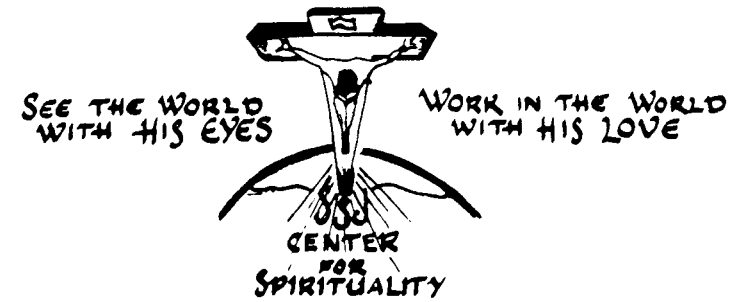
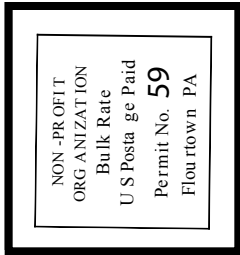


*SSJ Center for Spirituality  
9701 Germantown Ave.  
Philadelphia, PA 19118-2694  
[www.ssjphila.org/spirituality.html](http://www.ssjphila.org/spirituality.html)*

*Address Service Requested*



**Sisters of Saint Joseph**

***CENTER FOR SPIRITUALITY***

***OFFERINGS  
2010 - 2011***



**9701 Germantown Avenue  
Philadelphia, PA 19118  
(215) 248 - 7222**

**email: [spiritualcenter@ssjphila.org](mailto:spiritualcenter@ssjphila.org)  
Web: [ssjphila.org/spirituality.html](http://ssjphila.org/spirituality.html)**



## REGISTRATION

Send your name, address, phone number, and program desired to our business office. We ask that you register at least one week prior to the program or time you are planning at the Center. If you desire a response by regular US mail, please include a self-addressed stamped envelope.

\$25 non-refundable registration fee is applied to total costs of weekends.

\$10 non-refundable fee is applied to the cost of Days of Enrichment.

\$5 non-refundable registration fee is applied to the total cost of Mornings and Evenings of Prayer and Enrichment.

Checks are payable to *SSJ Center for Spirituality*.

### REGISTRATION FORM (Email or Phone is another way to register for any of our offerings)

Program: \_\_\_\_\_

Dates: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_

Email: \_\_\_\_\_

Please add my name to the Center mailing list \_\_\_\_\_

## SABBATICAL SATURDAYS

Saturday, November 6, 2010  
9:30AM - 3:30PM

Peg Conboy, SSJ  
Cost: \$25 - \$45

### The Gift of Healing

The dictionary defines "Heal" in this way: to make sound, well, whole, healthy gain; to free from grief, troubles; to cause a wound to become closed or scarred over. In this guided prayer time we will explore God's gift of healing in each of our lives. This gift becomes our privilege and obligation in being/becoming a healing presence to all we meet, to all of creation.

Saturday, December 11, 2010  
9:30AM - 3:30PM

Marie O'Hagan, SSJ  
Cost: \$25 - \$45

### "Roses in December"

*"It is the time you have wasted on your rose  
that makes your rose so important."*

The wisdom of *The Little Prince* by Antoine de Saint-Exupery continues to inspire. As we anticipate the feast of our Lady of Guadalupe, and the gift of roses in December, give yourself the gift of an Advent Retreat Day! Come and waste some time on your rose. This day will include input, suggestions for prayer and a sharing/ritual at the end of the day.

Saturday, January 15, 2011  
9:30AM - Noon

Dolores Clerico, SSJ  
Cost: \$15 - \$25

### The Gift, Power and Cost of Relationship

Relationship is our reality. Relationships are essential to our well-being and essential to our holiness (that is, love of God and love of neighbor.) Yet, living in right relationship is the work of a life-time! This reflective morning will draw on the spirituality of the Sisters of St. Joseph in considering relationships as that place where we encounter God's transforming grace and participate in God's unifying action.

**Saturday, February 19, 2011**

**9:30AM - 3:30PM**

**Helen Clifton, SSJ**

**Cost: \$25 - \$45**

**The Paschal Mystery: The Pattern of Our Lives**

*"We are entrusted with the mysteries of Christ's life..."*

*Let us walk worthy of that trust."*

During this day of guided prayer and reflection, participants are invited to consider how the Paschal Mystery animates all of one's life, permeating one's human experience with intuitions of the Sacred. The grace desired through this time of prayer and solitude is to come to a better understanding of how the Paschal Mystery - Jesus' life, death and resurrection - is the pattern of one's own life. The day will close with a gathering of the day's graces.

