

ONE– DAY RETREATS

Saturday, August 10 / 8:30 am—3:00 pm

CENTERING PRAYER COMMUNITY DAY
Bob Blair and Contemplative Outreach Team

Come and join us for a day of centering prayer and strengthening our contemplative 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 with.

Contact Person: Pat Nelson, CSJ
(818-784-4515 x317)

FEE: Free will offering

Saturday, September 21, 2013 / 9:00 am-2:30pm
(Arrival 8:30 am -9:00 am)

CENTERING PRAYER INTRODUCTORY
WORKSHOP

Linda Snow, CSJ & Contemplative Outreach Team

Contemplative prayer is God’s personal and unique gift to each of us. If we open to this gift it will profoundly affect our lives and relationships: to God, others, and our world. The workshop includes four presentations and the experience of Centering Prayer. This workshop is the first part of the Introductory series and will continue with a follow –up session.

Contact Person: Pat Nelson, CSJ
(818-784-4515 x317)

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with registration due by September 15.

Sunday, September 22 / 12:30 pm—5 pm

INTERFAITH CELEBRATION OF
INTERNATIONAL PEACE DAY

Theme: Sustainable Justice for Sustainable Peace

The Interfaith Celebration of INTERNATIONAL PEACE DAY will be held on the afternoon of September 22 at Holy Spirit Retreat Center 12:30 – 5 pm. Participants will hear panel discussions focused on the theme: Sustainable Justice for Sustainable Peace.



Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony, that permits fulfilling the environmental, social, economic and other requirements of present and future generations. Sustainability is important to making sure that we have and will continue to have, the water, materials, and resources to protect human health and our environment.

God calls each of us to care for all of creation. Come to celebrate International Peace Day and learn what religious/spiritual experiences motivate our justice/peace/sustainability efforts and what gives us the inner energy to continue our efforts for the long haul. Striving for PEACE in our world can be attained by working for sus-

tainable JUSTICE.

Flyer, further details and speakers to be announced at a later date.

For information please also call Sr. Anne Field, SSS, 818- 285-3357 or e– mail interfaithpeacegarden@gmail.com

FEE: Free will offering

Sunday, September 22, 2013 / 7:00 pm

LABYRINTH WALKS

Come join us on Sunday, September 22nd at 7:00 pm as we celebrate the beautiful and bountiful season of Autumn with the **Autumn Equinox Labyrinth walk**. The evening will include an opening ritual and an open walk. For newcomers the team will offer a brief class on the history and practice of walking the Labyrinth.

On Saturday, December 21st at 7:00 pm we will come together to celebrate the longest night of the year and the gradual return of the light with our **Winter Solstice Labyrinth Walk**. We especially welcome those who are new to the labyrinth. The evening includes ritual, time for walking, and the opportunity to reflect alone or with one of the team on your experience. Step out of the business of the Holiday Season and join us for some peace, quiet, and meditative walking.

FEE: Free will offering.



Saturday, September 28 / 9:30 am—3:00 pm

RECLAIMING THE SABBATH

Presenters: Sr. Rochelle Mitchell, SSS LCSW; General Director, Sisters of Social Service and Sr. Chris Machado, SSS MA; Director, Holy Spirit Retreat Center.



In Sabbath time we remember to celebrate what is beautiful and sacred. In a complex and unstable world, if we do not rest, if we do not surrender into some kind of Sabbath, how can we find our way, how can we hear the still, small voices that guide us into compassion, justice and reverence for all of creation?

The day will be spent in prayer, reflection and dialogue. It will be an experience of Sabbath, of honoring the wisdom of dormancy.

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with registration due by September 20.

REGISTRATION FORM

NAME : _____ DATE: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

PROGRAM : _____ DATE: _____

PROGRAM : _____ DATE: _____

LUNCH (WHERE OFFERED) : _____ YES _____ NO

ROOM PREFERENCE (WHERE OFFERED) : _____ SINGLE _____ SHARED _____ COMMUTER

\$ _____ DEPOSIT ENCLOSED (NON-REFUNDABLE/ NON-TRANSFERABLE PORTION OF TOTAL RETREAT OFFERING.)

