

CENTER UPDATE

*"Love is patient, love is kind.
It does not envy, it does
not boast, it is not proud.
It always protects, always
trusts, always hopes, always
perseveres...Love never fails...
And now these three remain:
faith, hope and love. But the
greatest of these is love."*

—Adapted from 1 Corinthians 13



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

HSRC Director

Featured on the Cover

Each day I travel up the stone path toward the Holy Spirit Retreat Center entrance to my office. Often, I have noticed that there are two particular stone patterns, which form heart shapes. I have chosen one of them, the larger one, to feature on our cover this season. The Sisters of Social Service offer of hospitality here at the center stems from our Benedictine spirit. The prologue to the Rule of Saint Benedict begins with, "Listen with the ear of your heart."

In the coming months, you will see that we've added some new offerings. What is your heart seeking? Movement, stillness, study, nature, spiritual renewal, creativity, support, silence, etc. Hopefully, there is something for everyone. Corinthians teaches us that "love is patient, love is kind...love perseveres." My wish for you is to take the time you need to experience this kind of love this season. Take time to listen.

Sr. Marie Lindemann, SSS, Sponsored Program Director

Cover Photos contributed by Sister Marie Lindemann, SSS

Holy Spirit Retreat Center Buy-a-Brick



Holy Spirit Retreat Center is a non-profit organization committed to keeping costs to a minimum for our retreatants. We invite you to participate in our Buy-A-Brick Option. With your generous gift(s), you are helping to ensure a wonderful future for our beautiful facilities and grounds. We thank you in advance for your partnership in ensuring that this facility will be enjoyed well into the future.

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

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

Please visit our website at www.hscenter.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.



SAVE THE DATE! JOIN US!

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

Sunday, March 17, 2024

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

Silent Auction

Pub Food: Corned Beef Sandwiches, Cole Slaw, Chips, Drink

Dinner Music: Dennis Doyle and Family, Celtic Harp

Evening Concert: Deirdre Ni Chinneide returns from Ireland to join our celebration



Fundraising Event for Holy Spirit Retreat Center!

\$75 for Dinner/Music/Silent Auction/Concert, 5-8:30 p.m.

(Watch our website for more information at www.hscenter.com)

SERIES & ONGOING PROGRAMS



CENTERING PRAYER - DAYTIME ZOOM

Facilitator: Sr. Linda Snow, CSJ

Daytime Offering:
Thursday mornings,
10 a.m. – 12 p.m.
on Zoom

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

Suggested free will offering: \$5/session

Please register online at www.hscenter.com.
For more information, please email Marilyn Nobori at centeringprayer@hscenter.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/session

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

WOMEN AT THE WELL

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

Tuesdays: January 9, February 13, March 12, April 9, May 21, 10 a.m. – 12:00 p.m.

Our Women at the Well Group gathers monthly for silent reflection, group discussion, mutual support, and good conversation! During the pandemic, we held our meetings on Zoom. We are now offering both onsite gatherings and Zoom for those who cannot attend in person. We are continuing with the book, *Gifts of Imperfection* by Brené Brown. If you have a copy, bring it. If you don't, we can supply the book for \$10. It is also available on Amazon. If you purchase it yourself, please be sure to get



Photo by Frank Albrecht, Unsplash

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 \$10 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/session

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

LABYRINTH WALKS

Tuesday, March 19, 7 p.m.

On this evening, we will gather to observe the arrival of the Spring Equinox. As we celebrate the equal balance between night and day, come join 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 the new life of Spring!



HSRC Photo

Thursday, June 20, 7 p.m.

On this evening, our Summer Solstice Labyrinth Walk will welcome the summer season with its long days filled with picnics, barbecues, and days at the beach. 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 celebrate the lazy, hazy, crazy days of summer!

A free will offering is gratefully appreciated.
For more information, please call 818-285-3370.

INTERNATIONAL THOMAS MERTON SOCIETY

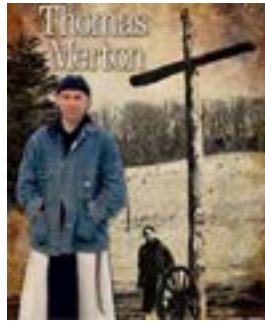
Facilitator: Sr. Chris Machado, SSS

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/session is gratefully appreciated.

