

Martha Centre Community



*Left to Right: Sisters Josephine MacLellan,
Josephine Keyzer, Theresa Parker &
Madeleine LeBorgne*



Martha Retreat Centre, situated on the edge of the beautiful wild flower decked coulees, is a ministry of the Congregation of the Sisters of St. Martha of Antigonish, N.S.

The Martha Centre Community of Sisters strives to live the Mission Statement of their Congregation:

*We, Sisters of St. Martha,
inspired by God's graciousness,
hear, embrace and respond to the
cry for Gospel hospitality.*

Martha Retreat Centre

**1130 Scenic Drive South
Lethbridge, Alberta T1K 7J1
2017- 2018**



*Come Away and
Rest A While ...*

Mk. 6.31

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Martha Retreat Centre

Year at a Glance

2017 – 2018

SEPTEMBER 2017

- 12 Oasis Day
- 21,28 Book Study: The Holy Longing
- 26 Awareness, Mindfulness and Meditation
- 28 Book Study: Mystics Know

OCTOBER 2017

- 3,10,17,24,31 Aware, Mindful, Meditate
- 5,12,19,26 Book Study: Mystics Know
- 5,12,19,26 Book Study: Holy Longing
- 17 Oasis Day
- 21 Intro Workshop to Centering Prayer
- 27-29 Come Away & Rest Awhile

NOVEMBER 2017

- 2,9,16 Book Study: Mystics Know
- 4 God wants us to be happy
- 7,14 Aware, Mindful, Meditate
- 18 Oasis Day
- 24-25 Blackfoot Women's Retreat

DECEMBER 2017

- 4 Advent Twilight Retreat
- 8-10 Aging as a Spiritual Practice Weekend Retreat
- 14 Oasis Day

JANUARY 2018

- 11,18,25 Blessings

involves his work with Ignatian Spirituality including the Spiritual Exercises, retreats, and spiritual direction.

James Penner is a youth sociologist for Ambrose University and Briercrest College and Seminary. His research focuses on Gen Z youth and millennial young adults and their relationship (or lack thereof) with Protestant and Catholic faith communities. James and his wife Claire run James Penner and Associates, a research firm that resources individuals and organizations that care about youth, their families and their communities.

Michaela Prozniak is a third year nursing student at the University of Lethbridge. She is on the L'Arche Lethbridge Board, and is very involved with Youth and Children's ministry within All Saints Catholic Parish.

Bonnie Quinn is a millennial who has worked with James Penner & Assoc., speaking at workshops about millennials and their relationship to the church. She has a BA in Intercultural/ Biblical studies from Bethany College. Her passion is working with seniors and she is presently in school working towards her recreational therapist degree.

Sister Dorothy Moore, csm, is an educator, and Mi'kmaq Elder from Membertou, N.S. She was awarded the Order of Nova Scotia and the Order of Canada for her life-long commitment and contribution to the equitable education of Indigenous people, and has held many key positions on Boards and various Committees. As a Residential School survivor, Sister Dorothy is committed to continue walking the path leading to God's loving and healing embrace.

Theresa Parker, csm, has a background in elementary and secondary education. She holds a Masters Degree in Theological Studies and is a trained spiritual director. Her interest lies in being present to people as they grow in awareness of God in their daily lives. She is presently the director of Martha Retreat Centre.

Charles Pottie-Pate sj is originally from Nova Scotia with Acadian roots. In his 57 years as a Jesuit he has taught liturgy and sacramental theology from 1980 to 2006 in various universities and has been giving the Spiritual Exercises of St. Ignatius of Loyola since 1970, accompanying people in their journey of faith. He has been in the Calgary diocese since September 2011 and his ministry

- 13 Acceptance, Enjoyment, Enthusiasm
- 16 Oasis Day
- 23,30 Book Study: Why Do We Suffer?
- 26-28 A Deepening Retreat in Centering Prayer

