Holy Spirit Retreat Center

Fall 2024

CENTER UPDATE

A Letter From the Executive Director

Dear Friends of Holy Spirit Retreat Center,

As I sit to write this letter, it is Spring at the Center and life is bursting forth everywhere I look! The heavy rains of the Winter have created a super-bloom of sorts right here on our grounds. This Center Update, *however, will be coming out this Autumn when things will be looking quite different. For people in rural areas, Autumn is a time of harvest. The crops that have grown through Spring and Summer are gathered into barns to sustain them through the cold winter months. Once the harvest is complete, a time of rest begins, and the fruits of the harvest are enjoyed. Holy Spirit Retreat Center is a place of rest in which the fruits of God's blessings are harvested and enjoyed. In Matthew Chapter 11 verse 28, Jesus says, "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." The Center provides beauty, silence, and a place to find rest in God. We hope that you will feel a sense of place and rest when you come here. We have some wonderful programs scheduled! Come to the Center and find a place of respite from the busyness and stresses of daily life. We pray that you will leave our grounds with a feeling of peace that will follow you back out into the world.*

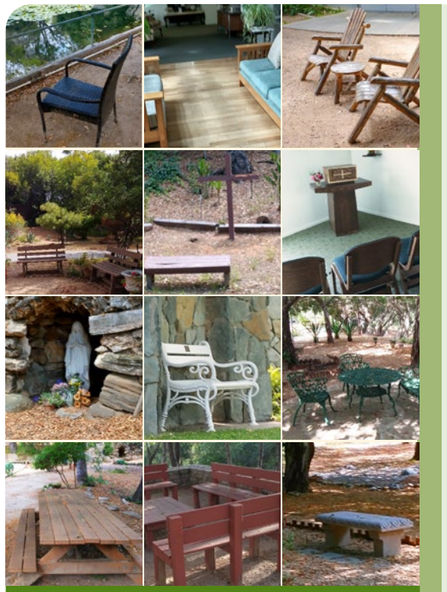
We are living in stressful and troubling times, but there are also many signs of grace and blessing. One of our greatest blessings is having your support and presence, which sustains the Center and our programs! I am grateful for every one of you and thank God for the harvest of blessings that we who live and work here receive from you. May God's rest and peace be yours in abundance and may you know that you are all in my thoughts and prayers daily.

"I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now. I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ." —Philippians 1:3-6

Blessings,

Chris Machado

SSS, HSRC Director



Cover Photos contributed by Sister Marie Lindemann, SSS

Featured on the Cover

"Come to me, all you who are weary and burdened, and I will give you rest" (from the Gospel of Matthew 11:28). We are so blessed to be able to share this beautiful space in Encino with you. Please come and spend some time in nature: reading a book under a tree, sitting amidst our flora and fauna and breathing in your surroundings, meditating in the quiet of the lake, praying in the chapel or in one of the outdoor settings, walking among God's creation, and listening to the birds in their nests. Our offerings this Autumn include Centering Prayer, Journaling, Collage, Rumi, Christian Coaching, Meditation, Music, Dance, Movement, and more. There are three weekend retreats that may feed your spirit. Mark your calendar for our annual Advent Vespers, December 15. *"Come and find rest for your soul."* (Matthew 11:29).

May the Autumn of 2024 be a source of peace for you,

Sr. Marie Lindemann, SSS, Sponsored Program Director

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Holy Spirit Retreat Center Buy-a-Brick

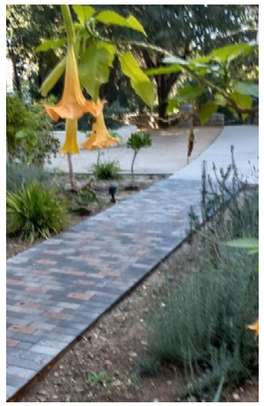
Holy Spirit Retreat Center is a non-profit organization committed to keeping costs to a minimum for our retreatants. In order to support capital expenditures like our Lake Restoration Project, we invite you to participate in our Buy-A-Brick Campaign.

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. Through the purchase of a brick, you will be leaving a legacy, and contributing to HSRC's ongoing ministry as a place of hospitality, rest, and prayer in an interfaith environment.