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



MINISTERIO de ESPIRITUALIDAD FEMENINA en ESPANOL

Moderador: Yolanda Chávez

Serie de presentaciones y retiros, enero a agosto de 2024

“y echaron a andar por el camino...” (Rut 1: 6)
-Lo sagrado de nuestras historias-

La vida está hecha de momentos que marcan el paso de una mujer a lo largo del tiempo y que la moldean en su caminar de una forma diferente a la de los hombres y su entorno. En la Biblia, el libro de Rut cuenta la historia de unas mujeres que reflejan la vida de toda mujer. En este “echar a andar por el camino” estaremos acompañadas de reflexiones, silencios, Palabra, rituales y escritura. Descubriremos como cada mujer encuentra en el libro de Rut lo que significa ser una mujer plenamente espiritual en el mundo de hoy.

19-20-21 de enero Retiro (viernes a las 5pm-domingo a la 1pm)

TARIFA: \$300 habitación privada, \$250 habitación compartida, \$175 Viajero

Regístrese antes del 12 de enero con un depósito no reembolsable de \$50

sábado, 10 de febrero, 9-12 cuota \$25 (con almuerzo \$35)

sábado, 23 de marzo, 9-12 cuota \$25 (con almuerzo \$35)

sábado, 13 de abril, 9-12

cuota \$25 (con almuerzo \$35)

sábado, 4 de mayo, 9-12

cuota \$25 (con almuerzo \$35)

sábado, 22 de junio, 9-12

cuota \$25 (con almuerzo \$35)

sábado, 13 de julio, 9-12

cuota \$25 (con almuerzo \$35)

sábado, 10 de Agosto, 9-12

cuota \$25 (con almuerzo \$35)

23-24-25 de agosto Retiro (viernes a las 5pm-domingo a la 1pm)

TARIFA: \$300 habitación privada, \$250 habitación compartida, \$175 Viajero

Regístrese antes del 16 de agosto con un depósito no reembolsable de \$50

Por favor, regístrese en nuestro sitio web en www.hscenter.com

Yolanda Chavez: Tiene una Maestría en Divinidades de Fuller Theological Seminary y actualmente es candidata para un doctorado en ministerio enfocado en Espiritualidad Femenina. Es miembro de la Asociación EcuMénica de Teólogos/las del Tercer Mundo (ASETT). Es una colaboradora imprescindible en la misión evangelizadora y catequética de la Oficina Arquidiocesana de Educación Religiosa de Los Ángeles como una Maestra de Catequistas certificada.

Para obtener más información, llámenos al 818-285-3370.

ASH WEDNESDAY DAY OF PRAYER

Presenter: Sr. Chris Machado, SSS

Wednesday, February 14, 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, 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 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by February 9th. For more information, please contact Sr. Chris at 818-285-3354.



Photo by David Dibert, Unsplash

HOLY WEEK SERVICES ✚ SACRED TRIDUUM HOLY THURSDAY PASCHAL MEAL

Presider: Fr. Jim Clarke

Thursday, March 28, 6 p.m.
Liturgy and Dinner Fee: \$30

Reservations required by March 22nd. Seating is limited; no walk-ins, please. (Retreatants included already.)

Make your dinner reservation online at
www.hscenter.com.

✚ GOOD FRIDAY SERVICES

Friday, March 29
Stations of the Cross – 10:30 a.m.
Liturgy – 3 p.m.
Taize Prayer – 7:30 p.m.

Fee: \$15 for lunch; \$20 for dinner

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

✚ HOLY SATURDAY

Presider: Fr. Jim Clarke

Saturday, March 30
Easter Vigil Liturgy of the Word – 11 a.m. – 4 p.m.
Easter Vigil Evening Liturgy – 7:30 p.m.

Fee: \$15 for lunch; \$20 for dinner

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

For the Holy Week Retreat, look under Extended Retreats.



LENTEN TAIZE PRAYER

Ash Wednesday: February 14, 7 p.m. – Taize Prayer

Fridays: Taize Prayer Around the Cross

February 16, 7 p.m.

March 1, 7 p.m.

March 15, 7 p.m.

March 22, 7 p.m.

Good Friday: March 29, 7:30 p.m. – Taize Prayer

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

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

A free will offering is gratefully appreciated.

