

# CENTER UPDATE

*The people living in darkness  
have seen a great light;  
on those living in the land of the  
shadow of death a light has dawned.”*

*—Matthew 4:16*

## A Letter From the Executive Director



*Dear Friends of Holy Spirit Retreat Center,*

The Center is currently in an exciting time of change and new projects. We're almost ready to activate our solar panels and are in the last two steps of our lake repair and renewal process! New projects are exciting, but also challenging, as additional funds need to be raised to finance the work being done. As we look into the future, we are aware that we need to create new income streams that will allow us to continue and develop our programming, and finance maintenance and upkeep of the Center so it can continue into the future. We have an exciting new fundraiser that will provide an ongoing income stream while allowing people who come to the Center to remember and honor those who are important to them.

Our new project is called the Holy Spirit Retreat Center Buy-A-Brick Project. This project will make it possible for our supporters to create memorial bricks to remember friends, pets, events or those who have died by having a brick engraved with their name, information and artwork if desired. The bricks will be set into a walkway that will extend from the door of the library leading to the garden area outside the Lakeview Room to the stairway that leads down to the lake. To order your brick(s), go to the Donate page on our website and click on the button that reads "Buy-A-Brick." This will take you to the Polar Engraving page for Holy Spirit Center. Once there, you can design your brick(s) by typing in your messages and adding clip art if you wish. Payment for the brick(s) can be made by credit card or check, and then you're all set! If you need assistance, please call our office. We will notify you when your brick is placed in the memorial walkway.

Thank you for your ongoing support of the Center through your prayers, presence and donations! As we enter into the New Year, may it be a year of blessings for you and your loved ones!

With gratitude,

*Chris Machado, ISS Director*

### 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.



### Featured on the Cover



**T**he peoples of the earth are floundering in darkness. We are desperately in need of seeing a Great Light. This photo on the cover encourages us to deepen our prayers for peace and compassion for the poor and the needy and for ourselves as well. The vastness of the universe reminds us that all belongs to the One who made us. For all who claim to be religious, we are all called to seek out that Great Light...some call that Great Light the Christos; others call it Yahweh or Jehovah; others name this Great Light as Allah... we all turn to look heavenward to see this Great Light...

*The giant star Zeta Ophiuchi is having a "shocking" effect on the surrounding dust clouds in this infrared image from NASA's Spitzer Space Telescope. Photo courtesy of NASA/JPL-Caltech.*



## SACRED TRIDUUM: HOLY THURSDAY PASCHAL MEAL

*Presider: Joseph Nassal,  
CPPS*

**Thursday, April 9, 6:00 pm**

Liturgy and Dinner

**Fee: \$25.00**

**Reservations required by April 3.  
Register online at [hsrcenter.com](http://hsrcenter.com)  
Seating is limited. No walk-ins, please.  
(Holy Week retreatants already included.)**

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## GOOD FRIDAY SERVICES

**Friday, April 10**

Stations of the Cross – 10:30 am

Liturgy – 3:00 pm

Taize Prayer – 7:30 pm

**All are welcome.**

**Lunch 12:00 pm \$15.00**

**Dinner 5:30 pm \$20.00**

**Please call 818-285-3370.**



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## HOLY SATURDAY

**Saturday, April 11**

Easter Vigil Liturgy of the Word – 11:00 am-4:00 pm

Easter Vigil Evening Liturgy – 7:30 pm

**Reservations required for all meals by Friday, April 6.  
Call 818-285-3370 to reserve meals – see Good Friday  
for cost and time of meals.**

**To sign up for the Holy Week Retreat, look under  
the Extended Retreats section in the Center Update  
or online.**



## CONCERT: SPRING ROMANCE

**Sunday, May 17, 5:00 pm**

Performers: Encino Piano Trio: Sinmyung Min (violin), Alex Yun (cello), Yinji Cui (piano) and guest artists

In this spring season, classical music will be performed by the Encino Piano Trio and guests. They will share selected romance music master works—Beethoven, Glinka, Rachmaninoff, Debussy and more.

**Fee: \$20.00, pay at the door**

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## CENTERING PRAYER GROUP

*Facilitators: Linda Snow, CSJ and Marilyn Norbori*

**Thursdays, 10:00 am-12:00 noon**

**January 9, 23, February 6, 20, March 5, 19,**

**April 2, 16, 30, May 14, June 4, 18, July 2**

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

If you are new to the practice, we highly recommend the Introduction to Centering Prayer Workshop. If this is not possible, please contact Sr. Linda Snow.

