

January - June 2013

CENTER UPDATE

Holy Spirit Retreat Center

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Mission Statement

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

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



A letter from the Executive Director...

DEAR FRIENDS OF HOLY SPIRIT RETREAT CENTER,

Once again we are beginning a new liturgical year with the coming of Advent, and are poised on the brink of a new calendar year. The prospect of new beginnings and new possibilities lies tantalizingly before us. It's a liminal time in which we pause to look back over the past year and give thanks for its blessings, and it challenges, while we look ahead to what is coming with an air of expectancy mixed with uncertainty as we walk into the unknown. The word "liminal" comes from the Latin word "limina", which means "threshold". We are indeed standing at the threshold of a new season, and we have many new programs scheduled that will help you as you step across the threshold and journey

into the New Year. On October 11, 2012 the church celebrated the 50th anniversary of the beginning of Vatican II and the Pope has declared this year the Year of Faith. Catholics everywhere are called to renew their relationship with Christ and to recommit themselves to their call to discipleship. We are offering a day on the teachings of Vatican II, and our Holy Week Retreat will examine the call to renew our faith. Part of our call to discipleship involves seeing and responding to the signs of the times. We are living in a world that is becoming more polarized. In the gospel of John Jesus speaks of our oneness with God and one another. If you are interested in addressing this struggle, and you are looking for a more meaningful way to begin the New Year, you might consider joining us for our annual New Year's Retreat. This year's title is, "Wholly Holy" and we'll be looking at our call to unity and discussing how we can be part of the solution, rather than part of the problem. The retreat is designed not just for Christians, but for people of all faiths. Call our office for more information. As always, at this time of year I pause to give thanks to God for our many blessings, and most of all for the blessing of your presence and support for us and what we are doing at Holy Spirit Retreat Center. May God continue to bless you and your loved ones, not only at this holiday time, but throughout the coming year.

Yours in love and gratitude,

Blessings, Chris

If there is anything else you need, or you have a question, just let me know. Thanks so much for all that you do!

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-to-one conversations are an opportunity for persons to break open their sacred stories, awaking 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



Josie Broehm, MST



Deborah Lorentz, SSS
Accupuncturist



Anne Field, SSS



Not pictured
Joyce Gaspardo, CSJ

ONE DAY RETREATS

Saturday, January 5 / 9:30 am - 3:30 pm **REACHING HIGH & DIGGING DEEP: THE POSSIBILITIES OF EPIPHANY**

Josephine Cisneros Broehm, MFT

The overflowing love of God beckons us all to reach high and to dig deep into the "well" of our lives. What we will discover in those moments of challenge may be the redemption we have been seeking. Together we will support and encourage each other as we celebrate the possibilities of our own epiphany in this new year.

Bring to share whatever has caught your imagination and has inspired you. Please also bring any art and writing materials that you would like to use for personal times of reflection or prayerful surrender. The day will offer different experiential opportunities for expansion of the theme. Wear comfortable clothing and bring a blanket or pillow for resting meditation.

Josephine is a psychotherapist and spiritual director in private practice. She is also a member of the HSRC Spiritual Director's group and offers dream works.

Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by December 30.

Saturday, January 12 / 9:30 am - 3:00 pm **SPIRITUALITY & STRESS: CALM MIND AND HEART IN 2013**

Rochelle Mitchell, SSS, LCSW

"The great malady of the 21st Century, implicated in all of our troubles and affecting us individually and socially, is 'loss of soul'. To undertake this restoration of soul means we have to make spirituality a more serious part of everyday life." (Care of the Soul by Thomas Moore). This retreat will assist participants in making the connections between the deep yearnings for God and right relations with one another by developing and nurturing a deep spirituality in the midst of personal and social stress and anxiety. The world needs soulful people.

Rochelle is a licensed clinical social worker as well as a woman religious who has lived out an active spirituality based on the spirit of St. Benedict.

Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by January 5.

Saturday, January 19 / 9:30 am - 3:30 pm **HOPE : DISPELLING FEAR**

Alleluia Dance Theater

HOPE, in the biblical sense, gives us the power to live courageously – to be all God has called us to be. Only our own fear holds us back. "Hope is never a static or passive thing. It is dynamic, active, directive and life sustaining."

