

# Spirituality Center 2012 Annual Retreat Brochure

## Summary of Retreat Offerings

Sisters of Charity Motherhouse ~ Mount St. Joseph, OH

### JUNE DIRECTED RETREATS

June 9-17, 2012

*Fr. Al Bischoff, SJ*  
*Carol Brenner, SC*  
*Maureen Heverin, SC*

### JUNE CONFERENCE RETREAT

June 11-17, 2012

*Melannie Svoboda, SND*

### AUGUST DIRECTED RETREATS

August 6-14, 2012

*Judith Bonini, IHM*  
*Betty Finn, SC*  
*Maureen Heverin, SC*

### AUGUST CONFERENCE RETREAT

August 8-14, 2012

*Fr. Norman Langenbrunner*

### CONFERENCE RETREAT ~ June 11-17, 2012

*Traits of a Healthy Spirituality*  
*Melannie Svoboda, SND*

This retreat explores some of the traits or signs of a healthy spirituality such as friendship, compassion, love for nature, prayer, laughter, hope, the art of balancing work and leisure, and the ability to live graciously with a certain amount of ambiguity and adversity. Using scripture, music, stories, poetry and humor, the retreat will assist retreatants to rediscover the ways God is alive and active in their personal lives.

*Sister Melannie Svoboda, a Sister of Notre Dame from Chardon, Ohio, has an MA in English from Indiana University and an MA in Spirituality from Duquesne University. Sister has taught high school and college for over 20 years, ministered as novice director and provincial. She also served on the staff of the Jesuit novitiate in Detroit for six years. For over 30 years, Sister has been a freelance writer with articles in dozens of publications including America, Catholic Digest, National Catholic Reporter, Religion Teacher's Journal, Living Faith, and Country Woman. She is the author of ten books including Traits of a Healthy Spirituality, Gracious Goodness, Everyday Epiphanies, In Steadfast Love, When the Rain Speaks, When the Moon Slips Away and With the Dawn Rejoicing. Currently Sister Melannie writes and gives talks, parish missions, and retreats nationally.*

### DIRECTED RETREATS June 9-17, 2012

*FR. AL BISCHOFF, SJ is now working with the Bel-larmine Parish community and the Xavier University Campus ministry program. He has many years of experience in directing various retreats.*

*CAROL BRENNER, SC is a spiritual director and retreat minister. She completed her Internship in Spiritual Direction in Milford, Ohio in 1987 and has been companioning others on their spiritual journey since then. Her past ministry experience includes teaching, religious education, parish ministry, eleven years in St. Lucia and 16 years on the staff of the Spirituality Center.*

*MAUREEN HEVERIN, SC received formal training in Spiritual Direction at the Jesuit Renewal Center in Milford, Ohio in 1990. Her ministry experience includes elementary and adult education, social service work, spiritual formation, and leadership in the Sisters of Charity of Cincinnati Congregation. Presently, Maureen's ministry in the Spirituality Center includes spiritual direction (individual and group), directing retreats and facilitating various spiritual programs.*

## GENERAL INFORMATION

### PLEASE REGISTER EARLY!

If you find you cannot make a retreat for which you have registered, please call immediately, as others may be waiting. It helps to have a second choice in case your first choice is filled.

### SPECIAL NEEDS

Walking can be extensive here. We have a limited number of rooms close to conference rooms, elevators, restrooms, etc. We will do our best to fill your needs, but it is not always possible. Thank you for understanding.

### ROOMS

Rooms are private but not air conditioned. There are fans in each room and air conditioners in the halls. There are sinks in each room but common baths.

### SWIMMING

Outdoor swimming is available beginning Memorial Day weekend.

### PHONES

During the day, messages can be left at the information desk (513-347-5300) or at the Spirituality Center office (513-347-5449). For emergency evening calls, you can give someone the number of the phone nearest you once you arrive.

If you have further questions or need additional information, please email [spirituality.center@srcharitycinti.org](mailto:spirituality.center@srcharitycinti.org) or call 513-347-5449 or 513-347-5453.

### OPTIONS FOR RETREATS

There are other Sisters of Charity spiritual directors available for directed retreats at the scheduled retreat times or other retreat times. Both the conference and directed retreats can be made for a shorter number of days if so desired. If choosing a director for a directed retreat other than those listed in this brochure, contact the sister to make sure she is available during your requested days before sending in your registration. If you would like assistance in identifying other directors, call 513.347.5453 for information or email us at [spirituality.center@srcharitycinti.org](mailto:spirituality.center@srcharitycinti.org).

## CONFERENCE RETREAT ~ August 8-14, 2012

### *A Retreat on Forgiveness*

*Fr. Norman Langenbrunner*

This retreat will be focusing on our accepting forgiveness, on forgiving ourselves, on forgiving others and of forgiving God. To accept forgiveness is pre-requisite to repentance and conversion. To forgive oneself and one's neighbor is to surrender to God. The second half of life is the time for letting go. Our prayer, reflection, and resolution during this retreat is to tap the power of forgiveness and be free of the unnecessary burden of guilt or resentment.

