

CENTER UPDATE

"You will be like
a tree planted by
streams of water,
which yields its fruit
in its season"

—Adapted from Psalm 1:3



A Letter From the Executive Director



Dear Friends of Holy Spirit Retreat Center,

The theme for this Center Update is WATER. When I think of water, many things come to mind. It's impossible to live without it, but as we've seen lately, too much water when it's in motion can flatten everything in its path, bringing death and destruction! Water can be majestic, as anyone who has stood in the presence of Niagara Falls knows, but in the very act of seeking the lowest point, it is also the embodiment of humility. A flood can move a house off its foundation, yet when poured into a container, water gently takes on its shape. The sound of a creek or stream can be soothing, and just being near a body of water is relaxing and healing.

Water is also a powerful symbol for the divine. The Holy Spirit is described as a fountain of living water flowing from within the heart of the believer. God's love and kindness are compared to streams of water in the desert. In one of his most beloved prayers, St. Francis honored "Sister Water," describing her as "useful, humble, precious, and pure."

We are blessed to have our lake fully restored here at Holy Spirit Retreat Center! It is a beautiful and restful place to sit and pray, read, or just watch the wildlife. It's a haven for migrating birds, ducks and other water creatures. I am happy to announce that we now have a growing collection of Koi fish. They are a beautiful and entertaining addition to the lake environment! We are also blessed to have our two water fountains that add their beauty and musicality to the gardens.

Please come to the Center and bask in the blessings of water in its many forms. The grounds await your visit! Before you come, please take a look at our upcoming programs and join us for a dose of spiritual growth and inspiration. In the days and months to come, may God's love pour over you like a gentle rain and the Spirit's presence within restore you like streams of water in the desert.

Blessings,

Chris Machado

SSS, HSRC Director



Cover Photo from the HSRC Website

Featured on the Cover

A lovely feature at Holy Spirit Retreat Center is our waterfall down by the lake. One can hear the water as it washes over the rock formations and creates ripples as it pours into the waters below. On your next visit, take advantage of the beauty of the waterfall as you walk around the lake. Decide where you'd like to rest a while to clear your thoughts. Refresh your soul. Pray. Breathe. "You will be like a tree planted by streams of water, which yields its fruit in its season" (Psalm 1:3). Each in our own time. What within you needs refreshment? We are moving into the Winter/Spring/Summer sponsored programs. Browse our offerings to see if there is something that calls out to you to renew your mind, body, and spirit.

Blessings as we head into the holidays,

Sr. Marie Lindemann, SSS, Sponsored Program Director

Holy Spirit Retreat Center Buy-a-Brick

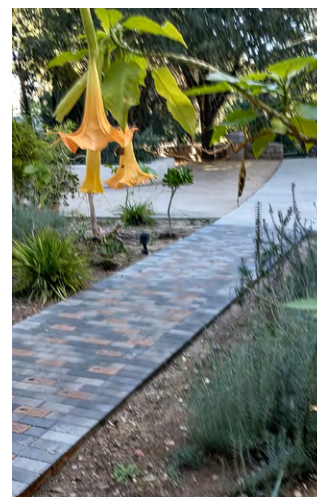
Holy Spirit Retreat Center is a non-profit organization committed to keeping costs to a minimum for our retreatants. We invite you to participate in our Buy-A-Brick Option.

With your generous gift(s), you are helping to ensure a wonderful future for our beautiful facilities and grounds. We thank you in advance for your partnership in ensuring that this facility will be enjoyed well into the future.

The tribute bricks will be displayed so that in years to come, you will be able to bring your children and grandchildren to see the names that you have had engraved on your brick(s). The reasons for purchasing a tribute brick are limitless, but here are a few ideas:

- * Remember a family member, friend, or pet
- * Honor an anniversary, birthday, or graduation
- * Celebrate a precious memory
- * Honor your family name as supporters of Holy Spirit Retreat Center

Please visit our website at www.hsrcenter.com to electronically purchase your engraved brick or call HSRC at 818-285-3370 for more information.



MARYALICE & JAMES
WELSH
ALWAYS & FOREVER



IN LOVING
MEMORY OF
OSWALD

MISSION STATEMENT



Holy Spirit Retreat Center, as a chartered ministry of the Sisters of Social Service, is rooted in Scripture and the spirit of St. Benedict. We strive to create an atmosphere of prayer and hospitality where community is nourished, each person can thrive and an interfaith environment is established.



SAVE THE DATE! JOIN US!

A ST. PATICK'S DAY CELEBRATION OF
IRISH FOLKLORE, PRAYER, AND SONG

Sunday, March 16, 2025

Holy Spirit Retreat Center, 4316 Lanai Road, Encino, CA 91436

Fundraising Event for Holy Spirit Retreat Center!
(Watch our website and newsletter for more information)

SERIES, ONGOING & SPECIAL EVENTS

A CELTIC CHRISTIAN JOURNEY OF THE HEART A Live Concert of Celtic Music, Poetry, and Song

Presenting once again: Deidre Ni Chinneide with Dennis Doyle

Sunday, March 23, 7 p.m. – 8:30 p.m., in our Chapel

Join Deirdre Ni Chinneide from Ireland, as she hosts a reflective evening of music, scripture, poetry, and prayer this Lenten season. Joined by Dennis Doyle on harp, you will be guided on a journey toward the power and passion of this holy season. Together, we will explore the call to listen and to enter into the gift of the Lenten experience with hope and certainty of God working through all of us, at this challenging but adventurous time of change.

Fee: \$60

Please register online at www.hsrcenter.com by March 19th. For more information, please call 818-285-3370.



+ SACRED TRIDUUM HOLY THURSDAY PASCHAL MEAL

Presider: Fr. Joe Nassal, C.P.P.S.

Thursday, April 17

Liturgy and Dinner – 6 p.m.

Fee: \$35

Reservations required by April 4th.

Please register online at

www.hsrcenter.com or call

818-285-3370 Seating is limited, no walk-ins, please (Retreatants included already).



Photo by Aaron Burden, Unsplash

+ GOOD FRIDAY SERVICES

Friday, April 18

Stations of the Cross – 10:30 a.m.