This year the Sacred Dance Guild theme is HOPE. ADT will continue to build and expand upon this theme of HOPE in our workshops and retreats throughout 2013. Start your year off with prayerful movement, dance technique, music, and meditation. We will also have African drumming and an introduction to Reiki Dance. Bring your drum if you have one. If not, the company will provide one for you. Come and join ADT for a day of experience as we draw upon HOPE as a means to dispelling fear.

Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by January 14.

■ Saturday, January 26 / 9:00 am - 2:30 pm (Arrival at 8:30 am - 9:00 am)

CENTERING PRAYER INTRODUCTORY WORKSHOP

Continuing sessions: on Tuesdays & Thursdays
(see below)

*Linda Snow, CSJ & 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 experience of Centering Prayer. This workshop is the first part of the Introductory series and will continue with three more sessions. (See below).

Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by January 15.

Tuesdays: January 29, February 5, 12 /

7:00 pm - 9:00 pm OR

Thursdays: January 31, February 7, 14 /

9:30 am - 11:30 am

CONTINUATION OF THE CENTERING PRAYER INTRODUCTORY WORKSHOP

Following the Introductory workshop, there will be three continuing sessions. Each session will include time for Centering Prayer, questions, and feature DVD presentations by Fr. Thomas Keating. The sessions will support the beginning weeks of your Centering Prayer practice. They are highly recommended. If you are unable to attend the continuing sessions you may wish to sign up for a mentor.

Suggested donation : \$5.00 for each continuation session.

Saturday, February 2 / 9:00 am - 4:00 pm

(Arrival 8:30 am - 9:00 am)

THE SCHOOL OF THE LORD'S SERVICE : "PRAYER IS A CRY OF HOPE" (French Proverb)

This day is one to strengthen our hope. It is a day to encourage one's journey by exploring what prayer is. The day will provide a diversity of approaches to practices of prayer, meditation and contemplation. Participants will have choices as to which small sessions they might wish to attend. It will be possible to go to at least 2 different offerings. This is the opportunity to try something that you may have heard about but never experienced. Chanting the psalms, walking the labyrinth, sitting meditation, body movement, use of collage and art, journaling...come and join us for the day. In the morning we will begin with prayer and a short presentation. There will be time for quiet and silent reflection and will end with prayer.

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by January 22*

Ash Wednesday, February 13 /

9:30 am - 3:30 pm (Arrival 9:00 am)

"THE DESERT SHALL REJOICE AND BLOSSOM...."

Pat Nelson, CSJ

Ash Wednesday initiates the season of lent and invites Christians to enter into the desert. The desert invokes images of a vast land, a timeless beauty, filled with awe, curiosity and longing. The desert is a place where life both clings and thrives, sometimes briefly, other times for centuries. It is not what we do in the desert, it is what

happens to us there. Set aside a few hours this Ash Wednesday to consciously enter the desert of life and welcome God as your companion. This day will have time for input and personal reflection. We will bless and receive ashes as sign of our willingness to be open and to await God's transforming love to do its work in us.

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by February 6.*

Saturday, March 2/ 9:30 am - 3:00 pm

VATICAN II REVISITED: A CONVERSATION

*Conversation Partners: Sr. Chris Machado
SSS, Sr. Pat Nelson CSJ, Sr. Deborah
Lorentz SSS*

Vatican Council II left a profound impact on the lives of most Catholics. Pope John XXIII threw open the doors and windows of the Church with the hopes that lay men and women would assume their responsibilities for the Church and the world; that attitudes of exclusivity would be dropped; that the church would be seen as a Pilgrim People on the march...under the influence of the Spirit of God, in the company of Jesus Christ. Come for a day of retreat and spend some time in silence and in conversation about Vatican II. Sisters Chris, Pat and Deborah have all taught about Vatican II and facilitated conversations about it. Today, we ask about the legacy of this great council and how we can continue what was begun there...

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by February 20.*

Saturday, March 9 / 9:00 am - 3:30 pm

(Arrival 8:30 am - 9:00 am)

CELTIC SPIRITUALITY: STORIES, WRITINGS, HYMNS AND MUSIC THAT TOUCH THE HUMAN HEART

Carol Quinlivan, CSJ

The shortest distance between human hearts is a good story. Come spend a day with the Celts. Learn and experience the richness of a people who were attentive to the world in which they "lived and moved and had their being". The Divine presence was recognized and honored in the workings of nature, landscapes and a profound sense of place. Let their spirituality touch yours.

