

CENTER UPDATE



*“Do not let your hearts be
troubled and do not be afraid.”*

—John 14:27

A Letter From the Executive Director

Dear Friends of Holy Spirit Retreat Center,



God exhorts us throughout the Bible to not fear and to not be afraid. It appears 365 times in all (one for each day of the year). In the scriptures, repetition indicates importance, so this is a very important idea! Fear is never a good place from which to operate or make decisions. It tends to close us down, and makes us overly defensive. A natural sense of fear in a dangerous situation is good, but I am more and more convinced that fear is the source of most of the hateful words and actions that fill our newspapers, TVs and computers daily. The scriptures tell us that "Perfect love casts out fear." We are living in a world that seems chaotic and troubling, but let us not fall prey to fear. Rather, let us cast it out by accepting the gratuitous love of God for us and acting as agents of that love for others, especially those who are difficult to love. Take a look at our offerings and consider choosing a workshop or retreat that moves you a little out of your comfort zone. Being stretched can be painful, but it can also increase your range of motion. You might find that you enjoy having a

wider range of ideas and an expanded point of view!

Thank you all for your ongoing support of Holy Spirit Retreat Center, and for your willingness to be stretched beyond your fears! May the coming days be filled with love and the joy that comes with new adventures and discoveries.

Gratefully Yours,

Chris Machado, JSS Director

MISSION STATEMENT

Holy Spirit Retreat Center, as a chartered ministry of the Sisters of Social Service, is rooted in Scripture and the spirit of St. Benedict. We strive to create an atmosphere of prayer and hospitality where community is nourished, each person can thrive and an interfaith environment is established.



Featured on the Cover



On the front cover, the main focus is that of a single fallen leaf. Each one of us sometimes feels like that leaf—resting in the hands of God. In our current and chaotic world, we are asked by the Divine to not be troubled and to place our trust in the One who hovered over all of creation and—today—still hovers over us. Let us take a deep breath during this Autumn time and remember "who is in charge."



STRING QUARTET CONCERT

Encino Chamber Music Society Sunday concert series
at Holy Spirit Retreat Center

Sunday, October 27, 5:00 pm

"Autumn Nocturne"

The concert is filled with the most beloved piano Nocturne music, four hands works and chamber music performed by Boston-based acclaimed pianist Baekyu Kim and Inhyun Lee with guest artists. Program includes Chopin, Debussy, Piazzolla, Mozart, Beethoven and more.

Fee: \$20.00 (pay at the door)

HOLY SPIRIT SYMPOSIUM Continues with Grace Ji-Sun Kim

**Saturday, November
2, 9:00 am-4:00 pm**

In February 2019, Holy Spirit Retreat Center had the privilege of hosting the Holy Spirit Symposium. It was a wonderful experience for those of us who attended. **Dr. Grace Ji-Sun Kim** has consented to return for a follow-up time with us on **Saturday, November 2**. The entire day will be one of focus on **an interactive experience of the Holy Spirit and the Spirit's presence in our lives**. Come join us—while we consider this a follow up, you are more than welcome even if you were not with us at the symposium.



Please see inside on page 8 for details.

CIRCLE OF LIGHT: AN INTERFAITH EVENING OF PRAYER...FINDING LIGHT IN THE DARKNESS OF OUR CHAOTIC WORLD

Facilitator: John West and the Valyermo Dancers

Sunday, December 22, 7:00 pm

Join people of diverse communities of faith to lift sacred light into the face of darkness and chaos through song, dance and prayer. This evening of hope and prayer will be facilitated by John West and the Valyermo Dancers in partnership with Holy Spirit Retreat Center.

**No charge, but love offering gratefully accepted.
Please register at hsrcenter.com so we know you are coming.**



*"Cast your cares on
the Lord and He
will sustain you;
He will never let
the righteous be
shaken.."*
—*Psalm 55:22*

SERIES & ONGOING PROGRAMS

CENTERING PRAYER GROUPS

Facilitator: Linda Snow, CSJ

Thursdays: 10:00 am-12:00 noon, Sept. 5, 19, Oct. 3, 17, 31, Nov. 14, Dec. 5, 19

Centering Prayer is a silent meditation practice intended to deepen one's relationship with God. The group sessions include time for communal Centering Prayer, a contemplative walk, input from a Spiritual Journey DVD or book by Fr. Thomas Keating and group sharing. This year, we will discuss the book *Intimacy with God*. If you are new to the practice, we highly recommend the Introduction to Centering Prayer Workshop held on October 5.

