

Maris Stella Retreat and Conference Center

7201 Long Beach Boulevard
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Harvey Cedars, NJ 08008-3135



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2010 Retreats



MARIS STELLA RETREAT AND CONFERENCE CENTER

Harvey Cedars, New Jersey

A ministry of the
Sisters of Charity of Saint Elizabeth
Convent Station, NJ

WEEKEND RETREAT

*April 9 - 11, 2010: A Retreat for Women Writers:
"Weekend Journey into Haiku and Haibun"*

In writing haiku, this form provides us with the challenge of brevity and the hope for gems of insight. With haibun, we link haiku and a prose poem in one form, braiding the two voices into one story. You are welcome to bring musical instruments, your works of art to share or use for a beginning point for meditation.

Presenter: Deborah L. Humphreys, SC

A poet and visual artist in community practice in Newark. A 2009 graduate of the MFA interdisciplinary Arts at Goddard College in Vermont, her work ranges from poetry, lyric essay, translation, and storytelling to haiga, print-making and multimedia presentations. Deborah has been a featured presenter at poetry conferences, poetry readings, symposiums, and teach-ins since the 1980s. Her first collection of poems was *Conventional Wisdom* (wasteland Press, 2003). Deborah is working on a collection of haiku and haiga written in English, Spanish and Irish.

This is a time apart for serious writers to reflect with one another and to use both the space of time and beauty of the place to write together and by oneself.

Fee: \$150

Non-refundable deposit: \$50

Time: Arrive: Friday 5 pm - Conference Center

Depart: Sunday Noon

Maris Stella Retreat and Conference Center

ARRIVAL:

Supper is served at 6 pm. Arrival is anytime **after 4 pm** on the opening day. Payment will be received upon arrival at office in Conference Center.

DEPARTURE:

Immediately following Brunch on the closing date.

Linens will be provided but we ask you to bring your own towels.

RETREAT RESERVATION FORM
Mail to: Sr. Mary Morley, SC
Maris Stella Retreat and Conference Center
7201 Long Beach Blvd.
PO Box 3135
Harvey Cedars, NJ 08008

Name _____

Address _____

Phone number _____

E-mail address _____

I wish to make reservations for:

April 9 - 11 Weekend Retreat

June 12 Day Retreat

June 13 - 19 Guided Retreat

June 13 - 19 Individual Directed Retreat

June 20 - 26 Preached Retreat

June 20- 26 Individual Directed Retreat

I have enclosed \$50.00 for my NON-REFUNDABLE deposit.

I enclose \$ _____ as payment in full.

*Please make checks payable to:
Sisters of Charity*

DAY RETREAT

Directions to Maris Stella:

Garden State Parkway North or South to Exit 63. Proceed to Route 72 East. Continue to the end which is Long Beach Boulevard. Turn left on Long Beach Boulevard and pass through Ship Bottom, Surf City and North Beach. After the "Welcome to Harvey Cedars" sign, continue past large water tower, and through two traffic lights. There is a large sign, "Sisters of Charity" on the left (Bayside property). The Office is located in the Conference Center on Bayside.



NOTE: Staff from the Island Wellness Center will be available during the weeks of retreat for massage, reiki, foot reflexology for a fee of \$35. Sign up sheets will be provided to schedule appointments

June 12, 2010: "Yoga on the Inner Path"

A tranquil view of the Bay, breathing techniques and guided meditation will help you let go of chatter in the mind and Yoga stretching will release tension and toxins. Blending Yoga, creative visualization and high vibrational essential oils will create an uplifting transformational experience.

Register now and rediscover oneness in your body, mind and spirit.

Call:
Island Wellness Center
609-492-4906 or
Bodyzenmassage@gmail.com

Instructor: Marie "Malia" Murphy

A certified massage therapist and Yoga Instructor, Reiki Master and Director of Island Wellness Center on LBI. Malia's aim is to create peace and wellness through Yoga.

Instructor: Susan Walker

A certified massage therapist, Yoga instructor, Reiki Master and Director of Body Zen Wellness in Lawrenceville, NJ. Sue's intention is to raise self-awareness and spiritual vibration through the practice of Yoga.

