

CENTER UPDATE

"Let the earth
bring forth
vegetation; let
the earth bring
forth every kind
of living creature.
God saw that it
was good."

—Adapted from
Genesis 1:11, 24, 25



A Letter From the Executive Director

Dear Friends of Holy Spirit Retreat Center,



The wheel of the seasons is once again turning, and although it is the first day of Autumn, I'm looking ahead to the Center Update, which covers Spring and Summer. I love the seasons of change: Autumn and Spring! Both seasons call us to let go of what has been and open ourselves to new life and abundance in its many forms. This can sometimes cause some anxiety as we leave what is familiar behind. Like a caterpillar entering a cocoon, there is a call to leave behind our former way of life, even things that we have cherished and emerge into an unknown future that calls for a new way of being.

We have been isolating ourselves in familiar surroundings due to COVID and though the number of cases has been dropping, the pandemic isn't yet over, but we at the Center sense the need in people to begin emerging from their isolation and return to the world. We will not be returning to what we knew before the pandemic, and that's not all bad! This is an opportunity to make changes in our lives, changes that can truly bring us new life. Our numbers are increasing, and the energy and excitement are electric! It's beginning to feel like the days before the pandemic. As you read this, it is Winter moving into Spring and the signs of new life are everywhere. Part of the abundance and newness is the programming that we are offering. We have some wonderful retreats and workshops scheduled, and we hope that you will take advantage of the offerings. Spring is coming; step out of your cocoon and spread your wings! We are waiting to welcome you back home to Holy Spirit Retreat Center. As always, know that you and your loved ones are being held in prayer for safety and good health in the coming year.

Blessings,

Chris Machado

SSS Director

Featured on the Cover

"Let the earth bring forth vegetation; let the earth bring forth every kind of living creature. God saw that it was good" (adapted from Genesis 1:11, 24, 25). From the darkness of Winter to the new life of Spring, to the increased light of summer: the offerings coming to Holy Spirit Retreat Center invite you to renew your spirit in 2023. New life is evident as people continue to seek space and allow themselves to be nourished. We are grateful for the increased participation in our programs following the pandemic. It is nice to breathe deeply, spend time in nature and form community once again. Come and explore the Interfaith Peace Garden, the Biophilia Treehouse, and the Labyrinth. Discover a program or retreat that speaks to your searching.

May 2023 bring you peace,
Sr. Marie Lindemann, SSS
Sponsored Program Director



Photos by Sisters Chris Machado, Diana Sabia, Marie Lindemann, and SSS Development

Covid Protocol: The Center will be following whatever COVID protocols are still in place for the safety of our guests and staff. Please check our website at www.hsrcenter.com for updates.

BIOPHILIA TREEHOUSE AND OUTDOOR LABYRINTH



As a collaborative project of Counterforce Lab at UCLA, the Sisters of Social Service and the Holy Spirit Retreat Center, the biophilia treehouse structure is in and the birdhouses have been built. We await the addition of the seedbeds and the landscaping on the knoll to be done in order to provide for the migratory birds as they fly over the area. We look forward to the development of educational programs in the near future.



An outdoor labyrinth is being constructed on the "Upper 40" across from the Interfaith Peace Garden. It is a gift from Camp Mariastella to the Sisters of Social Service in honor of the thousands of campers over many decades, and all the Sisters of Social Service who devoted time and energy to this ministry.

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.



*"Every day is a blessing, a new life and a new hope."
—Gunchi*



Photo by David Dibert, Unsplash

HOLY WEEK SERVICES

✚ SACRED TRIDUUM

HOLY THURSDAY PASCHAL MEAL

Presider: TBA

Thursday, April 6, 6 p.m.

Liturgy and Dinner

Reservations required by March 27th. Seating is limited; no walk-ins, please. (Retreatants included already)

Make your reservation online at www.hsrcenter.com.

Fee: \$25.00

✚ GOOD FRIDAY SERVICES

Friday, April 7, 2023

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.

