

**OCTOBER 2009**

**Playing & Praying With Poetry**

Saturday, October 3, 2009, 9:00 am – 3:00 pm

Cost: \$50

Guided By: Kathleen Brown & David Orr

Poet or not, each of us has a voice deep inside us that yearns to speak and be heard but sometimes is silenced by life's experiences or busyness. Poetry as a literary form affords a unique opportunity to feel, experience, think about, express, and share deeply. Well done, it is soulful, heartfelt prayer, a gift of ourselves to God, with the surprising gift of discovery and answer. This for-fun, no-pressure workshop explores archetypal symbols and uses poetry as a tool to rediscover and reconnect with that voice of the Spirit within us. For those who enjoy journaling – or would like to – this will open new avenues of expression. (4A Cat/YM Hours)

**Friends Day of Prayer**

Wednesday, October 7, 2009 9:30 am – 3:00 pm

Cost: \$30

Topic: "Facing the Demons that Vex Your Spirit"

Guided By: Dr. Thomas Little

*"Be still and know that I am God." (Psalm 46:10)*

**Walking the Road to Emmaus: Thomas Merton's Pilgrimage and Prayer with Icons**

Saturday, October 10, 2009 9:00 am – 5:00 pm

Cost: \$40

Guided By: Jim Forest

Few writers have played as important a role in so many people's lives as the Trappist monk Thomas Merton. One of the early factors in his conversion to Christianity was his encounter with icons when, at age 18, he was visiting some of the most ancient churches in Rome. Icons continued to play a role in his life right to its end 36 years later. Why did icons touch him so powerfully? How might they play a significant role in our own prayer life? The first part of the day will focus especially on Merton, the second part on praying with icons. No matter what the weather, we're going to have a great day together.

**Music At Marriottsville**

Sunday, October 18, 2009 3:00 pm

Piano Duet with Peggy Brengle and Don Horneff

**Being the "Human" in Human Resources**

Friday, October 23, 2009 9:00 am – 3:00 pm

Cost: \$99

Guided By: Sharon Scibek

This day is an opportunity for the HR Professional to step back from the stress of the job and take some time to reflect on the significant role of the profession. The framework for the day is shared reflection, quiet time, and conversation. Please note

this is not a workshop. Its purpose is to help rejuvenate the spirit of the HR Professional so he/she can continue to make meaningful contributions in the world of work.

**Living Our Best Life**

Wednesday, October 28, 2009 10:00am – 3:00 pm

Cost: \$50

Guided By: Rev. Joseph Breighner

"I have come that you might have life, and have it to the fullest," Jesus said. We humans often ask questions such as: "What's the meaning of life? What's my purpose in life?" Life is not easy for any of us. Friends and loved ones die. Relationships end. Jobs change or are lost. The certainty of youth gives way to the questioning of old age. Life is its own meaning. We give glory to God just by being who we are, where we are, as we are. The truth is we are all equally important, all called into existence by God to show God's glory in this time and space. Join Fr. Joe Breighner to explore how we can live our best life and give glory to God "just by being who we are, where we are, as we are."

**NOVEMBER 2009**

**Friends Day of Prayer**

Wednesday, November 4, 2009 9:30 am – 3:00pm

Cost: \$30

Guided By: Rev. Matthew Buening

*"Be still and know that I am God." (Psalm 46:10)*

**Creating Rituals: Making Meaning with Stories and Symbols**

Saturday, November 14, 2009 9:30 am – 3:30 pm

Cost: \$50

Guided By: Patricia Montley

A ritual can provide a formal way of paying special attention to an important cyclical event in the natural world. It can help us to mark and celebrate a rite of passage in a human life. It can enable us to be more aware of possibilities for encountering the sacred in our everyday life. Would you like to create a ritual to celebrate a special holiday or event in your life? Join us as we learn more about rituals and how to develop one to fit your needs. The workshop will include presentations and small-group work on creating and sharing rituals.

**Ignatian Directed Weekend**

Friday, November 20-Sunday November 22, 2009

Begin: 7:00 pm (Check-in at 5:00 pm, Dinner at 6:00 pm)

End: 1:00 pm

Cost: \$200 (Deposit: \$50)

Guided By: Marilyn Merikangas, Virginia Novak, Stephen Wade

On an Ignatian retreat, in an atmosphere of silence, and with the assistance of a director, we are invited into sacred space for an extended prayer experience with *The Spiritual Exercises* (the written record of Ignatius of Loyola), with the Holy Scripture, and with God our Lord. Join us for a weekend of silent prayer.