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.



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.

"Come with me by yourselves to a quiet place and get some rest."

—Mark 6:31

Photo by Dakota Corbin, Unsplash

KNOWING GOD, KNOWING ONESELF and LIVING ABUNDANTLY

Facilitator: Bola Shasanmi

Wednesdays: October 16, 23, 30, November 6, 13, 20, 27, 10 a.m. – 12 noon

This seven-week course will be a journey of discovery. It will increase your awareness of who God created you to be, what living His abundant life looks like, and how to live it.

Fee: $10 for each session

For more information, please contact Sr. Marie at 818-815-4496. Register online at www.hsrcenter.com.

Bola Shasanmi is a Creative Minister and certified Life Coach and Fitness Instructor with a background in Physical Therapy.

MUSIC, MOVEMENT and MEDITATION

Facilitator: Bola Shasanmi

Wednesdays: September 4, 11, 25, and October 2, 10 a.m. – 12 noon

These four sessions will increase your sense of well-being by promoting the relaxation of body and mind through both movement and stillness.

Fee: $10 for each session

For more information, please contact Sr. Marie at 818-815-4496. Register online at www.hsrcenter.com.

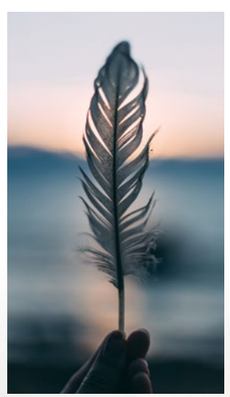


Photo by Daiga Ellaby, Unsplash

Bola Shasanmi is a Creative Minister and certified Life Coach and Fitness Instructor with a background in Physical Therapy.

ADVENT VESPERS & HARP CONCERT

Harpists: Paul Baker and Ellie Choate

Sunday, December 15, 7 p.m.

In Our Holy Spirit Retreat Center Chapel

Prepare your mind and heart for the coming of Emmanuel—by taking time for prayer and inspiring music with our harpists. Ellie Choate and Paul Baker will treat us to a brief concert of Christmas music for our Advent Vesper Service. Ellie and Paul have performed as a harp duo for many recitals and events. They have played for movie soundtracks, commercials, and national touring companies. Both have published and released recordings of their own arrangements.

A free will offering is gratefully appreciated.

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

CENTERING PRAYER - DAYTIME ZOOM

Facilitator: Sr. Linda Snow, CSJ

Daytime Offering: Thursdays, 10 a.m. – 12 noon 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 Marilyn Nobori.

Suggested free will offering: $5 for each session

For more information, please email Marilyn Nobori at centeringprayer@hsrcenter.com. Register online at www.hsrcenter.com.

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 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 Pippa Currey.

Suggested free will offering: $5 for each session

For more information, please email Pippa Currey at pbcurreysd@gmail.com. Please register online at www.hsrcenter.com.

SERIES, ONGOING & SPECIAL EVENTS

WOMEN AT THE WELL

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

Tuesdays: September 10, October 8, November 12, December 10, January 14, 10 am – 12 noon

Photo by Frank Albrehct, Unsplash

Once again, our Women at the Well group is beginning a new year. We are beginning a new book this year, *Dear Heart, Come Home* by Joyce Rupp. We read a short section of the book in preparation for our time together, which includes quiet reflection time, prayer, sharing in small groups, and even a bit of Tai Chi to get our energies balanced. If you do not have the book, we will have a few copies on hand. The Women at the Well Group was founded for women seeking the wisdom and support of other women in a relaxed and supportive atmosphere. After the meeting, we gather for lunch in the retreat center dining room. We are always happy to welcome new members! Come and join us around the well!

Suggested donation: $10 for the meeting; $10.00 for lunch

If you have questions, please call Sr. Chris at 818-285-3354.

RESTORING RELATIONSHIPS WITH COMPASSIONATE COMMUNICATION (aka NVC)

Led by: Sage Knight, NVC Trainer

Monday Evenings, 6:30 p.m. – 8:30 p.m.