**Saturday, March 26, 2011**

**9:30AM - 3:30PM**

**Ruthann O'Mara, SSJ**

**Cost: \$25 - \$45**

**Holistic Spirituality**

**Celebration of God's Greatest Glory**

*"God's greatest glory is a person fully alive." St. Irenaeus*

This retreat opportunity will be a celebration of life and being fully alive in body, mind and spirit. Using a Holistic Spirituality paradigm, the day will provide a prayerful journey of actualization that honors wholeness and holiness in relationship with ourselves, others, God, and creation. Time will be provided for input, quiet, reflection and optional sharing.

**Saturday, April 16, 2011**

**9:30AM - 3:30PM**

**Mary Kay Flannery, SSJ**

**Cost: \$25 - \$45**

**From Impasse to Prophetic Hope**

*Keeping Vigil with the Women at the Foot of the Cross and Tomb*

Drawing upon the reflections of Connie FitzGerald, OCD and Henri Nouwen, you are invited to spend a day of contemplative vigiling with the women who waited faithfully at Jesus' cross and tomb. "Why are you weeping? For whom are you looking? Why do you seek the living one among the dead?" Come and ponder these questions on this guided prayer day. Please bring your journal.

**OVERVIEW OF  
SSJ SPIRITUAL CENTER OFFERINGS  
FOR 2010 - 2011**

September 13 - 20	Directed Retreat (Cape May Pt.)
October 12 (Tues.) October 14 (Thurs.)	Evening of Input/Reflection Coffee & Contemplation
November 6 (Sat.) November 11 (Thurs.)	Day of Guided Prayer Coffee & Contemplation
December 3 - 5 (Wknd.) December 7 (Tues.) December 9 (Thurs.) December 11 (Sat.)	Advent Prayer Weekend Advent Evening of Reflection Coffee & Contemplation Advent Day of Guided Prayer
January 13 (Thurs.) January 15 (Sat.)	Coffee & Contemplation Morning of Input/Reflection
February 10 (Thurs.) February 19 (Sat.)	Coffee & Contemplation Day of Guided Prayer
March 17 (Thurs.) March 26 (Sat.)	Coffee & Contemplation Day of Guided Prayer
April 1 - 3 (Wknd.) April 5 (Tues.) April 14 (Thurs.) April 16 (Sat.) April 21 - 23 (Thurs., Fri., Sat.)	Lenten Prayer Weekend Evening of Input/Reflection Coffee & Contemplation Day of Guided Prayer Holy Week Triduum
May 1 - 7 (Sun. to Sat.)	Directed Retreat <i>Sea Isle City, NJ</i>

**SUPERVISION:**

The Center Staff offers supervision to certified spiritual directors in the following areas: spiritual direction, Thirty Day retreats, 19th Annotation retreats and Formation Ministry.

**Cost of Supervision Session: \$25 - \$50/ session**

**OFF-SITE SERVICES:**

When available, the Center Staff, individually or as a team, offers retreats, prayer experiences, faculty days, and programs for parish groups or SSJ Associates at either your location or at the Center. If interested, please call two months in advance. If the Center Staff is unable to meet these requests, we may be able to refer you to other SSJ presenters.

**GIFT CERTIFICATES:**

Giving a gift certificate to a friend, family member or co-worker is an excellent way to bless them with a lasting gift to their inner spirit!

**FACILITIES:**

The Center offers facilities for groups who wish to conduct their own program in a quiet atmosphere conducive to reflection. We welcome groups who gather in the spirit of our mission. Such gatherings can include meals, use of our 14 bedrooms and the use of our large Motherhouse Chapel. Arrangements can be made through our business office.

**OUR SURROUNDINGS:**

Chestnut Hill is filled with extraordinary beauty. Located on the grounds of Chestnut Hill College and the Sisters of Saint Joseph Motherhouse, the SSJ Spiritual Center offers many opportunities to walk in solitude and experience nature in all its seasons of beauty and diversity. A short walk takes one into beautiful Fairmount Park on a walking path along the Wissahickon creek. Our outdoor labyrinth invites one to contemplate her/his life's journey. Our environment lends to lifting one's heart to God in prayer and praise. Come see for yourself!

***HOLY WEEK TRIDUUM***

**Thursday, April 21 to Saturday, April 23, 2011      Cost: \$90 - \$110**

Come and experience the sacred days of Holy Week with a meaningful blend of personal quiet time in solitude and communal liturgical services, rich in symbol and simplicity. The Spirituality Center offers one the ideal venue to pray through the mysteries of Holy Thursday, Good Friday and the Easter Vigil leading to a deepening experience of the Resurrection of Jesus Christ.