### **SoulCollage: Gratitude and Soulful Creativity**

**Saturday, November 21, 2009 9:30 am – 4:00 pm**  
**Cost: \$55**

**Guided By:** Dr. Katherine Johnson

Symbols are the language of the soul. They give us a way to communicate with our true self, opening doors of transformation. SOULCOLLAGE® is a creative and intuitive process of collecting images and creating 5" x 8" cards that depict various aspects of our personalities. It is an exciting and fun way to explore life's questions and tap inner knowing through collage and sharing with others. During this introductory workshop participants will learn about the process, complete 2-3 small collages using magazine images on card stock, and have time to share the cards with each other. We will focus on gratitude and thanksgiving at this important time of year. This class is appropriate for newcomers as well as those who have taken a class in the past, as different elements (like archetypes and the life journey) will be stressed. We will tap inner wisdom in a joy-filled day. Materials provided.

*6 CEs for Massage Therapists available by NCBTMB Approved Provider.*

### **Music at Marriottsville**

**Sunday November 22, 2009 3:00 pm**  
St. Bernadine's Choir

### **Come to God's House Giving Thanks**

**Wednesday November 25 – Saturday November 28, 2009**

**Begin:** 7:00 pm (Check-in at 5:00 pm, Dinner at 6:00 pm)

**End:** 1:00 pm

**Cost:** \$275 (Deposit: \$50)

**Guided By:** Dr. Thomas Little

For those seeking a few days of quiet and reflective prayer during the Thanksgiving holiday, we offer time at the Center with conferences led by Dr. Little. The topic discussed will be our need to have a spirituality of abundance and gratitude. If your holiday allows time for prayer, quiet, and relaxation, we welcome you to Marriottsville!

## **DECEMBER 2009**

### **Friends Day of Prayer**

**Wednesday, December 2, 2009, 9:30 am – 3:00 pm**

**Cost:** \$30

**Guided By:** Rev. Eugene Nickol

**"Be still and know that I am God." (Psalm 46:10)**

### **A Franciscan Christmas – We All Have One**

**Friday, December 4, 2009 9:30 am – 3:30 pm**

**Cost:** \$50

**Guided By:** Mary Jo Johnson, SFO

Francis of Assisi is one of the best loved saints of all time. Few people are aware that Francis began the custom of setting up a nativity scene at Christmas time, and the first to present a "living nativity" during Christmas Eve mass. During this retreat, we will discuss the life and little known facts about Francis, his initiation of the Christmas customs, and the experience and miracle of the first "Greccio," the living nativity. We will also share some of our own family Christmas customs and perhaps find new ones to adopt. All of us will be blessed with the Christmas spirit by the end of the day.

### **The Word Made Flesh: An Advent Day of Embodied Prayer and Reflection**

**Saturday, December 5, 2009 9:30 am – 3:30 pm**

**Cost:** \$50

**Guided By:** Tracy Radosevic

As Christians, we believe that God became human in the form of Jesus, an act we celebrate each December. We also believe that, as humans, we are created in the image of God. This day of prayer and reflection will offer an opportunity – through various spiritual practices – to explore the Incarnation and our connection to it, leading to a deeper and more meaningful Advent journey.

### **Waiting: Winter Stillness and the Presence of God**

**Saturday December 12, 2009 9:30 am – 3:30 pm**

**Cost:** \$50

**Guided By:** Sr. Eileen Quinn, OSF

The winter stillness of Advent beckons the theme of waiting. As we wait on God, so God waits on us. But how do we wait – anxiously, stressfully, fearfully, expectantly? Do we wait with a deep knowing that we are "enfolded in love?" With prayerful attentiveness to Julian of Norwich's "Revelations of Divine Love," we will enter the waiting heart of God and learn the joy of waiting in Love, for Love and with Love. Come aside for a day of wonderful presentations with ample time for personal prayer, quiet reflection and faith sharing.

