

Martha Retreat Centre

2018-2019

**Mark Nixon D. Min,
Executive Director**

Lynne Dennis

Sister Josephine Keyzer, csm

Sister Josephine MacLellan, csm

Sister Theresa Parker, csm

Doris Regout



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.

Martha Retreat Centre Staff strive to live the Mission Statement of the Sisters of St. Martha:

*... inspired by God's graciousness,
we strive to hear, embrace and respond
to the cry for Gospel hospitality.*

Martha Retreat Centre

**1130 Scenic Drive South
Lethbridge, Alberta T1K 7J1**

2018- 2019



*Come Away and
Rest A While ...*

Mk. 6.31

Tel: 403-328-3422

Fax: 403-327-3487

Email: marthare@telusplanet.net

Website:

marthacentre.themarthas.com

Martha Retreat Centre

Year at a Glance

2018 – 2019

SEPTEMBER 2018

- 18 Oasis Day
- 18, 25 Mindfulness
- 20, 27 Book Study: The Divine Dance

OCTOBER 2018

- 2,9,23,30 Mindfulness
- 4,11,18,25 Book Study: The Divine Dance
- 16 Oasis Day
- 20 Centering Prayer Workshop
- 26,27 First Nations Women's Retreat

NOVEMBER 2018

- 2-4 Come Away & Rest Awhile
- 6,13 Mindfulness
- 15 Oasis Day
- 17 Scenes From the Life of Christ
- 19,20 Dreams on our Faith Journey
- 23-25 Directed Retreat

DECEMBER 2018

- 3 Advent Twilight Retreat
- 13 Oasis Day

JANUARY 2019

- 17,24 Praying to Heal Life's Hurts
- 19 Oasis Day
- 22,29 Book Study: Untethered Soul
- 30 Knitting into the Mystery of Healing

reporter, he went on retreats at the abbey and became active in his parish. In 2002 he pronounced his solemn vows at St. Peter's Abbey and was ordained to the priesthood in 2006. He is currently pastor of St. Peter's Parish, Muenster, SK, and Oblate director of St. Peter's Benedictine Abbey where he lives. Since being ordained Fr. Paul has led retreats in parishes, other monastic communities and retreat centres.

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.

Deacon Michael Pollard has been recording and working with his dreams for 30 years. He was ordained to the Permanent Diaconate in the Catholic Diocese of Calgary in 2010 and serves at St. Martha's Parish in Lethbridge.



12 Step approach to the healing of sexual abuse, *Walk a New Path*, a book on addictions awareness and the 12 Step Program, with a fourth book on personal growth and aging graciously soon to be published. In his role as chaplain and spiritual director at Star of the North Retreat Center in St. Albert, Alberta, his ministry includes presenting workshops and retreats on Indigenous ministry, spirituality, forgiveness, grieving, addictions awareness and the Twelve Steps, personal healing and community development.

Mark Nixon, B.ED, D.Min, has a background in chaplaincy, secondary education and collective agreements within a Christian focus. He holds a Diploma in Business Administration, a Bachelor of Arts in Theology, a Bachelor of Education, a Master of Arts in Sacred Scripture and a Doctor of Ministry. He is married and has two children, one son-in-law, one daughter-in-law and two grandchildren. He is presently the Executive Director of Martha Retreat Centre.

Paul Paproski, OSB, has been a member of St. Peter's Abbey, Muenster, SK, since 1997. After earning his degree in journalism in 1985 and while working as an editor/

FEBRUARY 2019

- 5,12,26 Book Study: Untethered Soul
- 6,13,20,27 Knitting into the Mystery of Healing
- 9 Exploring the Power of Steps 6-7
- 12 Oasis Day
- 22-24 Loving Kindness Retreat

MARCH 2019

- 5,12,19,26 Book Study: Untethered Soul
- 13,20,27 Book Study: Walk on Water
- 15-17 Centering Prayer Retreat
- 21 Oasis Day
- 23 Moment by Moment
- 26 Lenten Twilight Retreat

APRIL 2019

- 3 Book Study: Walk on Water
- 9 Oasis Day

MAY 2019

- 4-11 Six-day Retreat - Paproski
- 23 Oasis Day
- 25 Through Mary's Eyes

JUNE 2019

- 8-15 Six-day Retreat - Jeffrey

To avoid cancellation due to low enrolment, please register at least two weeks prior to starting date of program or 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.** and usually on the first **Monday** of the month **7:00 pm—8:00 pm.**

Contemplatio

Anyone wishing to attend is invited to this meditative prayer time in the spirit of Taizé.