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



Photo by Priscilla Du Preez, Unsplash

BITESIZE BIBLE STUDIES

Facilitator: Bola Shasanmi

Meeting for a 4-part series once a month on Wednesdays, 10 a.m. – 12 p.m.

January 10, February 14, March 13, April 10

These fun, interactive sessions will use the creative arts to explore various topics from a non-denominational Christian perspective. All are welcome.

Fee: \$40 for the series

Register online at www.hscenter.com with a \$10 non-refundable deposit by January 8th. For more information, contact Sr. Marie at 818-815-4496.

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



Photo by Dakota Corbin, Unsplash

KNOWING GOD, KNOWING ONESELF and LIVING ABUNDANTLY

Facilitator: Bola Shasanmi

**Meeting for a 6-part series once a week on
Mondays, 10 a.m. – 12 p.m.**

February 5, 12, 19 and 26, March 4 and 11

This 8-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.

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

Fee: \$60 for the series

Register online at www.hsrcenter.com with a \$10 non-refundable deposit by February 2nd.

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

**Meeting for a 4-part series once
a month on Wednesdays,
10 a.m. – 12 p.m.**

May 8, June 19, July 10, August 7

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

Fee: \$40 for the series

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



Photo by Daiga Ellaby, Unsplash

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

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

Presenters: Deirdre Ni Chinneide with Dennis Doyle

**Sunday, March 17, 7 p.m.
– 8:30 p.m. in our Chapel**

Join Deirdre Ni Chinneide from Ireland, as she hosts a reflective evening of music, scripture, poetry, and prayer this St. Patrick's Day. Joined by Dennis Doyle on harp, you will be guided on a journey toward the power and passion of this holy season. Together, we will explore the call to listen and to enter in to 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.

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 playing the harp, Dennis is an experienced liturgical musician who can plan, lead, cantor, or participate in the Liturgy in any way required.

Fee: \$50

**Register online at www.hsrcenter.com by March 10th.
For more information, please call 818-285-3370.**





Photo by Simon Berger Unsplash

NEW YEAR'S SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

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

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

A free will offering is gratefully appreciated.

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

CHRISTIAN COACHING Prospering the Body, Soul, and Spirit

Facilitator: Bola Shasanmi

Saturday, January 13, 9:30 a.m. – 3:30 p.m.

The practice of coaching can be succinctly defined as "Helping people achieve their goals." This unique workshop will teach the basic principles of Christian self-coaching. It will include creative, fun, and interactive activities in a relaxed environment. So come and enjoy this informative and uplifting experience that will contribute to the prosperity of your body, soul, and spirit.

Fee: \$55 with lunch; \$45 without lunch



Photo by Mohamed Nohassi, Unsplash

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

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

ALLELUIA DANCE THEATER Presents: Embracing All There Is

Saturday, January 20, 9 a.m. – 3 p.m.

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 Guest Artist Evelyn Okamoto, BA, Dance, UC Riverside, MA Dance Ethnology, UCLA.



"Embracing all that there is" is a movement in Qigong in which we set an intention to embrace everything—the blessings in our lives as well as the trials with gratitude. Biblical scriptures echo this teaching and encourage us toward a deep acceptance of all that occurs in our lives.

"Consider it all joy, my brothers and sisters, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing." —James 1:2-4

Please join us and special guest artist, Evelyn Okamoto, as we explore in music, movement, and meditation this profound exhortation. 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.

Fee: \$55 with lunch; \$45 without lunch

Register online at www.hsrcenter.com with a \$10 non-refundable deposit by January 10th. For more information, please call 818-815-4496 or email mvryan49@gmail.com.

THE ART AND SOUL OF JOURNALING New Beginnings for a New Year: Spiritual Journaling Practice to Explore Possibilities

Facilitator: Chantel Zimmerman

Saturday, January 20, 10 a.m. – 3 p.m.

“Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can.” —Douglas Pagels

Begin anew. A journaling practice brings with it a clean slate; each time you sit down to write, you enlist beginner’s mind and are offered a fresh start on the blank page in front of you. Regardless of what lies behind, you can remember that God writes your life and offers new opportunities, insights, and meaningful reflection. Spiritual Journaling invites spiritual awakening, a respite for weary times, and a place to hold wishes and dreams. Putting pen to paper your thoughts stream out of you and onto the page. Slowing down to write, you connect with yourself, with God, and with something deep within you. During this enriching workshop you will explore the art of journaling and begin to see what is possible for the new year.