FEBRUARY 2018

- 1 Blessings
- 6,13,20,27 Book Study: Why Do We Suffer?
- 8 Oasis Day
- 9-11 Loving Kindness Retreat
- 24 Lenten Retreat
- 28 Peace Talks

MARCH 2018

- 7,14,21,28 Peace Talks
- 10 Through Mary's Eyes
- 20 Oasis Day
- 24 Lenten Twilight Retreat

APRIL 2018

- 4,11,18,25 Book Study: Book of Joy
- 28 One-day Retreat
- 5,12,19,26 Knitting into the Mystery of Healing
- 17 Oasis Day

MAY 2018

- 2,9 Book Study: Book of Joy
- 3,10 Knitting
- 12 – 19 Six-Day Guided Retreat
- 24 Oasis Day

JUNE 2018

- 9 – 16 Six-Day Guided Retreat

A TIME TO PRAY...

Personal Prayer

Anyone wishing space for quiet personal prayer is invited to come to the Centre between the hours of **10:00 am – 7:00 pm**

Centering Prayer

Those who practice centering prayer are invited to come to the Centre on **Tuesdays: 1:30 – 2:40 pm**

Taize Prayer

Anyone wishing to attend is invited to this meditative prayer time in the spirit of Taize. **Third Sunday** of each month

7:30 pm – 8:30 pm

Spiritual Direction

Spiritual direction is an ancient ministry of the Christian community; its goal is to help people, one-on-one, or as a couple, or as a group to deepen their relationship with God. It is for people who want to grow spiritually and are seeking guidance. To inquire about entering into this process please call the Centre.

spiritual direction and faith enrichment to the broader lay communities in which he has lived. His academic training includes: BA Phil/doc, BA Theology, MA Spirituality and course work towards a Masters in Group Work. Fr. Jeffrey currently lives at the Prairie Flower House of Prayer near Wilkie, SK.

Peter McKenna, SCJ is a member of the Priests of the Sacred Heart of Jesus. For the last ten years, Peter has been working with refugees in Toronto as the ministry director with “Becoming Neighbours”, a Joint Apostolic Ministry, which provides a companion program that matches immigrants and refugees to Canada with sisters, priests, brothers and their associates who provide a presence and act as friends, guides and mentors. Peter has preached/facilitated retreats in Canada and USA.

Mark Nixon, D Min, is actively involved at Martha Retreat Centre as a team member providing workshops for staff at Covenant Health, Lethbridge (St. Michael’s Health Center and St. Therese Villa). With over twenty years experience as a Chaplain, Mark currently is a member of the teaching staff at Catholic Central High School.

six years were: learning more about the Christian faith through theological studies, working at the Mustard Seed Church in Edmonton, prison chaplaincy, and learning to play the hand drum and guitar.

Sharon Hagel is well known for her ability to help others clarify the many intricacies they meet in knitting. She has enjoyed knitting for the past thirty years. She believes the experience of knitting prayer shawls for those recently experiencing loss as well as those celebrating life has blessed her with many hours of peaceful reflection and relaxation.

Teresa and Vincent Hanlon

Teresa is a spiritual director with expertise in adult education, catechesis and healing prayer. She is presently a candidate with Doctor of Ministry at St. Stephen's College. Vincent is a spiritual director and medical doctor active in the areas of physician health, mindfulness and life transitions. Together they give retreats and presentations on aspects of spirituality in daily life.

Douglas Jeffrey, OMI, is an Oblate priest who was ordained in 1983 in Saskatoon. He has served the Oblate community in Formation and various Leadership roles as well as provided

Martha Retreat Centre seeks to provide a quiet, welcoming space. People, individually or in groups, can come apart and rest a while, to nourish their spirits, and open their hearts to God's call to them in their present reality.