**Suggested donation: \$5.00 per session**

**For more information, call Linda Snow, CSJ, at  
(818) 815-4497. No registration required.**

**HOLY SPIRIT RETREAT CENTER FUNDRAISER!**  
**MARK YOUR CALENDAR! • MARCH 1, 2020**



## A FIVE-SESSION RETREAT WITH MATTHEW THE EVANGELIST

Facilitator: Linda Snow, CSJ

**Thursdays: 10:00 am-12:00 noon, January 16, February 13, March 12, April 23, May 28**

This is an invitation to enter into a study of the Gospel of Matthew. We will be using the book, *A RETREAT WITH MATTHEW: Going Beyond the Law*. The director of the retreat is Matthew. Leslie Hoppe, O.F.M., serves as the interpreter for Matthew. Our monthly gathering will give us the opportunity to pray together as well as discuss and share the fruits of our prayer during the month. You may purchase the book on Amazon Used Books.

**Requirement:** Commitment to prayer and reflection during the month and attendance at our monthly gathering.

**Suggested donation:** \$5.00 per session

**For more information, call Linda Snow, CSJ, at (818) 815-4497. Register online at [hsrcenter.com](http://hsrcenter.com).**

*“Your word is a lamp for my feet, a light on my path.”*

*—Psalm 119:105*

## WOMEN AT THE WELL

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

**Tuesdays: January 14, February 11, March 10, April 14, May 19, 10:00 am-12:00 noon**

Our Women at the Well Group gathers together monthly for silent reflection, group discussion, mutual support and good conversation! We are continuing with the book, *Kitchen Table Wisdom* by Rachel Remen, MD. The book has been around for many years, so if you have a copy, bring it. If you don't, we can supply the book free of charge, due to a generous grant from the Angell Foundation. 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 \$10.00 fee for those who wish to stay and enjoy some additional time together. New women are always welcome! Come join us around the well!



**Suggested donation:** \$10.00 per session

## WOMAN TO WOMAN MINISTRY: GROWTH IN SPIRITUAL AND EVERYDAY LIFE

Presenter: Josephine Broehm, M.A.

**Last Tuesday of each month, 10:00-11:30 am**

There is always a way to deepen the presence of God in everyday life. Consider joining this contemplative monthly gathering of women to explore contemporary themes and support each other on the journey. Bring something simple for our refreshment table.

**Suggested donation:** \$15.00, pay at door.

**For questions, please email [jmcbroehm@aol.com](mailto:jmcbroehm@aol.com).**

**LABYRINTH WALKS**

On **Thursday, March**

**19<sup>th</sup> at 7:00 pm**, we will gather to celebrate the new life of the Spring Equinox. Come celebrate the growing light and warmer temperatures by joining us for an evening of prayer and meditation at the Spring Equinox Labyrinth Walk! The evening includes an opening ritual and a short workshop for those new to the Labyrinth. Come and celebrate Spring!



On **Saturday, June 20<sup>th</sup> at 7:00 pm**, our Summer Solstice Labyrinth Walk will welcome the summer season with its warm temperatures and long, lazy days to enjoy camping, picnics and other fun outdoors. As we gather, we'll begin with an opening ritual and a workshop on the Labyrinth, followed by an open walk. Come join us as we welcome the sun and the fullness of the light!



**INTERNATIONAL THOMAS MERTON SOCIETY CHAPTER MEETINGS**

Facilitator: Sr. Chris Machado, SSS

**Third Sunday of each month, 2:00-4:00 pm**

The International Thomas Merton Society 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 thought, come and join us.

**Suggested donation: \$5.00 per session**

**Questions can be directed to Sr. Chris at (818) 285-3354.**



Photo courtesy of NASA/JPL-Caltech

*“Walk while you have the light, lest darkness overtakes you. Those who walk in the darkness do not know where they are going. While you have the light, believe in the light, that you may become children of light.”*

*—John 12*

# ONE-DAY RETREATS

## TEA & ZEN: EXPERIENCE TRANQUILITY IN TEA CEREMONY AND QIGONG PRACTICE

Presenters: Qigong instructors of U.S. Meimen Culture Center

**Saturday, January 4, 10:00 am-3:00 pm**



Inside everyone there is a bank of energy. It is like the ocean, very resourceful. The ancient Chinese have a system of exercises to initiate the energy of life, which is called "Qigong" nowadays.

The founder of U.S. Meimen Culture Center, Lee Feng San Shifu, is a well-known martial artist and Qigong master. He has devoted his life to teaching people how to

achieve better health and higher spiritual strength through courses combining Qigong and martial arts.

In Tea & Zen, participants will experience the power of tranquility in a tea ceremony that combines drinking Chinese tea with Qigong practice. Experienced instructors will share the concepts of Qi, the importance of breathing and lead those present into the realm of total relaxation.