Fee: Lunch \$15.00; Dinner \$20.00

✚ HOLY SATURDAY

Saturday, April 8, 2023

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

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

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

Fee: Lunch \$15.00; Dinner \$20.00



LENTEN EVENING PRAYER

Facilitators: Sr. Chris, Sr. Marie, and Team

Ash Wednesday: February 22, 7-8 p.m. – Taize Prayer

Fridays: March 3, 7-8 p.m. – Labyrinth Walk

March 24, 7-8 p.m. – Visio Divina

March 31, 7-8 p.m. – Labyrinth Walk

Good Friday: April 7, 7:30 p.m. – Taize Prayer

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.

Come experience a few evenings of prayer and meditation in an open walk on the Labyrinth. Pause a few moments to pray with us in this journey we call Lent.

Explore with us Visio Divina Prayer as we practice “seeing with our hearts”. This form of prayer uses visual elements to help set your mind on prayer.

For more information, please call 818-815-4496. A free will offering is gratefully appreciated.

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, a contemplative break, 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.

For more information, please contact Marilyn Nobori at cpcoordinator@hsrcenter.com.

Register online at www.hsrcenter.com. A free will offering of a suggested \$5.00/session is gratefully appreciated.

CENTERING PRAYER – EVENING Zoom

Facilitator: Pippa Currey, CSD

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, a contemplative break, 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.

For more information, please contact Pippa Currey at pbcurreysd@gmail.com.

Register online at www.hsrcenter.com. A free will offering of a suggested \$5.00/session is gratefully appreciated.



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. In order to support capital expenditures like our Lake Restoration Project, we invite you to participate in our Buy-A-Brick Campaign. 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).

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

LABYRINTH WALKS

On Monday, March 20 at 7 p.m., we will gather to observe the arrival of the Spring Equinox. Come celebrate the signs of new life 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. For those who prefer a daytime walk, we have time slots available. Please contact Michael O'Palco at 818-784-4515. Come and celebrate Spring!

On Wednesday, June 21 at 7 p.m., our **Summer Solstice Labyrinth Walk** will welcome the Summer season as the sun reaches its fullest strength with long days and warm evenings. As we gather, we'll begin with an opening ritual and a workshop on the Labyrinth, followed by an open walk. For those who prefer a daytime walk, we have time slots available. Please contact Michael O'Palco at 818-784-4515. Come join us as we celebrate the lazy, hazy, crazy days of summer!



For more information or to register for a daytime walk, please contact Michael O'Palco at 818-784-4515. A free will offering is gratefully appreciated.

WORLD LABYRINTH DAY The First Saturday of May

Facilitators: Holy Spirit Retreat Center Team

Saturday, May 6, 1-3 p.m.

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 (WLD). 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.

Walk as One at 1: On this 15th annual WLD, as in previous years, many will walk a labyrinth at 1 p.m. local time, creating a unified rolling wave of peaceful energy passing from one time zone to the next around the globe.

For more information or to RSVP, please contact Sr. Marie at 818-815-4496. A free will offering is gratefully appreciated.

SERIES & ONGOING PROGRAMS

A CELTIC CHRISTIAN JOURNEY OF THE HEART: Crossing the Threshold Towards Holy Week

Presenters: Deirdre Ni Chinneide with Dennis Doyle

Sunday, March 26, 6:30 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. Joined by Dennis Doyle on harp, you will be guided on a journey towards the power and passion of Holy Week. 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.

Deirdre Ni Chinneide is a licensed psychotherapist, spiritual director, and workshop facilitator presenting throughout Ireland, the United States, Australia, and Europe, including Bosnia and Kosovo. The Aran islands, off the west coast of Ireland, with its unique history, culture, and natural beauty provides a special setting for her retreat work where she is director of Slí Aonghusa retreat centre. She divides her time between the Aran Islands, the mainland, Australia, and the U.S., offering retreats, workshops, and performances of spiritual music. Deirdre is the composer of two acclaimed CDs of spiritual music, Celtic Passage and I Will Sing for You, and has sung at many events and retreat houses all over the world. She is co-author with her sister Mary Kennedy (former RTE) of a recently published book called Journey to the well (Hachette Publications).



Dennis Doyle is primarily a concert artist. He plays the Celtic harp beautifully while he sings and tells stories about traditional culture. In addition to harp, Dennis is a singer and a pianist. He is an experienced liturgical musician who can plan, lead, cantor, or participate in the Liturgy in any way required. Dennis can also do workshops in various areas of Celtic culture. He is a Professor Emeritus of Humanities with over 40 years of experience teaching courses in Irish History and Literature.