Liturgy – 3 p.m.

Taize Prayer – 7:30 p.m.

All are welcome. Please contact us at 818-285-3370 if you plan to stay for lunch/dinner.

+ HOLY SATURDAY

Presider: Fr. Joe Nassal, C.P.P.S.

Saturday, April 19

Easter Vigil Liturgy of the Word – 11 a.m.-4 p.m.

Easter Vigil Evening Liturgy – 7:30 p.m.

Fee: \$20 per meal (Friday/Saturday)

Reservations required for all meals by April 4th.

Make your reservation by emailing reserve@hsr.com or calling 818-285-3370.

For the Holy Week Retreat, look under Extended Retreats in this *Center Update* or online.

LENTEN TAIZE EVENING PRAYER

Ash Wednesday: March 5, 7 p.m.

Fridays: March 14, 7 p.m.

March 21, 7 p.m.

March 28, 7 p.m.

April 4, 7 p.m.

April 11, 7 p.m.

Good Friday: April 18, 7:30 p.m.

Facilitators: Sr. Chris Machado

and Sr. Marie Lindemann

Join us for Taize Chant and pray with us around the cross. Enjoy the simplicity of this prayer and let the music guide you into a reflection on this season.

A free will offering is gratefully appreciated.

For more information, please call 818-815-4496.



Photo by Jon Tyson, Unsplash

CENTERING PRAYER-DAYTIME ZOOM

Facilitator: Sr. Linda Snow, CSJ

Daytime Offering: Thursdays

10 a.m. – 12 p.m. on Zoom

Centering Prayer is a silent meditation practice intended to deepen one's relationship with God. The group sessions include time for communal Centering Prayer and reading together a book by Thomas Keating in the style of Lectio Divina and group sharing. If you are new to the practice, we highly recommend the Introductory Workshop on Centering Prayer. If this is not possible, please contact Sr. Chris Machado at

Chris_testver@yahoo.com.

Suggested free will offering: \$10/session

Please register at www.hsrcenter.com. For more information, please call Sr. Chris at 818-285-3354.



CENTERING PRAYER-EVENING ZOOM

Facilitator: Sr. Chris Machado, SSS

Evening Offering: Thursday evenings – 7 p.m. – 8 p.m.

on Zoom

Centering Prayer is a silent meditation practice intended to deepen one's relationship with God. The group sessions include time for communal Centering Prayer and reading together a book by Thomas Keating in the style of Lectio Divina and group sharing. If you are new to the practice, we highly recommend the Introductory Workshop on Centering Prayer. If this is not possible, please contact Sr. Chris at chris_testver@yahoo.com.

Suggested free will offering: \$10/session

Please register at www.hsrcenter.com. For more information, please call Sr. Chris at 818-285-3354.

WOMEN AT THE WELL

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

Tuesdays: January 14, February 11, March 11, April 8, May 13, 10 a.m. – 12 p.m.

Our Women at the Well Group has become a long-standing institution at Holy Spirit Retreat Center, with over 20 years of history! We gather monthly for silent reflection, group discussion, mutual support, and good conversation! We offer both onsite gatherings and Zoom for those who cannot attend in person. We are continuing with the book, *Dear Heart, Come Home* by Joyce Rupp. If you have a copy, bring it. If you don't, you can order it from Amazon, Thriftbooks, or other online order platforms. Our journey together will include prayer, ritual, music, quiet reflection, small group sharing, Tai Chi, and lots of fun! Lunch is provided for an additional \$10 for those who wish to stay and enjoy some additional time together. New women are always welcome! Come join us around the well!

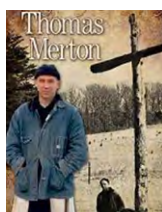
Suggested donation: \$10 (additional \$10 for lunch)

For more information, please call Sr. Chris at 818-285-3354.

THE INTERNATIONAL THOMAS MERTON SOCIETY

Facilitator: Sr. Chris Machado, SSS

**Third Sunday of each month,
2 p.m. – 4 p.m.**



The International Thomas Merton Society (ITMS) promotes an understanding and appreciation of the multifaceted character of Thomas Merton and encourages study and research into the unique contribution he has made to American literature and religious life. Chapter meetings further the work of the ITMS and involve contemplative prayer together, book study, discussion, films on Merton's life, speakers, and activities. If you are interested in learning more about Thomas Merton or deepening your knowledge of his writings and thoughts, come and join us.

A free will offering of \$10/session is gratefully appreciated.

For more information, please call Sr. Chris at 818-285-3354.

LABYRINTH WALKS

On Thursday, **March 20th at 7 p.m.**, we will gather to observe the arrival of the Spring Equinox. Come join us for an evening of prayer and meditation as we celebrate the signs of new life around us at the **Spring Equinox Labyrinth Walk!** The evening

includes an opening ritual and a short workshop for those new to the Labyrinth. Come and bask in the budding forth of Spring!

On **Friday, June 20th at 7 p.m.**, our **Summer Solstice Labyrinth Walk** will welcome the summer season with its long days and warm temperatures. As we gather, we'll begin with an opening ritual and an optional workshop on the Labyrinth, followed by an open walk. Come join us as we prepare to enter the slower, gentler pace of summer with its shorts nights and long, luxurious days!

A free will offering for each session is gratefully appreciated.

For more information, please call 818-285-3370.