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by February 22.*

Labyrinth Walks

On Wednesday, March 20th at 7:00 pm,
we will welcome
the verdant season of Spring
with a celebration of new life
at the
Spring Equinox Labyrinth Walk.

On Friday, June 21st at 7:00 pm,
we will salute
the sun in its full glory
and celebrate the long slow days of
summer with our
Summer Solstice Labyrinth Walk.



Saturday, March 23 / 9:00 am - 3:30 pm
(Arrival : 8:30 am - 9:00 am)
**CONTEMPLATIVE OUTREACH UNITED
DAY OF PRAYER**
*Mary Shear, Mary Purcell and Contemplative
Outreach Team*

This annual day of prayer calls on members of the Contemplative Outreach and practitioners of Centering Prayer all over the world to unite in silent prayer. This silent day will include a DVD presentation by Thomas Keating, periods of silent meditation, and time for reflection and sharing. Our chapter of Contemplative

Outreach extends a special invitation to local members of the World Community for Christian Meditation to join us in our silent prayer. All are welcome.

Free-will offering.

Lunch : \$10

Registration requested by March 16.

Saturday, April 6 / 9:30 am - 3:30 pm
**SPIRIT SOPHIA : REFLECTING ON THE
FEMININE ASPECTS OF GOD**
Presenters: Sr. Deborah Lorentz, SSS M. Ed.
and Lala Rukh Khan, MBBS

This day will be a time for those who wish to reflect and be present to God as experienced in the feminine aspects of the Holy Spirit - Wisdom! In the Scriptures, we encounter the "Shekinah" who walked with the people in the desert. In our lives, we experience a sense of God's Holy Spirit as she speaks within us in our daily actions. The day will combine thoughtful presentations by Sr. Deborah, followed by meditative breathing and movement by Lala who will assist us in the encounter with the Spirit breath as we meet her in our bodies. There will be times of silence as well as simple conversation.

Fee: \$45.00 with lunch

\$35.00 without lunch

*\$10 non-refundable deposit with
registration requested by March 20.*

Saturday, April 13 / 9:00 am - 4 pm
PRAYING WITH COLOR
Jody Berges (berges@mindspring.com)

"Come for a day of silent reflection, using collage-making and the prayer form of Lectio Divina. Discover the Divine who lives inside each of us and longs to communicate with each of us." No previous experience is necessary. Come and see what emerges from the Holy. All materials will be provided. Workshop size is limited to 25.

Fee: \$55 - with lunch.

\$45 - without lunch

*\$10 non-refundable deposit with
registration requested by April 1.*

Saturday, May 4 / 9:00 am - 12 noon
(Arrival 8:30 am - 9:00 am)
SILENT SATURDAY
Lydia 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 the Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

Free will offering.

Saturday, May 25 / 9:00 am - 3:30 pm
THE NEW EVANGELIZATION : WHAT IN OUR WORLD...?

Fr. Ken Deasy, Missionary Childhood Association, Archdiocese of Los Angeles

Who or what are we talking about when we use the words "new evangelization"? Are we being asked to revisit the same old religious practices or theologies of others? What about our own faith experiences? How is our being in Christ relevant to Life, in how we perceive God, self and world as essentials? What came first the Message or the Religion? Come and spend the day with Fr. Ken and get back in touch with the "initial" beginning of the Christ-Event.

Fr. Ken is a dynamic and engaging speaker which will make for a very thought provoking day.

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by May 15.*

Saturday, July 27 / 9:00 am - 3:00 pm
WRESTLING WITH TENSION: HENRI NOUWEN AND THE REALITY OF OUR JOURNEY

Wil Hernandez, Ph.D. Obl. OSB

Our spiritual journey is shrouded in mystery and mystery inevitably breeds tension. Henri Nouwen, one of the most prolific spiritual writers of the last century, once posed this question: "Can the tension be relieved by an integral life?" In this one-day retreat/workshop, we will grapple together with the practical implications and ramifications of Nouwen's personal answer to his own question. As exemplified in his life, Nouwen reckoned the phenomenon of tension not so much as something to be solved but rather embraced if only for its inherent transformative value. Come join us as we wrestle with this issue and learn what it means to "befriend" tension in our journey.