Oasis Days 2016-2017

**Tuesdays, or Thursdays, or Saturdays
9 am- 4 pm**

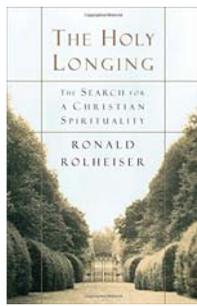
Sept.12, Oct.17, Nov.18, Dec.14,
Jan.16, Feb.8, Mar.20, Apr.17, May 24



*Come and enjoy
a time to be,
a time to pray,
a time to rest!
A time to be
with your God...*

Facilitator: Theresa Parker, CSM
Cost: \$45 (includes lunch)

**To avoid cancellation due to low enrolment,
please register at least two weeks prior to
starting date of program or retreat.**



Book Study: The Holy Longing: The Search for a Christian Spirituality

**Thursdays, 7-9 pm
Sept 21,28, Oct 5,12,19,26**

“**Ronald Rolheiser** makes sense of what is frequently a misunderstood word: spirituality.” Using an intergenerational approach, we will be searching to understand what Christian spirituality means and how to apply it in our own lives.



Facilitators: Bruce Coates, Michaela Prozniak, Bonnie Quinn, James Penner, and Theresa Parker, csm

Cost: \$60, Book \$18 at Dove's Books Store

Acceptance for an overnight workshop or retreat will be confirmed on reception of a \$50. Deposit. Cheques made payable to Martha Retreat Centre.

in helping others find inner peace and rest while living in this world at this moment in time.

Michael Ebsworth is an Anglican priest of 40 years' experience, and is now “retired”. He holds Masters Degrees in Linguistics and in Divinity, and is an experienced retreat conductor and spiritual director. He has been the facilitator of the Taize Prayer community – now called Contemplatio – here at the Martha Retreat Centre for the past 19 years and provides Eucharistic Ministry and Preaching to 2 parishes of the Anglican Diocese of Calgary. He is interested in the life and traditions of prayer in general and especially in the teaching of contemplative prayer, with particular focus on St. Teresa of Avila and St. John of the Cross and also the mystics of fourteenth century England.

Fr. Dan Gurnick, ofm. has worked in many different types of work such as: sawmill, oil patch and construction. He has also been a paintball field owner/operator, landlord, and support worker for the mentally disabled. After a variety of occupations, he entered Franciscan formation and studies for six years and made solemn profession in August 2009. The highlights of these

Her roles in the family includes: wife, mother, grandmother, daughter, sister, niece and aunt. She looks forward to helping facilitate a retreat as a new adventure in her life.

Bob Campbell holds a Master's Degree in Adult Education and has led workshops and retreats focusing on healthy spiritual growth for many years. He is Chaplain Emeritus of the Lethbridge Unitarian/Universalist Fellowship. Bob is retired, but remains actively involved with many groups promoting positive change within our community. He is married and enjoys spending time with his eleven grandchildren

Bruce Coates is a Master's student at the University of Lethbridge, currently researching classical Islamic mysticism. Born and raised in Olds, Alberta, Bruce moved to Lethbridge in 2010, earning his BA in Psychology and Philosophy in 2016.

Cheryl Dick, APR, MBA, has been working with awareness and mindfulness practice for nearly 25 years. Her career has taken her through a variety of high-profile, demanding positions and her spiritual work has been a progression towards freedom from fear, disillusionment and anxiety. She has a distinct interest

What's Right with You? Lessons in Awareness, Mindfulness and Meditation

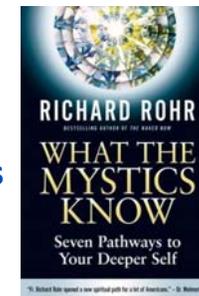


Tuesdays 7:00 to 8:30 pm
Sept. 26 to Nov. 14

This series of sessions explores ancient and modern teachings as well as offers applied practices to help participants understand the mind's influence, how it creates unnecessary stress and how to find relief and happiness. Participants build awareness through sitting, walking and other meditative techniques proven to relieve the mind, change the brain and support healthy living. Anyone interested in growing their understanding and experience of 'mindfulness' is welcome.