Photo by Chantel Zimmerman, HSRC

MINISTERIO DE ESPIRITUALIDAD FEMENINA Se complace en presentar-Retiro para Mujeres

Moderador: Yolanda Chávez

**Serie de presentaciones en los siguientes sábados,
9 a.m. – 12 p.m.**

Programa:

- 22 de marzo "Nutrición y Bienestar según Hildegarda de Bingen"
- 26 de abril "El Poder de las Hierbas Medicinales"
- 17 de mayo "Arte y Espiritualidad desde la Vida de Hildegarda"
- 14 de junio "Prácticas de Meditación y Oración"
- 12 de julio "Integración del Bienestar Espiritualidad en la Vida Cotidiana"

Cuota sesiones: \$20 c/u por persona (Incluye almuerzo)

Por favor, regístrese en nuestro sitio web en www.hsrcenter.com. Para obtener más información, llámenos al 818 285-3370. (Hay retiros de fin de semana en enero, 17-19 y agosto, 22-24)

"Hildegarda de Bingen: Razones de Género para el Bienestar Espiritualidad"



Public Domain, CCO

HEALING THE BODY, SOUL AND SPIRIT

Facilitator: Bola Shasanmi

**Thursdays: January 16, 23, 30, February 6,
13, 20, 10 a.m. – 12 p.m.**

A healthy soul is a soul that has been nurtured and nourished by Love. It is its true self and expresses itself as such. A healthy body is a body that functions as it was designed to and enables the owner to live to their fullest potential. A healthy spirit is aware, connected and interacts with the spirit realm, especially its Creator. Sessions will include check-in. Sessions will discuss strategies and perform activities that encourage health in all three areas.

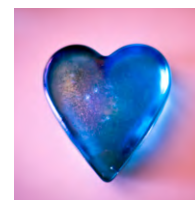


Photo by Tim Mossholder, Unsplash

Body-Breathing exercises; exercise; stretches; tension-relieving movements and activities (throwing and catching; sport-linked activities); massage/touch; less known therapies/remedies; sleep/rest.

Soul-Meditation; affirmations; visualizations; soul-blessing activities (art/music and singing/puzzles/reading/crafts/fashion); identity discovering activities — what is really in one's heart and if love was in control of your situation, who would you be/what would you do? Humor.

Spirit-Prayer; God affirmations; Scripture teaching/discussions; listening to the Holy Spirit; being still in Him.

Fee: \$10/session

Please register at www.hsrcenter.com with \$10 for your preferred date. For more information, please call Sr. Marie at 818-815-4496.

Bola Shasanmi is a certified Christian Life Coach, Christian Creative Minister and Group Fitness Instructor

ONE-DAY RETREATS

NEW YEAR SILENT SATURDAY

Facilitators: Silent Saturday Retreat Team



Saturday, January 11, 9 a.m. – 12 p.m.
(Arrival 8:45 a.m.)

Begin the new year by deepening your relationship with God. Join us for a quiet morning of Centering Prayer and silence. The day provides time for private journaling and reflection, communal centering prayer, and a contemplative walk, and ends with a period of Lectio Divina. All are welcome. A brief introduction to Centering Prayer will be offered to those new to the practice.

A free will offering is gratefully appreciated.

Registration online at www.hsrcenter.com is appreciated, but not required. For more information, please call Marilyn Nobori at 818-815-4480 or email centeringprayer@hsrcenter.com

FEARFULLY AND WONDERFULLY MADE...

Presenter: Bryanna Benedetti-Coomber, MDiv



Photo by Earl Wilcox, Unsplash

Saturday, January 18, 9 a.m. – 3:30 p.m.

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well."

—Psalm 139:14

Each of us is shaped and formed in the image and likeness of God. Every crack, every flaw, every unique mark has been molded in the potter's hands as a mirror of God's likeness in us—a spark of the Divine Spirit—that coalesces with our humanness to make us wonderfully complex children of God. How has the Divine shaped you into someone fearfully and wonderfully made? How have you continued to be molded by the Spirit?

Join us for a day of creative reflection and prayer as we explore how we are formed and shaped, in and through the Divine's love for us and all of creation. The day will include moments of prayer and meditation, personal and group reflection, and creative exercises.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by January 14th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

FAITH AND HEALING

Facilitator: Cathy Narvaez

Saturday, January 18, 9 a.m. – 6 p.m.

Are you struggling with the death of a loved one? Do you feel you are going crazy or wondering if your experience is "normal?" Are you having trouble finding healing in your grief? Are you angry, lost, or confused? Do you need help letting go? Grief is a process. It is the hardest job you'll ever do. The only way to deal with grief is to grieve. Are you ready to do the necessary work to heal and learn to move on with life again? This retreat is open to anyone who has experienced the death of a loved one at least three months before the retreat (September 2024). Through prayer, the arts, meditation, journaling, and other activities, we will work on our grief together in a safe environment.

*Please bring two photocopied (NOT ORIGINAL) pictures of your loved one (4x6 please).

Fee: \$70 with lunch; \$60 without lunch (includes materials)

Register online at www.hsrcenter.com by January 14th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

Cathy Narvaez has been a bereavement minister since 2006 after the sudden death of her sister. She has been certified through the Archdiocese of Los Angeles, Archdiocese of Atlanta and Association of Catholic Mental Health Ministries. Cathy has a M.A. in Religious Studies from Mount St. Mary's College, Los Angeles and worked as a Catholic school teacher before working in bereavement full time. Cathy has led support groups, given talks on grief, and offers retreats in hopes of reaching out to those who are hurting as she was.



Photo by Jeremy Bishop, Unsplash

CENTERING PRAYER INTRODUCTORY WORKSHOP

Facilitators: Centering Prayer Retreat Team

Saturday, January 25, 9 a.m. – 12:30 p.m.
(Arrival 8:45 a.m.)



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 relationship with God, others, and our world. Centering Prayer is a form of Contemplative Prayer. It is a method of prayer that opens us to interior transformation and deeper intimacy with God and others. The workshop includes four presentations and the practice of Centering Prayer.

Fee: \$40

Register online at www.hsrcenter.com by January 21st with a \$10 non-refundable deposit. For more information, please call Marilyn Nobori at 818-815-4480 or email centeringprayer@hsrcenter.com.

CONSCIOUS AGING IV: THE ELDERING PROCESS

Presenter: Sr Deborah Lorentz, SSS MEd & MSOM

**Saturday, January 25,
9:30 a.m. – 3 p.m.**

Maybe you find yourself wondering: What does it mean to be an elder? Maybe you have done your own “due diligence” and begun the process of exploring...even admitting...well, I guess I am old. Perhaps you have done a life review and countless quizzes on what you think and feel about this process. No doubt, you have figured out how to answer some of your questions about dying. What kind of funeral do I want? Who do I want to be with me? Yet...yet...well, now it might be that I am asking questions about this aging process itself. What do I do with my time? How do I remain happy and curious when my body aches and pains need more attention? Everything about my life has changed, but now...what? Come join us and take some moments to ask what it means to be an elder...where does spirituality enter into this process? How can I live a productive, happy, and useful life?