During this enriching workshop, you will explore the art of journaling and begin to see what is possible for the new year. The day will include silence, reflection, inspirational journaling techniques, and small and large group sharing. Please bring your journal and pen. You are invited to bring poems and prayers you’ve written to share.

Fee: \$55 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by January 16th. For more information, please call 818-815-4496.

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: Marilyn Nobori and the
Contemplative Outreach Team

**Saturday, January 27,
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 with God, others, and our world. Centering Prayer is a form of Contemplative Prayer. It is a method of prayer that opens us to interior transformation and deeper intimacy with God and others. The workshop includes four presentations and the practice of Centering Prayer.

Fee: \$40

Register online at www.hscenter.com with a \$10 non-refundable deposit by January 22nd. For more information, please contact Marilyn Nobori at 818-815-4480 or centeringprayer@hscenter.com.

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

Facilitator: Chantel Zimmerman

**Saturday, February 3,
9 a.m. – 4 p.m.**

“Behold, I have set before thee an open door.” —Revelation 3:8



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

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

Fee: \$70 with lunch and the \$15 materials fee included; and \$60 without lunch.

Register online at www.hscenter.com with a \$10 non-refundable deposit by January 30th. For more information, please call 818-815-4496.

ONE-DAY RETREATS

HUMAN TRAFFICKING: PROTECTING CHILDREN

Presenter: Dan Broyles, MFT

Wednesday, February 21, 10 a.m. – 12 p.m.

This workshop is open to anyone—parents, youth ministers, teachers, etc. Topics covered will include signs of abuse, targeted recruitment areas, recruitment lures mirroring familial characteristics and exploitation of their needs and the average grooming periods. The information is beneficial for all.

Pastor Dan Broyles is a care pastor at Valencia Hills Community Church. He is a licensed MFT. As a social worker, Pastor Dan specialized in working with victims of child abuse. He co-founded the Santa Clarita Valley Human Trafficking Task Force. His tireless work with victims of human trafficking takes him to many forums to shed light on the prevalence of this plague in our cities.

Fee: \$40

Register online at www.hscenter.com with a \$10 non-refundable deposit by February 16th. For more information, please call 818-815-4496.

CONSCIOUS AGING MAKE A CHOICE! – SESSION I

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

Saturday, March 2, 9:30 a.m. – 3:30 p.m.

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

Fee: \$55 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by February 27th. For more information, please contact Sr. Marie at 818-815-4496.

LENTEN SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Saturday, March 16, 9 a.m. – 12 p.m.
(Arrive by 8:45 a.m.)

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

A free will offering is gratefully appreciated.

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

LIFE REVIEW AND TRANSFORMATIVE PRACTICES: CONSCIOUS AGING II

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

Saturday, March 23, 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 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by March 19th. For more information, please call Sr. Marie at 818-815-4496.

BLACK ELK SPEAKS

Facilitator: Luella Wagner

Saturday, April 20, 9:30 a.m. – 3:30 p.m.

In this retreat, we will examine the life of Black Elk, his vision, and its relevance to today's global events. We will begin the day in the upper prayer garden with the Blessing of the Six Directions followed by a meditation at the Medicine Wheel. The morning session will include a talk on Black Elk's early life and his role at the Battle of Little Big Horn. John L-Voth's 7th Generation film about Oglala Lakota member Jim Warne's efforts in guiding tribal nations in contemporary American society while staying true to their Native American traditions will be shown. The film is based on Black Elk's prophecy, "It will take seven generations to heal our sacred hoop." Following the film, we will discuss ways to heal past events and move forward in a positive direction. We will conclude the day with a Native American Mass. All are welcome to attend this day-long retreat.

Fee: \$55 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by April 16th. For more information, please call Sr. Marie at 818-815-4496.

WORLD LABYRINTH DAY "Walk As One At 1"

Saturday, May 4, 1 p.m. – 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 on Saturday, May 4th. 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 16th annual World Labyrinth Day (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.

A free will offering is graciously appreciated.