Wil Hernandez, Ph.D., Obl. OSB, is a spiritual director, retreat leader, and author of a trilogy on Henri Nouwen.

*Fee: \$45.00 with lunch
\$35.00 without lunch
\$10 non-refundable deposit with
registration requested by July 15.*

Triduum

Thursday, March 28 / 6:00 pm

Holy Thursday

Join us
for this very special liturgy and meal.

*Fee: \$25
Reservations required by March 21.*

Seating is limited.

Friday, March 29

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, March 30

Easter Vigil

Readings begin at 11:00 am.

Lunch / 12:00 pm
Dinner / 6:00 pm

Vigil begins at 9:00 pm

***Reservations requested if
you wish to join us for meals.**

EXTENDED RETREATS

Sunday, December 30, 2012 / 2:00 p.m. -

Tuesday, January 1, 2013 / 11:00 a.m.

NEW YEAR RETREAT: "WHOLLY-HOLY: UNIFYING THE HOLE-Y WORLD"

Chris Machado, SSS and Michael O'Palko

There are holes in our world and our lives. Many are the results of the polarization we experience in church/spirituality, government/politics, society/family and our own personal journey. We are constantly pulled in different directions. Working together for viable solutions seems to be an impossible proposition. Our retreat will focus on finding common ground amid all of these challenges. We will have opportunities to do this through quiet reflection, shared prayer, presentations and activities. As we end this year of 2012 and "pray-in" the new year of 2013, we can discover holy ground that invites each of us to be wholesome bridge-builders rather than wall-builders.

Fee: \$200 - single occupancy

\$175 - shared, per person

\$110 - commuter

*\$50.00 non-refundable deposit with
registration requested by December 21,
2012.*

Sunday, January 27 / 7:00 p.m. -

Tuesday, January 29 / 1:00 p.m.

A GATHERING OF THE CRONES

Mary Hubbard, facilitator

The Crones will come together for the renewal of their joyous community. This year we shall celebrate 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 shall be dotted with music, art, dance but most importantly our stories.

New Crones are very welcome!

SPECIAL RATES FOR THIS EVENT!!!

Fee: \$135.00 - private room;

\$95.00 - per person, shared room

\$55.00 - commuter

*\$30.00 non-refundable deposit with
registration requested by January 7th.*

Friday, February 22 / 5:00 pm -

Sunday, February 24 / 1:00 pm

CENTERING PRAYER WEEKEND RETREAT - "DEEPENING EXPERIENCE OF CENTERING PRAYER AND THE FRUITS AND GIFTS OF THE SPIRIT"

Sr. Maria Tasto, OSB

Faithfulness to a regular practice of Centering Prayer prepares us to receive the grace of an ever-deepening connection to the divine life within us which expresses itself in the emergence of the fruits and gifts of the Spirit in our lives. Conferences will focus on the Deepening process of Centering Prayer, the Fruits and Gifts of the Spirit, and the Transforming Union. There will be time for reflection, sharing and Centering Prayer.

Pre-requisite: regular practice of Centering Prayer

Fee: \$225 - private room

\$200- shared room (per person)

\$125 - commuter (includes all meals)

*\$30 non-refundable deposit requested
by February 15th .*

*Early registration is recommended as
space is limited.*

Sunday, March 24 / 5:00 pm -

Sunday, March 31 / 11:00 am

HOLY WEEK RETREAT: "RENEWING AND CELEBRATING OUR FAITH"

Fr. Felix Just, SJ

In celebration of the 50th anniversary of the beginning of Vatican II, Pope Benedict XVI called for a Year of Faith, which began on October 11, 2012 and will continue until October 11, 2013. Many of us think of faith as what we believe, and our faith does indeed involve our doctrines and church teachings, but faith goes well beyond doctrine. Faith determines how we live our lives, how we worship, and the decisions we make. Being people of faith means being people who live every day of their lives with the awareness of their need for God, and trust in God's providential care. Holy Week and the Easter Triduum is the very cornerstone of our faith, so what better time do we have to renew, deepen, and live our faith in a more committed way? The retreat will include presentations by Fr. Felix, time for quiet reflection, daily liturgy, opportunities to experience different prayer forms, and even optional yoga sessions. As in years past, we offer two ways of making the retreat: coming for the entire eight day retreat including the Triduum, or coming for the Triduum alone, beginning on Holy Thursday. Come join us as we examine what it means to be people of faith in the new millenium.