*Fr. Norman Langenbrunner, ordained for the Archdiocese of Cincinnati in 1970, has been a high school teacher (seven years at Seton), an associate pastor, and then pastor (for 26 years). He retired from the role of pastor in 2009 to devote more time to teaching scripture courses, preaching parish missions across the country, and writing for St. Anthony Messenger Press (Franciscan Media).*

## DIRECTED RETREATS ~ August 6-14, 2012

**JUDITH BONINI, IHM** has been involved in retreat/spiritual direction for over 20 years. Presently she is pastoral services director at the Immaculate Heart of Mary Motherhouse in Monroe, MI. Her deep love is spiritual direction and retreat ministry. Judith invites the person to name God's invitation, to reverence and to respond to this mystery as it unfolds in one's life experiences.

**BETTY FINN, SC** is currently engaged as a facilitator to religious communities and various non-profit organizations. She has a private practice of spiritual direction and counseling. Formerly, Betty has been involved in community leadership, formation work, working with adult students at the College of Mt. St. Joseph, and elementary education. She has been giving retreats, both directed and conference, for over 20 years.

**MAUREEN HEVERIN, SC** received formal training in Spiritual Direction at the Jesuit Renewal Center in Milford, OH in 1990. Her ministry experience includes elementary and adult education, social service work, spiritual formation, and leadership in the Sisters of Charity of Cincinnati congregation. Presently, Maureen's ministry in the Spirituality Center includes spiritual direction, directing retreats, and facilitating various spiritual programs.

**June 9-17 ~ Directed Retreat**  
8 Day Retreat  
Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

First Choice for Director: \_\_\_\_\_  
Second Choice for Director: \_\_\_\_\_  
No Preference for Director: \_\_\_\_\_  
Special Needs (easy access to elevator/rest room; bed board, etc.): \_\_\_\_\_

COST: 8-Days \$475 SC's \$450  
Nonrefundable \$25 deposit enclosed \_\_\_\_\_  
(Applied to total cost)  
Complete amount enclosed \$ \_\_\_\_\_  
Check payable to: Sisters of Charity  
Check if new address \_\_\_\_\_

Send registration with deposit to:  
Sisters of Charity Spirituality Center  
5900 Delhi Road  
Mount St. Joseph, OH 45051  
\_\_\_\_\_ Please send directions with confirmation

**August 6-14 ~ Directed Retreat**  
8 Day Retreat  
Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

First Choice for Director: \_\_\_\_\_  
Second Choice for Director: \_\_\_\_\_  
No Preference for Director: \_\_\_\_\_  
Special Needs (easy access to elevator/rest room; bed board, etc.): \_\_\_\_\_

COST: 8-Days \$475 SC's \$450  
Nonrefundable \$25 deposit enclosed \_\_\_\_\_  
(Applied to total cost)  
Complete amount enclosed \$ \_\_\_\_\_  
Check payable to: Sisters of Charity  
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**Conference Retreats**  
Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please check the retreat you will be attending:  
\_\_\_\_\_ Traits of a Healthy Spirituality  
June 11-17 ~ Melannie Svoboda, SND  
\_\_\_\_\_ A Retreat on Forgiveness  
August 8-14 ~ Fr. Norman Langenbrunner  
Special Needs (easy access to elevator/rest room; bed board, etc.): \_\_\_\_\_

COST: 6-Days \$375 SC's \$350  
Nonrefundable \$25 deposit enclosed \_\_\_\_\_  
(Applied to total cost)  
Complete amount enclosed \$ \_\_\_\_\_  
Check payable to: Sisters of Charity  
Check if new address \_\_\_\_\_

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## Complementary Therapies

*Massage is both an ancient and naturally instinctive form of anointing and healing touch that helps relieve pain/discomfort. It is a wholistic therapy which enhances the mind, body and spirit connection and helps open a person to the presence of God in their lives. Modalities used by the practitioner include: Swedish Massage, Deep Tissue Massage, Medical Massage, Oncology Massage, Hot Stone Massage and Energy Work. Energy Work helps balance the physical, mental, emotional and spiritual energies, and enhances body relaxation.*

*Mary Fran Davisson, SC , LMT*

The costs for complementary therapies are as follows:

		SC's			SC's
15 min. neck & shoulder massage	\$16.00	\$10.65	1 hour full body massage	\$47.95	\$42.60
30 min. massage	\$26.65	\$21.30	1 hour Energy Work session	\$45.00	\$40.00
30 min. Energy Work session	\$25.00	\$20.00	1½ hour Hot Stone massage	\$63.90	\$58.60

*Sales tax has been added to all massage fees. Appointments are available during retreats.*

*Call 513-347-5449 to schedule a session or sign up when you arrive.*



*You are precious in God's sight.  
(Is. 43:1)*

Most people who desire to make a retreat want to step aside from the busy life they lead and spend some time looking within, looking at their relationship with God, and what is happening in their lives. All adults are welcome to participate in our retreats regardless of religious affiliation, vocation or gender. Private retreats and individually directed retreats can be scheduled throughout the year. Call the Spirituality Center director, S. Annette Pavegio, SC, at 513-347-5453 for assistance.



*Sisters of Charity*

*of Cincinnati*

5900 Delhi Rd.

Mount St. Joseph, OH 45051