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by January 21st with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.



Photo by Philippe Leone, Unsplash

FINDING THE RIGHT WORDS: How Can People of Faith Talk About the Current Conflict In Israel-Palestine?

Facilitator: Reinhard Krauss

**Saturday, February 8,
9:30 a.m. – 3:30 p.m.**

The Israel-Palestine conflict is a deeply complex issue, sparking intense debate worldwide, including in this country. This retreat is designed for participants from diverse faith backgrounds to engage in thoughtful, empathetic conversations about the conflict, focusing on how we can discuss it in ways that respect differing perspectives and lived experiences.

In today's polarized world, where discussions often become divisive, this retreat offers a safe space for mutual learning and understanding. Participants will engage in facilitated group conversations, where they can share personal stories, ask questions, and learn from others in a respectful, faith-centered environment. The goal is not to achieve agreement but to foster insight through open, compassionate dialogue. Participants will be encouraged to speak from their own experiences, approach others with curiosity, and listen with humility.



Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by January 14th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

LENT SILENT SATURDAY

Facilitators: Sr. Chris Machado, SSS and the Silent Saturday Centering Prayer Team



March 1, 9 a.m. – 12 p.m. (Arrival 8:45 a.m.)

During Lent, this quiet morning, free from daily activities, gives participants time for a communal gathering in silence and Centering Prayer. Along with scheduled prayers and contemplative walks is unstructured time for private journaling or reflection, and enjoyment of the beautiful grounds of Holy Spirit Retreat Center. The day is open to beginners as well as those experienced in Contemplative Prayer or silent meditation. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

A free will offering is gratefully appreciated.

Registration online at www.hsrcenter.com is appreciated, but not required. For more information, please call Sr. Chris at 818-285-3354.

ASH WEDNESDAY DAY OF PRAYER

Presenter: Fr. Jim Clarke

Wednesday, March 5, 9:30 a.m. – 3:30 p.m.

This year, Fr. Jim Clarke will be offering our Ash Wednesday Day of Prayer! Fr. Jim is a priest of the Los Angeles Archdiocese, who has an extensive academic background in spirituality, education, counseling, ritual, and Jungian psychology and 25 years of experience as a ritual elder and teacher. The day will include input by Fr. Jim and times of silence and reflection, and will conclude with liturgy and the distribution of ashes. Come join us as we enter the season of Lent in a mindful and prayerful way.

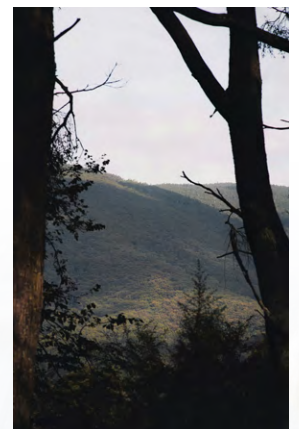


Photo by Pat Whelen, Unsplash

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by March 1st with a \$10 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

ONE-DAY RETREATS

CHRISTIAN COACHING

Prospering the Body, Soul, and Spirit

Facilitator: Bola Shasanmi

Saturday, March 15, 9:30 a.m. – 3:30 p.m.

The practice of coaching can be succinctly defined as “Helping people achieve their goals.” This unique workshop will teach the basic principles of Christian self-coaching.

It will include creative, fun, and interactive activities in a relaxed environment. So come and enjoy this informative and uplifting experience that will contribute to the prosperity of your body, soul, and spirit.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by March 11th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

Bola Shasanmi is a certified Life and Wellness Coach with a background in Physical Therapy and Fitness. She also ministers her Christian faith using her creative giftings of writing, singing, songwriting, and visual art.

FREEDOM TO CHANGE-ALEXANDER TECHNIQUE

Facilitators: Barbara Wegher-Thompson and Seth Wegher-Thompson

Saturday, April 5, 9 a.m. – 5 p.m.

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?”
—1 Corinthians 6:19

The Alexander Technique (AT) is a method of rediscovering natural balance, ease, and poise through thinking in activity. AT brings one to the awareness of how to use the least effort needed throughout our body in relationship to the goals of any given moment of our lives. The result is a unity of Mind, Body, Environment, and Intention. It is not an exercise regime. AT is an educational method that teaches how to improve one's posture, balance, and coordination by changing poor postural habits. AT helps relieve chronic tension, stress, and stiffness; improve alertness; and positively affect the outcome of any goal. It can be applied to both daily activities (such as sitting, standing, walking, and lifting) as well as specialized activities (such as public speaking, singing, dancing, exercising, and playing an instrument).

Please wear clothing that will be comfortable for movement. If you have a yoga mat, please bring it with you. We will have some to use if you don't have one. This workshop is a wonderful introduction for beginners as well as a refresher for those who are familiar with AT. For more information, visit www.ATWest.net.



Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by April 1st with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

Barbara and Seth Wegher-Thompson received certification as Alexander Technique teachers in 1991 from the Alexander Foundation of Philadelphia and became a teaching member of Alexander Technique International. Since 1991, Barbara has served on the faculty of California Lutheran University teaching Alexander Technique in the Departments of Exercise Science and Music, as well as Theater and Dance. In 1995, Seth became a Senior Vocational Rehabilitation Counselor with the CA State Department of Rehabilitation, where he served people with disabilities as they attained their career and advocacy goals. Seth is the primary administrator of AT West, and assists Barbara in all classes and workshops.

CONSCIOUS AGING I: MAKE A CHOICE!

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

Saturday, April 5, 9:30 a.m. – 3:30 p.m.

Conscious Aging is a program that has been developed by the Institute of Noetic Sciences. The program is divided into three Saturdays. The first Session will engage with self-compassion, negative self-image, and forgiveness of self. The second session will be held on Saturday, March 23 and will deal with life review and transformative practices. The third session will be held in the spring on Saturday, June 8. It will cover how death makes life possible, surrendering and letting go, and creating a new vision of aging. Come and join us in this wonderful opportunity to grapple with the aging process and discover how to turn your struggles with this experience into moments of revelation and growth!

