

# MARTHA RETREAT CENTRE

1130 Scenic Drive South  
Lethbridge, Alberta T1K 7J1

2011 - 2012



Come Away and  
Rest A While ...

Mk. 6.31

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## Martha Retreat Centre

### Year at a Glance

2011 — 2012

#### SEPTEMBER 2011

17 Introductory Workshop on Centering Prayer  
19 Holy Listening Come and See Session  
20 Oasis Day

#### OCTOBER 2011

11, 18, 25 Book Study: Jesus And Prayer  
13 Oasis Day  
15 Through the Eyes of Mary  
16 Open House  
17 Twilight Retreat  
21-22 Dreams on our Faith Journey

#### NOVEMBER 2011

1,8,15 Book Study: Jesus and Prayer  
4-6 Weekend Directed Retreat  
15 Oasis Day  
28 Advent Twilight Retreat

#### DECEMBER 2011

8 Oasis Day

#### JANUARY 2012

9,16,23,30 Book Study: Open the Door  
17 Oasis Day  
19, 26 Men, Women and Marriage

#### FEBRUARY 2012

2 Men, Women and Marriage  
6, 13 Book Study: Open the Door  
16 Oasis Day  
24-26 Lenten Weekend Retreat

#### MARCH 2012

1,8,15,22,29 Knitting into the Mystery of Healing  
2 - 4 Deepening Retreat in Centering Prayer  
7,14,21,28 The Spirituality of Aging  
13 Oasis Day

#### APRIL 2012

4 The Spirituality of Aging

#### MAY 2012

1-8 Six-Day Guided Retreat  
22 Oasis Day

#### JUNE 2012

5-13 Seven-Day Guided Retreat



### *Personal Prayer*

Anyone wishing space for quiet personal prayer is invited to come to the Centre between the hours of **10:00 a.m. – 7:00 p.m.**

### *Centering Prayer*

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

### *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 p.m. – 8:30 p.m.**

### *Eucharistic Adoration*

Our chapel is made available one Saturday evening each month, 6:00 – 8:00, for prayer in the presence of the Blessed Sacrament. Please call or e-mail for details.

### *Spiritual Direction*

Spiritual direction is an ancient ministry of the Christian community; its goal is to help people, one-on-one, 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.

**You are asked to register at least two weeks in advance. Insufficient registrations may result in cancellation of a program or retreat.**

### *Oasis Days 2011-2012*

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

September 20, October 13, November 15, December 8, January 17, February 16, March 13, May 22

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

**Facilitator:** Loretta Gillis CSM  
**Cost:** \$30 (includes lunch)

### *Introductory Workshop On Centering Prayer*

**Saturday, September 17**

**9:30 a.m. – 4:30 p.m.**

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:** \$40. (includes lunch)

*Holy Listening: Group Spiritual Direction  
Come and See Night*

**Monday, September 19  
7:00 p.m.—8:30 p.m.**

This evening will be an introduction to **Holy Listening**. There will be a demonstration of an actual group session with time for discussion and questions. Participants then decide if they wish to be involved in such a group. **Holy Listening** is a process in which members agree to commit themselves to an honest relationship with God, with one another and to seeking God's presence in life. In holy listening we rely primarily on the Holy Spirit who inspires us to be open to the wisdom of the group as a vehicle of God's revelation.

**Facilitator:** Loretta Gillis, csm  
**Cost:** Donation

*Book Study: Jesus and Prayer: What the New Testament Teaches Us*

**By Daniel J. Harrington, SJ  
Tuesdays: 7:00 to 8:30 p.m.  
October 11, 18, 25, November 1, 8, 15**

Renowned biblical scholar Daniel J. Harrington does a fascinating tour of the New Testament by examining the prayers about Jesus as well as what Jesus said about prayer and how he himself prayed. Each chapter ends with a "think, pray, and act" section, inviting us to join the earliest Christians in celebrating Jesus as we grow in our own relationship with God.

**Facilitator:** Theresa Parker, csm  
**Cost :** \$ 30., plus cost of book (Approx. \$15.00 )

*Through the Eyes of Mary*

**Saturday, October 15  
9 a.m.—4 p.m.**

Spend a day with Jesus as his mother, Mary, may have experienced life with Him. Combine guided and individual scripture time, rest, creative opportunities, liturgy and spiritual direction in a gentle encounter with Mary. As a woman, a mother, and a disciple, her life called for openness to God, courage to face change and to begin life anew.