Fee: \$25.00

Register online at www.hsrcenter.com by March 20th.

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

WOMEN AT THE WELL

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

Second Tuesdays of the Month, 10 a.m. – 12 p.m.

January 10, February 14, March 14, April 11, May 9



Photo by Amritanshu Sikdar, Unsplash

Our Women at the Well group gathers monthly for silent reflection, group discussion, mutual support, and good conversation! We have been holding our gatherings on Zoom due to the pandemic, but now we are meeting onsite once again! We are continuing with the book, *The Gifts of Imperfection* by Brené Brown. If you have a copy, bring it. If you don't, we can supply the book for \$10.00. It is also available on Amazon. If you purchase it yourself, please be sure to get the 10th Anniversary Edition. 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 fee for those who wish to stay and enjoy some additional time together. New women are always welcome! Come join us around the well!

A free will offering of a suggested \$10.00 per session is gratefully appreciated. Also, optional lunch is \$10.00.

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

INTERNATIONAL THOMAS MERTON SOCIETY CHAPTER MEETINGS

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 join us.

Fee: \$10.00 per session

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



Photo by Tim Stief, Unsplash

NEW YEAR SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Saturday, January 14, 9 a.m. – 12 Noon
(Arrive by 8:45 a.m.)

"Start the new year off with a deeper sense of peace."

Start the new year off with a deeper sense of peace. Join us for a quiet morning of Centering Prayer and silence. The day provides time for communal prayer, a contemplative walk, private journaling and reflection 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.

Register online at www.hsrcenter.com by January 10th. A free will offering is gratefully appreciated.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.

DOORWAYS, PORTALS, AND PRAYERS: USING THE ART OF SACRED COLLAGE

Facilitator: Chantel Zimmerman

Saturday, January 14,
9:30 a.m. – 3:30 p.m.

Examine the thresholds in your life during a day of creative exploration and Contemplative Prayer. 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. Together, we will enjoy a day of creative curiosity infused with spiritual meaning and prayers.

Register online at www.hsrcenter.com by January 10th with a non-refundable deposit of \$10.00.

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

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



Photo by Filip Kominik, Unsplash

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: Marilyn Nobori and the Contemplative Outreach Team

Saturday, January 21, 9 a.m. – 12:30 p.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: \$40.00

Register online at www.hsrcenter.com by January 18th with a non-refundable deposit of \$10.00.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.



Photo by Denys Nevozhai, Unsplash

INTERFAITH ENGAGEMENT: MOVING FROM CONFLICT TO COMMUNITY



Facilitator: Reinhard Krauss, PhD, Executive Director of the Academy for Judaic, Christian, and Islamic Studies

Saturday, February 4, 9:30 a.m. – 3:30 p.m.

From its inception, the United States has been a religiously pluralistic society. Navigating competing truth claims, beliefs, rituals, and customs in the encounter with people of other and no religious faith poses challenges but also holds great promise. Religion has the potential to cause profound divisions. It can also be a powerful force in building bridges of understanding, reconciliation, and mutual respect. In this retreat, we will watch and discuss two documentaries that illustrate both the challenges and the promise of interfaith relations.

Same God depicts the journey of a Political Science professor who lost her job at a Christian college due to her act of solidarity with Muslim women.

The Imam and the Pastor tells the story of two religious leaders in Nigeria, one Christian and one Muslim, who found a way out of religious hate for one another to a deep friendship. This transforming personal experience led them to become passionate ambassadors for reconciliation between their respective communities.

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

Register online at www.hsrcenter.com by January 31st with a non-refundable deposit of \$10.00.

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

ASH WEDNESDAY DAY OF PRAYER

Presenter: Sr. Chris Machado, SSS

**Wednesday, February 22,
9:30 a.m. – 3:30 p.m.**

This Ash Wednesday, you are invited to begin your journey through Lent by walking the yellow brick road with Dorothy, Toto, and their friends. We might not be headed for Oz, but we will quite possibly find many points of similarity as we journey together with them along the way. As they did,



*Photo by
Globalperspectives.info*

we might be meeting some lions, tigers, and bears (and witches) so this day is not for the faint of heart! The day will include input, quiet reflection, and conversation, and ample time for prayer. We will finish the day with an Ash Service. If you're willing to take the risk, pull on your hiking boots, pack your backpacks, and set your sights for Holy Spirit Retreat Center. Drive safely and watch out for flying monkeys!