Suggested donation: \$5.00 per session

A SEVEN-SESSION RETREAT WITH MARK THE EVANGELIST

Facilitator:
Linda Snow, CSJ

Thursdays: 10:00 am-12:00 noon, Sept. 12, Oct. 10, Nov. 7, Dec. 12, Jan. 16



This is an invitation to "come aside and rest awhile," especially for those who live ordinary and full lives. Our primary resource for this retreat will be the Gospel of Mark and a small book: *A Retreat with Mark: Embracing Discipleship* by Stephen C. Doyle, OFM. Our director is Mark the Evangelist, author of the first Gospel. In this retreat, Stephen C. Doyle acts as interpreter for Mark, helping us to get to know Jesus better and enter more deeply into the mystery of Jesus' love. Our monthly gathering will give us the opportunity to pray together as well as discuss and share the fruits of our prayer during the month.

Requirement: Commitment to prayer and reflection during the month and attendance at our monthly gathering.

No registration required.

Suggested donation: \$5.00 per session

A limited number of books are available for purchase. Please contact Linda Snow, CSJ at (818) 815-4497 as soon as possible if you are planning to attend.

WOMEN AT THE WELL

Presenter: Sr. Chris Machado, SSS and Women at the Well Team

Tuesdays: 10:00 am-12:00 noon, Sept. 10, Oct. 8, Nov. 12, Dec. 10



Once again, our Women at the Well group is beginning a new year. This year, we are continuing our work with *Kitchen Table Wisdom* by Rachel Naomi Remen, MD. We read a short section of the book in preparation for our time together, which includes quiet reflection time, prayer, sharing in small groups and even a bit of Tai Chi to get our energies balanced. If you don't have a copy of the book, we will give you one at our first meeting in September. The Women at the Well group was founded for women seeking the wisdom and support of other women who are seeking spiritual growth in a relaxed and supportive atmosphere. After the meeting, we gather for lunch in the retreat center dining room. We are always happy to welcome new members! Come and join us around the well!

Suggested donation: \$10.00 for the meeting and \$10.00 for lunch

BRIDGES TO CONTEMPLATIVE LIVING

Presenter: Sr. Chris Machado, SSS

Tuesdays: 10:00 am-12:00 noon, Jul. 24, Aug. 28, Sept. 25, Oct. 23, Nov. 25 and Dec. 18

Based partly on the writings of Thomas Merton, this series gently leads participants on a journey toward personal spiritual transformation and a more contemplative, peace-filled life. Each session offers an introduction to Merton and contemplative living through prayer, readings from Merton and other spiritual masters and questions for contemplative dialogue. We are open to new members, so feel free to come and join us for a morning of meditation and faith sharing. If you have any questions, feel free to call Sr. Chris at (818) 285-3354.

Suggested donation: \$5.00 per session

WOMAN TO WOMAN MINISTRY

Presenter: Josephine Broehm, MA

**Mondays: 11:00 am-1:00 pm, Sept. 30,
Oct. 28, Nov. 16, Dec. 16**

As we move into the later part of the year, autumn and winter arrive and we can become busy with events of a more secular nature. We will gather each month in solidarity and kinship to share in conversation, prayer and quiet reflection and to welcome the sacred gifts of these blessed seasons. Questions may be sent to facilitator at jmcbroehm@aol.com.

Fee: \$15.00 per session.

LABYRINTH WALKS

Come join us on **Monday, September 23 at 7:00 pm**, as we turn the wheel into Autumn at our Autumn Equinox Labyrinth Walk. Autumn calls us to be grateful for all that we have, and the Labyrinth is a wonderful way to bring some balance into the changing season. The evening will include an opening ritual and an open walk. For newcomers, the team will offer a brief class on the history and practice of walking the Labyrinth. Come help us to welcome Autumn!

On **Saturday, December 21 at 7:00 pm**, we invite you to shed some light on the longest night of the year. Enjoy some contemplative time during this hectic season with our Winter Solstice Labyrinth Walk. Our time together will include an opening ritual, time for walking, a short introductory course and the opportunity to reflect alone or with one of the team on your experience. Come walk with us!



INTERNATIONAL THOMAS MERTON SOCIETY CHAPTER MEETINGS

Facilitator: Sr. Chris Machado, SSS

Third Sunday of every month, 2:00-4:00 pm

The International Thomas Merton Society promotes an understanding and appreciation of the character of Thomas Merton, and encourages study and research into the unique contribution he has made to American literature and religious life. Together, we engage in contemplative prayer, book study, discussion, films on Merton's life, speakers and activities. If you are interested in learning about Merton or deepening your knowledge of his writings and thought, come and join us. Questions can be directed to Sr. Chris at (818) 285-3354.