No prior experience is required. Dress comfortably.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register online at [hsrcenter.com](http://hsrcenter.com) or by calling (818) 815-4496. A \$10.00 non-refundable deposit and registration are due by January 2.**

## WELCOMING MARY IN THE NEW YEAR

Presenter: Josie Broehm, M.A.

**Saturday, January 11, 9:30 am-3:00 pm**

Welcome 2020 with Mary of Nazareth. Discover new meaning as we see her as role model for the spiritual and secular life. We will expand our knowledge of her in our time together. This process helps in deepening contemplative consciousness with the Mother of God and a healthier approach toward living God's call. Bring a favorite image of Mary for our prayer altar. Wear comfortable clothing and bring your journal and writing material rather than an electronic device.



Image by Iconographer Betsy Porter (with permission)

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling 818-815-4496. Deposit and registration are due by January 7.**

## SILENT SATURDAY

Facilitator: Lylia Dange and Contemplative Outreach team

**Saturday, January 18, 9:00 am-12:00 noon (Arrival 8:30-9:00 am)**

As we prepare for the New Year, join us for a silent 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 opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. A brief introduction to Centering Prayer will be offered for those new to the practice. All are welcome.

**For more information, contact Amanda Berg at (818) 815-4480. Free will offering. Register online at [hsrcenter.com](http://hsrcenter.com).**

*"For it is you who light my lamp; the Lord my God lightens my darkness."*

*—Psalms 18:28*



## ALLELUIA DANCE THEATER

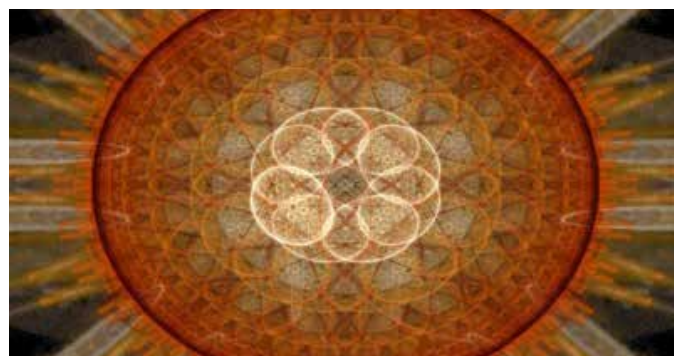
*Presenters: Stella Matsuda, BS in dance, MA in Ed. and Emmalyn Moreno, MA*

**Saturday, January 25, 9:00 am-4:00 pm**  
**Please arrive by 8:30 am so that we might begin our day at 9:00 am**

Jesus teaches us how to pray in Matthew 6. In this prayer, we will find our theme for dancing on this retreat. We will engage with the Lord's Prayer as experienced in chant from the Maori Common Book of Prayer, New Zealand, as well as experience an African Lord's Prayer. Drumming will be available as well.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register online at [hsrcenter.com](http://hsrcenter.com) or by calling (818)815-4496. Registration and \$10.00 deposit due by January 21.**



## EVOLUTIONARY SPIRITUALITY: EAST AND WEST

*Presenters: Rev. Julian Bull, contemplative episcopal priest, educational leader, and Patrick Sweeney, aka Trime Lhawang, Karma Kagyu lineage of Tibetan Buddhism*

**Saturday, February 1, 9:30 am-3:30 pm**

These two talented and diverse contemplatives will lead a stimulating day with participants probing an understanding of evolutionary spirituality through talks and discussion, as seen through Christian and Buddhist lenses and contemplative and somatic practice. Come and explore the integral framework that unites both visions without ignoring their differences. Participants will be led into several related meditations.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register online at [hsrcenter.com](http://hsrcenter.com) or by calling 818-815-4496. Registration and \$10.00 deposit due by January 27.**