Fee : \$500 - single occupancy
\$400 - commuter
\$50 with registration on or before
March 10.

*If you wish to come only for the weekend
part of the Holy Week Retreat :*
Fee: \$250 - private room
\$30 non-refundable deposit with
registration requested by March 15.

*Early registration is recommended as
seating is limited.*

Friday, April 26 / 5:00 pm -
Sunday, April 28 / 1:00 pm
**"THE HOLY SPIRIT, LIFE, BREATH OF
THE CHURCH."**
Fr. Pat Crowley, SS.CC., MAS

"I will give you a new heart and place a new spirit within
you, taking from your bodies your stony hearts and giving
you natural hearts..." (Exekiel 36.26-27)

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 defied."
(Bishop Ignatios of Latakia- Ecumenical Council of
Churches at Uppsala in 1968)
(Excerpted from "A New Pentecost" by Leon Joseph
Cardinal Suenens)

Fr. Pat Crowley, SS.CC., MAS, a member of the
Association of Christian Therapists, is a retreat director
and conference speaker who brings a holistic approach to
the healing ministry. Since 1972 his healing services have
moved Christians into a deeper faith experience in the
healing love of Jesus Christ. Father Pat is a member of
the Congregation of the Sacred Hearts of Jesus and Mary
in the Western United States Province.

Fee: \$225 - single occupancy
\$200 - shared, per person
\$125 - commuter
\$50.00 non-refundable deposit with
registration requested by April 15th.

Sunday, June 16 / 5:00 pm -
Sunday, June 23 / 1:00 pm

8-DAY DIRECTED RETREAT
**"TO LEARN HOW GOD LOVES, WATCH
HOW GOD LOVES YOU."**

Directors : Mary Wehner SSJ, Sharon Becker
CSJO, Joan Henahan, CSJ, Chris Machado,
SSS, Pat Nelson CSJ, and Felix Just SJ

This silent retreat is individually directed and provides the
opportunity to experience that where you are is a
blessing, how you are is a place of grace, who you are
and are becoming is God's delight. The focus of the
retreat is to "find God in all things" and to experience
fresh God's great love for you and all creation. God's love
is unconditional and generous. Come away and be
immersed in the Great Love of God. A spiritual companion
will be available each day to meet those who wish.

Prerequisite: Previous experience of a silent retreat.

Massage Therapy will be available.
Acupuncture will be available.
Fee: \$500 - all rooms private
\$50 non-refundable deposit required
with registration by June 1st.
Early registration recommended as
space is limited.

Sunday, June 30 / 5:00 pm -
Sunday, July 7 / 1:00 pm
**8-DAY INTENSIVE AND 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
discipline and practice of Centering Prayer. It also
provides a conceptual framework for the prayer through
the viewing of selected DVD's from Thomas Keating's
Spiritual Journey Series. This retreat is for those with
some experience of 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.

*Pre-requisite : Prior Centering Prayer Retreat experience
is necessary. 5-10 days.*

Massage Therapy will be available.
Acupuncture will be available.

*Fee : \$500 - all rooms private
\$50 non-refundable deposit required with
registration by June 1.
Early registration recommended as space
is limited.*

*Fee: \$500 - all rooms private.
\$50 non-refundable deposit required with
registration by July 12.
Early registration recommended as space
is limited.*

Friday, July 19 / 7:00 pm -

Sunday, July 21 / 1:00 pm

**WOMEN AT THE WELL SUMMER
RETREAT- "THE GIFTS OF THE HOLY
SPIRIT"**

Sr. Chris and the Women at the Well Team

Last summer we began an exploration of the Gifts of the Spirit: Wisdom, Counsel, Understanding, and Fortitude, and found that they are truly NOT just for Christians! These beautiful and meaningful gifts are helpful for anyone attempting to make her way through the stresses and challenges of daily living. We will continue our look at the Gifts of the Spirit as we open up the final three: Understanding, Fear of the Lord, and Piety. Our weekend includes prayer, quiet reflection, small group discussions, a "user-friendly" art project, and most importantly, good fun with good women! If you feel a need to get away this summer for a weekend of slower pace and peaceful surroundings, consider joining us. Come bask in the Spirit's gifts around the well.