Suggested donation: \$5.00 per session

*“The grass
withers, the
flower fades,
but the word of
our God stands
forever.”
—Isaiah 40:8*

ONE-DAY RETREATS



A peaceful world is only to be built by people with peaceful minds, and a peaceful mind is the result of a healthy body.

Qigong contains concepts and methods to help people attain long-term health of the mind and the body. By devoting ourselves to the teaching of qigong, we are already one step closer to a better world.

Meimen founder,
Lee Feng-San Shifu

李鳳山師父

QI: THE KEY TO OPENING YOUR ENERGY BANK

Presenters: Qigong Instructors of U.S. Meimen Culture Center

Saturday, September 7, 10:00 am-3:00 pm

Traditional Chinese medicine believes that all illness results from blocking the flow of Qi. The key to long-term health lies in enhancing the free circulation of Qi. In this one-day retreat, experienced instructors will share the concepts of Qi, the importance of breathing and the key points of practicing it. Participants will learn Qigong movements, relaxation skills and meditation. They will experience visible benefits of and find new ways to calm their minds. No prior experience is required. Dress comfortably.

**Fee: \$50.00 with lunch; \$40.00 without lunch
\$10.00 deposit due by September 3**

Register at hsrcenter.com or call
(818) 815-4496.

AUTUMN SILENT SATURDAY

Facilitators: Lylia Dange and Contemplative Outreach Team

**Saturday, September 14, 9:00 am-12:00 noon
(arrival: 8:30-9:00 am)**

As the season of Autumn approaches, join us for a quiet morning of Centering Prayer and silence. This day is open to beginners as well as those experienced in contemplative prayer or silent meditation. The day provides time for communal prayer, a contemplative walk, private journaling and reflection and an opportunity to enjoy the beautiful grounds of Holy Spirit Retreat Center. All are welcome. A brief introduction to Centering Prayer will be offered for those new to the practice.

For more information, please call Amanda Berg at (818) 815-4480 or Linda Snow, CSJ at (818) 815-4497. Register online at hsrcenter.com. Free will offering.

DANCE AND PRAYER WORKSHOP “BREATHE IN PEACE”

Presenters: Stella Matsuda, Director & Marti Ryan, BA in Kinesiology (Dance), CSUN

Saturday, September 21, 9:00 am-4:00 pm

In all that you do, breathe in peace and breathe out love. As we dance the prayer of St. Francis in our hearts, our spirits and our bodies, we seek to become instruments of God's peace. During this workshop, we will focus on peace as our walk, our path, our journey. Let there be peace on earth, and let it begin with me. Please join us in simple prayer movements, meditation and sharing as we experience together a deep inner peace to take out into the world.

Fee: \$50.00 with lunch; \$40.00 without lunch

**For more information, e-mail info@rejoiceadt.org
Register at hsrcenter.com or call (818) 815-4496.
\$10.00 deposit due by September 17**



CONSCIOUS AGING: DEATH, SURRENDER AND OPENING NEW DOORS

*Presenters: Deborah Lorentz, SSS M.Ed and
Lala Rukh Khan, Wellness Educator*

Saturday, September 28, 9:30 am-4:00 pm

This session invites participants to consider the reality of death and surrender to life circumstances. In facing our life situations, we become able to accept our sufferings and difficulties and are enabled to create new visions for our future. New doorways can open into freedom as we face into our aging process. This day will provide a combination of presentation, group conversations, guided meditations and reflective writing.

Fee: \$50.00 with lunch; \$40.00 without lunch

**Register online at hsrcenter.com or call
(818) 815-4496.**

\$10.00 deposit due by Sept. 24

CENTERING PRAYER INTRODUCTORY WORKSHOP

Presenters: Bob Blair and Pippi Currey

**Saturday, October 5, 9:00 am-12:30 pm
(arrival 8:30-9:00 am)**

Contemplative Prayer is God's personal and unique gift to each of us. If we are open to this gift, it will profoundly affect our lives and relationships: to God, others and our world. Centering Prayer is a form of Contemplative Prayer. It is a method of prayer that opens us to interior transformation and deeper intimacy with God and others. The workshop includes four presentations and the practice of Centering Prayer.

Fee: \$35.00

Register online at hsrcenter.com. For more information, call Linda Snow, CSJ, at (818) 815-4497.

FEARFULLY AND WONDERFULLY MADE

Presenter: Bryanna Benedetti-Coomber, MDiv

Saturday, October 19, 9:30 am-3:30 pm

***"I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well."
Psalms 139:14***

Each of us is shaped and formed in the image and likeness of God. Every crack, every flaw, every unique mark has been molded in the potter's hands as a mirror of God's creative love. How has the Divine shaped you into someone fearfully and wonderfully made? How are you continuing to be molded by the Spirit?

