

Sisters of St. Martha

Bethany Center

PROGRAMS

September 2011 – August 2012

Bethany Center Focus

Bethany Center is a ministry of the Sisters of St. Martha of Antigonish. The Center offers a peaceful space of hospitality where people as individuals and community may experience with us the Mystery of God at the heart of all our lives and in all of creation. Retreats, programs and soul space are provided to enhance this communion with the Sacred and to awaken people to new possibilities for spiritual growth and life.

All Inclusive Fee includes Registration, Accommodation and Meals

Other Fees:

Overnight \$40.00

Breakfast \$ 6.00

Dinner \$10.00

Supper \$ 9.00

Spiritual Direction - donation /session

Registration - as indicated

Important Program Notes:

h Programs will be cancelled prior to the event if the number is insufficient

h Inability to pay the full cost need not be a deterrent to using the Center

September 2011

Oasis Days

Dates: Wed. Sept 14, Wed. Nov. 9, Wed. Jan 18, Tues., March 13, & Wed. May 9

Time: 9:45 am- 4pm

Come and enjoy a time to be, a time to pray, a time to rest!

These are days of prayer, reflection and some sharing, using themes following the seasons and the liturgical year. There is opportunity for spiritual direction if you so desire.

Facilitator: *Claire MacNeil, csm* is a member of Bethany Center Staff, an experienced spiritual director with a background in spirituality, teaching, music and liturgy.

Cost: \$25/day

Pre-registration required by Mondays

Centering Prayer

Fridays Sept 23, Oct 14, 28, Nov 18, 25, **Dec 2 Day of prayer**,
Jan. 13, 27, Feb 10, 24, Mar 9, **March 30 Day of Prayer**,
April 13, 27, May 11, 25, June 8

Time: 10:00 am - 11:30 am

Facilitators: *Claire MacNeil, csm* and team.

Come join this group who enter into the contemplative dimension of prayer. This practice helps them become more aware of the peace and the power of God working in their daily lives. A community of faith is formed through the practice of centering prayer, reflection on scripture, video input, faith sharing and instructional presentations. New members are always welcomed.

Cost: Donations

Gathering the Wisdom Group

Tuesdays: September 20, October 11, November 22, January 24, February 21, March 20,
April 24, May 22

Time: 7:00 pm – 9:00 pm

We come together as a group for the purpose of

- Deepening our faith through prayer and learning
- Working in our diocese for new church structures that include accountability, and expands

- the voice, role, contribution and influence of the laity
- Mutual support.

New members are welcome.

Cost: Donations

November 2011

Four Day Reflective Workshop: Deepening the Contemplative Attitude

Tuesday, November 1, 5pm – Friday, November 4, 12 noon.

The inner voice calls us to union with the Divine. The contemplative life is the gateway to the True Self. This workshop offers conferences from the Christian mystical perspective in dialogue with contemporary psychology to deepen our response "to the long, loving look at the Real". There will be input, dialogue and quiet time to integrate the contemplative outlook.

Presenter: *Don Bisson* is a Marist Brother based in New York. He is a spiritual director and is widely respected as a workshop leader on the interrelationship of spirituality and psychology. He has given a number of retreats and workshops at Bethany Center.

Cost: All Inclusive: \$300. Commuter: \$110.

Workshop: Self Exploration through Jungian Fundamentals.

Friday, November 18, 7:00 pm & Saturday November 19, 9:00am – 4:00 pm

In this Jungian workshop, participants will have the opportunity to gain a deeper understanding into the dynamics of the psyche, as well as into your own relationship to your inner world. During the time we explore this interesting territory together, you will have the opportunity to: gain a deeper understanding into some of the main structures of the psyche, experience your own relationship with these structures, and give creative form to your reflections and insights. The main focuses of this workshop are: persona and shadow, complexes and their challenges, as well as archetypes and balance.

Presenter: *Beaty Popescu* is a Jungian analyst (C.G. Jung Institute in Zürich, Switzerland) living and working in Halifax. Popescu also has an extensive background in the visual arts and teaches studio classes as well as psychology for artists and designers at NSCAD University. Beaty's passion and own creative work focuses on the dynamics and mystery of the human psyche, as well as on transformation and individuation.

