

Holy Spirit Retreat Center

Spring 2015

CENTER UPDATE



A Letter from the Executive Director



Dear Friends of the Holy Spirit Retreat Center,

As we say farewell to one year and prepare to welcome another, we pause and take stock of the gifts and blessings that have come our way. The Center has enjoyed a very good year and is bustling with life and activity, bringing new people and groups to discover our quiet, beautiful grounds and avail themselves of our wonderful programming. We have experienced some beautiful and inspirational events these past six months and look forward to things upcoming. We are forever grateful to all of you for your ongoing support, which comes to us in so many ways. Thank you!

The theme for this Update is the Holy Spirit. The Sisters of Social Service have a devotion to the Holy Spirit, which is expressed in our spirituality, prayer and ministries. We invite you to join us for a weekend retreat on the Holy Spirit, in which we will reflect on the Spirit's presence in our lives and how we can discern our own particular call from God through the guidance of the Spirit. Please look inside for details. We will once again offer our Holy Week Retreat and Sacred Triduum events, and we hope that you can join us for at least some of them.

As we move forward into the New Year, please know of our constant prayers for you and your intentions. Please know that you are always welcome to stop by and enjoy our lovely grounds at any time. Just pack a lunch, grab a book and come spend a few hours of peace and quiet with us here on the hill. Happy New Year!

Gratefully yours,

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.



Featured on the Cover



The Holy Spirit provides the focus and theme for this Center Update. This photograph of the Holy Spirit is that of the stained glass window on the southern wall of the Reserve Chapel located at Holy Spirit Retreat Center in Encino. This window has belonged to the Sisters of Social Service of Los Angeles since the early 1930s when the original Chapel at 1120 Westchester Place was built.

Photo by Elaine Quadra

HOLY WEEK RETREAT: "WHO DO YOU SAY THAT I AM?"

Presenters: Fr. Felix Just, SJ; Sr. Chris Machado, SSS;
Sr. Pat Nelson, CSJ

Sunday, March 29 • 5:00 pm–Sunday, April 5 • 11:00 am

While walking with his friends one day, Jesus asked them, "Who do people say that I am?" Once they answered, Jesus asked a more personal and direct question, "But who do you say that I am?" Using the Gospel of Mark, this retreat will present the Jesus of history and the Jesus of faith, the Son of God and the Son of Man, Jesus the teacher, healer, prophet and suffering servant. Through instruction, reflection, prayer and ritual, retreatants will have the opportunity to deepen their own relationship with Jesus and to answer for themselves, "Who do you say that I am?" The retreat will include presentations by Fr. Felix, Sr. Chris and Sr. Pat, time for quiet reflection, daily liturgy and opportunities for 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. Massage therapy will be available.

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

FEE: \$500.00 private room

\$400.00 commuter

\$300.00 Triduum only

\$150.00 Triduum commuter

A \$50.00 deposit is required with registration by March 1.

SACRED TRIDUUM: HOLY THURSDAY

Thursday, April 2 • 6:00 pm

Join us for the special liturgy and meal.

FEE: \$25.00. Reservations are required by March 26.



BRIDGES TO CONTEMPLATIVE LIVING

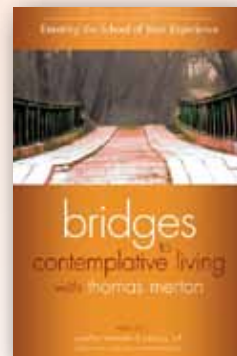
Presenter: Sr. Chris Machado, SSS

Wednesdays • 10:00 am–12:00 noon

January 28, February 25, March 25, April 22, May 27,
June 24

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 open to new members, so feel free to come and join us for a morning of meditation and faith sharing. If you have any questions, feel free to call Sr. Chris at (818) 285-3354.