## FINDING YOUR TRUE SELF: ENNEAGRAM 1

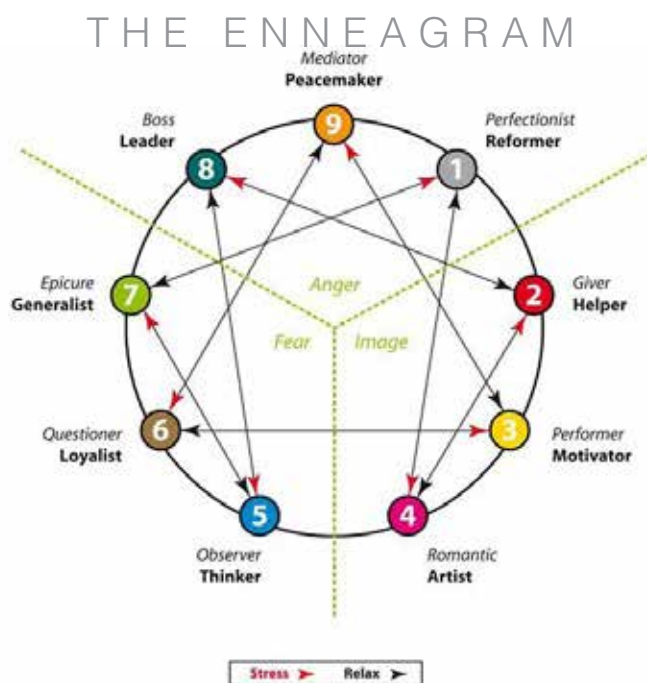
*Presenter: Joanne Van Hook, trained enneagram facilitator and spiritual director*

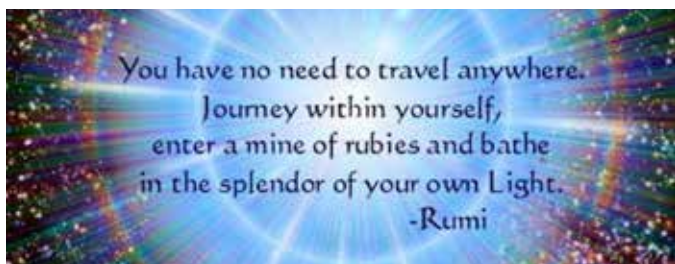
**Saturday, February 8, 9:00 am-4:00 pm**

We are all different from each other. Some parts of ourselves we really like. Other aspects of shadow confound us. The Enneagram workshop will give you a foundational introduction to understanding and applying its wisdom to your own spiritual life. By the end of the day, you will be likely conscious of your own "type." We will spend our time learning about the nine types using teaching and small group sharing to assist us. You may wish to take an online "test" to help you learn about your type. The recommended test is the RHETI version 2.5, which costs \$12.00. You can purchase it online at <https://www.enneagraminstitute.com>. *Note: It is not necessary to take this test before you come; only suggested to give you more information.*

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register online at [hsrcenter.com](http://hsrcenter.com) or call 818-815-4496. \$10.00 deposit and registration are due by January 25.**





## RUMI: SUFI POET AND MYSTIC

*Presenter: Lala Rukh Khan, Poet-Seeker of Truth*

**Saturday, February 15, 9:30 am-4:00 pm**

This day of retreat and celebration embraces the mystic desire that drove Rumi to create poetry and to dance. In turn, we will come together to explore Rumi's poetic writings and works of mysticism. The deepest yearnings of the human heart for the Beloved will echo through our sharing, in our dance, in our silence, in our conversations and in our prayer. We will search for the Beloved in our own hearts. Come and join us for a day that embraces lightness of heart and peace of mind.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or call (818) 815-4496. A \$10.00 non-refundable deposit and registration are due by February 10.**

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## ASH WEDNESDAY: DAY OF PRAYER

**"In the Dust of the Rabbi: Our Lenten Journey"**

*Presenter: Amanda Berg, Spiritual Director*

**Wednesday, February 26, 9:30 am-3:30 pm**



Jesus invited the disciples to "Come and see." He invites us to do the same. In the ancient Jewish tradition, to "be covered in the dust of the rabbi," was to follow the rabbi so closely and

attentively, that one was literally and figuratively covered in their dust. How might we too, like the early disciples, be covered with the dust of our rabbi? Come and see how our Lenten journey invites us into a closer walk with Christ. How might we follow with fresh eyes, attentive ears, open minds and a devoted heart? The day will include discussion and reflection, journaling and quiet time, and will conclude with a prayer service and distribution of ashes.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com). A \$10.00 deposit due by February 22. For more info, call Amanda Berg at 818-285-3354.**



## CONSCIOUS AGING: MAKE A CHOICE! SESSION I

*Presenters: Sr. Deborah Lorentz, SSS M.Ed., and Lala Rukh Khan, wellness educator*

**Saturday, February 29, 9:30 am-3:00 pm**

**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, May 16 and will deal with life review and transformative practices. The third session will be held on a Saturday in the fall. 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: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or call 8181-815-4496. A \$10.00 non-refundable deposit is due by February 25 with registration.**

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## LENTEN SILENT SATURDAY

*Facilitators: Lylia Dange and the Contemplative Outreach Team*

**Saturday, March 7, 9:00 am-12:00 noon (Arrival 8:30-9:00 am)**

During these days of Lent, join us for a quiet morning of Centering Prayer and silence. The day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal prayer, a contemplative walk, private journaling, reflection and an opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