### Starfire Artists Christmas Concert

Saturday, December 12th 7:00 PM

Location: Chapel

### Treasures Out of the Darkness:

#### The Coming of Light

Saturday, December 19, 2009 9:30 am – 3:30 pm

Cost: \$50

Guided By: Fr. Joseph Driscoll

Here is an invitation to wait and watch for the dawn during the darkest days of this season of adventure. Participants will gather for reflection, journaling, prayer and optional sharing in an atmosphere of silence and solitude.

### Music At Marriottsville

Sunday, December 20, 2009 3:00 pm

The Alleluias: Sacred Choral Concert

### “What is Your Heart’s Desire?” New Year’s Eve Retreat

December 31, 2009 9:30 am – 3:30 pm

Cost: \$50

Guided By: Gordon Creamer

End 2009 and begin the journey of 2010 with fruitful reflection and discernment of the direction in which you are headed. This program will allow you to get back to basics by getting in touch with your deepest desire, the call of your heart. Spend time alone and with others seeking solitude about your life and your future pathways. Use of Scripture, small groups and spiritual exercises will be included to name one another’s current experiences and development of ongoing awareness.

## JANUARY 2010

### Rediscovering the Spirit Within

Friday January 22 – Sunday January 24, 2010

Begin: 5:00 pm (Check In, Program at 7:00 pm)

End: 11:00 am

Cost: \$225

Guided By: Kathleen Brown, D. Min, David Orr

This program is a reflection on our spiritual lives as adults. When life loses meaning, the doldrums arrive, and it feels like the Spirit deserts us, what must we do? Through story, poetry and narrative, we share and reflect on three truths of our adult spiritual journeys – to live we must choose, to grow we must suffer, and to love we must encounter.

### Compassion through the Eyes and Heart of St. Vincent de Paul

Saturday January 23, 2010 9:30 am – 3:30 pm

Cost: \$55

Guided By: Tom Butler

Feeling at your wits’ end? Don’t know if you have anything left to give? Suffering from compassion fatigue or burnout? This weekend retreat offers a supportive message for people at all levels of care-giving who struggle with a complexity of issues around their own ability to be compassionate in challenging situations. St. Vincent de Paul provides the backdrop for this reflective weekend. His extraordinary charity and organizational capacity was surpassed by his ability to love compassionately. Learn from this great saint of the 17th century, as he shares wisdom and virtue for today’s particular needs. Our program will have opportunity for input (conferences), sharing in small groups, quiet time, journaling and rest. Please bring you Bible and your journal.

### Being the “Human” in Human Resources

Friday, January 29, 2010 9:00 am – 3:00 pm

Cost: \$99

Guided By: Sharon Scibek

This day is an opportunity for the HR Professional to step back from the stress of the job and take some time to reflect on the significant role of the profession. The framework for the day is shared reflection, quiet time, and conversation. Please note this is not a workshop. Its purpose is to help rejuvenate the spirit of the HR Professional so he/she can continue to make meaningful contributions in the world of work.

### Preparing for the Inner Works of Lent

Saturday, January 30, 2010 9:00 am – 4:00 pm

Cost: \$55

Program Guide: Donna Mollenkopf, Fr. Phil Cover

“We are going up to Jerusalem.” (Mk 10:33) During this day of prayer and reflection, the authors of *The Inner Work of Lent* will prepare us for a Lenten practice of contemplative prayer. They will lead us into a deeper awareness of how Jesus’ life altering decision and its consequences also spring up for us at varying times in our lives. During the morning, we will step into the stories of six lives: Helen Keller, Dietrich Bonhoeffer, Simone Weil, Martin Luther King Jr., Mother Teresa and Jesus of Nazareth. These individuals faced decisions and choices that were challenging, gripping, and even undesired. The lives of these spiritual companions will create a context to realize how the Spirit is actively at work in us. In the afternoon session, we will open ourselves to the six interior movements that formed much of Jesus’ teachings about the spiritual life. We will consider these interior movements in light of Jesus’ invitation to take up our cross daily and follow in his footsteps. You may purchase the book, *The Inner Works of Lent*, through the Bon Secours Spiritual Center bookstore.