Suggested Donation: \$5.00 per session

CENTERING PRAYER GROUPS

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

Tuesdays • 7:00–9:00 pm

January 6, 20, February 3, 17, March 3, 17, 31, April 14,
28, May 12, 26, June 9, 23, July 14, 28

Thursdays • 9:30–11:30 am

January 15, 29, February 12, 26, March 12, 26, April 9, 23,
May 7, 21, June 4, 18, July 9, 23

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

Suggested Donation: \$5.00 per session

SPECIAL EVENTS & SERIES

WOMEN AT THE WELL

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

Tuesdays • 10:00 am–12:00 noon

January 13, February 10, March 10, April 14, May 12

Our Women at the Well group is beginning another wonderful year. This group has been in existence for more than 20 years, and we are still going strong! We gather together monthly for silent reflection, group discussion, mutual support and good conversation! We are working with the book "An Altar in the World," by Barbara Brown Taylor. Thanks to a generous grant from the Angell Foundation, 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 \$10.00 fee for those who wish to stay and enjoy some additional time together. New women are always welcome. Come join us around the well!

Suggested Donation: \$10.00 per session

WOMAN TO WOMAN

Presenter: Josephine Broehm, MFT

Last Thursdays • 10:00 am–12:30 pm

January 29, February 26, March 26, April 30, May 28

A circle of women gathers each month for discussion on a prepared lesson taken from rich and varied resources. We will reflect and meditate on the call to be authentic and active women in the journey of our souls.

Join us whenever your schedule permits. Individual sessions are also available. E-mail requests to: jmcbroehm@aol.com

FEE: \$15.00 per session

LABYRINTH WALKS

Friday, March 20 • 7:00 pm

Sunday, June 21 • 7:00 pm

On Friday, March 20 at 7:00 pm, our earth will begin tipping toward the sun with the arrival of the Spring Equinox. To greet the new season, we will gather for an evening of prayer and meditation at the **Spring Equinox Labyrinth Walk**. The evening includes a short workshop for Labyrinth neophytes.

On Sunday, June 21 at 7:00 pm, our **Summer Solstice Labyrinth Walk** will celebrate the sun in its full glory as we prepare for the summer season with its slower pace and long, lazy days. The evening includes an opening ritual, a workshop for Labyrinth neophytes and an open walk. Come join us!



ONE-DAY RETREATS

SIMPLICITY: THE SOUL'S REFRESHMENT

Presenter: Josie Broehm, MFT

Saturday, January 10 • 9:30 am–3:30 pm

This retreat day offers a comfortable combination of presentation, meditation and reflection on the call to live simply at every age. The silent moments offered throughout our days provide space to ponder what needs to be released. By divesting ourselves of the superfluous in

our lives, we can then accept what comes with gratitude, humility and renewed energy that refreshes our souls. Dress comfortably and bring writing materials, a mat or light blanket for soothing prayer experiences. Questions? E-mail jmcbroehm@aol.com

FEE: \$45.00 with lunch

\$35.00 without lunch

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

IMAGO DEI: DISCOVERING THE CHRIST WITHIN

Presenter: Maggie Perrone, RN

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

This day will lead participants into prayer, engage in reflection, sharing, song, movement, poetry and journaling. Each person will discover the shape of God's image within her/him—for each of us is unique!

In embracing this Divine Image within, each person will be brought to a deeper awareness of the beauty of the Imago Dei in each other. Our personal paths and special gifts will be celebrated and encouraged. Becoming fully human is God's gift to us!

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



CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenter: Contemplative Outreach Team

**Saturday, January 24 • 9:00 am–2:30 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 Continuation Workshop on February 14.

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

**FEE: \$45.00 with lunch
\$35.00 without lunch**

BREATHE IN ME, O HOLY SPIRIT AND MOVE IN ME

A One-Day Dance and Prayer Workshop

Presenters: Stella Matsuda, Artistic Director, M.Ed. BS in Dance and Emmalyn Moreno, MA, Ethnomusicologist/Dance

Saturday, January 31 • 9:15 am–3:30 pm

The Alleluia Dance Theater presents this workshop. It is open to all faiths. We invite all "dancers"—from those who have only danced in their hearts to those with more experience. Born in 1978, the Alleluia Dance Theater group sets out to inspire and encourage people in their spiritual journeys through the use of movement. We call upon the Holy Spirit to breathe into us, enlighten us, inspire us and speak through us in praise and in prayer. Wear comfortable clothing!