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

Register online at www.hsrcenter.com by February 17th with a non-refundable deposit of \$10.00.

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



LIFE REVIEW AND TRANSFORMATIVE PRACTICES: CONSCIOUS AGING II

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

Saturday, February 25, 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: \$55.00 with lunch; \$45.00 without lunch

Register online at www.hsrcenter.com by February 21st with a non-refundable deposit of \$10.00.

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



Photo by Puck Milder, Unsplash

LENTEN SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Saturday, March 4, 9 a.m. – 12 p.m.
(Arrive by 8:45 a.m.)

As the season of Lent approaches, this quiet morning, free from daily activities, gives participants time for a communal gathering in silence and Centering Prayer. Along with scheduled prayers and a contemplative walk 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.

Register online at www.hsrcenter.com by March 1st.
A free will offering is gratefully appreciated.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.

SACRED COLLAGE – Broken, Brave, Bold, & Beautiful “Breaking through your limiting beliefs and seeing yourself as God sees you.”

Presenter: Chantel Zimmerman

Saturday, April 1, 9 a.m. – 4 p.m. (with a one-hour lunch break)

“...What shape waits in the seed of you to grow and spread its branches against a future sky?”

—Excerpt from What to Remember When Waking by David Whyte



Many of us hold limiting beliefs. We tell ourselves stories that keep us small, but in truth, we are resilient, expansive, and oh so capable. Using Sacred Collage, silence, and creativity, we will explore the stories we tell ourselves and look at the limiting beliefs we carry that hold us back from seeing ourselves as the Divinely created beings that we are. We will take time to be contemplative and allow our imaginations to reveal meaningful messages. Just like the sprouts of spring that break through the confines of winter, we too can break through, rise up, and overcome. Come allow Spring fever to inspire your curiosity. Come explore the being that is You!

Traditionally, Jody Berges has offered these deeply introspective and thought-provoking experiences. Through the years, she committed herself to creating a safe space for self-exploration through collage, creative expression, journaling, and self-reflective questions. However, Jody has decided it is time to move on and to pass the torch. We are deeply grateful for her contribution to the Holy Spirit Retreat Center community. Chantel Zimmerman will be taking on the joy of offering these wonderful workshops, using Jody's template and wisdom as her guide. In collaboration, they have decided on the topic and planned a contemplative mini-retreat day for you. If you've attended one of Jody's workshops in the past, expect a similar format, materials, and experience; for those of you who are new to this process, expect to gain deep insight and wisdom from your well of knowing. Thank you, Jody, for all you have done!

Fee: \$70.00 with all materials and lunch; \$60.00 without lunch

Register online at www.hsrcenter.com by March 28th with a non-refundable deposit of \$10.00.

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

*“Nature reveals to us a part of ourselves
we could not find anywhere else.”
—Alissa Andrade*



THE ART AND SOUL OF JOURNALING

*Photo by Pure Julia
Unsplash*

Presenter: Ella Weiss, MFT

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

Please spend a day of retreat engaging in journaling, opening up, and giving a voice to the deepest part or parts of yourself. Come and explore your yearnings, dreams, and wishes, within a community setting. There will be guided visualization, followed by writing prompts and sharing. You are invited to bring in your poetry or writing to share in community. We will end with gratitude exercises. **If you have questions, please call Ella Weiss at 818-675-0713.**

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

Register online at www.hsrcenter.com by April 11th with a non-refundable deposit of \$10.00.



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

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

Saturday, May 13, 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: \$55.00 with lunch; \$45.00 without lunch

Register online at www.hsrcenter.com by May 9th with a non-refundable deposit of \$10.00.

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



Photo by Enzo Sanches, Unsplash

SPRING SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Saturday, May 13, 9 a.m. – 12 p.m. (Arrive by 8:45 a.m.)

In this season of new life and promise, it is good to take a quiet Spring 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, 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 online at www.hsrcenter.com by May 10th. A free will offering is gratefully appreciated.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.