## Healing In The Local Church Community

Saturday, January 30, 2010 9:00 am – 3:00 pm

Cost: \$55

Guided By: Fr. Rob Carbonneau

The Lord verified his teaching in the healing that He performed to verify the impact and veracity his words. Believers continue the Lord's process of healing and reconciliation in the wake of abuse, fear, scandals, and critical social issues. If history teaches us anything, it is that avoiding issues or conflict rarely leads to reconciliation or healing. Failing to face the wounds in our community breeds more fear, bitterness, misunderstanding, alienation, cynicism and ultimately hopelessness.

Leaders in the local church community, parish council and committee members and other involved community leaders can help the church and their communities be partners in the process of identifying and moving to healing the wounds that separate and aggrieve us. Come and learn how to open your hearts and hands by honestly, and courageously listening to the spirit and moving your church to identify, face and heal the wounds that need healing in your church and community. Using a model of genuine listening, dialogue, and honest exchange learn a process toward peace making and reconciliation.

Hope is found in achieving understanding and openness to the spirit that stirs us to the pathway to peace and reconciliation. Then, perhaps one day, we all might approach true forgiveness, and live the peace and justice sought by all of us who call ourselves Catholic. An exciting and energizing day for council leaders and involved church leaders.

## FEBRUARY 2010

### Friends Day of Prayer

Wednesday, February 3, 2010, 9:30 am – 3:00 pm

Cost: \$30

Guided By: Rev. Joseph Muth

*"Be still and know that I am God." (Psalm 46:10)*

### We Live Inside a Story – Do You Know What Story You're In?

Friday, February 5 – Sunday February 7, 2010

Begins: 5:00 pm (Check In, Program begins 7:15 pm)

Ends: 1:00 pm Sunday

Cost: \$225, Deposit \$50

Guided By: Megan McKenna

Matryoshka dolls are a set of dolls that nest inside each other: tiny ones, then larger and larger all hidden within one another. In some ways that's the way we live and tell our stories – beginning with our own singular story, the tiniest doll and then broadening out to our friends, family, shared work, parish and nation...but there are stories that encompass

and hold us all within their embrace and telling. These are the big stories: The Trinity, The Universe, The Incarnation, The Paschal Mystery, The Spirit in the World, the Spirit in the Church...and then all the other smaller stories hidden in those. What would our stories sound like if we started with the great stories instead of our individual ones? Come tell stories, talk spirituality, talk theology.

### RCIA Lenten Day of Reflection

Saturday, February 13, 2010, 9:30 am – 4:00 pm

Cost: \$55

Note: Parish RCIA Coordinators, contact Lynn Lieberman at Lynn\_Lieberman@bshsi.org for special rates.

Guided By: Jim Sabak, OFM

The Lenten Day of Reflection is offered to individual parishes to bring their RCIA candidates, catechumens, sponsors, and team for time to reflect on the RCIA process and the upcoming Rites of Initiation. There will be time for individual and group prayer, meditation, small and large group sharing and personal reflection.

### Valentine's Day Dinner

Sunday, February 14, 2010

Begins: 4:30 Mass with renewal of Vows, 6:00

Dinner and program

Cost: \$75/Couple

Guided By: Drs. Phil & Susan Robison

Valentine's Day is the natural time of the year when couples ask themselves "How do we keep romance alive in our marriage?" Join other couples and Drs. Phil and Susan Robison to discover ways to bring more love and romance into your relationship. We will begin with a Mass and Renewal of Vows at 4:30, followed by a Wine & Cheese reception, dinner, and program.

### Music At Marriottsville

Sunday, February 21, 2010, 3:00 PM

Music & Song Prayer with Ginny Novak

### Rhythms of the Spiritual Life: Spirituality, Religion, and the Struggle for Integrity

Friday February 26– Sunday February 28, 2010

Begins: 5:00 pm (Check In, Program begins 7:15 pm)

Ends: 1:00 pm Sunday

Cost: \$225, Deposit \$50

Guided By: Tom Zanzig

Our identity as Christians involves two major components: Our evolving personal relationship with God (our personal faith) and the way we live out that relationship within a community of faith (communal religion). The interplay between personal spirituality and communal religion develops and shifts throughout our lives and is filled with twists and turns, joys and tensions. Among the many themes we explore are: how does the process of

Christian identity develop through the life process; understanding the lifelong process of conversion: embracing the rhythms and patterns of spiritual growth; understanding how to grow a mature spirituality and religious life with integrity. Spend a week-end with author and master of religious education and faith development, Tom Zanzig, learning how to build on what we have used in the past and to open new pathways for those among us who need to hear and grow into the Good News of God's love.