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.

Teresa Hanlon

Teresa is a spiritual director with expertise in adult education, catechesis and healing prayer. She is presently a candidate for Doctor of Ministry at St. Stephen's College. Teresa has given retreats and presentations on aspects of spirituality in daily life.

Douglas Jeffrey, OMI, is a priest with the Missionary Oblates. Ordained in 1983 in Battleford, SK he has served the Oblate community in Formation, Parish Ministry and various Leadership roles as well as provided spiritual direction and faith enrichment to the broader lay communities in which he has lived. His academic training includes: BA in Philosophy, BA in Theology, MA in Spirituality and course work towards an MA in Group Work. His ongoing formation program includes participating in various conferences and workshops in Spirituality, Scripture and Ministry. Fr.Doug currently lives in Wilkie, SK.

Archbishop Emeritus Sylvain Lavoie is a missionary Oblate who has spent over 35 years ministering among the Indigenous peoples. He is author of *Drumming From Within*, a book of stories on faith and hope from the Canadian north; *Together We Heal*, a

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.

Sherry Eagle Plume is a wife, mother and grandmother. For ten years she worked in the Lethbridge Public School System as an advocate for the FNMI students. She is now employed with the Kainai Board of Education. Sherry has experienced the Centre as a place of healing and is happy to be of assistance to others now.

Kenneth Fabbi is a retired Christian counselor who worked in areas of personal, child and adolescent, marital and spiritual direction. He is involved in Healing Prayer at Workshops and Conferences – helping people come in touch with the Holy Spirit and the Spirit's Gifts.

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.

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 2018-2019

**Tuesdays, or Thursdays, or Saturdays
9:00 am-4:00 pm**



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

Facilitators: Pat Boehm, Ellen Wagner
Cost: \$45 (includes lunch)

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

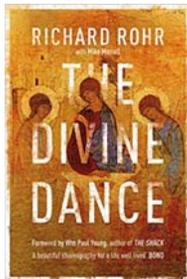
Mindfulness 101

**Tuesdays, September 18—November 13
(except October 16)
7:00 pm-8:30 pm**

This series of sessions offers foundational practices in Mindfulness and Meditation – skills that support finding rest and inner peace in today's busy world. Participants will build awareness through sitting, walking and other meditative techniques proven to relieve the mind and support healthy living. Anyone interested in growing their understanding and experience of Mindfulness is welcome.



Facilitator: Cheryl Dick
Cost \$100



**Book Study:
The Divine Dance:
The Trinity and Your
Transformation
by Richard Rohr with
Mike Morrell**

**Thursdays, September 20—October 25
2:00 pm—4:00 pm**

In this book Father Rohr brings scholarship, insight and wisdom as he explores and explains the nature and meaning of the Trinity and how understanding its true nature can lead to a deeply meaningful

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

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 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

from a very early age and most recently as a student of Mindfulness. Her roles in the family includes: wife, mother, grandmother, daughter, sister, niece and aunt. This is her second year helping to facilitate a retreat.

Marie Burger has been an elementary school music teacher for many years and a liturgical musician for 37 years. Marie attended three National Music Conferences where she participated in many workshops with current Catholic composers. She also attended Liturgy in the Formative Environment Conference led by Joyce Zimmerman and Kathleen Harmon. Marie is inspired when composing and playing sacred music with other musicians. She finds peace in the solitude of nature.

Steve Burger, BFA, MAEd, has taught photography, video production and art in high school for many years. Steve studied iconography at Mount Angel Abbey in Oregon. His art has been exhibited extensively in Western Canada. Steve has designed church banners and helped put on a Christian Artist Retreat at Radway Bible College. He recently completed a photo-scripture-meditation book: *Walk on Water: Meditations on Christian Faith*

spiritual transformation as we learn the Divine Dance. The author states, “God is not what you think. Visions of an angry, distant moral scorekeeper or a supernatural Santa Claus handing out cosmic lottery tickets to those who attend the right church or say the right prayers dominate our culture. For many others. God has become irrelevant or unbelievable”.