***MORNINGS OF GUIDED PRAYER AND REFLECTION*****“COFFEE & CONTEMPLATION”**

**Thursdays, 2010      October 14, November 11, December 9**  
**Thursdays, 2011      January 13, February 10, March 17, April 14**

**9:30AM - Noon      Facilitated by the Center Staff      Cost: \$15 - \$25**

Come to relax and renew yourself in a quiet, prayerful atmosphere. These mornings will include a brief focus for your personal reflection time. Each participant will have her/his own room for privacy. Bring a journal if you like to write. The morning concludes with a brief sharing of the heart.

***EVENINGS OF INPUT AND PRAYERFUL REFLECTION***

*(All gatherings will be in the Federation Room  
of the SSJ Spiritual Center)*

**Tuesday, October 12, 2010      Roberta Archibald, SSJ**  
**6:30PM - 8PM      Free Will Offering**

**Eliza Kieran**  
**A Charming Bridge from Armagh, Ireland**

In the Logue History, Sisters of Saint Joseph of Philadelphia, Mother Mary John's terms as superior general (1875-1888) are rendered in the short space of fifteen pages. However, her leadership, beginning with her appointment as assistant to Mother Saint John Fournier in 1859, actually spanned three decades. Join us in remembering Eliza Kieran and her grand contributions to our Congregation. Memories matter.

Tuesday, December 7, 2010  
6:30PM - 8PM

Mary Beth Hamm, SSJ  
Cost: \$10 - \$20

### Unwrapping the Gift of Simplicity

**simplicity:** *n.* 1. freedom from complexity; 2. absence of luxury or pretentiousness; 3. freedom from deceit or guile; 4. candor, directness, honesty; sincerity; naturalness; 5. *the distinguishing mark of the Sisters of Saint Joseph.* In the midst of these busy, consumer-driven pre-Christmas days we will take time to unwrap and nurture the gift of simplicity that we name as the “distinguishing” mark of our life as Sisters of Saint Joseph and Associates. Bring an open heart, your daily planner and leave your watch at home.

Tuesday, April 5, 2011  
6:30PM - 8PM

Eileen Marnien, SSJ  
Cost: \$10 - \$20

### Welcoming The Stranger

This Lenten evening of input and reflection will focus on the actual stories of faith and courage of our immigrant sisters and brothers as experienced by one who knows them intimately from her work at the *SSJ Welcome Center*. Come, be inspired and encouraged to live your own faith story with depth and meaning even as you are amazed at the simplicity and joy of others who have traveled their own Way of the Cross.

## OTHER OFFERINGS

### SPIRITUAL DIRECTION:

Spiritual direction is a ministry in which one person accompanies another in the process of growing in intimacy with God. The focus of the spiritual direction relationship is one’s religious experience with God in her or his prayer life and how that relationship with God is lived out in one’s everyday circumstances. This ministry of spiritual companionship is one of our primary services at the SSJ Center. Sessions are 50 to 60 minutes. **Cost: \$25 - \$50**

### RETREAT IN EVERYDAY LIFE: (19th Annotation)

This directed retreat, made in the midst of daily life, is for those who wish to deepen their relationship with God. Based on *The Spiritual Exercises of St. Ignatius*, this retreat involves a commitment of several months, a weekly meeting with a director, and a commitment to daily prayer and journaling. It is recommended that the applicant has been in spiritual direction for at least one year and has made at least one directed retreat.

**Cost: \$700 plus \$150 non-refundable deposit**

### PRIVATELY ARRANGED

#### DIRECTED RETREATS OR WEEKENDS OF PRAYER

Those desirous of making a retreat or a weekend of prayer at times other than those scheduled should call the Center business office or a staff member to arrange this time. This time of solitude may be scheduled with or without a companioning director, may extend for any length of time and may include or not include meals. Costs vary depending upon these latter factors.

### THIRTY DAY DIRECTED RETREAT:

This retreat is based on the full *Spiritual Exercises of St. Ignatius* and is offered on a personally directed basis. It is expected that a person has been in spiritual direction at least for a year and has made several directed retreats prior to application. For 2011, interested persons should contact our business office for an application packet, before March 1. This retreat is offered at *Saint Mary by-the-Sea, Cape May Point, NJ* from June 19 -July 22, 2011. **Cost: \$1950**

### SOLITUDE and PRIVATE SPACE:

Provisions are available for persons seeking quiet time and space. We have 14 bedrooms. Meals are available upon request. Our campus, and the nearby paths of the Wissahickon offer ample beauty and spaciousness to revive one’s spirit. Overnight cost with breakfast is a sliding scale of **\$40 - \$60/night.**