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by April 1st with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

WORLD LABYRINTH DAY

“Walk As One At 1”

**Saturday, May 3,
12:30 p.m. – 3 p.m.**

On this 17th annual World Labyrinth Day (WLD), as in previous years, many will walk a labyrinth at 1 p.m. local time to create a unified rolling wave of peaceful energy passing from one time zone to the next around the globe. All are welcome!

A free will offering is gratefully appreciated.



For more information, please call Sr. Marie at 818-815-4496.

The Labyrinth Society—in collaboration with Veriditas, The Legacy Labyrinth Project, and the Australian Labyrinth Network—invites you to join in celebrating World Labyrinth Day on Saturday, May 3, 2025. Every year on the first Saturday in May thousands of people around the world participate in World Labyrinth Day as a moving meditation for world peace and shared appreciation of the labyrinth experience.

SPRING SILENT SATURDAY

Facilitators: Sr. Chris Machado, SSS and the Silent Saturday CP Team



Saturday, May 10, 9 a.m. – 12 p.m. (Arrival 8:45 a.m.)

In this season of new life and promise, it is good to take a quiet morning for 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 prayers with contemplative walks, and time for 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.

A free will offering is gratefully appreciated.

Registration online at www.hsrcenter.com is appreciated but not required. For more information, please call Sr. Chris at 818-285-3354.



Photo by Aron Visuals, Unsplash

CONSCIOUS AGING II: LIFE REVIEW AND TRANSFORMATIVE PRACTICES

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

Saturday, May 10, 9:30 a.m. – 3:30 p.m.

The practice of Life Review is an essential element of Conscious Aging, reflecting back on our lives and making sense out of where we have been so we can make sense of where we are going. Together, we will engage in transformative practices that will move us forward in our journey of Conscious Aging. We will become aware of how we can transform our thinking and our approach to the aging process by engaging in activities and exercises that enable the process of growth. In this way, we will face into aging in a productive and life-uplifting manner.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by May 6th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

CHRISTIAN COACHING Prospering the Body, Soul, and Spirit

Facilitator: Bola Shasanmi

Saturday, May 17, 9:30 a.m. – 3:30 p.m.

The practice of coaching can be succinctly defined as “Helping people achieve their goals.” This unique workshop will teach the basic principles of Christian self-coaching.

It will include creative, fun, and interactive activities in a relaxed environment. So come and enjoy this informative and uplifting experience that will contribute to the prosperity of your body, soul, and spirit.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by May 13th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

Bola Shasanmi is a certified Life and Wellness Coach with a background in Physical Therapy and Fitness. She also ministers her Christian faith using her creative giftings of writing, singing, songwriting, and visual art

CONSCIOUS AGING III: DEATH MAKES LIFE POSSIBLE: SURRENDERING AND LETTING GO

Presenter: Deborah Lorentz, SSS M.Ed. and Lala Rukh Kahn, Wellness Educator

Saturday, June 28, 9:30 a.m. – 3:30 p.m.

This session invites participants to consider the realities of death and surrender to life circumstances. In facing our life situations, we become able to accept our sufferings and difficulties and are enabled to create new visions for our future. New doorways can open into freedom as we face into our aging process. This day will provide a combination of presentation, group conversations, guided meditations, and reflective writing.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by June 24th with a \$10 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.



ONE-DAY RETREATS

SACRED COLLAGE™ - Soft and Strong, Like Sprouts Reaching for the Sun, We Rise Rooted

Facilitator: Chantel Zimmerman

Saturday, March 22, 9 a.m. – 4 p.m.

"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."

—Harriet Ann Jacobs

You are resilient, strong, sturdy, and well rooted. You are also soft, blossom-like, and reaching to the light. How do you blend these two aspects of yourself? What would support your growth, enabling you to stand tall, yet remain flexible and yielding, compassionate and kind? Zen Buddhist Roshi Joan Halifax writes about what has come to be known as strong back, soft belly: "All too often our so-called strength comes from fear, not love; instead of having a strong back, many of us have a defended front shielding a weak spine. In other words, we walk around brittle and defensive, trying to conceal our lack of confidence. If we strengthen our backs, metaphorically speaking, and develop a spine that's flexible but sturdy, then we can risk having a front that's soft and open, representing choiceless compassion. The place in your body where these two meet—strong back and soft front—is the brave, tender ground in which to root our caring deeply."

Come explore what it means to you to have a "strong back" and "soft belly." In this day-long mini retreat, you will engage in contemplative creativity using imagery and collage to explore the many facets of you. The day will be punctuated with long, luscious stretches of silence that begin and end with group sharing. Journaling prompts will help you reveal insights into your collage that support your inner sense of your deeply rooted strength and your gentle, loving nature. Let spring inspire growth in you.

Fee: \$75 with lunch; \$65 without lunch (includes a \$15 materials fee)

Register online at www.hsrcenter.com by March 18th with a non-refundable \$10 deposit. For more information, please call 818-815-4496.



Photo by Pramod Tiwan, Unsplash



Photo by Debbie Hudson, Unsplash

THE ART AND SOUL OF JOURNALING Finding Your Inner Nature

Facilitator: Chantel Zimmerman

Saturday, April 26, 10 a.m. – 3 p.m.

"What is the good of your stars and trees, your sunrise and the wind, if they do not enter into our daily lives?"

—E.M. Forster

April is the month to celebrate home, Earth. The natural world invites you to explore the seasons and cycles—life, death, and rebirth. Immersed in nature, you have a chance to witness resilience, adaptability, and evolutionary growth; you can find within yourself, your own ability to be and do the same.

Integrating journaling with nature, you bring pen to paper and draw out what in you is resilient, adaptable, and growth oriented. Resting in the arms of God's creation, you can attune to nature's innate ability to inform, heal, and guide.

During this enriching workshop, you will explore the art of journaling and reflect on nature's wisdom as it relates to your daily life. Opportunities for new discoveries and awareness around what is important to you will reveal themselves as you move through the day's exercises and interactions. The day will include silence, reflection, and inspirational journaling techniques, along with small and large group sharing. New and seasoned journalers will enjoy a day steeped in this beautiful, insightful practice.