Join us for a day of creative reflection and prayer as we explore how we are formed and shaped, in and through the Divine's love for us and all of creation. The day will include moments of prayer and meditation, personal and group reflection and creative exercises.

All are welcome.

Fee: \$50.00 with lunch; \$40.00 without lunch

**Register online at hsrcenter.com or call
(818) 815-4496.**

**\$10.00 deposit
due by
October 15**



ONE-DAY RETREATS

AN INTERACTIVE DAY WITH GRACE JI-SUN KIM, PH.D. THE HOLY SPIRIT SYMPOSIUM RE-VISITED!

Presenter: Dr. Grace Ji-Sun Kim, Ph.D.

Saturday, November 2, 9:30 am-4:00 pm

This last February, HSRC presented the Holy Spirit Symposium. Grace was one of our featured theologians who spoke with us about the presence of the Holy Spirit in our lives. This entire day will be focused on an interactive experience of the Holy Spirit and the Spirit's presence in our lives. Come join us! While we consider this a follow up, you are more than welcome even if you were not with us at the Symposium.

Grace is an ordained minister in the Presbyterian Church and an associate professor of theology at the Earlham School of Religion in Indiana.



Fee: \$50.00 with lunch; \$40.00 without lunch

Register online at hsrcenter.com or call (818) 815-4496.

\$10.00 deposit due by October 26

SACRED COLLAGE AND SELF COMPASSION

Presenter: Jody Berges, MFT

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

"Instead of mercilessly judging and criticizing yourself for various inadequacies or short-comings, self-compassion means that you are kind and understanding when confronted with personal failings—after all, whoever said you were supposed to be perfect?"—Dr. Kristin Neff
Come and discover how to move from self-judgment to self-kindness; isolation to common humanity; over-identification to mindfulness.

Fee: \$70.00, which includes all materials and lunch, or \$60.00 for workshop and materials only, without lunch

Register online at hsrcenter.com. For more information, call (818) 815-4496.

\$10.00 deposit due by November 5

SATISFACTION: WHAT IS THE KEY TO FINDING THIS? A ONE-DAY THANKSGIVING RETREAT

Presenter: Luella Wagner, Educator

Saturday, November 23, 9:30 am-3:00 pm

During the season of Thanksgiving, when we celebrate abundance by gathering around the table and feasting till we are full, the theme of this day will be satisfaction. Satisfaction is mentioned numerous times in the Old Testament as a means of payment in full, yet satisfaction is only mentioned once in the New Testament when Jesus fed the multitudes. What does it mean to be satisfied? We will explore the original meaning of the word satisfaction and how we can obtain fullness in our lives and live a life of satisfaction each and every day.

Fee: \$50.00 with lunch; \$40.00 without lunch

For more information, call (818) 815-4497. Register online at hsrcenter.com.

Deposit of \$10.00 due by November, 19



*“Trust in the Lord
with all your heart
and lean not on your
own understanding.”
—Proverbs 3:5*

CENTERING PRAYER WEEKEND RETREAT

Presenter: Bonnie J. Shimizu

**Friday, October 25, 5:00 pm-Sunday,
October 27, 1:00 pm**

"Learning to Walk in the Dark"

Walking in the dark is an image that can arise when we are confronted with the difficulties and disasters that are unavoidable in life. Fr. Thomas Keating noted that the meaning of "dark," as St. John of the Cross meant it, is closer to the word "obscure" as in when we cannot see the results of our efforts, or we feel like there is no longer solid ground under our feet. with Keating also used to say, "A dark night is really like the night sky in Colorado filled with stars." Isaiah 50:10 reminds us too, "Which of you walks in darkness and sees no light?"

**Pre-requisite: A regular practice
of Centering Prayer or silent meditation.**

**Fee: \$275.00 private room
\$225.00 shared room per person
\$150.00 commuter**

**For more information, call Amanda Berg at
(818) 815-4480 or Linda Snow, CSJ, at (818) 815-4497.
Register online at hsrcenter.com**

\$50.00 deposit due by October 19



NEW YEAR'S RETREAT: "MATTER MATTERS: CO-CREATORS ALL"

Presenters: Chris Machado, SSS and Michael O'Palko

**Monday, December 30, 2019-Wednesday,
January 1, 2020**

At Christmas time, we celebrate the Incarnation: The Word made flesh. We are called to give birth to Christ in our own flesh and hearts. Each of us finds creative expressions that assist us in carrying out this mandate. Each of us will bring our own creative experiences to share. Each of us will be challenged to increase our awareness of the gift of being a co-creator in this world. Our time together will include time for quiet reflection and sharing, lots of fun, and of course, a great film to trigger our creative juices! Come, bring yourself body and soul as we discover together why "Matter Matters."