CHRISTIAN COACHING: PROSPERING THE BODY, SOUL, AND SPIRIT

Facilitator: Bola Shasanmi

**Saturday, July 8,
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.



Photo by Sincerely Media,
Unsplash

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.

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

Register online at www.hsrcenter.com by July 5th with a non-refundable deposit of \$10.00.

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

CULTIVATING CONTEMPLATIVE PRACTICES FOR OUR TIMES

Presenters: Deborah Thompson Cox, SEP and Katie DesJardins Bull, MSW

Saturday, August 19, 1 p.m. – 4 p.m.

In these epic, transitional times, we have a choice regarding how to live: to go along with the divisive narratives of our culture or to evolve into a new, healthier collective era of humankind working to save our planet and each other. Happily, we have the great wisdom and practices of wise women and men of all ages and faith traditions to help us align with a generative narrative for our times. All great mystical traditions speak to the availability of a deeper sense of self, one more connected to divinity than to the ego-driven, anxious self. We have available to us a more powerful divine therapy than we typically acknowledge.

This mini retreat will introduce participants to a number of accessible contemplative practices that offer the foundation for a lifelong spiritual journey of growth and transformation. Katie Desjardins Bull, MSW, a teacher and facilitator of many contemplative practices, and Deborah Thompson Cox, SEP, a certified somatic experience practitioner who also blends other modalities, will provide an overview of the many practices.

Participants will learn and experience a selection of eight throughout the course of this retreat. The retreat is open to all levels of contemplative practice experience.

Fee: \$34.00; lunch is available in our dining room from 12 p.m. – 1 p.m. for an additional \$10.00.

Register online at www.hsrcenter.com by August 15th with a non-refundable deposit of \$10.00.

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

EVERY DAY, BELONGING: FINDING YOUR PLACE IN NATURE WITH GOD

Facilitator: Chantel Zimmerman

Saturday, June 24, 10 a.m. – 3:00 p.m.

“In the end, we will conserve only what we love; we will love only what we understand, and we will understand only what we are taught.”—Baba Dioum



Immerse yourself in God's holy creation enjoying the simple, yet profound, daily experience of the sky, clouds, sun, and trees; embrace your local environment. Invite your “inner seeker” to explore, play, and learn from your natural surroundings. Spend time with nature and find your place in the web of life as you connect on a deep level. Using contemplative practices, Holy Spirit Retreat Center's natural setting, and reflective exercises that help you listen and see with your heart, you will engage with the majesty and gift of God's creation. Small and large group discussions will punctuate times of silence and eco-interaction. Opportunities for reflecting through journaling and creative practices will ground you in your relationship with the beauty that surrounds you.

Chantel Zimmerman is a Spiritual Director and a Certified Labyrinth Facilitator and Facilitator Trainer who is steeped in contemplative practices. With a degree in environmental studies from UCLA she founded “Sustainable Works” an eco-action and education non-profit for adults and business. Chantel bridges her love of nature with meaningful spiritual practices that deepen our relationship with all life on the planet.

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

Register at www.hsrcenter.com by June 19th with a non-refundable deposit of \$10.00.

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

EXTENDED RETREATS

AMMAS, MONKS, & ARCHETYPES

Facilitator: Fr. Stephen Coffey, OSB Cam

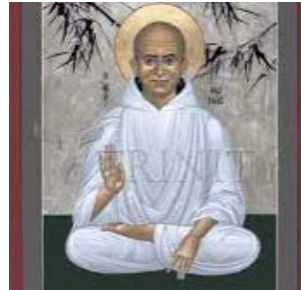
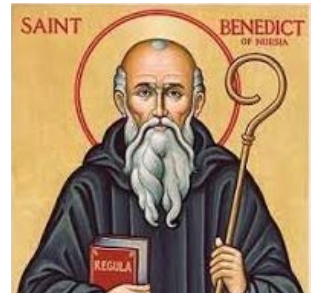
Friday, January 20, 5 p.m. – Sunday, January 22, 1 p.m.

This retreat will take a look at four monastic figures: Amma Syncletica, St. Benedict, St. Hildegard, and Thomas Merton and their corresponding archetypes: the warrior, the sage, the visionary, and the inner monk. In the course of the weekend, retreatants will be involved in constructing a mandala illustrating an archetype. Time for Lectio Divina and Visio Divina will be included.

