSS

There is nothing quite like tending a garden to bring one into the peace and joy of God's loving presence! "*We are not on earth as museum-keepers, but to cultivate a flourishing garden of life*" (Pope Saint John XXIII). This day is the first of what we hope will be an annual gathering of volunteers to spruce-up and beautify the existing gardens around the Retreat Center. We are looking for generous hands and open hearts to help our gardens flourish. The day will include opportunities to learn and share new techniques to nourish and cultivate these gardens and your own. Some tools will be provided. If you have them, please bring your own gardening tools for weeding, pruning, planting and raking. Input sessions/presentations and prayer will also be part of the day.

FEE: \$10 donation for lunch, or bring your own.
There is no fee for the event.

Saturday, August 9, 8:30 am–3:00 pm
(Arrival: 8:30 am–9:00 am)
CENTERING PRAYER COMMUNITY DAY
Presenters: Bob Blair and Contemplative Outreach Team

Come and join us for a day of Centering Prayer and the strengthening of our community. It will be a day full 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 spiritual talk, discussion groups and socializing during the lunch break. Please bring a bag lunch. Come and get to know the people with whom you meditate.

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

FEE: Free-will offering

EXTENDED RETREATS

New Year's Retreat • Monday–Wednesday
December 30, 31 and January 1
GRATITUDE IS A GARDEN:
REAP WHAT YOU SOW
Presenters: Michael O'Palko and Chris Machado, SSS

The nightly news provides us with a plethora of negativity, paranoia and an ongoing list of things to fear. We need to consciously challenge our world to unleash a stream of positive actions in daily life, to reflect upon them and gather them into a garden of gratitude to sustain us in the

desert of our ongoing pilgrimage. Our retreat will focus on the tools that are necessary for reaping the goodness we create for ourselves and others. We will use film, prayer, presentations, play and relaxation during our time together to explore our theme.

FEE: \$225 per person/single occupancy
\$200 per person/shared occupancy
\$125 per person/commuter
\$50 non-refundable deposit with registration due
December 15

EXTENDED RETREATS

Friday, January 17, 7 pm – Sunday, January 19

BE MADE NEW

Presenters: Alleluia Dance Theater

The beginning of a new year—a time to look to God's word—put off your old self and be made new in the attitude of your mind. Put on the new self, created to be like God in true righteousness and holiness.

As we gather together to praise God with our entire being, we make music in our hearts and give thanks to God for everything, being filled with God's light that dispels the darkness.

Join us in this weekend retreat workshop of dance and prayer. We will deeply connect on Friday evening at 7:30 pm with the energizing and healing power of African drumming, followed by West African dancing as we release the "old" self.

On Saturday, we will experience tai chi and qi-gong breathing meditation and dance movements that lead you into a deeper awareness and connect you to all aspects of who you are. We will return, in the afternoon, to another session of drumming and movement exploration. The evening will close with a blessing and a welcoming of the renewed self.

Then, on Sunday morning, we will gather together in ceremony to share and celebrate in this sacred space all we have experienced together.

FEE: \$250 per person/single occupancy

\$200 per person/shared occupancy

\$125 per person/commuter

\$50 non-refundable deposit with registration by January 4

Sunday February 2, 7 pm – Tuesday, February 4, 1 pm

A GATHERING OF THE CRONES

Presenter: Mary Hubbard and Retreat Team

The Crones will come together for the renewal of their joyous community. This year, we shall continue our celebration of the FRUITS OF THE SPIRIT, honoring those times we glimpsed the glory of our lives. We hope to continue to nourish ourselves and others on this gifted journey of aging. We shall make merry and share our stories. A relaxed dialogue will continue on what we have learned and wish to pass on, perhaps working through a few problematic situations, celebrating our wisdom and experiences. The days will be filled with music, art, dance and, most importantly, our stories.

New Crones are very welcome!