**For more information, contact Amanda Berg at (818) 815-4480. Register at [hsrcenter.com](http://hsrcenter.com). Free-will offering.**



## THE GREAT TURNING... GRIEVING OUR PLANET, FACING INTO OURSELVES, DRAWING HOPE FOR THE FUTURE

*Presenters: Sr. Deborah Lorentz, SSS M.Ed.,  
and Lala Rukh Khan, wellness educator*

**Saturday, March 21, 9:30 am-4:00 pm**

Many of us wonder just how to face into the realities of our current world situation. Violence and injustice seem to be invading our cities, our countries and even our homes. Lies and negative rhetoric seem to overwhelm the internet, television, Twitter and Facebook. We are besieged from every side. This day will summon us to pick up our psyches and confront this entourage of negativity. Together, through exercises, meditation and group conversations, we will face into our collective nightmares. Join us in this struggle and breathe deeply into the freedom of community and joy.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling  
(818) 815-4496. A \$10.00 deposit is due by March 17.**



## IN THE FOOTSTEPS OF ABRAHAM, SARAH AND HAGAR: ABRAHAM AND HIS FAMILY IN THE SACRED TEXTS OF JUDAISM, CHRISTIANITY AND ISLAM

*Presenter: Reinhard Krauss, Ph.D., executive director of the  
Academy for Judaic, Christian and Islamic Studies*

**Saturday, March 28, 9:30 am-3:30 pm**

It is fascinating to compare the Scriptures about Abraham and his family and the way the three different traditions—all people of the Book—understand the story of Abraham and his family. The ways that the Torah, the New Testament and the Qu'ran depict this iconic family show many similarities, but also significant differences that have decisively shaped the three traditions. Come and spend a day in conversation with sisters and brothers who are all reaching out in love across our faith boundaries.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling  
(818) 815-4496. A \$10.00 deposit is due by March 24.**



A peaceful world is only to be built by people with peaceful minds, and a peaceful mind is the result of a healthy body.

Qigong contains concepts and methods to help people attain long-term health of the mind and the body. By devoting ourselves to the teaching of qigong, we are already one step closer to a better world.

Founder

Lee Feng-San Shifu

李鳳山師父

美國梅門文化中心  
U.S. MEIMEN CULTURE CENTER

## QI: UNIVERSAL FLOW WITHIN YOU

*Presenters: Qigong Instructors of  
U.S. Meimen Culture Center*

**Saturday, April 18, 10:00 am-3:00 pm**

Every living being has Qi. One cannot live without it. Qi needs to be directed, exercised, regulated and nourished so as to reach harmony and balance. The key to long-term health lies in enhancing the free circulation of Qi. The founder of U.S. Meimen Culture Center, Lee Feng San Shifu, is a well-known Qigong master who has devoted his life to teaching people how to achieve better health and higher spiritual strength.

In this workshop, experienced instructors will share the concepts of Qi, how to breathe and how to practice. Participants will learn Qigong movements, relaxation skills and meditation. Traditional Chinese medicine believes all illnesses result from blocking the Qi. The key to long-term health, therefore, lies in enhancing the free circulation of Qi to increase stability and peace of mind. No prior experience is required. Dress comfortably and bring a bottle of water.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling  
(818) 815-4496. A \$10.00 non-refundable registration  
deposit is due by April 14.**



## THE ART OF LETTING GO THROUGH SACRED COLLAGE

*Presenter: Jody Berges, MFT*

**Saturday, April 25, 9:00 am-4:00 pm**

"It may be that when we no longer know what to do, we have come to our real work, and that when we no longer know which way to go, we have come to our real journey." —Wendall Berry. Come and discover how to face and integrate losses, let go and move on with our lives.

**Fee: \$70.00**, which includes all materials and lunch, or \$60.00 for workshop and materials only, without lunch.

**Register at [hsrcenter.com](http://hsrcenter.com) or call 818-815-4496. A non-refundable deposit of \$10.00 is due with registration by April 22.**

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## DEEPER INTO YOUR TRUE SELF: ENNEAGRAM II

*Presenter: Joanne Van Hook, trained enneagram facilitator and spiritual director*

**Saturday, May 2, 9:00 am-4:00 pm**

Our spiritual work is to recognize what our fears are and how God can help us to overcome them. During this workshop, we will go deeper into the work of the Enneagram to become more aware of what drives and motivates each of us, leading to becoming our best selves. We will examine our unconscious patterns, our individual "wings" and arrows. In short, where we go in stress and security and our instinctual subtypes. This gives us a deeper understanding of this sacred map for growth. This is a lecture and small group conversation. By the end of this workshop, you will have a good idea of your strengths and weaknesses.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling (818) 815-4496. A \$10.00 non-refundable deposit is due with registration by April 28.**