Please bring your journal and pen. You are invited to bring poems and prayers you've written to share.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by April 22nd with a non-refundable \$10 deposit. For more information, please call 818-815-4496.

DOORWAYS, PORTALS AND PRAYERS Using the Art of Sacred Collage™ to Step Through New Doors: A Day of Creative Exploration and Contemplative Prayer

Facilitator: Chantel Zimmerman

Saturday, June 14, 9 a.m. – 4 p.m.

"Behold, I have set before thee an open door."

—Revelation 3:8

The metaphor of a doorway serves by offering vistas into unknown territory. Doorways provide boundaries around the new and the old. They act as thresholds for moments to pause and consider. Doorways reveal your next steps and invite curiosity to lead you onto new paths. Doorways are liminal space, allowing you to hold thoughts of here and now as well as what's next. In this day-long, personal journey you will use the metaphor of doorways, door images, and Sacred Collage™ to uncover insights around who you are, where you are heading and what you are yearning for. During our time together, you will invite doorways to serve as portals of exploration to your inner, spiritual realm and go deeper with the symbolic meaning behind the images you select and glue down.

Opening, closing. Knocking, locking. What is happening with the doorway of your heart? As a seeker, do you notice when a door is opening and when one is closing. Do you pay attention when standing at a threshold? Come allow the sacred art of collage to reveal insights and next steps; invite spirit to guide your creative expression and help you see and hear answers that can support you in the new year! Together, we will enjoy a day of creative curiosity infused with spiritual meaning and prayers. Please bring a journal and pen to capture your thoughts and ideas.

Fee: \$75 with lunch; \$65 without lunch (includes a \$15 materials fee)

Register online at www.hsrcenter.com by June 11th with a non-refundable \$10 deposit. For more information, please call 818-815-4496.



Photo by Filip Nominik, Unsplash

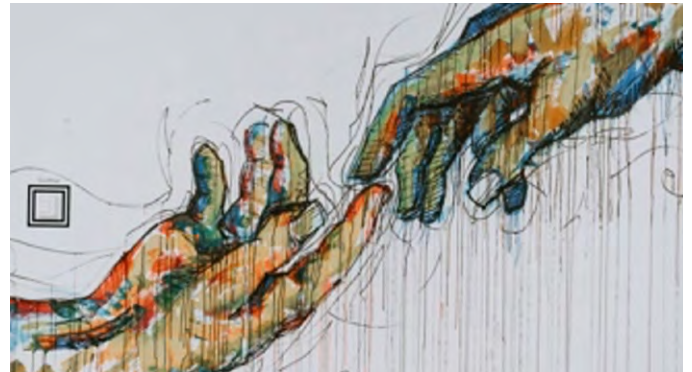


Photo by Claudio Schwarz, Unsplash

THE ART AND SOUL OF JOURNALING "I wanna hold your hand..." —The Beatles

Facilitator: Chantel Zimmerman

Saturday, August 9, 10 a.m. – 3 p.m.

"Holding hands is a reminder that we are not alone in this vast universe, but rather, we are connected to each other in ways we may never fully understand."

—Anonymous

Hand holding is a loving gesture that says, "I got you." Who holds your hand? Whose hand do you hold? In what ways are you held and supported in life, and in what ways do you offer support?

Each of us at some time or another need hand holding, whether it's because you are going through a rough time or learning a new craft, or because you simply need to know that you are connected and that you matter. Journaling offers an opportunity to recall the many hands that have touched your life and their dynamic influence. Journaling affords you the time and space to consider how you show up for others.

During this enriching workshop, you will explore the spiritual art of journaling and reflect on the inherent beauty of connection and support that exists in the web of life. Opportunities for new discoveries and awareness around who and what is important to you will reveal themselves as you move through the day's exercises and interactions. The day will include silence, reflection, and inspirational journaling techniques, along with small and large group sharing. New and seasoned journalers will enjoy a day steeped in this beautiful, insightful practice.

Please bring your journal and pen. You are invited to bring poems and prayers you've written to share.

Fee: \$60 with lunch; \$50 without lunch

Register online at www.hsrcenter.com by August 5th with a non-refundable \$10 deposit. For more information, please call 818-815-4496.

EXTENDED RETREATS

NEW YEAR'S RETREAT: "Clay Touched by God"

Presenters: Chris Machado, SSS and Michael O'Palko

Monday, December 30 – Wednesday, January 1

Each of us is a part of Creation. The earth is a part of us; we see ourselves as returning to dust at the end of our earthly sojourn. We are clay, shaped and molded, which holds God's DNA. The successes and failures, achievements, and struggles, ups and downs on all levels are connected to the earth below and all that is around us.

Together, we will explore the value of honoring our bodies, our flesh, at this juncture of our lives. We will look at how we manage, maintain, and preserve the human being we each are as individuals, which includes our spiritual selves. As one year ends and another begins, our time together will include moments of quiet reflection, presentations, personal sharing, rituals, and activities to lift our awareness of the Divine Touch we each embody.

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Please register online at www.hsrcenter.com by December 20th with a \$50 non-refundable deposit. If you have questions, please call Sr. Chris at 818-285-3354.

HILDEGARDA DE BINGEN: RAZONES DE GENERO PARA EL BIENESTAR ESPIRITUALIDAD-Retiro para Mujeres

Moderador: Yolanda Chávez

17-18-19 de enero viernes 5 p.m. a domingo 1 p.m.

Hildegarda de Bingen, una mística, escritora, sanadora, y visionaria del siglo XII, nos ofrece una guía profunda para el bienestar físico, mental, y espiritual. A través de su sabiduría, comparte con nosotros su visión holística y sus razones para el bienestar espiritual. Te invitamos a formar parte de una experiencia de camino compartido, donde juntas exploremos y nutriremos nuestro espíritu con la sabiduría atemporal de Hildegarda.

**Cuota: \$200 habitación privada
\$150 habitación compartida**

Por favor, regístrese en nuestro sitio web en www.hsrcenter.com o llámé al Tel. 818-285-3370.