FEE: \$148 per person/single occupancy

\$98 per person/shared occupancy

\$55 per person/commuter

\$50 non-refundable deposit with registration due January 15

Friday February 21, 5 pm – Sunday February 23, Noon

CENTERING PRAYER WEEKEND RETREAT

"Upheld by God"

Presenter: Fr. Bill Sheehan, OMI

During this retreat, we will reflect upon the foundational truth that at every moment of our lives we are being upheld by God. We are one with God and with one another as unique expressions of God's creative love. We will spend these days in silence with periods of Centering Prayer, daily conferences and optional Saturday evening liturgy.

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

Pre-requisite: regular practice of Centering Prayer

FEE: \$250 private room

\$200 per person/shared room

\$125 commuter (includes all meals)

\$30 deposit for registration by February 8

Early registration recommended as space is limited.



Friday, March 28, 5 pm – Sunday, March 30, 1 pm

EMPOWERMENT OF THE HOLY SPIRIT

THE HOLY SPIRIT, LIFE, BREATH OF THE CHURCH

Presenter: Fr. Pat Crowley, SS.CC. MAS

This retreat will focus on the transforming power of God's Holy Spirit.

"Without the Holy Spirit, God is far away, Christ stays in the past, the

Gospel is a dead letter, the Church is simply an organization, authority a matter of domination, mission a matter of propaganda, liturgy no more than an evocation, Christian living a slave morality.

But in the Holy Spirit: the cosmos is resurrected and groans with the birth pangs of the Kingdom, the Risen Christ is there, the Gospel is the power of life, the Church shows forth the life of the Trinity, authority is a liberating service, mission is Pentecost, the liturgy is both memorial and anticipation, human action is deified" (Bishop Ignatius of Lakatia-Ecumenical Council of Churches at Uppsala in

1968). Excerpted from "A New Pentecost" by Leon Joseph Cardinal Suenens.

Fr. Pat Crowley, a highly respected presenter, has years of experience in guiding those who are searching for a deeper prayer life in the Spirit of God. Come and take part in this wonderful opportunity to grow in the ways of the Holy Spirit.

FEE: \$250 per person/single occupancy
\$200 per person/shared occupancy
\$125 per person/commuter

Sunday, April 13, 5 pm – Sunday, April 20, 11 am

HOLY WEEK RETREAT:

A JOURNEY FROM WOES TO WOWS!

Presenters: Fr. Felix Just, SJ and Holy Spirit Retreat Center Staff

Matthew's Gospel presents Jesus, the teacher who pays the price of being faithful by dying on the cross. This Gospel also presents the Sermon on the Mount, Jesus' blueprint for being a disciple. You are invited on this retreat to embrace more deeply the teachings of Jesus in your life...no matter the cost. Retreat will include presentations by Father Felix, time for quiet reflection, daily liturgy and opportunities to experience different prayer forms. We offer two ways of making the retreat: Come for the entire eight days, or come for the Triduum alone, beginning on Holy Thursday. Come, join us as we examine and embrace the *woes and wows* of discipleship.

Contact: Pat Nelson, CSJ, (818) 784-4515, ext. 3870.
Massage Therapy will be available

Eight-Day Retreat

FEE: \$500 private room
\$400 commuter
\$50 deposit required with registration by March 17

SACRED TRIDUUM

Thursday, April 17, 6 pm

Holy Thursday

Join us for the special liturgy and meal.

FEE: \$25

Reservations required by April 7. Seating is limited.

Friday, April 18

Good Friday

Stations of the Cross 10:00 am

Lunch 12:00 pm • Liturgy 3:00 pm • Dinner 5:30 pm

Taize Prayer 7:30 pm



Saturday, April 19

Easter Vigil

Lunch 12:00 pm

Readings begin at 1:00 pm

Dinner 6:00 pm

Vigil begins at 8:30 pm

Reservations needed if you wish to join us for meals.