Fee: \$300.00 per person/single occupancy; \$250.00 per person/shared occupancy; \$175.00 per person/commuter

Register online at www.hsrcenter.com by January 10th with a non-refundable deposit of \$50.00.

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



CENTERING PRAYER WEEKEND RETREAT

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Friday, February 10, 5 p.m. – Sunday, February 12, 1 p.m. (Arrive 3-5 p.m.)



Photo by NABNO NABNIOK, Unsplash

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. Keating). 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 in between 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: \$300.00 private room; \$175.00 commuter (includes all meals)

Register online at www.hsrcenter.com by January 27th with a non-refundable deposit of \$50.00.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcordinator@hsrcenter.com.

ALLELUIA DANCE THEATER – YOU ARE NOT ALONE Weekend Dance and Prayer Workshop



Leaders: Stella Matsuda, Director, M.A., CLU, B.S. Dance, UCLA, Professor Emeritus, Moorpark College, Marti Ryan, B.A. Kinesiology (Dance) CSUN, MS in Guidance/Counseling, CLU, Certified Yoga Instructor, and Emmalyn Moreno, M.A. Ethnomusicology and Dance, SDSU, B.A., CSUSM, Liturgical Music Minister, San Diego Archdiocese

Friday, March 24, 5 p.m. – Sunday, March 26, 1 p.m. (or Saturday-Only Option)

God knows it is easy to lose sight of His presence during times of great fear and uncertainty. Sometimes, we question whether He really loves us and is with us during difficult times.

Scripture assures us we are not alone in our circumstances. In Isaiah 43:2, God says, "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze." Further, God promises to help us face these circumstances. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10).

Through drumming, dance, meditation, discussion, and prayer we will explore and experience God's everlasting presence in our lives. This workshop is open to all denominations and faiths. We invite all "dancers," those who have only danced in their hearts and those with more experience, to join us. The Alleluia Dance Theater was incorporated as a non-profit organization in 1978, whose mission has been to inspire and encourage people in their spiritual journeys through movement.

Weekend Fee: \$300.00 private room; \$250.00 shared room; \$175.00 commuter (includes all meals)
(Overnight space is limited. Please register early.)

Saturday-Only Option – One Day Workshop Fee: \$45.00 without meals; \$65.00 with lunch and dinner

Register online at www.hsrcenter.com by March 1st with a non-refundable deposit of \$10.00 or call 818-285-3354 or 818-815-4496.

For more information, please contact info@rejoiceadt.org.



HOLY WEEK RETREAT: WOMEN WHO SURROUNDED JESUS

Facilitators: Sr. Chris, Sr. Marie, and Team

Sunday, April 2, 5:30 p.m. – Sunday, April 9, 11 a.m.

This year, we will be engaging with the women who surrounded Jesus in the last weeks of his life and during his passion and resurrection. Presentations will be done on each woman interspersed with hands-on activities and projects that will draw the participants into the events of Holy Week. The week will also include periods of silence and 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. The Center will be following whatever COVID protocols are still in place for the safety of our guests and staff.

Fee: \$700.00 private room; \$650.00 each, shared room; \$325.00 commuter

Register online at www.hsrcenter.com by March 27th with a non-refundable deposit of \$50.00.

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

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

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Sunday, June 25, 5 p.m. – Sunday, July 2, 1 p.m.
(Arrive 3-5 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.

The Intensive 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 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: \$700.00—all rooms private

Register online at www.hsrcenter.com by June 11th with a non-refundable deposit of \$50.00.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.

WOMEN AT THE WELL SUMMER RETREAT Jewish Spirituality

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

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

This summer, the Women at the Well Retreat turns its gaze toward Jewish spirituality. For Christians, our roots lie within Judaism, and yet many Christians are ignorant of the basic beliefs and practices of Judaism: the root and source of Christianity. This retreat time will give us an opportunity to explore the Jewish faith in greater depth and to celebrate its richness and beauty. Our time together will include input from a guest speaker on the Jewish faith, 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 goodness of another faith tradition while you deepen your own.

Fee: \$300.00 per person/single occupancy; \$250.00 per person/shared occupancy; \$175.00 per person/commuter

Register online at www.hsrcenter.com by July 10th with a non-refundable deposit of \$50.00.