**FEE: \$45.00 with lunch
\$35.00 without lunch
A \$10.00 registration deposit is required by January 20.**

TEACHING YOUR HEART WITH ART

Presenter: Manzar Roussali, MFA from Maryland Institute College of Art/Morgan University

Saturday, February 7 • 9:30 am–3:30 pm

Manzar invites us to make use of simple contemplative art practices using creative experimental drawing and painting. In this way, we open the doors of the heart for awareness and balance in body, mind and spirit. Opening to our sense perception and connecting to our authentic self, we feel blissful and experience inner peace. No art experience is required. Seekers are welcome! Wear comfortable clothing. Materials will be provided.



Manzar is an accomplished artist. She has a permanent show at the Watermark Gallery in Baltimore, MD.

**FEE: \$55.00 with lunch and art supplies
\$45.00 without lunch
\$10.00 non-refundable deposit**

ONE-DAY RETREATS

CONTINUATION OF THE CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenter: Contemplative Outreach Team

Saturday, February 14 • 9:00 am–2:00 pm

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 and discussion and will 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

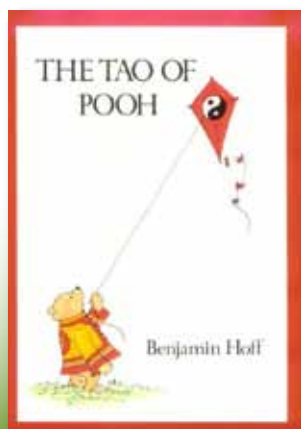
**FEE: \$35.00 with lunch
\$25.00 without lunch**

THE TAO OF POOH: HOW TO ENTER THE LENTEN DOORWAY

Presenter: Sr. Deborah Lorentz, SSS M.Ed.

Ash Wednesday, February 18 • 9:30–3:00 pm

In these serious times, Pooh Bear may be able to give us some advice about how you and I might approach the season of Lent. Let us set aside a day to "do nothing"—stopping, sitting still and being present. We listen to the Spirit of God who wants to lead us inward to a place of mindfulness. We embrace the world when we allow ourselves to be touched by the presence of the One who set time aside to "go off to a lonely place to pray." (Mark 1:35) Pooh Bear has some good advice for us: "I don't do much of anything," he said.



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



THE DARK NIGHT OF THE SOUL

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

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

For those seeking to go deeper in their prayer life, this retreat day will invite participants to consider the meaning of the Dark Night of the Soul as taught by St. John of the Cross, the 16th century mystic who probably was the first to coin the phrase. Fr. Sison, an experienced spiritual director and pastor, will lead us into the deeper meanings of these teachings.

When one enters the Dark Night, all is lost with nowhere to turn. It is unclear where one is spiritually. One feels separated from God and others. Friends still love you and wish you well, but your condition does not improve. Come and learn.

**FEE: \$45.00 with lunch
\$35.00 without lunch
A \$10.00 non-refundable deposit is due by
February 15.**



SILENT SATURDAY

Presenters: Lylia Dange and Contemplative Outreach Team

**Saturday, March 7 • 9:00 am–12:00 noon
(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 the 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 much appreciated!)**

CONSCIOUS AGING: MAKE A CHOICE!

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

Saturday, March 7 • 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. There will be selected exercises chosen to expose those present to the material, so that by the end of the day, each person will be able to decide whether he or she would like to commit to all eight sessions. There is a Conscious Aging Workbook that each participant is expected to buy when committing to all eight sessions. This workbook will be used for the duration of the sessions. The times for those sessions will be agreed upon by those present on the day itself.