Limit of 20 people

Cost: All Inclusive \$110 Commuter: \$50

January 2012

Book Study: *Cold Sassy Tree* by Olive Anne Burns

Tuesdays: January 24, 31, February 7, 14

Time: 1:00 pm - 2:30 pm

Life is never what it seems at first glance. Enter into the changing lives of a small southern town through the eyes of a fourteen year old boy. Follow the gossip trail through death to new life and loyalties. This novel highlights the complexities, joys, and sorrows of everyday living.

Facilitator: *Donna Brady, csm* has been leading book studies on novels for the past number of years.

Cost: Book and donation for sessions

Pre-register by December 9th if you wish to have a book ordered for you.

February 2012

Evening on Spiritual Direction

Date: Thursday, February 2

Time: 7:00 pm -9:-00 pm

During the past number of years the ministry of Spiritual Direction has made a come-back in our church and in all religions. With that in mind we are offering an information evening with input of the dynamic of direction, and practical helps in discerning if this process is useful for your spiritual journey.

Presenter: *Claire MacNeil, csm*

Cost: \$10.

Yoga and Prayer Workshop

Date: Saturday, February 4

Time: 10:00 am – 4:00 pm

For the third year we are pleased to offer this popular day. The focus of this workshop is to encourage us to use our bodies in a gently meditative movement that inspires us into prayer. A sequence of gentle poses integrated with prayerful music can be done either on a mat, on a

chair or standing. Poetry, meditation and relaxation will also be part of the day.

Instructor: *Helen Slade* is a certified Kripalu yoga teacher. After a yoga and prayer weekend with Father Tom Ryan, she wanted to share this experience and since that time has given these full day workshops.

Cost: \$30 *Pre-register by January 27*

Mindfulness Meditation Weekend

Friday, February 17, 7:30 - Sunday noon

"The more we journey towards the Center the closer we are both to God and to each other."
Martin Laird, O.S.A. This weekend is for individuals who have participated in the Introduction to Mindfulness Sessions and for individuals who practice meditation. The time together will comprise of periods of sitting and walking meditation practice with some input and instruction. Most of the time will be given to meditation. Sitting in silence in the company of others is an opportunity for participants to re-establish and deepen their practice.
Limited to 20 participants

Presenter: *Phyllis O 'Donnell MSW, csm* is a clinical Social Worker. She leads mindfulness sessions and retreats.

Cost: \$155. *Pre-register by February 8*

March 2012

Twilight Retreat: Spirit Shaping, Spirit Nurturing; Seeing evolution through a Christian lens

Date: Sunday, March 18

Time: 4:00 pm -9:00 pm

"The act of creation is already a Pentecost, a first and permanent outpouring of the fiery Spirit of life" (Elizabeth Johnson, CSJ) Through prayerful reflection we will enter into the unfolding mystery of God's presence in creation using the lenses of scripture and science. The hope is that we will increase our awareness of God's gracious, loving presence in all life and enlarge our capacity to receive the Holy Spirit sent by God in the name of Jesus.

Presenter: *Donna Brady, csm* has been involved in work on ecology for the past 9 years, coordinating the Sisters of St. Martha's ecology mandate, and giving workshops and days of reflection. She has a background in adult education and pastoral ministry.

Cost: \$20 – includes supper *Pre-register by Monday March 12*



**Prayerful pathways for
private reflection**

**Bethany grounds provide spaces where
individuals can touch into the wonder
and beauty of creation realising
the love and care of the Creator.**

St. Theresa's Garden

The garden invites us to enjoy the delight of a pond (home to frogs and fish), flower-beds, trees and very friendly squirrels and chickadees. The traditional, devotional Way of the Cross is next to the pond. Across the path is a beautiful grotto to Our Lady of Fatima.

Labyrinth

The labyrinth is a walking prayer, a sacred tool for meditation and reflection used in many religious traditions. It is a symbol for the sacred journey of life. The labyrinth, located on the front lawn beside the fountain, is mown into the grass.

Contemplative Trail

The trail opens up the heart of the wooded area and invites us to be immersed in nature's drama of birth, life, death and new life. It is the home to many plants, animals and birds and cradles a lake in the center. Benches along the way are an invitation to sit and marvel. The purpose of this trail is to invite people into stillness and to touch the sacred within and around them.



Soul time:

**Looking for quiet prayer time in
peaceful and beautiful surroundings?**

**We offer this through
our Center or in our hermitages.**

**Spiritual direction is available to persons
who want to grow spiritually and are
seeking the accompaniment of a spiritual
guide in their faith journey.**

Bethany Center Staff

Donna Brady, csm

Elizabeth Beaton, csm

Joan Fultz, csm

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Contact us:

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