\$ _____ ADDITIONAL DONATION

TOTAL AMOUNT ENCLOSED : _____ SIGNATURE : _____

PLEASE RETURN REGISTRATION FORM TO: HOLY SPIRIT RETREAT CENTER

4316 LANAI ROAD
ENCINO , CA 91436

OR E-MAIL TO: hsrcenter@earthlink.net

OR FAX TO: 818-784-0409



Enhances memory and concentration. Raise immune functions while increasing an overall sense of wellbeing and greater level of happiness.

This is an open class and you can join any time to stretch, breath, love, laugh and dance to explore your true self and to experience profound path of self-transformation into a happy and healthy human being.

Wear comfortable, loose clothing.

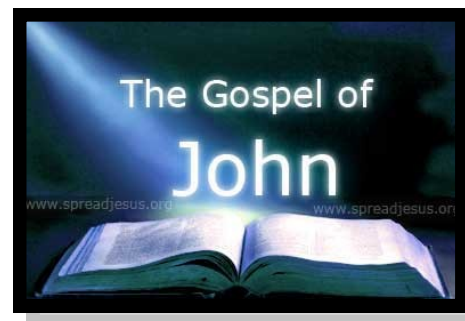
Bring yoga mat and your enthusiasm with you.

FEE: \$15 per session of 75 minutes

THURSDAYS: Sept. 12, Oct. 10, Nov. 7. Dec. 12, Jan. 9, Feb. 6, March 6, April 3, May 1, June 12, July 10 | 9:30 am – 11:30 am

THE GOSPEL OF JOHN : A STUDY GROUP

Linda Snow, CSJ



This class will be an in-depth study and prayerful experience of the Gospel of John. We will be using Sandra Schneiders bestselling book Written That You May Believe. It includes a study guide for group reflection and personal reading. Time will be devoted to prayer, reflection on the Fourth Gospel, and sharing. In her Introduction, Sandra Schneiders states, “my primary intended readership is students and serious believing adults who are willing to take the time and make the effort to enter into the spirituality of the Fourth Gospel...”

Our focus also will be on spirituality and “Encountering Jesus in the Fourth Gospel.”

Requirements: Attendance at monthly study group.

Book: Written That You May Believe

Bible

Commitment to reading and reflection between group gatherings.

Class size limited: Register early. For information, please contact Linda Snow, CSJ at 818-784-4515 ext. 317 or email srlinda.snow@gmail.com.

FEE: \$25-35 suggested donation for each session of spiritual direction

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. 317 or e-mail srlinda.snow@gmail.com.

Saturday, October 5, 2013 / 9:00 am - 3:00 pm

A WINDOW TO NATIVE AMERICAN SPIRITUALITY

Presenter: Louella Wagner



Come and enjoy a day at Holy Spirit Retreat Center that celebrates Native American culture and spirituality. Talks and discussions will emphasize the tree of life, the medicine wheel, the law of 7 generations, breaking old patterns of behavior and expanding our creative consciousness. Ritual will also be covered and the workshop segues nicely into Eve of All Souls in the Catholic tradition. A special mass honoring our loved ones who have passed on will also be celebrated.

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with registration due by October 1.

Saturday, November 9 / 9:00 am—4:00 pm

SACRED COLLAGE

Moving Beyond Vision Boards

Presenter: Jody Berges

Come and spend a contemplative day of reflection and quiet. We will be creating our own collages to discover the desires and wisdom of our

souls — expressions of the deeper self.

Collage has been described as “a waking dream”. Discover the meaning of the images which you choose and the images that choose you. How is the Divine speaking to you through the images? Learn what deeper personal meaning they hold for you.