*Fee: \$225 - single occupancy
\$200 - shared occupancy
\$125 - commuters
\$30 non-refundable deposit with
registration required by July 1.*

Sunday, July 28 / 5:00 pm -

Sunday, August 4 / 1:00 pm

**8-DAY DIRECTED RETREAT #2
"MAY MY EYES BE OPEN TO SEE AND
EARS OPEN TO HEAR."**

*Directors: Pat Beirne SM, Cecilia Canales OP,
Maryanne O'Neill CSC, Pat Nelson CSJ, and
David Robinson SJ*

This retreat is individually directed and 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. This movement includes going forward in the way God is active and present in one's life, and the individual's deepening response. A spiritual companion will be available each day.

Prerequisite: Previous experience of a silent retreat.

*Massage Therapy will be available.
Acupuncture will be available.*

SERIES & ON-GOING RETREATS

Tuesdays: January 15, February 12, March 12,
April 9, May 14 / 10:00 am - 12:00 Noon

WOMEN AT THE WELL

Sr. Chris Machado and the Women at the Well Team

We continue to gather at the well monthly for silent reflection, group discussion, mutual support, and just plain good times! Our group is growing in number, with some wonderful new women joining us! In September we began work with Sr. Joan Chittister's book, The Gift of Years and are finding it to be very challenging and thought provoking. Our time together includes prayer, ritual, music, quiet reflection, small group sharing, and Thai Chi. Lunch is provided for an additional \$10 fee for those who wish to stay and enjoy some additional time together. We would love to have you join us around the well.

Suggested donation : \$10 per person

Wednesdays: January 23, February 27, March 27, April 24, May 22, June 26 / 10:00 am to 12 noon

BRIDGES TO CONTEMPLATIVE LIVING

Sr. Chris Machado, SSS

Our Bridges group is continuing into its sixth year! People who attend the meetings describe them as transformative and grace-filled. Based partly on the writings of Thomas Merton, this series gently leads participants on a journey towards 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. New members are welcome.

Suggested donation : \$5.00 per session

TUESDAYS – 7:00 pm - 9:00 pm

January 8, 22, February 5, 19, March 5, 19, April 9, 23, May 7, 21, June 4, 18, July 2, 16, 30

THURSDAYS – 9:30 am - 11:30 am

January 3, 17, 31, February 14, 28, March 14, April 4, 18, May 2, 16, 30, June 13, 27, July 11, 25

CENTERING PRAYER GROUPS

Mary Shear & Linda Snow, CSJ Contemplative Outreach Contacts 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 Thomas Keating, and group sharing. If you are new to the practice we highly recommend the Centering Prayer Introductory Workshop. For more information, please call Linda Snow, CSJ or Pat Nelson, CSJ at 818-784-4515 x317.

Suggested donation \$5.00 per session.

Thursdays, April 4, 11, 18, 25, May 2 and 9 / 9:00 am - 3:30 pm

WRITING WITH THE SPIRIT

Mary Rose Betten, Poet, Playwright, Essayist, Short Stories

In shared silence, we receive a prompt, write it all the way to Berkely and back, then read it aloud to check how it resonates. No interest in publishing or critiques, just resonating and affirmations. Find what gifts the spirit makes available at each session. The surroundings are sacred, the people are friends and there is no teacher, just a facilitator...silence... and the Spirit....

Fee: \$15 per session or \$75 for 6 sessions



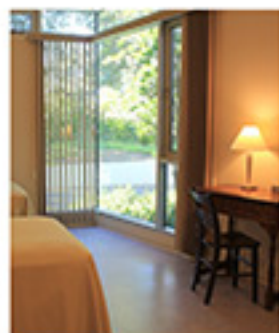
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Registration Form

Name _____	Program _____	Date _____
Address _____	_____	_____
City/St/Zip _____	_____	_____
Phone _____	_____	_____
\$ _____ deposit enclosed (\$10/one day or series; \$30 per weekend; \$50 per 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	\$ _____

Wish List

- LCD Projector
- 8-seater round tables
- Round white table cloths (132" diameter)
- Walkie Talkies
- Bed Spreads
- Twin Size Linens (white)
- Funds for Outdoor Labyrinth

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

- Meeting rooms for groups of 10 to 120
- Beautiful dining room serving attractive healthy meals (most dietary needs can be accommodated)
 - Private bath, heat and air conditioning
 - Gracious, helpful staff
- 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



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