Facilitator: Bob Campbell

Cost: \$90 + \$20 for book



Introductory Workshop On Centering Prayer

Saturday, October 20

9:30 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 encouraged to take the follow-up sessions.

Facilitator: Pat Boehm

Cost: \$50 (includes lunch)



If your stay includes a meal, **please** notify us when you apply if you have **food** intolerances.



First Nations Women's Retreat

Friday, October 26, 7:30 pm to
Saturday, October 27, 4:00 pm

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

**Facilitators: Annette Bruised Head and
Sherri Eagle Plume**

Cost: \$90

Come Away and Rest Awhile

Friday, November 2,
7:30 p.m. to
Sunday, November 4,
1:00 pm

Just as we know that physical rest is crucial for a healthy body, it is imperative for our spiritual



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



Six-day Silent Guided Retreat Praying with Jesus in the Synoptic Gospels.

Saturday, June 8, 7:30 pm to
Saturday, June 15, 10 am

In the Gospels of Mark, Matthew and Luke there are various texts where we find Jesus teaching folks 'about prayer' and where we find Jesus 'at prayer'. This retreat will afford us the opportunity to learn more about these texts and offer us the opportunity to spend time praying with them in the hope of 'knowing' Jesus more and growing in being faithful witnesses to his life and mission.

Director: Doug Jeffrey, OMI
Cost: \$630



health that we rest our minds as well. However, the majority of us seem to have forgotten how to let our minds relax, so we are at the mercy of repetitive thoughts that exhaust us. Over this weekend, we will practice ways of resting our bodies and minds so they can be picked up as needed for healthy, fresh perspectives and creative living. This is largely a silent retreat for a maximum of 12 participants. Please bring a floor mat and blanket.

Facilitator: Cheryl Dick
Cost:\$175.

Scenes From the Life of Christ

Saturday, November 17
9:00 am- 4:00 pm

This retreat day of scripture reflection, music and silkscreened art work on the life of Christ will provide opportunities to reflect on the life of Christ in the gospels. Songs of praise, prayer, scripture readings, guided reflections and group discussions provide a framework for the day's activities. This is a time to get to know Jesus better. The day will end with a liturgy of the Word.

Facilitators: Marie and Steve Burger
Cost: \$50



Dreams on our Faith Journey

**Monday, November 19,
7:00 pm -8:30 pm,
Tuesday, November 20,
7:00 pm—9:00 pm**



The religions of the world all have ancient traditions of dream work woven into their sacred texts and oral traditions. Dreams speak a universal language of metaphor and symbol and have been viewed traditionally as a means of communication with and revelation of 'divine will'. Our dreams are an invitation to deepen our relationship to God and to our inner selves. The workshop will present a method for working with your dreams, inviting you to explore your personal symbolism to arrive at a deeper understanding of your dream messages and their application to your daily life.

Facilitator: Deacon Michael Pollard
Cost: \$50



present, inviting us to tap into, and drink from his River of Life. The River of Life flows through our prayer, meditation, sacraments, liturgy and personal experiences.

Director: Paul Paproski, OSB
Cost: \$630

Through Mary's Eyes

**May 25
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.

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





Lenten Twilight Retreat

Tuesday, March 26
5-9 pm

“Lent is a time to once more hear the voice of the prophets who cry out and trouble our conscience”, Pope Francis. Through Scripture, reflection and sharing we let God clothe us with goodness and mercy, so we may become more like Christ, servants of God and others.

**Facilitators: Mark Nixon D. Min
Theresa Parker, csm**
Cost: \$50 (Supper included)



Six-day Silent Guided Retreat “Christ-Our River of Life” (Rev.22)

Saturday, May 4, 7:30 pm to
Saturday, May 11, 10 am

This retreat will explore how Christ is always



Silent Directed Retreat

Friday, November 23, 7:30 pm to
Sunday, November 25, 1 pm

This weekend retreat offers you the opportunity to come to a quiet space where you can be honest, accepted as you are and be accompanied by a trained spiritual director.