Facilitator: Cheryl Dick
Cost: \$120

Book Study:
What the Mystics Know: Seven Pathways to Your Deeper Self
by Richard Rohr, ofm



Thursdays, 2-4 pm,
Sept 28 to Nov 16

In this insightful book, Fr. Rohr states: "The ability to stand back and calmly observe my



inner dramas without rushing to judgment is foundational for spiritual seeing. It is the primary form of “dying to the self” that Jesus lived personally....Such calm egoless seeing is invariably characteristic of people at the highest levels of doing and loving in all cultures and religions. They are the ones we call sages or wise women or holy men. They see like the mystics see. Our book study will explore these pathways as presented and analyzed by Richard Rohr, ofm.

Facilitator: Bob Campbell
Cost: \$80 + \$18 for book



Introductory Workshop On Centering Prayer

**Saturday, October 21
9 am to 4 pm**

This Christian prayer form is a way of letting go, and growing in the ability to wait upon and rest in God’s presence. The day provides input, the practice of centering prayer, and discussion. Participants are also

with the changes that are a part of our life history. Each day will be characterized by an input session, the celebration of Eucharist, an opportunity to meet with the retreat director and generous amounts of silence for walking, relaxing, praying, reflecting and writing.

Director: Douglas Jeffrey, OMI
Cost: \$560



Presenters

Pat Boehm. is a commissioned presenter of Centering Prayer through Contemplative Outreach International and currently facilitates two prayer groups in Lethbridge. She is also a trained spiritual director having graduated from the Haden Institute, N. C., U.S.A. Music and Pastoral Care are her other areas of interest. Pat is a retired teacher and is married with three adult children.

Annette Bruised Head - Naato’saakil is her Blackfoot name - has been involved in community for many years and most recently her formal roles have been in education. Spirituality and connectedness have been important aspects in her life from a very early age and most recently as a student of Mindfulness.

Six-day Silent Guided Retreat

**Saturday, May 12, 7:30 pm to
Saturday, May 19, 10 am**

**Your precepts have been my song wherever
I make my home – Ps.118:54**

Life is a pilgrimage, a journey with our gracious God. This retreat is an opportunity to reflect on the meaning of this quest in one's own life.

Director: Peter McKenna, SCJ
Cost: \$560



Six-day Silent Guided Retreat

**Saturday, June 9, 7:30 pm to
Saturday, June 16, 10 am**

The Challenges of Change

Most people experience daily changes in their life, some are small and some are large and life impacting. Dealing with changes can be challenging but changes can also create and sustain life. This retreat is an opportunity to explore a model of change in an effort to understand how changes happen and how we might embrace and resist them. Guided by the model and passages from Sacred Scripture we will pray

encouraged to take the follow-up sessions.

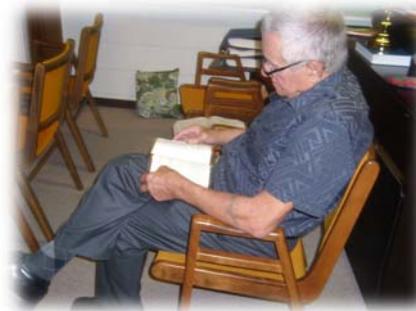
Facilitator: Pat Boehm
Cost: \$45 (includes lunch}

Come Away and Rest Awhile

**Friday, October 27, 7:30 p.m. to
Sunday, October 29, 1:00 pm**

A silent retreat is a valuable opportunity to deepen our spiritual awareness in a significant way. Over this weekend, we will bask in the transition to Fall and Winter, raising our awareness of our own inner rhythms while practicing resting our bodies and minds so they are available as needed for healthy, fresh perspectives and creative living. Participants (maximum of 12) are asked to bring a floor mat and blanket.

Facilitator: Cheryl Dick
Cost:\$160.