**Facilitator:** Teresa Hanlon  
**Cost:** \$30.00 (Lunch Included)

*Open House at Martha Retreat Centre*

**Sunday, October 16  
2:00 to 4:00 p.m.**

Do you wonder about finding a quiet place to reflect and, "Come aside and rest a while (Mk. 6.31)?" You are invited to come to Martha Retreat Centre on this particular Sunday afternoon to visit and see for yourself if our Centre answers your need for a day of quiet, a weekend retreat or one of the programs offered.

*Twilight Retreat*  
*Spirit Shaping, Spirit Nurturing; Seeing Creation Through a Christian Lens*

**Monday, October 17**  
**5:00 p.m. – 9:00 p.m.**

“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’s evolution 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**

Cost: \$30. (Includes supper)

*Dreams on our Faith Journey*

**Friday, October 21, 7 – 8:30 p.m.**  
**Saturday, October 22, 9 a.m. - noon**

Dreams have been called “God’s forgotten language.” They are an invitation to relate to God and to one’s inner self. This workshop will present a method for working with your dreams, inviting you to a deeper appreciation of their messages and the application of those messages to your daily life. If there is sufficient interest, a weekly dream class (6 weeks) will be offered following the workshop.

**Facilitators: Barbara Huston**  
**Deacon Michael Pollard**

Cost: Workshop: \$40.00  
6-wk class: \$120.00

*Weekend Directed Retreat*  
*Autumn: A Season of Transformation*

**Friday, November 4, 7:30 p.m. to**  
**Sunday, November 6 after lunch**

This weekend will provide a time to gather your thoughts in silence, to reflect on Sacred Scripture or other designated reading and have a trained Spiritual Director accompany you.

**Directed by: Trained Spiritual Directors**  
**in the Lethbridge Area**

Cost: \$130. Live-in Commute: \$100.

*Advent Twilight Retreat*

**Monday, November 28, 5:00 – 9:00p.m.**

A quiet time and space is available to reflect. We are invited to nurture hope as we wait and watch during the Advent season. The evening will provide some input, time for quiet reflection and sharing in groups.

**Facilitators: Loretta Gillis, csm**  
**Theresa Parker, csm**

Cost: \$30.00 Supper included

*Book Study*  
*Open the Door: A Journey to the True Self*  
by Joyce Rupp  
Mondays, 7:00 – 9:00 p.m.  
January 9, 16, 23, 30, February 6, 13

In her latest book, **Open the Door**, Joyce Rupp brings new life to the ageless spiritual image of the door. Structured as a daily prayer guide for everyday use over six weeks, each day offers a thematic reflection, a guided meditation, an original prayer, a thoughtful question, and a related scripture quote.

**Facilitators:** Pat Varley and Friends

Cost: \$30., plus cost of book (Approx. \$ 18.00)

*Men, Women and Marriage*  
Thursdays, 7-9 p.m.  
January 19, 26 and February 2

In these 3 interactive sessions, Teresa and Vincent Hanlon will examine spirituality in our lives. What does it mean to live and grow as a spiritual man, woman, or couple? Come and explore the spirituality of everyday life.

**Facilitators:** Teresa & Vincent Hanlon

Cost: \$20.00 per session

*Lenten Silent Weekend Retreat*  
Friday, February 24, 7:30 p.m. to  
Sunday, February 26, after lunch

This retreat will focus on Lent-Easter as a unity. We will reflect on the meaning of **baptism** as a **dying** to self-centeredness and a **rising** to new life of self-giving and on the meaning for today of the traditional practices of prayer-fasting-almsgiving in Christ. There will be time for personal prayer, liturgical celebrations, and daily presentations.

**Director:** Charles Pottie-Pate, sj

Cost: Live in: \$140., Commute: \$100

*A Deepening Retreat in Centering Prayer*  
Friday, March 2, 7:30 p.m. to  
Sunday, March 4 (after lunch)

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 Fr. Thomas Keating, periods of Centering Prayer, Lectio Divina, silence and solitude.

**Director:** Pat Boehm

Cost: Live-in: \$140. Commute: \$100.

Acceptance for an overnight workshop or retreat will be confirmed on reception of a \$50. deposit. Cheques made payable to:

**Martha Retreat Centre.**

*The Spirituality of Aging*  
**Wednesdays: 2 to 4 p.m.**  
**March 7, 14, 21, 28, April 4**

Our response to the emerging issues of midlife and elderhood can lead us to an enriched life that is more contemplative and active in engaging the great concerns of humanity. The idea of leading a simpler, contemplative life can be a counter cultural endeavour in our materialistic modern culture. The sessions will explore current theories of aging and place them within a framework of spiritual development.