July 1, August 5, September 9, October 7, November 4, December 2

"NVC can change the world. More importantly, it can change your life. I cannot recommend it highly enough." **—Jack Canfield, author, Chicken Soup for the Soul series**

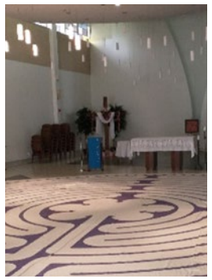
Join us each 1st Monday of the month for an informative, inspiring evening and learn a revolutionary way of enlivening thinking and speaking that restores peace and connection in personal, professional, and global relationships. This new generation of human connection and peacemaking skills, known as "NVC," is changing the way we think about conflict, compassion, and our future. Receive personal insights, hope, and profound fun while making new friends. The evening begins with an interactive introduction followed by exercises and more.

*Sage Knight is a Certification Candidate, Center for Nonviolent Communication, **www.CNVC.org**.*

Free will offerings are greatly appreciated.

For more information, please contact Sage Knight at www.sageknight.com or Sister Marie at 818-815-4496. Register online at www.hsrcenter.com.

LABYRINTH WALKS



HSRC Photo

Come join us on **Sunday, September 22nd at 7 p.m.** as we welcome the season of Autumn with our Autumn Equinox Labyrinth Walk. Autumn is a time of harvest: gathering the gifts and graces and being grateful for all that we have. It's a time of quiet reflection. Walking the Labyrinth gives us an opportunity to reflect and give thanks. The evening will include an opening ritual and an open walk. For newcomers, the team will offer a brief class on the history and practice of walking the Labyrinth. Come help us harvest the fruits of Autumn!

On **Saturday, December 21st at 7 p.m.**, we invite you to step away from your busy holiday planning and spend some time in quiet and peace by taking part in our Winter Solstice Labyrinth Walk. Our time together will include an opening ritual, time for walking, a short introductory course, and the opportunity to reflect alone or with one of the team on your experience of walking the Labyrinth. Come walk with us as we welcome the restful season of winter!

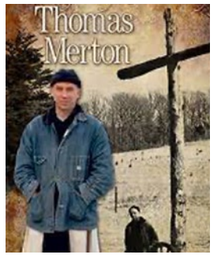
A free will offering is gratefully appreciated.

If you have questions, 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 $5 each session is gratefully appreciated.

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

Photo by Jay Castor, Unsplash

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: Marilyn Nobori and Contemplative Outreach Team

Saturday, September 7, 9 a.m. – 12:30 p.m. (Arrive by 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 to God, others, and the 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: $45

For more information, please email Marilyn Nobori at centeringprayer@hsrcenter.com. Register online at www.hsrcenter.com by September 3rd with a non-refundable deposit of $10.

Photo by Simon Berger, Unsplash

AUTUMN SILENT SATURDAY

Facilitators: Silent Saturday Centering Prayer Team

Saturday, September 14, 9 a.m. – 12 noon (Arrive by 8:50 a.m.)

As Autumn approaches, join us for a quiet morning of Centering Prayer and silence. This day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal Centering 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 for those new to the practice.

A free will offering is gratefully appreciated.

For more information, please email Marilyn Nobori at centeringprayer@hsrcenter.com. Registration online at www.hsrcenter.com is appreciated but not required.

RUMI: SUFI POET AND MYSTIC AND THE RELIGION OF LOVE

Presenter: Lala Rukh Khan, Poet & Seeker of Truth

Saturday, September 21, 9:30 a.m. – 3:30 p.m.

This Rumi day retreat celebrates the Divine spark of love and spiritual vision of this 13th century great Islamic mystic who is considered the best-selling poet in America. Rumi's poetry is a gift because he has the ability to take everyday events and raise them into a spiritual context. This retreat will focus on reading and reflecting on Rumi's ecstatic poetry, engaging with Sufi music and dance, choosing Rumi cards, and the Sufi practice of chanting known as Zikhr (Remembrance), a form of Sufi meditation that dates back centuries and powerfully creates meditative states and a sense of inner peace. No previous familiarity is necessary, only an open heart to find the ecstasy in the life and teachings of this great saint.

Fee: $60 with lunch; $50 without lunch

For more information, contact Sr. Marie at 818-815-4496. Register online at www.hsrcenter.com by September 18th with a non-refundable deposit of $10.