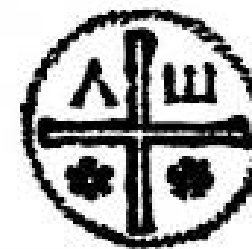
All materials provided. No previous collage experience necessary. Space is limited.

FEE: \$45 with lunch, plus a \$10 fee for collage materials (Total: \$55)
\$35 without lunch, plus a \$10 fee for collage materials (Total: \$45)
\$10 Non-refundable deposit with registration by November 1.

Saturday November 9, 2013 / 9:00am- 2:00pm
(Arrival 8:30-9:00 am)

CONTINUATION OF CENTERING PRAYER INTRODUCTORY WORKSHOP

Linda Snow, CSJ & Contemplative Outreach Team



This session will include time for Centering Prayer, questions, and feature DVD presentations by Fr. Thomas Keating. This day is open to all newcomers to Centering Prayer and also to those who have

made a Centering Prayer Introductory Workshop in the past and would like to renew their practice of CP.

Contact Person: Pat Nelson, CSJ
818-784-4515 X317

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with registration due by November 1

Saturday, November 24 / 9:00 am—4:00 pm

A TRADITIONAL HOLIDAY HERBAL

Presenter: Michael O’Palko

The "holiday season" in our culture extends several months with specific dates, liturgical seasons, holidays and holy days. This day will focus on the earthly connections that our ancestors discovered, created, used and passed down to us through many generations. We will look at significant meanings behind rituals, common practices and uses of earthly gifts in early indigenous traditions and their Christian counterparts. Legends and myths, herbs and foods, beliefs and superstitions will fill our time together in a gathering called "A Traditional Herbal." This type of experience invites you to sit with others to learn, experience and exchange our collective expressions for Thanksgiving, Advent, Winter Solstice, Christmas, New Year's, Epiphany and Candlemas.

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with registration due by November 15



Saturday, December 7, 2013 / 9:00a.m.-12noon
(Arrival 8:30-9 a.m.)

ADVENT SILENT SATURDAY

Lylia Dange and Contemplative Outreach Team



Please 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 and 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 Person: Pat Nelson, CSJ
(818-784-4515 x317)

Free-will offering. Please register before November 29.

SATURDAY, December 14 / 9:30 am—3:30 pm

AN ADVENT FAMILY AFFAIR: CREATING YOUR VERY OWN JESSE TREE

Presenters: Sr. Yoly Vega, SSS, Sr. Martha Vega, SSS and Sr. Deborah Lorentz, SSS, M.Ed.,MSOM

There is a wonderful Advent activity available for families. This is the creation of the Jesse Tree. Young and old imaginations can run wild in drawing, painting, cutting and pasting and making Jesse Tree ornaments. Based on the readings from the Old Testament, symbols are created for each day of Advent and hung on the family Jesse Tree so that we can remember our “ancestors” and how they “foreshadow” the com-

TUESDAYS – 7-9pm

September 10, 24, October 8, 22, November 5, 19, December 10

THURSDAYS – 9:30-11:30am

September 5, 19, October 3, 17, 31, November 14, December 5, 19

CENTERING PRAYER GROUPS

Mary Shear & Linda Snow, CSJ

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 video or book by Thomas Keating and group sharing. If new to the practice we highly recommend the Centering Prayer Introductory Workshop. For more information, please call Sister Linda Snow at 818-784-4515 x317.



FEE : \$5 suggested donation.

Tuesdays: September 10, October 8, November 12, December 10 – 10:00 am to 12:00 noon

WOMEN AT THE WELL

Sr. Chris Machado, SSS and Women at the Well Team

With the cooler autumn temperatures comes another year of our Women at the Well group! Our group is growing in number and we are blessed by our new members and the gifts and insights that they bring to the group! We continue to be open to new members. This group is for women seeking the wisdom and support of other women who are fellow pilgrims on the

journey. Our meetings are based on material from a book, which the women read individually. This year we will be continuing with Sr. Joan Chittister’s book, “The Gift of Years”. As part of our gathering we share in prayer, ritual, Tai Chi, quiet reflection time with questions based on the reading material, and some great small group discussions! After the meeting we gather for lunch in the retreat center dining room. We would love to have you come and join us around the well!