**Facilitator: Bob Campbell**  
Cost: \$100.00

*Knitting into the Mystery of Healing*  
**Thursdays: 7 – 9 p.m.**

**March 1, 8, 15, 22, 29**

Each person in the group knits a prayer shawl for a friend or a family member or for oneself. The time together provides an opportunity for prayer, reflection, and sharing. Persons receiving such a gift often feel they are wrapped in a cloak of love.

**Facilitator: Theresa Parker, csm**  
Cost: Donation

*Six-day Silent Guided Retreat*  
*Gathering Up the BLESSINGS of My Life*

**Tuesday, May 1, 7:30 p.m. to Tuesday, May 8, 9:00 a.m.**

The word “Blessing” has its origin in the Latin meaning, “to speak well of something”. This retreat is a series of reflections to speak well of life from its origin with God through its journey back to God. The symbol of a “gathering basket” reflects gathering together life’s blessings as a way to recognize their abundance. The “heart” reflects the center of our life and the place where blessings are encountered and stored in memory. The reflections are rooted in Scripture and in our personal experience of blessings in our lives.

**Director: James Brackin, SCJ**  
Cost: \$390

*Seven-Day Guided Retreat*  
*Explorations: Secret Paths Into The Heart*

**Tuesday June 5, 7:30 p.m. to Wednesday, June 13, 9:00 a.m.**

We often live life from the outside, pushed in all directions by many voices, frequently superficial and promising instant gratification. During this retreat we will gently and slowly return to the “inner room” where the source of all life addresses us in secret. Our hope is to explore some secrets that can lead us to break open living our lives more fully from the inside out.

**Director: Philip Chircop, sj**  
Cost: \$455.00

## Presenters

**Pat Boehm** has a background in teaching. She is a commissioned presenter in Centering Prayer and presently facilitates two prayer groups in Lethbridge. Music and Pastoral Care are her other areas of interest. She is married with two adult children. She is presently pursuing formation in spiritual direction through Haden Institute, N.C., USA

**James Brackin, SCJ**, grew up in Southern California. He is a member of the Priests of the Sacred Heart. Fr. Brackin has participated in a variety of ministries, including parish, prison, formation, retreats and spiritual direction. He served as rector of Sacred Heart School of Theology in Hales Corners, Wisconsin.

**Donna Brady, csm** was born and brought up in Wetaskiwin, AB. Sister Donna 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.

**Bob Campbell** holds a Master's Degree in Adult Education and has led workshops and retreats for many years focusing on healthy spiritual growth. 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 six grandchildren

**Philip Chircop, sj** is a Jesuit priest born in the Mediterranean Island of Malta. He has worked in high schools, university and parish settings in various capacities. More recently he has been involved in retreat work and giving workshops and seminars in practical spirituality.

**Teresa and Vincent Hanlon** Vincent is a writer/physician whose recent work in medicine involves physician health – balancing work, family and the personal/spiritual aspects of life. He and his wife, **Teresa**, a spiritual director, have given retreats to physicians and their partners and ministered in marriage preparation.

**Barbara Huston of Southminster United Church and Deacon Michael Pollard of St. Martha's Parish** are long time Yoga students and teachers and have participated as members of a dream class for a number of years. They also have facilitated workshops and classes on dreams.

**Charles Pottie-Pate, sj** is a Jesuit priest in the English-speaking Canadian Province. He is originally from the Eastern Canada and of Acadian descent. He has been a teacher of liturgical and sacramental theology for the past 25 years. He has also been deeply involved in directing the Spiritual Exercises of St. Ignatius. At present he is the National Ecclesial Assistant of the Christian Life Community in Canada.

**Pat Varley** has a Master's in Environmental Studies, is trained as a graduate nurse, lay minister and spiritual director. Pat has her own small business called Healing Moments which provides healing through conversation, wellness planning, spiritual direction, and healing touch. She is dedicated to helping people move to their place of highest good by getting in touch with their own inner wisdom.

**Loretta Gillis, csm** has a background in spirituality, nursing education and mental health. Loretta holds a Master's Degree in Nursing Education and Mental Health. She graduated from Regis College with a diploma in spirituality and spiritual direction. She is presently director of Martha Retreat Center.

**Theresa Parker, csm** has a background in elementary and secondary education. She holds a Master's Degree in Theological Studies and is a trained spiritual director. She delights in the ministry of spiritual direction – helping people grow in awareness of God in their daily lives. She is presently program coordinator at Martha Retreat Centre.

## *Martha Centre Community*



*Left to right:*

Sisters Theresa Parker, Loretta Gillis, Josephine Keyzer, Rosalie Lavallee and Stella Chafe

**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.*