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



“SPEAKING IN THE TONGUES OF DANCE”

Presenters: John West and the Valyermo Dancers

Saturday, April 11 • 9:30 am–3:00 pm

This Sacred Dance Workshop provides an opportunity for dance prayer to be experienced by the dancer and non-dancer alike. The retreat, led by John West, founder of the Valyermo Dancers, will include reflections on relevant scriptures and various writings about the power of Pentecost. Through movement-enhanced prayer and sacred dance, we will come to re-learn and newly experience the sacred language of the body in dance and prayer.



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

SACRED COLLAGE: THE MASKS THAT WE WEAR

Presenter: Jody Berges



Saturday, April 18 • 9:00 am–4:00 pm

This workshop will use sacred collage to learn about and explore the masks that we wear. Each of us wears masks every day—layers of masks. You see yourself from the inside of the masks looking out. The rest of the world sees you from the outside trying to peer in. Come and explore how masks can serve us and how they can hinder us. Join us for a contemplative day of reflection and quiet. We will be creating our own collages and discovering our masks—the inside masks and the outside masks.

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.

ONE-DAY RETREATS

SILENT SATURDAY

Presenters: Lylia Dange and Contemplative Outreach Team

Saturday, May 2 • 9:00 am–12:00 noon
(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 the 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.

YOUR SPIRITUAL JOURNEY AND YOGA: BODY, MIND AND HEART TOGETHER

Presenter: Mara Carrico, Author of: Yoga Journal's Yoga Basics and Yoga Instructor

Saturday, June 6 • 9:00 am–4:00 pm

This workshop has the unique purpose of showing us how to combine movement of the body with the desire of the mind and heart to be one with God. Guidelines and suggestions will be given to us so that our individual spiritual paths may take into account how our bodies want to praise God along with our spirits. Yoga, breathing

techniques, chants and music and journaling will give participants the experience and template so that each person may incorporate these tools into his or her lifestyle in a practical way.

Mara was the choreographer of the first of Jane Fonda's Yoga Workout video and DVD series. She is a classically trained dancer.

Fee: \$45.00 with lunch

\$35.00 without lunch

A \$10 non-refundable deposit is due with registration.

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 spiritual talk, discussion groups and socializing during the lunch break. Please bring a bag lunch. Come and get to know the people you meditate with!

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

Free-will donation.

WEEKEND RETREATS

"TO BE COMPLETELY TAKEN OVER BY GOD" CENTERING PRAYER WEEKEND RETREAT

Facilitator: Bonnie J. Shimizu

Friday, February 27 • 5:00 pm–Sunday, March 1 • 12:00 noon

"To Be Completely Taken Over By God" is a chapter from the new book by Fr. Thomas Keating, *Reflections on the Unknowable*. This will be the basis for our discussion, insights and unfolding experience during this weekend retreat. We will spend these days in silence with periods of Centering Prayer daily, conferences and optional Saturday evening liturgy.

Pre-requisite: regular practice of Centering Prayer.

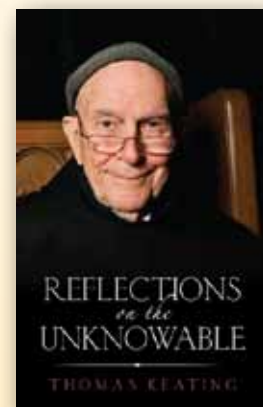
Contact: Pat Nelson, CSJ, (818) 784-4515, ext. 3870

FEE: \$250 private room

\$200 shared room per-person

\$125 commuter (includes all meals)

A \$30 deposit for registration is due by February 8. Early registration is recommended as space is limited.



SEALED BY THE SPIRIT OF GOD: A WEEKEND OF PERSONAL DISCERNMENT

Facilitators: Sr. Chris Machado, SSS; Sr. Deborah Lorentz, SSS; Victorina Lopez, SSSA; Jean Bowler

Friday, April 24, 5:00 pm dinner–Sunday, April 26 • 1:00 pm

The main “charism” of the Sisters of Social Service is that of devotion to the Holy Spirit. Since the Holy Spirit Retreat Center is owned and operated by the Sisters of Social Service, it seems appropriate that we introduce a new kind of retreat.