*Special rates are available for groups of catechists and religious educators from a parish. Call the Center for information.*

This program will be repeated in June with a special two-day follow-up program for professional religious educators and evangelization leaders and ministers. Call the Center for information.

### Compassion as Seen Through the Eyes and Heart of Ignatius of Loyola

**Saturday, February 27, 2010 9:30 am – 3:30 pm**  
**Cost: \$55**  
**Guided By:** Marilyn Merikangas

### MARCH 2010

#### Friends Overnight Retreat

**Wednesday, March 3 – Thursday March 4, 2010**  
**Cost:** \$60 – Friends Membership  
 \$140 – Non Friends Members  
**Guided By:** Rev. Joe Breighner

*"Be still and know that I am God." (Psalm 46:10)*

#### Mid Life Directions

**Friday March 5 – Sunday March 7, 2010**  
**Begins:** 5:00 pm (Check In, Program begins 7:15 pm)  
**Ends:** 1:00 pm Sunday  
**Cost:** \$240 (Includes Program Workbook),  
 Deposit \$50  
**Guided By:** Sr. Carol Reiss

Mid-Life Directions is a workshop for personal and spiritual growth for those looking at their personal life at a time of transition. Theorists identify individuation and interiority as tasks that assume priority at mid-life. This workshop integrates spirituality and Jungian psychology, and provides a time for presentations, journaling, prayer and sharing in a non-threatening atmosphere. Bring openness, wonder, and creativity with you to explore your own uniqueness.

#### Waking Up to Life

**Friday March 19 – Sunday March 21, 2010**  
**Begins:** 5:00 pm (Check In, Program begins 7:15 pm)  
**Ends:** 1:00 pm Sunday  
**Cost:** \$225, Deposit \$50  
**Guided By:** Paula Jilanis, Linda Mastro

This retreat is an opportunity for women to engage

their bodies, minds, and spirits as they explore how we create the stories of our lives. You will have opportunities to play with the ways we use language, stillness, and awareness to cultivate relationships in our inner and outer worlds. Throughout the week-end we will use movement, group interactions, and personal reflections to renew, play, and learn together. Bring comfortable clothes, a journal, an open mind and a playful spirit.

#### Compassion In the Passionist Tradition

**Saturday, March 27, 2010 9:30 am – 3:30 pm**  
**Cost: \$55**  
**Guided By:** Fr. Rob Carboneau

#### Special Lenten Concert

**Sunday, March 28, 2010 3:00 PM**  
 Howard County Interchurch Choir

### APRIL 2010

#### Triduum Retreat

**Thursday April 1 – Sunday April 4, 2010**  
**Begins:** 5:00 pm (Check In)  
**Ends:** 11:00 am (Mass)  
**Cost:** \$300, Deposit \$150  
**Guided By:** Rev. Jude Winkler, OFM Conv.

This silent Triduum retreat will center on the profound liturgies of Holy Thursday, Good Friday and the Easter Vigil. The additional presentations will focus on events of Holy Week as reported in the Sacred Scriptures. Participants are asked to dress comfortably, bring a Bible, notebook, and pen. Participants may also want to bring some spiritual reading for quiet time.

#### Friends Day of Prayer

**Wednesday, April 7, 2010, 9:30 am – 3:00 pm**  
**Cost: \$30**  
**Guided By:** Fr. Paul Concannon

*"Be still and know that I am God." (Psalm 46:10)*

#### God is Trying to Tell You Something: Receiving a Vision for Your Life's Mission

**Saturday, April 17, 2010 9:30 am – 3:30 pm**  
**Cost: \$55**  
**Guided By:** Tenyo Pearl

The workshop is designed to inspire and assist women from all walks of life to identify personal values and recognize their life's vision and purpose. Time will be spent looking at the unique gifts of women in the Bible. Please bring a Bible with you.