ONE-DAY RETREATS

ALLELUIA DANCE THEATER Presents MOVING PRAYERS

A One-Day Dance and Prayer Workshop
Saturday, October 5, 9 a.m. – 4 p.m.

"The Lord is my strength, my shield, my heart trusts Him so I am sustained, my heart leaps for joy and I praise Him with my whole body." **—Psalm 28:7**

Please join us and several guest artists, Ruth Okey, Christie Johnson, and Daphne Trager, as we learn to engage our whole bodies in worship. This workshop is open to all denominations and faiths. We invite all "dancers" to join us, both those who have mainly danced in their hearts, as well as those with more experience.

The Alleluia Dance Theater was incorporated as a non-profit organization in 1978. Its mission has been to inspire and encourage people in their spiritual journeys through movement.

Leaders: Stella Matsuda, Director, MA, CLU, BS Dance, UCLA, Professor Emeritus, Moorpark College; Marti Ryan, BA Kinesiology (Dance) CSUN, MS, CLU, Certified Yoga Instructor; Robin Privat, BA, Pepperdine, MBA, CLU; and Barbara Wegher-Thompson, MA, Dance, UCLA.

Fee: $60 with lunch; $50 without lunch

For more information/questions, please email mvryan49@gmail.com. Register online at www.hsrcenter.com by September 27th with a non-refundable deposit of $10 or by calling 818-815-4496.

SACRED dance GUILD *In Affiliation with Sacred Dance Guild*

FREEDOM TO CHANGE - ALEXANDER TECHNIQUE

Facilitators: Barbara and Seth Wegher-Thompson

Saturday, October 19, 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. It's been used for over 100 years worldwide. 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). Wherever you are, whatever you are striving to achieve, AT brings ease to your body as you are achieving your intended goal.

This workshop is a wonderful introduction for beginners as well as a refresher for those who are familiar with AT. **www.ATWest.net**

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.

Fee: $60 with lunch; $50 without lunch

For more information, please call Sr. Marie at 818-815-4496. Register online at www.hsrcenter.com by October 16 with a non-refundable deposit of $10.

Barbara Wegher-Thompson *received certification as an Alexander Technique (AT) teacher 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 AT in the Departments of Exercise Science, Music, as well as the Department of Theater and Dance. Additionally, Barbara holds a BA and an MA in Dance from UCLA. She was instrumental in founding the CLU Dance Minor and transforming the Theater Department into the California Lutheran University Department of Theater and Dance.*

Seth Wegher-Thompson *received certification as an Alexander Technique (AT) teacher in 1991 from the Alexander Foundation of Philadelphia, becoming a teaching member of Alexander Technique International in 2022. In 1995, Seth earned an MS in Counseling Psychology from California Lutheran University. He became a Senior Vocational Rehabilitation Counselor with the CA State Department of Rehabilitation (DOR), where he served people with disabilities as they attained their career goals. Seth recently retired from the DOR, but continues a private practice assisting individuals to identify and attain their self-advocacy goals. Seth is the primary administrator of AT West, as well as assisting Barbara in all classes and workshops.*

"Be still, and know that I am God."

—Psalm 46:10

SACRED COLLAGE™ - THANKSGIVINGS, BLESSINGS, AND GRATITUDE FOR THE WHOLE OF YOU

Facilitator: Chantel Zimmerman

Saturday, November 16, 9 a.m. – 4 p.m.

"If the only prayer you ever say in your entire life is 'Thank You', it will be enough."
—Meister Eckhart

Unsplash Photo by Pramod Tiwan

What about you are you grateful for? Are you kind, loving, and helpful? Perhaps you are vocal, authentic, and inspiring? Maybe you are a boat rocker, a "mover and shaker", a "getter' done" sort of person. As a unique Soul you have been blessed with many wondrous qualities and characteristics that are special to you and define who you are. Come discover and embrace all the good that is You! Bless and thank those parts of yourself that you are grateful for; your resilience, your caring nature, your confident self, your striver, all your wonderful parts that set you apart from everyone else yet make you a necessary part of the whole.