**We can not accept credit cards – only
cheques or cash.
If your stay with us includes a meal, please
notify us if you are food intolerant.**



“We are sure God wants us to be happy, joyous and free, Alcoholics Anonymous, p 133”

**Saturday, November 4
9 am-4pm**

This day is an opportunity to reflect on the challenges of realigning one’s life with God. The changes one makes in life enables a person to face life in reality with hope and joy.

Facilitator: Fr. Dan Gurnick, ofm
Cost: \$50



Blackfoot Women’s Retreat

**Friday, November 24, 7:30 pm, to
Saturday, November 25, 4 pm**

planet...(from the book jacket). This book study will be an interactive examination of the book and their relevance in our day-to-day lives.

Facilitator: Cheryl Dick

Cost: \$150 (\$90 for 6 weeks, \$60 for the retreat day)

Knitting into the Mystery of Healing



**Thursdays, 7-9 pm,
Apr. 5,12,19,26, May 3,10**

Knitting a prayer shawl in a group is a delightful way to be present to others in prayer and socializing. At the close of the six consecutive Thursday evenings, the beauty and colour of the completed shawls is truly a cause for rejoicing.

Facilitator: Sharon Hagel

Free will offering

Through Mary's Eyes

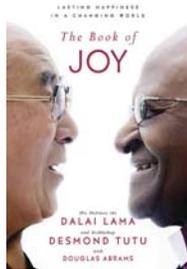
Saturday, March 10
9 am – 4 pm

“And a sword will pierce your heart!” Simeon prophesied of Mary. As a mother, a woman and a disciple, her life called for openness to God, courage to face change and inspiration in her son’s resurrection to embrace challenges. Come and experience guided and individual Scripture time, rest, creative prayer opportunities and spiritual direction in a gentle yet dynamic encounter with Mary and her Immaculate Heart.

Facilitators: Teresa Hanlon
Cost: \$50. (lunch included)

Book Study & Practice: **The Book of Joy –** **Desmond Tutu &** **Dalai Lama**

Six Wednesdays
7-8:30 pm
April 4 – May 9 +
Saturday, April 28, one-day retreat



Archbishop Desmond Tutu and His Holiness the Dalai Lama, both Nobel Peace Prize Laureates, have survived more than 50 years of exile and the violence of oppression. Despite their hardships – or, as they would say, because of them – they are two of the most joyful people on the

This retreat is an opportunity for Blackfoot women to step away from the busyness of life to enjoy each other’s company through discussion, reflection, prayer and silence.

Facilitators: Sister Dorothy Moore, csm,
Annette Bruised Head

Cost: \$80

Advent Twilight **Retreat**



Monday, December 4
5-9 pm

The Twilight Retreat for this season of Advent will explore a statement by Henri Nouwen, “Peacemaking begins and ends with Jesus. Jesus embodies peace, makes peace, shares peace and blesses peacemakers.” During this evening of silence, multi-media reflection and sharing, the Medicine Wheel will be used to help us move into a deeper understanding of the “Prince of Peace”.

Facilitators: Dr. Mark Nixon
Theresa Parker, csm

Cost: \$40 (includes supper)





Aging as a Spiritual Practice Weekend Retreat

Friday, December 8, 7:30 pm to
Sunday, December 10, 1 pm

The changes that our bodies and minds go through as we age can be challenging, frustrating and confusing. Throughout history though, the greatest wisdom has come during the 'second half' of life - when we have reached a stage where acceptance, gratitude and peace can really transform us and the world around us. Using some of the latest teachings on aging and spirituality, participants will do their own internal, silent exploration while also discussing the experience of aging together.

Facilitator: Cheryl Dick
Cost \$160

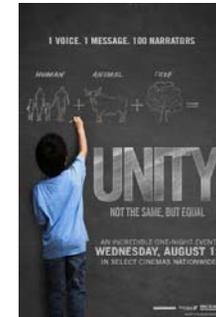


provide an opportunity for rich teachings of mystical experience, spiritual guidance and ecstatic wonder. It is an opportunity to ponder this very special moment in the unending wellspring of God's holy and gracious love.