## SILENT SATURDAY

*Facilitators: Lylia Dange and the Contemplative Outreach Team*

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

Join us for a quiet morning of Centering Prayer and silence. The day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal prayer, a contemplative walk, private journaling, reflection and an opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

**Register at [hsrcenter.com](http://hsrcenter.com). For more information, contact Amanda Berg at (818) 815-4480. Free-will offering.**



## LIFE REVIEW AND TRANSFORMATIVE PRACTICES: CONSCIOUS AGING II

*Presenters: Sr. Deborah Lorentz and Lala Rukh Khan*

**Saturday, May 16, 9:30 am-3:30 pm**

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 out 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.

**Fee: \$55.00 with lunch; \$45.00 without lunch**

**Register online at [hsrcenter.com](http://hsrcenter.com) or call 818-815-4496. A non-refundable deposit of \$10.00 is due by May 12.**

## CENTERING PRAYER WEEKEND RETREAT

Presenter: Fr. Bill Sheehan, OMI

**Friday, February 21, 5:00 pm-Sunday, February 23, 1:00 pm**

In Fr. Thomas Keating's presentation, *God Is All in All*, we are told that everything that is, arises from One Source and is evolving. This is also one of the findings of science. During our time together, we will reflect upon this One Source in relation to our spiritual journey. Our time together will nourish silence with periods of Centering Prayer, daily presentations and an optional Saturday evening liturgy.

**Pre-requisite:** Regular practice of Centering Prayer.

**Fee:** \$275.00 private room; \$225.00 shared room per person; \$150.00 commuter (includes all meals)

**Register at [hsrcenter.com](http://hsrcenter.com). A \$50 deposit is due by February 7. Early registration is recommended as space is limited. For more information, contact Linda Snow, CSJ, at (818) 815-4497.**



## HOLY WEEK RETREAT

**"Exploring the Intersection of Death and Life"**

Presenter: Joseph Nassal, CPPS, retreat director and author

**Sunday, April 5-Sunday, April 12, with brunch**

As historian Eamon Duffy writes, "The cross is not some arbitrary demand of God imposed on a hapless victim, but a marker where human beings find themselves at the intersection of justice and mercy, time and eternity, death and life." During these holy days, we will explore these themes along with belonging and betrayal, truth and deceit, hospitality and humility, as we stand at the crossroads of our lives and ask, "Which way do we go?"

**Fee:** \$600.00 private room; \$400.00 commuter. No shared rooms

**Register online at [hsrcenter.com](http://hsrcenter.com) by March 30 with non-refundable deposit of \$50.00. Contact Sr. Chris at (818) 285-3354.**



## EIGHT-DAY INTENSIVE & POST-INTENSIVE CENTERING PRAYER RETREATS

Presenters: Bob Blair and Contemplative Outreach Team

**Sunday, June 21, 5:00 pm-Sunday, June 28, 1:00 pm**

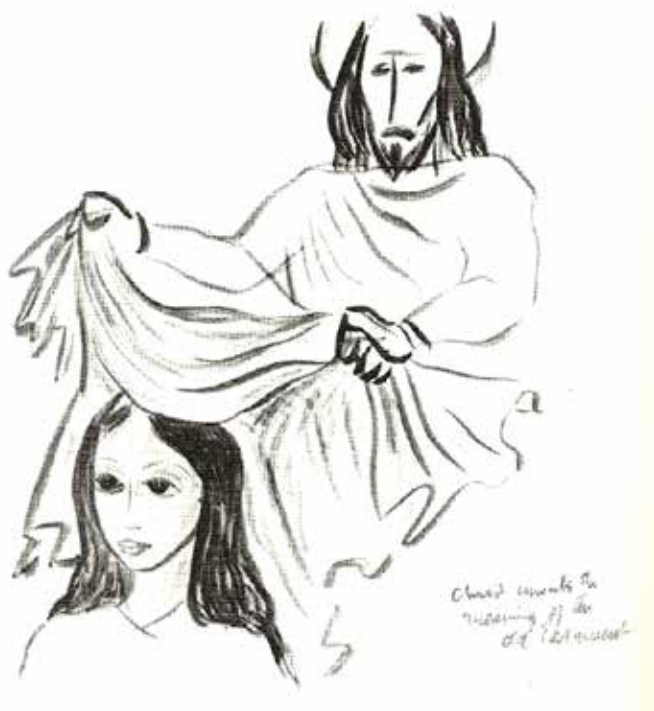
**INTENSIVE:** Enter into a more profound level of spiritual practice in an atmosphere of silence and community. The Eight-Day Intensive Retreat is designed to strengthen one's discipline and practice of Centering Prayer. It also provides a conceptual framework for the prayer through the viewing of selected DVDs from Thomas Keating's *Spiritual Journey Series*. This retreat is for those with some experience in Centering Prayer.