EXPLORING MEISTER ECKHART'S SPIRITUALITY A Weekend Retreat

Presenter: Fr. Stephen Coffey, OSB. Cam

Friday, January 31, 5 p.m. – Sunday, February 2, 1 p.m.

This weekend retreat will look at excerpts from the writings of this 13th century Dominican mystic whose influence continues to engage contemporary thought, especially creation-centered spirituality. We will explore his thought under the fourfold spiritual path: 1) positive way; 2) negative way; 3) creative way; and 4) transformative way. Format will include conferences, time for praying with his texts, and entering into creative and transformative activities.

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Register online at www.hsrcenter.com by January 17th with a \$50 non-refundable deposit. For more information, please call 818-815-4496.

CENTERING PRAYER SILENT WEEKEND

Facilitators: Sr. Chris Machado, SSS and the Centering Prayer Retreat Team



**Friday, February 21, 4:30 p.m. – Sunday, February 23, 1 p.m.
(Arrival 3-4 p.m.)**

This silent/contemplative retreat is designed to deepen the practice of Centering Prayer. Come and enter the inner room where "interior silence strengthens and affirms the human experience" (T.K. OMOH). This weekend offers a supportive community that fosters a quiet space where God is known more intimately. There will be regularly scheduled prayer sits with contemplative walks as well as unscheduled time for personal reflection, journaling, and walking the Center's beautiful grounds.

Prerequisite: A regular practice of Centering Prayer or silent meditation

**Fee: \$350 private room
\$250 commuter (including all meals)**

Register online at www.hsrcenter.com by February 7th with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

FAITH AND HEALING BEREVEMENT WEEKEND RETREAT

Facilitator: Cathy Narvaez, MA

Friday, March 28, 5:30 p.m. – Sunday, March 30, 1 p.m.

Are you struggling with the death of a loved one? Are you having trouble finding healing in your grief? Are you angry, lost or confused? Do you need help letting go? Grief is a process. It is the hardest job you'll ever do. The only way to deal with grief is to grieve. Are you ready to do the necessary work to heal and learn to move on with life again? Through prayer, the arts, meditation, journaling, and private time, we will journey through the life, death, and resurrection of our loved ones in the loving hands of our Lord and the support of each other. This weekend retreat is not recommended for those grieving less than 3 months (January 2025) from the retreat.

*Please bring two photocopied (NOT ORIGINAL) pictures of your loved one (4x6 please).

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Register online at www.hsrcenter.com by March 14th with a \$50 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.

HOLY WEEK RETREAT

Entering the Crucible: Chaos, Communion, and a New Creation

Presenter: Fr. Joe Nassal, C.P.P.S.

Sunday, April 13, 5:30 p.m. – Sunday, April 20, 11 a.m.

During the sacred days of Holy Week and the Triduum, we remember and reflect on the last days of Jesus' life that reveal how God chose to enter the crucible of human suffering with the full force of redeeming love. Through his suffering, death, and resurrection, Jesus teaches us how to be in solidarity with a suffering people and planet. From the table of communion through the chaos of the cross to the garden of the tomb, we will explore how Jesus enters the pain, suffering, and death of our world with the power of love to lead us to a new creation. The week will also include periods of Centering Prayer, and daily sessions of Tai Chi and Yoga. The retreat will conclude with the observance of the sacred Triduum, beginning on Holy Thursday and concluding on Easter Sunday morning.

**Fee: \$900 per person/single occupancy
\$850 per person/shared occupancy
\$525 commuter
\$400 Triduum only**

Register online at www.hsrcenter.com by April 4th with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

INTENSIVE/POST-INTENSIVE Eight-Day Intensive & Post-Intensive Centering Prayer Retreat



Facilitators: Sr. Chris Machado, SSS and the Centering Prayer Retreat Team

**Sunday, June 29, 4:30 pm – Sunday, July 6, 1 pm
(Arrival 3-4 p.m.)**

Enter into a more profound level of spiritual practice in an atmosphere of silence and community. The Eight-Day Intensive and concurrent Post-Intensive Retreat is designed to strengthen one's discipline and practice of Centering Prayer. We will be in grand silence.

The Intensive also provides a conceptual framework for prayer through the viewing of selected DVDs from Thomas Keating's Spiritual Journey Series. This retreat is for those with some experience with Centering Prayer.

Post-Intensive is for those who have previously made an Intensive Centering Prayer Retreat. Times of silence and periods of Centering Prayer are increased.

Fee: \$900—all rooms private

Register online at www.hsrcenter.com by June 20th with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

WOMEN AT THE WELL SUMMER RETREAT An Exploration of Hinduism

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

Friday, July 18, 5:30 p.m. – Sunday, July 20, 1 p.m.

The Women at the Well Retreat continues its practice of exploring other major world religions. This summer, we will immerse ourselves in Hindu teaching and prayer. Ms. Anisha Verma-Virgin will be our presenter this year. Anisha is on the staff at Our Lady of Grace Church here in Encino. She was raised in the Hindu faith and later converted to Catholicism. She is steeped in both faiths and has the advantage of living in both traditions, so she can show the connections between them from her own lived experience. Our time together will include input from Anisha, experiences of Hindu prayer, quiet time, small group processing, an art project, and fun time together. All women are welcome; you don't need to be a member of Women at the Well to attend the summer retreat. Come and explore the beauty of the Hindu faith and discover how it can enrich your own.

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Register online at www.hsrcenter.com by July 4th with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

WISDOM: RETURNING TO BASICS A Centering Prayer Eight-Day Retreat with Fr. Bill Sheehan



Presenter: Fr. Bill Sheehan, OMI

**Sunday, July 20, 4:30 p.m. – Sunday, July 27, 1 p.m.
(Arrival 3-4 p.m.)**

Shortly before his death, Fr. Thomas encouraged us to return to the basics in relation to the contemplative dimension of the Gospel. For example, in his early writings, Fr. Thomas emphasized the importance of embracing the psychological paradigm as a way of fostering our spiritual growth and development. At a later point, he chose to emphasize the significance of God's word as a way to bring us to a deeper place as we continue to embrace our spiritual journey. During our time together, we will reflect on both of these aspects as we embrace our spiritual path. Book resources: *Invitation To Love, Divine Therapy, Manifesting God, Consent to God as God Is.*

We will be in silence for meals, breaks, and prayer time. Periods of Centering Prayer will be included in our time together. There will be discussion following each of Fr. Sheehan's presentations. Spiritual companioning and massage will also be available.