Facilitator: Michael Ebsworth
Cost: \$50 (lunch included)

Peace Talks - featuring the movie 'Unity'

Five Wednesdays
7-9 pm
February 28 – March 28



Recent world events have the greatest thinkers questioning how we can break the historical cycle of violence and suffering that we human beings inflict on each other and the planet. Through facilitated discussions, participants will research, explore and examine the concept and practicalities of Peace. This will include sharing resources that highlight peaceful movements in the world and trying practices that support the idea that World Peace starts with Inner Peace. The location may be determined by the size of the group interested in this discussion.

Facilitator: Cheryl Dick
Cost \$100





Lenten Retreat Day God's Covenant with Humanity: A History of Mercy

**Saturday, February 24
9 am – 5 pm**

This will be a day of silence with guided reflection on the theme of God's covenant with humanity which culminates in the incarnation of God's Son. In Christ, the Father pours forth his boundless mercy even to making him "mercy incarnate" (Misericordiae Voltus 8). The day will conclude with Eucharist for the Second Sunday of Lent at 4:15 pm.

Director: Charles Pottie-Pate sj
Cost: \$50

All Shall Be Well: Julian of Norwich and More

**Saturday, February 3
9:30 am-4 pm**



In 14th century England a wonderful outpouring of spirituality and holy wisdom flourished. In this study/reflection day the writings of three essential figures from this period will be explored: Julian of Norwich (Revelations-Shewings-of Divine Love), Walter Hilton (The Ladder of Perfection) and Richard Rolle (The Fire of Love). This day will



Blessings

**Four Thursdays, 7-9 pm,
January 11,18,25, Feb. 1**

Facilitators Teresa and Vincent Hanlon offer four evenings exploring "Blessings" on a DVD with Fr. Ron Rolheiser who suggests it is the role of older folk to bless the young. What is a blessings and how do we do this? People from all walks of life, couples and single men and women of all ages are invited to join in these evenings of music, Sunday scriptures, life stories and reflection.

Cost: Couples \$80, Individual: \$40

Acceptance, Enjoyment, Enthusiasm

**Saturday, January 13
9 am-4 pm**

This one-day retreat may be of particular interest to young professionals and those with ambitious dreams who are looking for a peaceful path through the development of their plans and the achievement of their goals in life. Open to everyone, it will

involve learning the fundamentals of meditation and building practices to support living in a mindful, successful life. Participants are asked to bring a journal, floor mat and/or blanket.

Facilitator: Cheryl Dick
Cost \$60



Book Study: "Why Do We Suffer?"

Tuesdays, 7-9 pm
Jan 23,30, Feb 6,13,20,27

Daniel Harrington, sj, a renowned Scripture scholar offers a Scriptural approach to the human condition. He states, "Suffering is part of human existence. And yet, suffering remains threatening, challenging, and mysterious." At the end of each chapter are questions to aid further reflection, understanding, and discussion.

Facilitators: Bruce Coates,
Theresa Parker, csm

Cost: \$60 + cost of book: \$26

A Deepening Retreat in Centering Prayer

Friday, January 26, 7:30 pm to
Sunday, January 28, 1:00 pm

This retreat is for persons who are



committed to Centering Prayer and desire a deepening experience of the role of the Holy Spirit in Centering Prayer. The weekend will include a video by Thomas Keating, periods of Centering Prayer, Lectio Divina, silence and solitude.

Director: Pat Boehm
Cost: Live-in: \$150. Commute: \$100

Loving Kindness Retreat



Friday, February 9, 7:30 pm to
Sunday, February 11, 1 pm

As the qualities of loving kindness and compassion are developed through the practice of mindfulness and meditation on universal love, one acquires an inner capacity for patience, acceptance, compassion and forgiveness. There will be periods of instruction, sitting and walking meditation, plus instructional talks. Beginners are welcome.

Facilitator: Bob Campbell
Cost:\$160.