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

**Prerequisite for both:** Prior Centering Prayer Retreat experience necessary, 3-10 days.

**Fee:** \$600.00—all rooms are private

**Register online at [hsrcenter.com](http://hsrcenter.com). A \$50 deposit is required by June 5. For more information, contact Linda Snow, CSJ, at (818) 815-4497.**



## WISDOM AT PLAY IN CREATION: THOMAS MERTON'S DISCOVERY FOR OUR TIME

Presenter: Rev. Stephen Coffey, OSB CAM

**Sunday, July 5, 5:30 pm-Friday, July 10, 12:00 noon**

This retreat will focus on the period of Merton's life when he encountered Sophia, Holy Wisdom, in the depths of his heart. This experience formed the backdrop of his remarkable prose poem, *Hagia Sophia*. We will explore what Merton wanted to share in this profound work as well as in related works from this fruitful time in his life, as he discovers Wisdom at play in creation. Also, the retreat will consider passages from *Conjectures of a Guilty Bystander*, *New Seeds of Contemplation*, *Day of a Stranger* and *The Asian Journal*. We will explore with Merton the centrality of the themes of creation, contemplation, creativity and personal and social transformation as the pillars of his spiritual vision for a new creation. Two daily conferences will allow for retreatants to spend ample time in personal reflection and prayer inspired by Merton's spiritual journey. Daily Centering Prayer and celebration of Eucharist will be provided as well as a communal penance service.

**Fee: \$600.00—all rooms are private**

**Register online at [hsrcenter.com](http://hsrcenter.com) or by calling 818-815-4496. A non-refundable deposit of \$50.00 is due by June 30.**

## "WE ARE ALL ONE" CONTEMPLATIVE RETREAT

Presenter: Fr. Sheehan, OMI

**Sunday, July 12, 5:00 pm-Sunday July 19, 1:00 pm**

This retreat is for those who wish to strengthen and deepen their contemplative practice. Thomas Merton, in his writings and conferences, assures us that, "We are all one. We just don't know it yet." During this time together, we will explore the implications of this profound truth in an atmosphere of prayer and silence.

**Prerequisite:** Experience of a silent retreat and a desire to grow in your contemplative practice.

**Fee: \$600.00—all rooms are private**

**Register online at [hsrcenter.com](http://hsrcenter.com) by July 4 with a non-refundable deposit of \$50.00. For more information, call Amanda Berg at (818) 815-4480.**

## WOMEN AT THE WELL SUMMER RETREAT

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

**Friday, July 24, 5:30 pm-Sunday, July 26, 1:00 pm**



We are thrilled to announce that Sr. Carol Quinlivan is set to join us for the weekend. Sr. Carol is a much sought after retreat presenter so we are especially excited that she is available to join us for our retreat this year! The theme has not yet been set but will be announced once Sr. Carol

informs us of what she will present. The weekend will include the usual Tai Chi, centering prayer, reflection time, sharing, and lots of fun! Come and join us on the journey.

**Fee: \$275.00 per person/single occupancy; \$225.00 per person/shared occupancy; \$150.00 per person/commuter**

**Register at [hsrcenter.com](http://hsrcenter.com) or by calling 818-285-3354. A \$50.00 non-refundable deposit and registration are due by July 10.**



**EIGHT-DAY DIRECTED RETREAT**

*Directors: Sr. Sharon Becker, CSJO, Sr. Jane DeLisle, CSJ, Sr. Ingrid Honore-Lallande, CSJ, Sr. Chris Machado, SSS, Sr. Karin Nurnberg, CSJO, Fr. Robinson, SJ*

**Sunday, August 2, 5:30 pm dinner-Sunday, August 9, 12:00 noon**

*“Whatever (your) path, whatever the color or grain of (your) days, whatever riddles (you) must solve to stay alive, the secret of life somehow always has to do with the awakening and freeing of what has been asleep.”  
—The Book of Awakening by Mark Nepo*

In a Spirit of peace and joy, this retreat is an opportunity for a secret of life to awaken and free something in you that has been asleep, to take your heart in your hands, to hold it tenderly, to examine the life you are living. Every day during the retreat will be time for individual spiritual direction, personal and communal prayer, meditation and reflection in an atmosphere of silence and peace. In silence, you give your attention to all the ways that God speaks to your soul that brings you peace and joy.