**Fee: \$275.00 per person/single occupancy
\$225.00 per person/shared occupancy
\$175.00 per person/commuter
A \$50.00 non-refundable deposit is due by
December 16, 2019.**

**If you have questions, please call Sr. Chris at
(818) 285-3354.**

We are working on restoring our beautiful lake!

It has long been our dream to restore and refill the lake, and now that we are finishing the solar program, we are ready to begin work on the lake! Many of you generously contributed to the solar program, and we are most grateful for your support! The solar panels will save us thousands of dollars on our utility bills.

We are now beginning a capital campaign for the lake. We have received some donations already and appreciate all of your contributions but will need more funds to complete the project. The monies will be used for the Project Manager, parts and labor and when the project is done, for water to refill the lake.

Donations of any amount will be gratefully received! You can send us a check in the mail, call us and use your credit card, or donate online at: hsrcenter.com. If you have any questions, please call Sr. Chris at (818) 285-3354. I know many of you have enjoyed countless walks around the lake, which is such a wonderful addition to Holy Spirit Retreat Center. Together, let's return the lake to its former glory! The ducks will thank you!



Spiritual Direction at Holy Spirit Retreat Center

Life is a sacred path. Each of us is invited by God to make our journey in the light of faith. At Holy Spirit Retreat Center, we wish to support the spiritual journeys of persons through a ministry of accompaniment that is known as Spiritual Direction. These one-on-one conversations are an opportunity for persons to break open their sacred stories, awakening anew to Sacred Mystery living, acting and present in all of life and to respond generously to the Holy One in a growing and deepening relationship.

Holy Spirit Retreat Center spiritual directors on staff are happy to work with the individual needs of those interested in Spiritual Direction.



Linda Snow, CSJ



Chris Machado, SSS



Amanda Berg



Joyce Gaspardo, CSJ



Josie Broehm, MFT



Deborah Lorentz, SSS
Acupuncturist



We have an additional retreat director who is available to work with groups.

If you have a group that is coming to Holy Spirit Retreat Center and you need a retreat director, we have people on staff here who are happy to make their services available. If no one at the Center is available, we have additional retreat directors who are available to work with groups:

Michael O'Palko (Youth and Adults) • (818) 996-8238

ADMINISTRATION



Chris Machado, SSS
Executive Director



Debbie DeCaro
Office Manager



Deborah Lorentz, SSS
Sponsored Retreat
Program Director



Maria Simental
Food Services
Supervisor



Lucia Alvarez
Housekeeping
Supervisor



Art Mayers
Plant Manager

REGISTRATION FORM

Name: _____

Program Name: _____

Date: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

\$_____ deposit enclosed (\$10/one day or series;

\$30/weekend; \$50/extended) non-refundable,

non-transferable portion of total retreat offering.

I am also enclosing an additional donation of \$_____.

Lunch preference where offered:

Yes _____ No _____

Room preference where offered:

Single _____ Shared _____ Commuter _____

TOTAL AMOUNT ENCLOSED \$_____

For more information, contact Sr. Deborah at (818) 815-4496

Please return to: **Holy Spirit Retreat Center**

4316 Lanai Rd., Encino, CA 91436 • (818) 784-4515 • Fax: (818) 784-0409 • reserve@hsrcenter.com

Holy Spirit Retreat Center **CENTER UPDATE**

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officemanager@hsrcenter.com
HSRCenter.com

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Thank you for your generous support!



USE OUR CENTER FOR YOUR GROUP'S NEXT RETREAT OR WORKSHOP

You will find our warm, comfortable facility a pleasant change from the conventional hotel. Providing an open atmosphere is our important offering. The Center has all the important attributes that add to your group's successful event.

- ✓ Beautiful dining room serving attractive, healthy meals (most dietary needs can be accommodated)
- ✓ Private bath, heat and air conditioning
- ✓ Overnight accommodations for up to 46 people (single or double occupancy)
- ✓ Lovely gardens and grounds for meditation and outdoor activities
- ✓ Six bedrooms for handicapped guests
- ✓ Gracious, helpful staff
- ✓ Meeting rooms for groups of 10 to 100

**For more information, contact
Debbie DeCaro, Office Manager,
at: (818) 285-3370**