All are welcome! For more information or to RSVP, please call Sr. Marie at 818-815-4496.



Photo by Aron Visuals, Unsplash

THE LABYRINTH AND MOTHER MARY

Facilitator: Luella Wagner

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

The month of May has long been associated with Mary, the Mother of God. Come and celebrate this beautiful tradition at Holy Spirit Retreat Center. The morning session will begin in the chapel as we walk the three stages of the labyrinth. At each stage, we will meditate on the feasts of the Annunciation, Immaculate Conception and the Nativity, and Our Lady of Sorrows. The afternoon session will take place in the Mary Garden. The flowers of spring and their connection to the Mother of God, the Mystical Rose will be explored. You will have the opportunity to work in the Mary Garden or to design your own special indoor arrangement to take home with you.

Fee: \$55 with lunch; \$45 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by April 30th. For more information, please call Sr. Marie at 818-815-4496.

SPRING SILENT SATURDAY

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Saturday, May 25, 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 morning for Centering Prayer and silence. The day is open to beginners as well as those experienced in Contemplative Prayer or silent meditation. The day provides time for communal prayers with contemplative walks, and time for private journaling, reflection, and an opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

A free will offering is gratefully appreciated.

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

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

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

Saturday, June 8, 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 with lunch; \$45 without lunch

Register on online at www.hscenter.com with a \$10 non-refundable deposit by June 5th. For more information, please call Sr. Marie at 818-815-4496.



SACRED COLLAGE™ – Finding Freedom Through Wholeness

Presenter: Chantel Zimmerman

Saturday, July 13, 9 a.m. – 4 p.m.

“Simple Awareness is Often Curative” —Anonymous

Chasing and finding freedom—free to be you and me—allows for wholeness. You are a rich and diverse being who may find yourself locked in a cell of your own making. It’s time to break out! How do you turn fear into courage, self-doubt into confidence, criticism into acceptance, comparison into distinctiveness, and anxiety into peace? **Awareness, simple awareness**—noticing when these feelings arise. Through the art of Sacred Collage™, you will explore what freedom looks like for you personally!

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: \$70 with lunch and the \$15 materials fee included; \$60 without lunch

Register online at www.hscenter.com with a \$10 non-refundable deposit by July 9th. For more information, please call Sr. Marie at 818-815-4496.

ART AND SOUL OF JOURNALING: Let Your Light Shine Through-Personal Writing that Illuminates

Facilitator: Chantel Zimmerman

Saturday, August 3, 10 a.m. – 3 p.m.

“We are stars wrapped in skin – the light you are looking for has always been within.”—The Word Virus

What if journaling offered a vehicle for your inner light to shine? Light illuminates and lets us see more clearly. When we turn on a light, we see what is in front of us. If we shine a light in a dark corner, we can address the cobwebs and creepy crawlers that lurk. Light bulbs of insight flash and new ideas and inspiration are born. Our own inner light is the light of God, THE Light Source serving as our inner wisdom. Journaling offers access to insight and can serve as the light needed to see what is unseen and to put a spotlight on what is important. Let’s turn our inner lamps on and see what we find. You are invited to put pen to paper and let liquid light flow out of your mind onto the page. Slowing down to write you connect with yourself, with God, and with something deep within you. During this enriching workshop you will explore the art of journaling and discover how to use journaling as a tool to spotlight what is significant for you today. This workshop will be punctuated with silence, reflection, sharing, and learning. New and seasoned journalers will enjoy a day steeped in this beautiful, spiritual practice. bring your journal and pen, and feel free to bring poems and prayers you have written.

FEE: \$55 with lunch, \$45 without lunch

Register on our website, www.hscenter.com by July 26th, with a non-refundable deposit of \$10.00. For more information, please call Sr. Marie at 818 815-4496.



Photo by Capnsnap Unsplash

NEW YEAR'S RETREAT "GOD'S GPS: The Road Less Traveled"

Presenters: Chris Machado, SSS and Michael O'Palko

Saturday, December 30, 2 p.m. to Monday, January 1, following Brunch

We're all well acquainted with the Global Positioning System, or GPS. God has a GPS that is more reliable, correct, and never sends you down the wrong road. Now that we are further emerging from our COVID isolation, we are unsure of where to go next and what might lie around the next corner. This year, we will explore how our ways are not God's ways, and although it seems uncertain, God never leads us astray. Our days together will include moments of quiet reflection, presentations, rituals, group sharing, lots of fun, and of course, a great film to help us navigate the year ahead! Come walk the road less traveled with us and leave your GPS at home!