This weekend is dedicated to the Holy Spirit and flung out into the wind to be directed by the Holy Spirit through the facilitators. The main question posed by this retreat for each person to consider is: What is the Spirit of God asking of me, personally, to do with my life? What new insights might I have about my life when seen through the lenses of the Spirit of God? Each person will have a facilitator with whom she/he will meet in the course of the weekend. In addition, there will be short presentations on the presence of the Holy Spirit in our lives. (To make this retreat, persons must commit themselves for the entire weekend.)



FEE: \$250.00 per person
\$200.00 per person/shared occupancy
\$125.00 per person/commuter
A \$50.00 non-refundable deposit with registration is due by April 20.

***REGISTER EARLY TO RESERVE YOUR SPOT**

SUMMER RETREATS

8-DAY INTENSIVE & POST-INTENSIVE CENTERING PRAYER RETREATS

Presenters: Bob Blair and Contemplative Outreach Team

Sunday, June 28 • 5:00 pm–Sunday, July 5 • 1:00 pm

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 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 in Centering Prayer.

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. Massage therapy will be available. **Prerequisite for both: prior Centering Prayer Retreat experience necessary, 3-10 days.**

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

FEE: \$500—all rooms private
A \$50 deposit is required by June 8, 2015.

SUMMER RETREATS

8-DAY DIRECTED RETREAT

Directors: Chris Machado, SSS; Pat Nelson, CSJ; Jane DeLisle, CSJO; Ingrid Honore-Lallande, CSJ; Barbara Sullivan, CSJ (Priest TBA)

Sunday, July 12 • 5:00 pm–Sunday, July 19 • 1:00 pm

"God invites and inspires individuals to come aside to a secluded place and rest a while." (Mark 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. Massage therapy will be available. **Pre-requisite: previous experience of a silent retreat.**

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

FEE: \$500.00—all rooms private

A \$50.00 deposit is required with registration by July 12, 2015.

WOMEN AT THE WELL SUMMER RETREAT "SOPHIA: THE WISDOM OF WOMEN"

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

Friday, July 24 • 7:00 pm–Sunday, July 26 • 1:00 pm

The Sabbath is called the Queen of Days, and traditional Sabbath songs quote the Song of Songs calling the beloved to "come away." We invite you to come away with other women to explore your sense of how you have been called to live, in a place of peace and beauty, where together we will listen to the voice of the wise Spirit (Sophia) within each of us and in the group. In the Hebrew scriptures, Wisdom is referred to in feminine terms. This is so appropriate, as there is indeed a wisdom that women possess and which they impart by sharing stories of those who were wisdom figures and teachers in their lives. This year, we are taking Sabbath time together to do our own storytelling and wisdom sharing in the quiet and beauty of the Holy Spirit Retreat Center. The weekend will include prayer, meditative body movement, reflection time, an "art dabble," sharing

time and, of course, lots of fun and laughter. Come and take some Sabbath rest with us as we share the wisdom of women.

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

FEE: \$225.00 per person/single occupancy

\$200.00 per person/shared occupancy

\$125.00 per person/commuter

A \$50.00 non-refundable deposit with registration is due by July 10.

**SAVE THE DATE! 2016
GATHERING OF THE CRONES
RETREAT!
JANUARY 24-JANUARY 26**

8-DAY DIRECTED RETREAT

Directors: Chris Machado, SSS; Cecilia Canales, OP; Pat Beirne, SM; Mary Dunlea, PBVM; David Robinson, SJ

Sunday, July 26 • 5:00 pm–Sunday, August 2 • 1:00 pm

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 a deeper understanding and perception of the movements of God in one's life. A spiritual companion is available for each participant making the retreat. Massage therapy will be available. **Prerequisite: previous experience of a silent retreat.**

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

Fee: \$500.00—all rooms private

A \$50.00 deposit is required with registration by June 1.

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

Holy Spirit Retreat Center

CENTER UPDATE

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Encino, CA 91436

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HSRCenter@earthlink.net
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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
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