What in your life are you grateful for? Your family, friends, and colleagues? The house that shelters you? The food and all the hands that prepared it? The sun, the sky, and the trees that surround you and provide you with life? Even in troubling times, there is always something to be grateful for: the next breath, your heart beating within, a stranger's smile. Come explore all that you have to be grateful for.

"When life is sweet, say thank you and celebrate. When life is bitter, say thank you and grow." **—Shauna Niequist**

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 freedom.

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

For more information, please call 818-815-4496. Register online at www.hsrcenter.com by November 12th with a non-refundable deposit of $10.

THE ART AND SOUL OF JOURNALING Reflecting on a Year Well Spent: Spiritual Journaling Practice to Embrace What Is

Facilitator: Chantel Zimmerman

Saturday, December 7, 10 a.m. – 3 p.m.

Photo by Mohamed Nohassi, Unsplash

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us."
—Hal Borland

As the year draws to a close, you have the opportunity to remember who you are and what you value, and notice where you want to put your focus. What went well this year? What challenges did you encounter that helped you to grow and evolve? What blessings saturated your days? What did you let go of, and what were you able to embrace? Where has God been in your life?

Journaling practice brings with it the opportunity to witness, release, and give thanks. Capturing your thoughts, ideas, and experiences helps you to see where you do, *and don't,* want to go, what you do, *and don't*, want to carry with you. Spiritual Journaling invites the opportunity for deep reflection and introspection.

During this enriching workshop, you will explore the art of journaling and reflect on the last 12 months while anticipating the coming year. 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

For more information, please call 818-815-4496. Register online at www.hsrcenter.com by December 3rd with a non-refundable deposit of $10.

ONE-DAY RETREATS

Photo by Waldemar, Unsplash

ADVENT SILENT SATURDAY

Facilitators: Silent Saturday Centering Prayer Team

Saturday, December 14, 9 a.m. – 12 noon (Arrive by 8:50 a.m.)

As we enter the season of Advent, 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 Centering Prayer, a contemplative walk, and private journaling and reflection, and ends with a period of Lectio Divina. 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.

For more information, please email Marilyn Nobori at centeringprayer@hsrcenter.com. Registration online at www.hsrcenter.com is appreciated but not required.

NEW YEAR SILENT SATURDAY

Facilitators: Silent Saturday Centering Prayer Team

Saturday, January 11, 9 a.m. – 12 noon (Arrive by 8:45 a.m.)

Begin the new year by deepening our relationship with God. Join us for a quiet morning of Centering Prayer and silence. The day provides time for communal Centering Prayer, a contemplative walk, and private journaling and reflection, and ends with a period of Lectio Divina. 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.

For more information, please email Marilyn Nobori at centeringprayer@hsrcenter.com. Registration online at www.hsrcenter.com is appreciated but not required.

FEARFULLY AND WONDERFULLY MADE…

Presenter: Bryanna Benedetti-Coomber, MDiv

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

Photo by Courtney Cook, Unsplash

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. All are welcome.

Fee: $60 with lunch; $50 without lunch

For more information, please call Sr. Marie at 818-815-4496. Register on our website at www.hsrcenter.com by January 16th with a non-refundable deposit of $10.

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: CP Introductory Workshop Team

Saturday, January 25, 9 a.m. – 12:30 p.m. (Arrive by 8:50 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 the 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: $45

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

Photo by Greg Rakozy, Unsplash

CENTERING PRAYER WEEKEND RETREAT
Evolutionary Cosmology and Centering Prayer

Presenters: Rev. Canon Julian Bull, Headmaster of Campbell Hall Episcopal School; and Katie DesJardins Bull, MSW, Facilitator of many contemplative practices

Friday, October 25, 4:30 pm – Sunday, October 27, 1 p.m.

"The dynamic idea of God that evolutionary cosmology has provided…is a revelation of a higher power in which we are immersed and engulfed, and can never be separated from, because we really have no identity except what has emerged in the evolutionary process. Creation…is always happening, and in a sense, the being of God is always becoming." **(T. Keating, Reflections of the Unknowable)**

All of the great religions and prophets speak to the notion that in order to live in evolutionary times, we must go within. Evolutionary spirituality invites each of us to use our contemplative practices as a way to go within and connect with God. Modern science reveals nature's continued evolution to higher and more complex levels of consciousness. Using the Centering Prayer framework of Fr. Thomas Keating, and the work of Fr. Bernard Lonergan, we will relate the scientific notion of "emergent probability" to "falling in love with God." This retreat will alternate Centering Prayer practice with a science-informed discussion of how we may live in this expanding nature and consciousness of God that the evolutionary process reveals.