#### Compassion Through the Eyes of St. Francis de Sales

**Saturday, April 24, 2010 9:30 am – 3:30 pm**  
**Cost \$55**  
**Guided By:** Dr. Kathleen Brown, David Orr

## **Institute of Compassionate Presence**

**Sunday April 25 – Thursday April 29, 2010**

**Begins:** 5:00 pm (Check In, Program Begins Monday 9:00 am)

**Ends:** 4:00 pm Thursday

**Cost:** \$800, Deposit \$150

**Guided By:** Joyce Rupp, SM

Compassion can change a heart, change a life, change a world. Joyce Rupp explores the depths of this vital quality from many dimensions, including science, medicine, theology, spirituality, sociology, and psychology. She invites participants to ponder their personal and professional experiences of compassion, to reenergize their ability to offer loving kindness, and to go forth with a renewed commitment to be a compassionate presence for one's self and for those who are in the midst of pain and struggle.

This week offers an intensive format in which Joyce Rupp and the participants explore both the theoretical and experiential dynamics of compassionate presence. The Institute includes topics and components that are a part of a more extensive eight-month program held in Nebraska. Content of the week includes an in-depth view of compassion, relational skills, self-care, loss and suffering, compassion in the workplace, and other associated topics. This Institute is open to all persons of any religious affiliation or personal belief system.

## **MAY 2010**

### **Friends Day of Prayer**

**Wednesday, May 5, 2010, 9:30 am – 3:00 pm**

**Cost:** \$30

**Guided By:** Msgr. Nicholas Amato

*"Be still and know that I am God." (Psalm 46:10)*

## **JULY 2010**

### **30 Day Spiritual Exercises of St Ignatius**

#### **Loyola, Directed Retreat**

**Thursday, July 1 – Friday, July 30, 2010**

**Begins:** 5:00 pm (Program at 7:00 pm)

**Ends:** 1:00 pm

**Cost:** \$ 3000 (deposit \$150)

**Guided By:** Fr. Joe Lacey

### **Contemplative Prayer – Going Deeper**

**Sunday July 11, 2010 – Saturday July 17, 2010**

**Begins:** 5:00 pm (Check In)

**Ends:** 11:00 am Saturday

**Cost:** \$575 (deposit \$150)

**Guided By:** Michael Fonseca

In Christian contemplative tradition, the process of spiritual deepening - growth in love – happens through grace. This deepening comes as a gift and it happens in often hidden ways that are uniquely fitted for each person. The first and most important

way of exploring your spiritual life is to sincerely attend to your own prayer. Although each person will follow her or his own unique path of practice, all contemplative journeys are likely to include some aspects of silence, solitude, and community. Silence implies freedom from all noise, not only the noise of speaking but also that of thinking, worrying and busy, driven activity. Solitude, like silence, is the freedom from the host of habitual restraints and compulsions of social interaction that burden us. We need community to support and encourage us in our spiritual practices, to receive their perspective, wisdom, and sometimes, their challenges to recognize and deepen God's presence in and around us. This retreat will make use of the wisdom of our saints and mystics to give us this support and perspective that we so urgently need in our lives, saints like Teresa of Avila, John of the Cross, the English mystics, Brother Lawrence, de Caussade, etc. Hopefully, a profound union with God, desired by God for you, will become a powerful and ever-present longing in your life.

### **Meeting with Jesus, the Psychotherapist**

**Sunday July 18, 2010 – Thursday July 22, 2010**

**Begins:** 5:00 pm (Check In)

**Ends:** 1:00 pm Thursday

**Cost:** \$475 (deposit \$150)

**Guided By:** Eileen Quinn, OSF

Catechist and Teachers in Baltimore: Many Bon Secours Spiritual Center programs are eligible for clock hour credit for the Archdiocese of Baltimore Catechists and Teachers certification. Please consult the website [www.BonSecoursSpiritualCenter.org](http://www.BonSecoursSpiritualCenter.org) for information on programs of interest to you.

**For more details, additional programs, catechist certification and registration information:**

**Visit:** [www.BonSecoursSpiritualCenter.org](http://www.BonSecoursSpiritualCenter.org)

**Call:** 410.442.1320

**Catechist and Teachers in Baltimore:**

Many Bon Secours Spiritual Center programs are eligible for clock hour credit for the Archdiocese of Baltimore Catechists and Teachers certification. Visit: [www.BonSecoursSpiritualCenter.org](http://www.BonSecoursSpiritualCenter.org) for information on programs of interest to you.