FEE: \$250 private room

\$125 commuter

\$30 deposit required with registration by March 17

Early registration recommended as space is limited.

Sunday, June 15, 5 pm – Sunday, June 22, 1 pm

8-DAY DIRECTED RETREAT

Directors: Bob Stephan, SJ; Pat Nelson, CSJ; Joanne Tabor, CSJO; Mary Wehner, SSJ; Sharon Becker, CSJO

God desires to draw closer to us in a relationship of love. A directed retreat provides the opportunity to "come away for a while" and be with God in silence, solitude, and love. The focus of the retreat is the uniquely personal movement toward God that is at the heart of each of us. The retreatant and the director listen together to the retreatant's experience in prayer and work together to gain deeper understanding and perception of the movements of God in one's life. A spiritual companion will be available for each one making the retreat.
Prerequisite: previous experience of a silent retreat

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

Massage Therapy will be available

FEE: \$500 – All rooms private

\$50 deposit required with registration by June 1

Early registration recommended as space is limited.

Sunday, June 29, 5 pm – Sunday, July 6, 1 pm

8-DAY INTENSIVE & POST-INTENSIVE CENTERING PRAYER RETREATS

Bob Blair, and Contemplative Outreach Team

INTENSIVE: Enter into a more profound level of spiritual practice in an atmosphere of silence and community. The 8-day Intensive Retreat is designed to strengthen one's

EXTENDED RETREATS

discipline and practice of Centering Prayer. It also provides a conceptual framework for the prayer through the viewing of selected DVDs from Thomas Keating's Spiritual Journey series. This retreat is for those with some experience of Centering Prayer.

Prerequisite: prior Centering Prayer Retreat experience necessary, 3-10 days

POST-INTENSIVE: Running concurrently with the 8-day Intensive Centering Prayer Retreat, the Post-Intensive Retreat is for those who have previously made an Intensive Centering Prayer Retreat. Times of silence and the periods of Centering Prayer are increased.

Prerequisite: prior Centering Prayer Retreat experience necessary, 5-10 days

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

Massage Therapy will be available.

FEE: \$500 – All rooms private

\$50 deposit required by June 8

Early registration recommended as space is limited.

Friday, July 18, 7 pm – Sunday, July 20, 1 pm

WOMEN AT THE WELL SUMMER RETREAT

"The Friendship of Women"

Sr. Chris and the Women at the Well Team

The friendship of women is a powerful grace, but was much undervalued in the past. Recent years have brought a rash of great films which have explored and celebrated the special friendship that women share with other women. This year, we will do an in-depth exploration and celebration of the friendship of women as exemplified by those who have befriended us and ourselves as friends to others. Our weekend will include prayer, quiet reflection, small group discussions, a simple but fun art project and, most importantly, the companionship and friendship of wonderful women! If you feel a need to get away this summer for a weekend of quiet, rest, fun and peaceful surroundings, consider joining us. Come and make new friends at the well!

FEE: \$250 per person/single occupancy

\$200 per person/shared occupancy

\$125 per person/commuter

\$50 non-refundable deposit with registration due by July 5

Sunday, July 20, 5 pm – Sunday, July 27, 1 pm

8-DAY DIRECTED RETREAT

Directors: Chris Machado, SSS; David Robinson, SJ; Pat Nelson, CSJ; Ingrid Honore-Lallande, CSJ; Pat Beirne, SM; Sr. Cecilia Canales, OP.

God invites and inspires individuals to come aside to a secluded place and rest a while (Mk 6:30-32).

A Directed Retreat is a time to set aside the normal occupations and preoccupations of daily life and take the time to grow quiet, to center and to listen for God in all the ways God may speak. In daily meetings with the retreatant, a spiritual companion listens to and encourages retreatants to give voice to their experience in prayer and to come to a deeper perception and understanding of that experience. One needs to have experience in prayer, the ability to enter into silence and enough openness and trust to share these experiences with their director.