**Fee: \$600.00—all rooms are private**

**Register online at [hsrcenter.com](http://hsrcenter.com). A \$50.00 deposit is required by June 5. For information, call Jackie at 818-815-4480.**

**THE MYSTICAL MILIEU OF TEILHARD DE CHARDIN**

*Presenter: Rev. Stephen Coffey, OSB. CAM.*

**Friday, August 21, 5:30 pm-Sunday, August 23, 1:00 pm**

This retreat will consider the 5 “Circles of Mysticism” through which Teilhard de Chardin, French Jesuit and scientist, passed during his years as a stretcher bearer on the French-German front during the First World War. We will consider a few mystical experiences that he encountered during this fruitful period of his life. Then we will pay careful attention to how this spiritual journey later became evident in his classic work *The Divine Milieu*. We will culminate on Sunday with a Eucharistic celebration of Teilhard’s Mass on the World.

**Fee: \$275.00 private room; \$225.00 for shared room per person; \$150.00 commuter.**

**Register online at [hsrcenter.com](http://hsrcenter.com) by August 17 with a non-refundable deposit of \$50.00. For more information, call (818) 815-4496.**

*The light shines in the darkness, and the darkness has not overcome it.*

*—John 1:5*



## MOVING TO REUNITE OUR HEARTS WITH MOTHER EARTH

Presenters: John West and the Valyermo Dancers

**Friday, August 28, 5:30 pm-Sunday, August 30, ending with lunch, 1:00 pm**

Come and dance our renewal into the circle of Earth's community. Join musicians, poets, artists and dancers of all levels as together we 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:** \$275.00 private room; \$225.00 for shared room per person; \$150.00 commuter.

**Register online at [hsrcenter.com](http://hsrcenter.com) by August 23 with a non-refundable deposit of \$50.00. For more information, call (818) 815-4496.**

*“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of God who called you out of darkness into God’s wonderful light.”*

*—1 Peter 2:9*



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.

# Spiritual Direction at Holy Spirit Retreat Center

Life is a sacred path. Each of us is invited by God to make our journey in the light of faith. At Holy Spirit Retreat Center, we wish to support the spiritual journeys of persons through a ministry of accompaniment that is known as Spiritual Direction. These one-on-one conversations are an opportunity for persons to break open their sacred stories, awakening anew to Sacred Mystery living, acting and present in all of life and to respond generously to the Holy One in a growing and deepening relationship.

Holy Spirit Retreat Center spiritual directors on staff are happy to work with the individual needs of those interested in Spiritual Direction.



Linda Snow, CSJ



Chris Machado, SSS



Amanda Berg



Joyce Gaspardo, CSJ



Josie Broehm, MFT



Deborah Lorentz, SSS  
Acupuncturist

## ADMINISTRATION



**Chris Machado, SSS**  
*Executive Director*



**Debbie DeCaro**  
*Office Manager*



**Deborah Lorentz, SSS**  
*Sponsored Retreat  
Program Director*



**Maria Simental**  
*Food Services  
Supervisor*



**Lucia Alvarez**  
*Housekeeping  
Supervisor*



**Art Mayers**  
*Plant Manager*

## REGISTRATION FORM

Name: _____	Program Name: _____	Date: _____
Address: _____	_____	_____
City/State/Zip: _____	_____	_____
Phone: _____		
E-mail: _____		
\$_____ deposit enclosed (\$10/one day or series; \$50/weekend; \$50/extended) non-refundable, non-transferable portion of total retreat offering.	<b>Lunch preference where offered:</b> Yes _____ No _____	
I am also enclosing an additional donation of \$_____.	<b>Room preference where offered:</b> Single _____ Shared _____ Commuter _____	
	TOTAL AMOUNT ENCLOSED	\$_____

For more information, contact Sr. Deborah 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](mailto:reserve@hsrcenter.com)

**Holy Spirit Retreat Center**

# CENTER UPDATE

4316 Lanai Road  
Encino, CA 91436

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## USE OUR CENTER FOR YOUR GROUP'S NEXT RETREAT OR WORKSHOP

You will find our warm, comfortable facility a pleasant change from the conventional hotel. Providing an open atmosphere is our important offering. The Center has all the important attributes that add to your group's successful event.

- ✓ Beautiful dining room serving attractive, healthy meals (most dietary needs can be accommodated)
- ✓ Private bath, heat and air conditioning
- ✓ Overnight accommodations for up to 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  
Debbie DeCaro, Office Manager,  
at: (818) 285-3370**