**Fee: \$300 per person/single occupancy
\$275 per person/shared occupancy
\$200 per person/commuter**

Register online at www.hsrcenter.com with a \$50 non-refundable deposit by December 16th. For more information, please contact Sr. Chris at 818-285-3354.

CULTIVATING CONTEMPLATIVE PRACTICES FOR OUR TIMES -A Weekend Retreat

Presenters: Katie DesJardins Bull, Kathleen Kenmont, Deborah Thompson Cox

Saturday, February 10, 10 a.m. – Sunday, February 11, 1 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 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 ego-driven, anxious self. We have available to us a more powerful divine therapy than we typically acknowledge.

This 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, Kathleen Kenmont, yoga and dance teacher, actor, and author, 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: \$250 private room
\$150 commuter (includes all meals)**

Please register online at www.hsrcenter.com with a \$50 non-refundable deposit by February 2nd. For more information, please call Sr. Marie at 818-815-4496.

CENTERING PRAYER SILENT WEEKEND

Facilitators: Marilyn Nobori and the Contemplative Outreach Team

Friday, February 23, 4:30 p.m. – Sunday, February 25, 1 p.m. (Arrive by 3-4 p.m.)

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

Prerequisite: A regular practice of Centering Prayer or silent meditation

**Fee: \$300 private room
\$200 commuter (includes all meals)**

Register online at www.hsrcenter.com with a \$50 non-refundable deposit by February 9th. For more information, please contact Marilyn Nobori at centeringprayer@hsrcenter.com or 818-815-4480.



Photo by NABNO NABNIOK Unsplash

HOLY WEEK RETREAT: Embracing the Sacred Mysteries of the Triduum

Presenter: Fr. Jim Clarke

**Sunday, March 24, 5:30 p.m. –
Sunday, March 31, 11 a.m.**

The Triduum celebration is the core of the Christian faith. How do we live out and apply these mysteries in our daily life? This will be the focus of our retreat, our prayer, and our liturgies. Please bring your journal and your Bible. The week will also include periods of Centering Prayer, and daily sessions of Tai Chi and Yoga. The retreat will conclude with the observance of the sacred Triduum, beginning on Holy Thursday and concluding on Easter Sunday morning.

Fee: \$700 per person / single occupancy

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



Photo by Jesse Gardner
Unsplash

Enter into a more profound level of spiritual practice in an atmosphere of silence and community. The 8-Day Intensive and concurrent Post-Intensive Retreat is designed to strengthen one's discipline and practice of Centering Prayer. We will be in grand silence.

The Intensive also provides a conceptual framework for 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—all rooms private

Register online at www.hsrcenter.com with a \$50 non-refundable deposit by June 7th. For more information, please contact Marilyn Nobori at centeringprayer@hsrcenter.com or 818-815-4480.



BEDE GRIFFITHS: Rebirthing Christian Wisdom

Presenter: Sr. Steve Coffey, O Cam

**Friday, April 26, 5 p.m. – Sunday,
April 28, 1 p.m.**

This retreat will consider the life story of Camaldolese Benedictine monk Bede Griffiths. After leaving Oxford and becoming a Catholic and a monk,

he went to India "to recover the other half of my soul." Retreatants will be invited to pray with texts from his writings, especially the autobiographical *Golden String and Marriage of East and West*, as well as *New Vision of Reality*. Conferences will be based on Bruno Barnhart's *The One Light*, which contains the core of his teaching.

**Fee: \$300 private room
\$200 commuter (includes all meals)**

Register online at www.hsrcenter.com with a \$50 non-refundable deposit by April 19th. For more information, please call Sr. Marie at 818-815-4496.