Pre-requisite: previous experience of a silent retreat

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

Massage Therapy will be available

FEE: \$500 – All rooms private

\$50 deposit required with registration by July 12

Early registration recommended as space is limited.

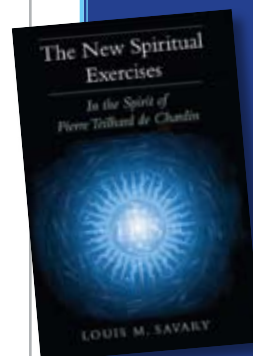
19th Annotation Retreat

**The New Spiritual Exercises of St. Ignatius
in the Spirit of Teilhard de Chardin**

This "retreat in daily life" takes place over a period of about 10 months. It involves daily prayer, journaling and meeting twice a month for spiritual direction.

Previous experience of spiritual direction is recommended. The New Spiritual Exercises by Louis Savary will be used as a resource.

If you are interested and desire more information, please contact Sr. Linda Snow, CSJ at (818) 784-4515, ext. 3317 or e-mail srlinda.snow@gmail.com.



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 individual needs of those interested in Spiritual Direction.



Linda Snow, CSJ



Chris Machado, SSS



Pat Nelson, CSJ



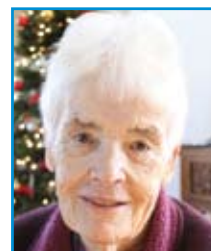
Joyce Gaspardo, CSJ



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 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

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.

Lunch preference where offered:

Yes _____ No _____

Room preference where offered:

Single _____ Shared _____ Commuter _____

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

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

Holy Spirit Retreat Center CENTER UPDATE

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Encino, CA 91346

(818) 784-4515
HSRCenter@earthlink.net
HSRCenter.com

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Wish List...

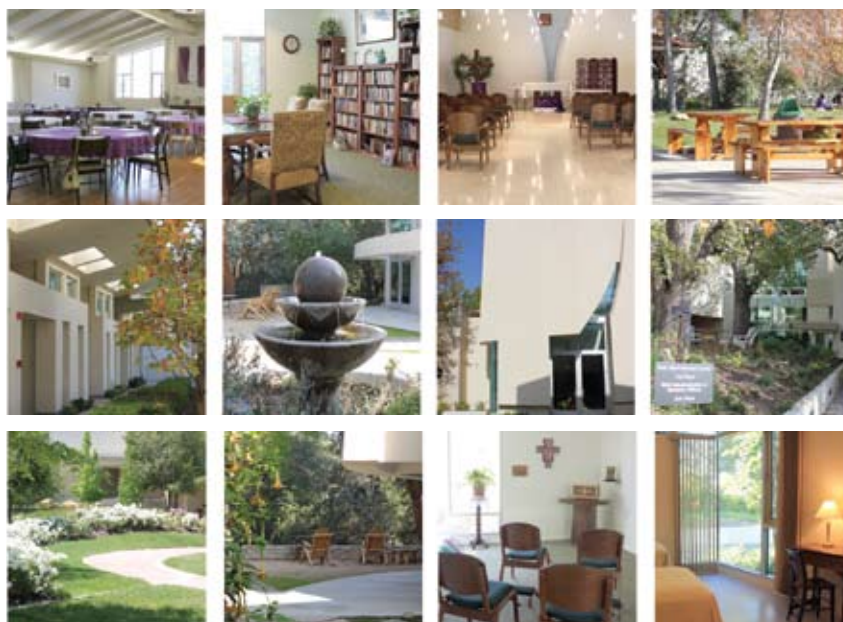
- LCD Projector
- White table cloth
- Twin size linens
- Area rug carpets
- 8-seater round table
- Walkie-talkies
- Funds for outdoor labyrinth

Donations in cash or in kind will allow us to get these items and help make our retreat space even better.

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, which 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



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