Facilitated by Lethbridge Spiritual Directors
Cost: \$160

Advent Twilight Retreat

Monday, December 3
5:00 pm—9:00 pm



The Gospel of John draws us into the mystery of Jesus. We will use the Medicine Wheel to assist us in reflection along with silence and sharing as we ponder the Incarnation, Emmanuel, God with us.

**Facilitators: Mark Nixon, D. Min
Theresa Parker, csm**
Cost: \$50

Praying to Heal Life's Hurts

Thursdays, January 17, 24
7:00 pm—9:30 pm

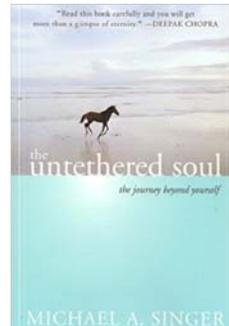
Negative and painful experiences in life can leave wounds such as fear, anger, loneliness, and guilt. Through Inner Healing Prayer, the Lord Jesus goes back in time to heal life's hurts and renews us with His grace and blessings – making us whole.

Facilitator: Kenneth Fabbi

Cost: \$100

Book Study and Practice: The Untethered Soul by Michael Singer

Tuesdays, January
22—March 26
(9 wks-no class Feb 19)
7:00-8:30 pm



In this New York Times best-selling book, subtitled 'The Journey Beyond Your Soul', Singer states that "The chapters of this book are nothing but mirrors for seeing your 'self' from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. The only requirement asked of you is the willingness to honestly look at yourself in the most natural, intuitive manner." In addition to studying the book,

A Deepening Retreat in Centering Prayer

Fri, , March 15, 7:30 pm to
Sun, March 17 , 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: \$160. Commute: \$100

Moment by Moment

Saturday, March 23
9-4 (lunch included)

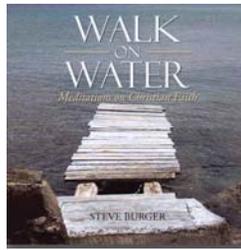


This one-day silent retreat gives participants a time to step away from the regular pace of life and practice present-moment awareness. Cheryl will provide pointers on opening to the beauty and peace that is with us in each moment of our lives through reducing the unnecessary chatter in our minds and opening to our natural inspiration.

Facilitator: Cheryl Dick

Cost: \$60

**Book Study:
Walk On Water:
Meditations on
Christian Faith**



**Wednesdays, March 13,20,27, April 3
7:00 pm—9:00 pm**

Jesus often used examples from the world around him to teach people about God. Faith seen in daily life is possible for us as well. The meditations in this book provide starting points to a greater awareness of God, intimately present in each moment of our day. This four-week book study has twelve themes and forty-eight scripture based photo/meditations each with study questions for personal reflection and group discussion. Whether you've lived your faith for a long time or are beginning your Christian journey, this four-week book study will provide food for thought as you contemplate faith in daily life.

Facilitator: Steve Burger
Cost:\$60 + \$30 for book



we will share practices that support bringing the teachings into everyday life.

Facilitator: Cheryl Dick

Cost: \$100 + cost of book
(\$20 –please purchase in advance)



Knitting Into the Mystery of Healing

**Wednesdays, January 30, February 6-27
7:00 pm—9:00 pm**

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 five consecutive Wednesday evenings, the beauty and colour of the completed shawls is truly a cause for rejoicing.

Facilitator: Sharon Hagel
Free will offering

**We can not accept credit cards –
only cheques or cash.**



Exploring the Power of Steps 6-7

**Saturday, February 9
9:00 am—4:00 pm**

Many recovering addicts who enter treatment centres for addiction leave after completing their Step 5, with very little idea how to move on to Steps 6 & 7, and many even balking at that point. These two steps are the heart and soul of the program, providing healing and transformation that builds on the forgiveness experienced in Steps 4 & 5, 8 & 9. Fr. Vaughan Q, former goalie for the Flying Fathers hockey team and 55 years sober, claims these steps are the least understood in the program. This workshop will seek to explore and unwrap the power of these two steps to both heal and transform.

**Facilitator: Archbishop Emeritus
Sylvain Lavoie OMI**

Cost: \$50 (lunch included)



Loving Kindness Retreat



Fri, Feb 22, 7:30 pm to
Sun, Feb 24, 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.