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

Facilitators: Marilyn Nobori and the
Contemplative Outreach Team

**Sunday, June 23, 4:30 p.m. –
Sunday, June 30, 1 p.m.
(Arrive by 3-4 p.m.)**

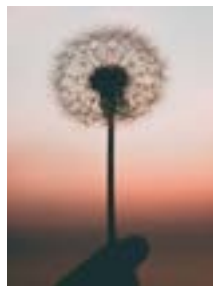


Photo by Aleksandr
Ledogorov Unsplash

WE ARE ALL ONE – A Centering Prayer 8-Day Retreat with Fr. Bill Sheehan

Presenter: Fr. Bill Sheehan, OMI

**Sunday, July 14, 4:30 p.m.
– Sunday, July 21, 1 p.m.
(Arrive by 3-4 p.m.)**



Photo by Pramod Timan
Unsplash

In one of his last conferences, Thomas Merton reminded us that we are all one. We just don't know that yet. Our oneness/unity is rooted in the ongoing flow of God's love that not only brings forth all that is but sustains and is present in all that is. During our retreat, we will explore not so much the what of God's love but the how of God's love revealed in both the Mystery of the Trinity as well as the Mystery of the Incarnation. Resources referenced: Fr. Richard Rohr, *The Divine Dance*; Cynthia Bourgeault, *The Law of Three*; Vincent Pizzuto, *Contemplating Christ*.

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

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

Fee: \$700—all rooms private

Register online at www.hsrcenter.com with a \$50 non-refundable deposit by June 28th. For more information, please contact Marilyn Nobori at centeringprayer@hsrcenter.com or 818-815-4480.



Photo by Alfred Schrock Unsplash

WOMEN AT THE WELL SUMMER RETREAT An Exploration of Buddhism with Susan Pembroke

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

Friday, July 26, 5:30 p.m. – Sunday, July 28, 1 p.m.

This summer, the Women at the Well Retreat continues its practice of exploring other major world religions. We will immerse ourselves in Buddhist teaching and prayer. Our time together will include input from Ms. Pembroke, experiences of Buddhist prayer and meditation, 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 per person/single occupancy
\$275 per person/shared occupancy
\$200 per person/commuter**

Register online at www.hscenter.com with a \$50 non-refundable deposit by July 19th. For more information, please call Sr. Chris at 818-285-3354.

THE GOSPEL MYSTICISM OF RUTH BURROWS

Presenter: Fr. Steve Coffey, O Cam

Friday, August 9, 5 p.m. – Sunday, August 11, 1 p.m.

This retreat will consider Ruth Burrows' personal discovery of the Gift of God as the basis for her teaching that all human beings are created for this gift. We will then explore her distinct stages of nearness to God in terms of opening to, receiving, and being transformed into the Gift of God. Her autobiography *Before the Living God* and her classic *Guidelines for Mystical Prayer* as well as her works on Teresa and John will be the bases for our exploration.

**Fee: \$300 private room
\$200 commuter (includes all meals)**

Register online at www.hscenter.com with a \$50 non-refundable deposit by August 2nd. For more information, please call Sr. Marie at 818-815-4496.

8-DAY SILENT DIRECTED RETREAT "Finding Our Center in Times of Change and Uncertainty"

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

Sunday, August 11, 5 p.m. – Sunday, August 18, 1 p.m.

"At the center of our being is a point of nothingness, which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God."

—Thomas Merton

This time of silence and rest, accompanied by individual spiritual direction allows you to encounter God who dwells at your center. The One who made the galaxies and set them in place speaks most clearly in silence...the silence of the heart. This time of retreat opens your heart and mind to listen to the voice of the One who loves you beyond telling and to respond with trust and serenity. Each day there will be time to meet with your Spiritual Director, communal prayer, Centering Prayer, Tai Chi and Yoga, and plenty of time for rest and reflection. Come find your Centerpoint, "which belongs entirely to God."

**Fee: \$700.00—all rooms are private
\$200.00—commuter (includes all meals)**

Register online at www.hscenter.com with a \$50 non-refundable deposit by July 30th. For more information, please call Sr. Chris at 818-285-3354.



Photo by Arnaud Mariat Unsplash

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: _____

Program Name: _____

Date: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Lunch preference where offered:

Yes _____ No _____

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

\$50/weekend; \$50/extended) non-refundable,

non-transferable portion of total retreat offering.

Room preference where offered:

Single _____ Commuter _____

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

TOTAL AMOUNT ENCLOSED \$ _____

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

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

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

Holy Spirit Retreat Center CENTER UPDATE

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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**

