

A CONTEMPLATIVE SABBATICAL PROGRAM ¹

ST. JOSEPH RETREAT CENTER ²

January 31 - March 2, 2011 ³

This program is fashioned to enhance personal renewal in a contemplative spirit. Come and participate in whatever appeals to you! The program is not built on establishing community. Quiet time and solitude are priorities. ⁴



SUN	MON AM <i>Falling in Love Again with Jesus</i> ⁵	TUES AM or Day ⁶	WED AM or Day ⁷	THURS ⁸	FRI	SAT
		Feb 1 Importance of Openness, Noticing, Listening!	2 Mystics: Hildegard of Bingen	3 P/E In Prayer: Gratitude	4 DPW ⁹	5 DPW
	Jan 31 arrival, ¹⁰ social, welcome	¹¹		DPW		
6 DPW	7 INFANCY NARRATIVES	8 Listening to God in My Body, Experience & History	9 Mystics: Mactilde de Bar	10 P/E In Prayer: Resistance & Surrender	11 Sabbath Day	12 Weekend on Dreams
PM social before dinner ¹²					Weekend on Dreams ¹³	
13 Dreams	14 PUBLIC MINISTRY	15 Listening to God in Creation	16 Mystics: Teresa of Avila	17 P/E In Prayer: Anger & Joy	18 Sabbath Day	19 God's Desire & My Own Desire: An Ever-Deepening Friendship
PM social before dinner					Retreat Weekend	
20 Friendship	21 PASSION & DEATH	22 Sabbath Day	23 Day on ETTY HILLESUM	24: P/E In Prayer: Forgiveness	25 DPW	26 DPW
PM social before dinner				DPW		
27 DPW	28 RESURRECTION & CONTEMPLATIO	March 1: Listening to God in this Sabbatical	2 Departure after breakfast	<p>Cost: \$3000; deposit (non-refundable, non-transferable and part of total cost): \$300; the balance is due no later than January 17, 2011. Cost includes: Room & Board, all programs, weekly individual spiritual direction, some social activities, use of laundry facilities, linens, some availability of vehicles for local trips or errands, WiFi, and a PC available for use. Postage, phone, medical, massage, yoga cost extra.</p> <p>Massage will be offered during the afternoons of Feb 2, 7, 9, 14, 16, 21, 28 @ \$40/60 minute individual session.</p> <p>Group Yoga will be offered on the evenings of Feb 1, 8, 15, 22 @ \$8/session.</p> <p>Individual Spiritual Direction will be available weekly with the same director on Monday-Wednesday afternoons and/or during the Directed Prayer Weekends. This cost is included in the tuition.</p>		
PM social before dinner		PM special social & dinner				

ADDITIONAL INFORMATION:

1. This Sabbatical Program is open to women and men religious, clergy and lay people of all denominations

2. Perhaps the feature of St. Joseph Retreat Center that you will absolutely fall in love with is the beauty of its location, immediately situated on the coast of the Atlantic Ocean.

Not only is God's outside décor of visuals and sound beyond description during the day and throughout the night but the ambiance of the over 130 year old center, a sacred haven of safety and rest, is so attractive, clean, comfortable and welcoming. Thirteen of its sixteen bedrooms as well as the living room, dining room and chapel have an ocean view.



3. You can make arrangements to come earlier for additional Private Time, if desired. The cost for these days is extra and is not included in the sabbatical stipend.

4. Spiritual Direction is available once a week with Joan Duffy, CSJ, Carol Fitzsimmons, CSJ or Joan McCarthy, CSJ

5. This Monday morning prayer series will incorporate some of the *Dynamics of the Spiritual Exercises of St. Ignatius* and it will be presented through art, poetry, music and scripture. Presenter: Joan M. McCarthy, CSJ

6. Tuesday sessions will focus on *Listening*. February 1 (presented by Joan McCarthy, CSJ), February 15 (presented by Joan Duffy, CSJ) and March 1 (facilitated by Joan Duffy, CSJ and Joan McCarthy, CSJ) will be morning sessions; February 8 will be an all-day session facilitated by Dr. Nancy Kehoe, RSCJ; February 22 is a *Sabbath Day* (no scheduled program).

7. Wednesday morning sessions on February 2, 9, 16 will focus on *Mystics* and will be presented by Maureen Casey, SND; February 23, an all-day session, will focus on Etty Hillesum and will be presented and facilitated by Carol Fitzsimmons, CSJ

8. Two of these Thursday sessions, February 3 and 24, are Mornings 9:30 AM- 12:15 PM and two sessions, February 10 and 17, are Mornings and Afternoons 9:30 AM- 3:30 PM. P/E Prayer = *Perceptions and Emotions in Prayer*: Presenters are: Feb 3: Carol Fitzsimmons, CSJ; Feb. 10 & 17: Joan McCarthy, CSJ and Maureen Casey, SND; Feb. 24: Joan McCarthy, CSJ.

9. DPW = *Directed Prayer Weekend*. There will be one at the beginning and one at the end of the program. Directors: Joan Duffy, CSJ, Joan McCarthy, CSJ, Carol Fitzsimmons, CSJ

10. The usual time for arrival at the Retreat Center is between 3-6 P.M. with dinner at 6 P.M. However, to accommodate long-distance travelers and to help you avoid rush-hour traffic, you are welcome to arrive anytime after noon. Please note the Directions link on the bottom of the opening page on our website, www.csjretreatcenter.org. We advise you **NOT to follow Mapquest, Google Maps, etc. or your GPS** once you enter Massachusetts since these take you on a circuitous and often confusing route through some unnecessary city traffic.

11. All days, afternoons and evenings shaded in green on the calendar are personal time for reading, resting, exercising, praying, or exploring the area. Many afternoons and evenings and some full days are unscheduled; people are free to be quiet at the Retreat Center or to come and go as they please.

12. On Sunday evenings and on the last evening there will be a social at 5:30 PM before dinner at 6:00 PM.

13. This **Weekend on Dreams** will be presented and facilitated by Russell Holmes, a Jungian psychologist, and will be offered in a silent atmosphere with a contemplative overture. The title is *Visions of the Night: A Study of Dreams In Revelation and Religious Practice*.

14. The Weekend Retreat entitled *God's Desire & My Own Desire: An Ever-Deepening Friendship* will be presented and facilitated by Catherine Hannigan, PBVM and Ellen Keane, SND.