EXTENDED RETREATS

CENTERING PRAYER 8-Day Retreat The Third Consent: Letting Go of Everything

Presenter: Fr. Bill Sheehan, OMI

Sunday, July 16, 5 p.m. – Sunday, July 23, 1 p.m.
(Arrive 3-5 p.m.)

This retreat is for those who wish to strengthen and deepen their Contemplative Practice. Reflecting on Fr. Thomas Keating's Third Consent...consenting to the gift of our mortality. How can this vulnerable time in our lives become a time of thriving rather than a time of enduring?

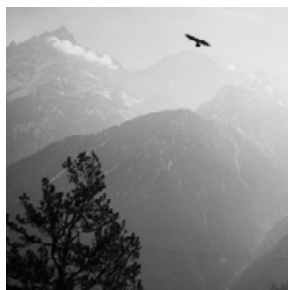


Photo by Pramod Timan, Unsplash

Fr. Sheehan will use Thomas Keating's *Invitation to Love*, Cynthia Bourgeault's *Wisdom Jesus*, and Vincent Pizzuto's *Contemplating Christ: The Gospels and the Interior Life* as resources. Periods of Centering Prayer will be included in our time together. We will be in silence for meals, breaks, and prayer time with discussion following each of Fr. Sheehan's presentations.

Pre-requisite: Experience of a silent retreat/a desire to grow in your contemplative practice

Fee: \$700.00—all rooms are private

Register online at www.hsrcenter.com by June 25th with a non-refundable deposit of \$50.00.

For more information, please contact Marilyn Nobori at 818-815-4480 or cpcoordinator@hsrcenter.com.

8 DAY DIRECTED RETREAT

Facilitators: Sr. Rosheen Glennon, CSJ, Sr. Chris Machado, SSS and the Retreat Team

Sunday, August 6, 5 p.m. – Sunday, August 13, 1 p.m.

"The soul is made of love and must ever strive to return to love. Therefore, it can never find rest nor happiness in other things. It must lose itself in love. By its very nature its must seek God, who is love..." —Mechthild of Magdeburg

These eight days of silence accompanied with individual spiritual direction are an opportunity for you to speak to Divine Love and to listen to Love's reply. This retreat is a means of opening yourself to deeper relationship with God to respond with a heart of Love. Every day, there

will be time for individual spiritual direction, personal and communal prayer, meditation, and reflection, giving your attention to all the ways that God speaks to you in love, to be changed forever.

Fee: \$700.00—all rooms are private

Register online at www.hsrcenter.com by July 25th with a non-refundable deposit of \$50.00.

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



PERSONAL TRANSFORMATION AND A NEW CREATION The Spirituality of Beatrice Bruteau

Presenter: Stephen Coffey, OSB Cam

Friday, August 25, 5 p.m. – Sunday, August 27, 1 p.m.

"The Cosmos is an externalized and manifested expression of the indescribable reality that is GOD." —Beatrice Bruteau

May this GOD bless you always.

This weekend retreat will explore the mysticism of American contemplative practitioner Beatrice Bruteau. Her theology rests on the cosmic vision of Teilhard de Chardin. Whereas Teilhard saw the grand cosmic scheme of Christ in evolution, Beatrice developed an understanding of the human person in evolution. She invites us to participate in the divine ecstasy that leads to personal transformation and a new creation. We will explore key texts from Beatrice's writings as well as enter into periods of contemplative practice. Time will be provided for prayerful engagement with the material.

Fee: \$300.00 per person/single occupancy; \$250.00 per person/shared occupancy; \$175.00 per person/commuter

Register online at www.hsrcenter.com by January 10th with a non-refundable deposit of \$50.00.

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

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.



Chris Machado, SSS



Philippa Currey, CSD

ADMINISTRATION



Chris Machado, SSS
Executive Director



Debbie DeCaro
Office Manager



Maria Simental
Food Services
Supervisor



Lucia Alvarez
Housekeeping
Supervisor



Michael Bray
Plant Manager



Marie Lindemann, SSS
Sponsored
programs



Marilyn Nobori
Centering Prayer
Coordinator

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.

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

Lunch preference where offered:

Yes _____ No _____

Room preference where offered:

Single _____ Commuter _____

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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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
Debbie DeCaro, Office Manager,
at: (818) 285-3370**