FEE: \$10.00 suggested donations for the meeting and \$10.00 for lunch.

A Series of six Wednesdays September, 11,18,25 and October,2, 9,and 16

**BE FIT, BE WELL
CULTIVATE HAPPINESS, HEALTH AND WELLBEING**

A combination of body, mind and spirit

Presenter: Lala Rukh Khan (MBBS)



Join us for a playful, peaceful and enlightening session including gentle stretching, restorative yoga, deep breathing, mindful meditation and slow body movements.

Adults & Seniors

Current scientific studies have shown that these integrative healing therapies.
Increases mind and body productivity.
Reduces stress, anxiety and blood pressure.
Improves joint range of movements and reduces joint stiffness.
Improves circulation, flexibility, core strength, balance and coordination.

\$148 per person/ single occupancy
\$98 per person / shared occupancy
\$55 per person / commuter
\$50 Non-refundable deposit with registration due By January 15, 2014

FEE: \$5.00 suggested donation

FEE: \$45 with lunch
\$35 without lunch
\$10 Non-refundable deposit with
registration due by January 1, 2014

EXTENDED RETREATS

Friday, July 19 / 7:00 pm—Sunday, July 21 / 1:00 pm

WOMEN AT THE WELL

The Gifts of the Spirit: Being Wisdom Women

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



Our annual summer retreat will continue this year with the Gifts of the Spirit theme. Newcomers are always welcome. The Gifts of the Spirit invite us to live at a deeper, more meaningful and peaceful level. Holy Spirit Retreat Center is a beautiful and sacred space to do this inner work. Come and enjoy a restful weekend of wisdom and reflection.

FEE: \$225 per person/ single occupancy
\$200 per person / shared occupancy
\$125 per person/ commuter
\$50 Non-refundable deposit with registration due by July 10.

Friday, October 25, 2013 / 5:00 p.m. – Sunday, October 27, 2013 / 1:00 p.m.

CENTERING PRAYER WEEKEND RETREAT

Finding God in the Present Moment

Bob Blair & Contemplative Outreach Team



This silent/ contemplative weekend retreat is for those who wish to deepen their practice of Centering Prayer. Many of us seek God in prayer, church or perhaps the beauty of nature. But

how do we find God while we're stuck on the freeway, struggling to pay the bills or dealing with people we find difficult? This question challenges the heart of our spiritual lives. In this weekend we will explore our understanding of where God is in our pain and discomfort and move to a deeper appreciation of how God nurtures us in all circumstances and times. We will be reflecting on the text Abandonment to Divine Providence by Jean Pierre de Caussade as we consider these questions. We will have periods of centering prayer and time for personal reflection.

Contact Person: Pat Nelson, CSJ
(818- 784-4515 ext. 317)

Prerequisite: regular practice of Centering Prayer

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

Space is limited. Early registration is recommended.

New Year's Retreat / Monday—Wednesday, December 30, 31, 2013 and January 1, 2014

GRATITUDE IS A GARDEN : REAP WHAT YOU SOW

Presenter: Michael O'Palko and Chris Machado, SSS



The nightly news provides us with a plethora of negativity, paranoia and an on-going 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's 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 by December 15.

Friday, January 17, 2014 / 7:00 pm -- Sunday, January 19, 2014

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 minds. 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, of 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 p.m. with the energizing and healing power of African drumming, followed by West African dancing as we release the "old" self.

On Saturday, we 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 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 gather together in ceremony to share and celebrate in this sacred space all we have experienced together.

FEE: \$225 per person/ single occupancy
\$200 per person / shared occupancy
\$125 per person/ commuter
\$50 Non-refundable deposit with registration due by January 4.