\$45—Half Day Morning (9:30 am -12:30 pm)
or afternoon (2:00 pm - 5:00 pm)

\$15 extra for Vegetarian Lunch (12:30 pm - 2:00 pm)

\$90—Full Day (9:30 am—5:00 pm)

Sessions will be held in the Maris Stella Conference Center.

SUMMER RETREATS

June 13 - 19, 2010 "Women in Scripture" - A Guided Retreat

We will focus on women in sacred scripture and offer the invitation to explore what they, through the Spirit, touch in our lives. They are part of our spiritual DNA and the connections we experience within us at various times in our lives. This will be a time to engage women as our Ancients and part of our history; a time to engage women as mentors and wisdom midwives; a time to recognize what active and passive spiritual DNA we share with them.

Presenter: Sr. Helen Beairsto, R.C.

Sr. Helen Beairsto is a Cenacle Sister living and ministering in northern New Jersey. She is an experienced spiritual director and retreat presenter. Sr. Helen has been trained in the Spiritual Exercises of St. Ignatius and other schools of prayer and is a trainer and facilitator of the Biospiritual Focusing process and a LCSW in the state of New Jersey.

Fees: \$325 (Srs. of Charity) \$425 (Other religious)
\$500 (Laity)

Non-refundable deposit: \$50

Arrive: Sunday 4 pm - Dinner 6 pm

Depart: Saturday 11 am

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June 13 - 19, 2010 Individual Directed Retreat

Director: Sr. Bernice Carroll, CSJ

Sister Bernice Carroll is a Sister of St. Joseph of Carondelet. She has a Masters Degree in Biblical Studies and Spirituality & a two year internship in Spirirual Direction/Directed Retreats from the St. Ignatius Retreat Center. She has been doing spiritual direction and parish workshops since 1979. Sister is a Spiritual Director on the staff of the Dominican Retreat and Conference Center in Latham, New York.

Fees: \$325 (Srs. of Charity) \$425 (Other religious) \$500(Laity)

Non-refundable deposit: \$50

Arrive: Sunday 4 pm - Dinner 6 pm

Depart: Saturday 11 am

SUMMER RETREATS (CON'T)

June 20 - 26, 2010 Homecoming:

"I will bring them back to their homeland." Jeremiah 23:3.

This retreat, through presentations, prayer and ritual, faith sharing and Eucharist, will invite the participants to come home and find themselves in relationship to the elements of their own sacred story—the continuing unfolding of the 13.7 billion year Universe Story; the Jesus story; our own personal stories; the presence of the Holy in the events and relationships of daily life.

Presenter: Fr. Terrence J. Moran

Father Moran has given retreats and workshops on theology and spirituality throughout the United States and in twenty five other countries. He has worked in parish ministry, taught theology at St. John's University, NY, and was the Director of Hispanic Ministry of the Diocese of Paterson, NJ. Father has authored two books and has published articles in *Commonweal, America and Church* magazines. In addition to his teaching and preaching ministries, Fr. Moran serves as a consultant to religious congregations. He currently lives in Stirling, NJ and is on the staff of the Quellen Spiritual Direction Formation Program in Mendham, NJ.

Fees: \$325 (Srs. of Charity) \$425 (Other religious) \$500(Laity)

Non-refundable deposit: \$50

Arrive: Sunday 4 pm - Dinner 6 pm

Depart: Saturday 11 am

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June 20 - 26, 2010 Individual Directed Retreat

Director: Sr. Margaret Ellen Burke, S.C.

A Sister of Charity of New York, Sister Margaret Ellen is co-founder and presently director of the Center of Renewal & Education, a mobile center for lay leadership formation and spiritual development in the upper counties of the Archdiocese of New York. She has been training and supervising spiritual directors for over 30 years. A former staff member of the Center of Spirituality & Justice (Bronx, NY) and the Graduate School of Religion & Religious Education at Fordham University.

Fees: \$325 (Srs. of Charity) \$425 (Other religious) \$500(Laity)

Non-refundable deposit: \$50

Arrive: Sunday 4 pm Dinner 6 pm

Depart: Saturday 11 am