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 presentation. Soul-friending will also be available.

Pre-requisite: An established practice of Centering Prayer and a desire to grow in your contemplative practice

Fee: $350—all rooms are private ($50 non-refundable deposit required)

$250 commuters

For more information, please contact Marilyn Nobori at centeringprayer@hsrcenter.com or 818-815-4480. Register online at www.hrscenter.com by October 18th with a non-refundable deposit of $50.

THE EUCHARIST AND SOCIAL JUSTICE
- A Weekend Retreat

Presenter: Fr. Stephen Coffey, OSB. Cam

Friday, November 8, 5 p.m. – Sunday November 10, 1 p.m.

Photo by Markus Spiske, Unsplash

This retreat will explore how the Eucharist opens our eyes to the sufferings of this world and gives us hope to challenge the structures of injustice and confidence in God's promises. Based on the book by Margaret Scott of The Handmaids of the Sacred Heart of Jesus, we will connect seven themes from eucharistic texts, which embrace a whole host of social issues around poverty and injustice. During this time of eucharistic revival, we will explore the connections between adoration and reparation, liturgy, and social ethics, rediscovering the dimension that God intended for the Eucharist: To be the life of the world.

Fee: $350 per person/single occupancy

$300 per person/shared occupancy

$250 commuters

For more information, please call 818-815-4496. Register online at www.hsrcenter.com by November 4th with a non-refundable deposit of $50.

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

If you have questions, please call Sr. Chris at 818-285-3354. Register online at www.hsrcenter.com by December 16th with a non-refundable deposit of $50.

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

Maggie Gross

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

Marilyn Nobori
Centering Prayer Coordinator

REGISTRATION FORM

Name: _____

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 $_____.

Program Name: _____ *Date:* _____

_____ _____

_____ _____

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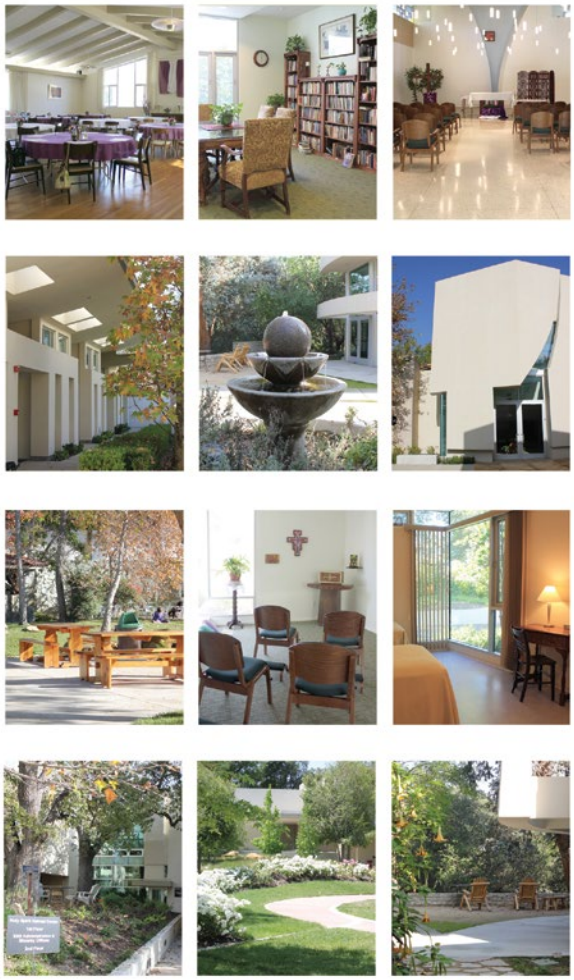
"SUBSCRIBE TO OUR eNEWS"
AT www.hsrcenter.com TO GET IMPORTANT NEWS AND UPDATES ON OUR EVENTS!

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