Pre-requisite: Centering Prayer practice, silent retreat experience, a desire to grow in your contemplative practice.

Fee: \$900—all rooms private

Register online at www.hsrcenter.com by July 11th with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

EXTENDED RETREATS

MOVING TO REUNITE OUR HEARTS WITH MOTHER EARTH Sacred Dance Workshop Weekend

Facilitator: John West

**Thursday, July 31, 7:30 p.m. –
Sunday, August 3, 2 p.m.**

Come and dance our renewal into the circle of Earth's community. Let this be our sign of unity! Musicians, poets, artists, and dancers of all levels are invited to join together and create sacred art in tribute to the place of our birth and ongoing transformation. Participants will have the opportunity to offer the work of previous days in an outdoor prayerful setting. Bring comfortable clothes.

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Register online at www.hsrcenter.com by July 18th with a \$50 non-refundable deposit. For more information, please call Sr. Marie at 818-815-4496.



EIGHT-DAY SILENT DIRECTED RETREAT “At the Heart of All That Is”

Sunday, August 10, 5:30 p.m. – Sunday, August 17, 1 p.m.

“Love is the most universal, the most tremendous, and the most mystical of cosmic forces. Love is the primal and universal psychic energy. Love is a sacred reserve of energy; it is like the blood of spiritual evolution.”

—Teilhard de Chardin

At the heart of all that is dwells the presence of God, which is love. This love surrounds us, fills us, and animates us, and yet we are often unaware of this dynamic force that embraces and knits all of creation together. This week invites you to step off the treadmill of life and slow down enough to sense what it is to be at the “Heart of All That Is.” This is a silent retreat that will enable you to open the ears of your heart to hear the voice of the Spirit speaking within. You will be assigned a spiritual director who will accompany you throughout the week, which will include Centering Prayer, Tai Chi and Yoga, long stretches of stillness, and silence to heal your soul. Come and find rest at the “Heart of All That Is.”

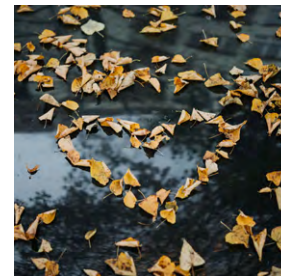


Photo by Roman Kraft,
Unsplash

**Fee: \$900—all rooms private
\$525—commuter (includes all meals)**

Register online at www.hsrcenter.com by August 1st with a \$50 non-refundable deposit. For more information, please call Sr. Chris at 818-285-3354.

HAGIA SOPHIA: At Play in Creation with Thomas Merton, A Weekend Retreat

Presenter: Fr. Stephen Coffey, OSB. Cam

Friday, August 1, 5 p.m. – Sunday August 3, 1 p.m.

This weekend retreat will consider Thomas Merton's masterpiece, the prose-poem Hagia Sophia. We will take a close look at the events in Merton's life that gave birth to this outstanding work as well as its scriptural and liturgical setting. Conferences will include a careful reading and interpretation of the four stanzas, as well as an exploration of the influence of Meister Eckhart on Merton's thought.

**Fee: \$350 per person/single occupancy
\$300 per person/shared occupancy
\$250 per person/commuter**

Register online at www.hsrcenter.com by July 18th with a \$50 non-refundable deposit. For more information, please call 818-815-4496.



HILDEGARDA DE BINGEN: RAZONES DE GENERO PARA EL BIENESTAR ESPIRITUALIDAD-RETIRO PARA MUJERES

Moderador: Yolanda Chávez

22-23-24 de agosto viernes 5 p.m. a domingo 1 p.m.

Presentará de nuevo: Hildegarda de Bingen, una mística, escritora, sanadora, y visionaria del siglo XII, nos ofrece una guía profunda para el bienestar físico, mental, y espiritual. A través de su sabiduría, comparte con nosotros su visión holística y sus razones para el bienestar espiritual. Te invitamos a formar parte de una experiencia de camino compartido, donde juntas exploramos y nutriremos nuestro espíritu con la sabiduría atemporal de Hildegarda.

**Cuota: \$200 habitación privada
\$150 habitación compartida**

Por favor, regístrate en nuestro sitio web en www.hsrcenter.com o llámame al Tel. 818-285-3370.

Spiritual Direction at Holy Spirit Retreat Center



Chris Machado, SSS



Maggie Gross

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.

ADMINISTRATION



Chris Machado, SSS
Executive Director



Tita Marcos
Office Manager



Maria Simental
Food Services
Supervisor



Lucia Alvarez
Housekeeping
Supervisor



Michael Bray
Plant Manager



Marie Lindemann, SSS
Sponsored
programs

REGISTRATION FORM

Name: _____

Program Name: _____

Date: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

\$_____ deposit enclosed (\$10/one day or series;

Lunch preference where offered:

Yes _____ No _____

\$50/weekend; \$50/extended) non-refundable,
non-transferable portion of total retreat offering.

Room preference where offered:

Single _____ Commuter _____

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

TOTAL AMOUNT ENCLOSED \$_____

For more information, contact Sr. Marie at (818) 815-4496

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

4316 Lanai Rd., Encino, CA 91436 • (818) 784-4515 • Fax: (818) 784-0409 • reserve@hsrcenter.com

Holy Spirit Retreat Center

CENTER UPDATE

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AT www.hsrcenter.com TO GET IMPORTANT
NEWS AND UPDATES ON OUR EVENTS!

Thank you for your generous support!



If your group needs to find a retreat director, be aware that Holy Spirit Retreat Center has people on staff who would be happy to make their services available. We have an additional retreat director Michael O'Palko who would be glad to assist your group. He can be reached at 818-996-8238.

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 46 people (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 100

**For more information, contact
Tita Marcos, Office Manager, at:
818-285-3370**

