



La Casa de María

Retreat & Conference Center



Newsletter

Spring - Summer - 2010

An Invitation from La Casa

Dear Friends

It was a beautiful morning this morning at La Casa, with blue sky, white clouds, and a soft breeze. The black cats stretched out on the ground in the warm sunlight. After so much rain, the oak trees were showing new, light green leaves, and the ground was carpeted with small yellow flowers. The hawk called from high overhead, and a duck paddled across the swimming pool. Through the windows of Casa Regina, our main meeting room, I could see the silhouettes of people gracefully practicing Tai Chi. And I was doing one of my favorite tasks - greeting and registering people arriving for our monthly retreat day. It was so good to reconnect with friends, old and new, and to share La Casa with them once again.

And then I thought about all those who are part of the La Casa family, but live such busy lives that they are rarely able to tear themselves away to make a retreat. If you are one of them, here are some thoughts to help you make the break. You might decide to make a retreat because you know that -

- a retreat is the best thing in the world you can do to refresh your spirit
- you'll be in a place of great natural beauty
- you'll have delicious meals with fruits and vegetables grown on the property
- you'll spend time walking the outdoor labyrinth and praying in the Sadako Peace Garden
- you'll hear the sounds of hawks and woodpeckers and crows, of wind blowing through sycamore trees, of a train far in the distance, of laughter, and sometimes singing, and sometimes your own heart beating
- you'll share the grounds with staff who care about you and with other people on a spiritual quest just like you
- you'll be inspired by the words of your program leader or by another participant in your group, or maybe a stranger in the lunch line
- you'll not want to leave when it's time, and you'll begin making plans to come back as soon as possible
- you'll return to your daily life with new ideas, new experiences to reflect upon, new energy to approach the days ahead, new strength to work for a better world
- you'll hold the memory of your retreat close to your heart and breathe a sigh of gratitude for all you received

Take it from me. I'm blessed to see it happen every day. Come for a private retreat, sign up for one of our programs, bring your church group or your staff or your professional organization, and have the time of your life.

Looking forward to your return!
Stephanie Glatt, IHM, executive director

Tending Holy Ground

Each day on this precious plot of land that is La Casa de Maria one experiences the blessings of creation. All ground is holy ground, but some places seem more easily recognized as Holy Ground and are experienced as such by many, many people. La Casa's twenty-six acres is such a place.

At La Casa there is a feeling of wholeness, of being held by the Santa Ynez Mountains so close at hand, the Pacific Ocean at the foot of the slope and the San Ysidro Creek running between. On this land are the mighty oaks that have been here

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Center for Spiritual Renewal

Along with the New Year, the Center for Spiritual Renewal at La Casa de Maria welcomed a new leader, Michelle de Beixedon, IHM. The former director, Carol Carrig, IHM, retired after 12-years of gracious service, and longtime staff member, Ann Chamberlin, IHM, retired after 23 years of dedicated work.

Michelle comes to the center well prepared for her new work. She has been a professor of Religious Studies in the California State University System, teaching courses in World Religions and Global Issues, Religion and the Environment, and Women and Religion.

Michelle's vision for the Center is deeply informed by the monastic ideal of silence and simplicity so eloquently expressed in the life and work of the Trappist monk, Thomas Merton. "There is great hunger in the culture at large," says Michelle, "for oases of peace where people can discover, nurture, and reconnect with their deeper life's purpose. The reason we take time and space apart and simplify our lives, even if only for a time," says Michelle, "is so that we may hear the still small voice of the Divine in all of its beauty and power.

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since the first peoples of this area, the Chumash, tended them for their staple food crop. There are the great sandstone boulders that rolled down the mountain and chose to settle here. The 12,000 people who come here each year are renewed by this powerful connection with Mother Earth.

This year, as we work on renewing La Casa through our three-pronged Capital Campaign, focusing on buildings, grounds and programs, we are increasingly made aware of what a precious jewel this land is. As our master garden planner, Marshall Christowski, works to create a design that will make more visible the vistas to the mountains, the forms of the ancient oaks, the solidity of the boulders, and all the in-between places, we begin to see with newly-awakened eyes the intense beauty of this particular moment of creation.

In visioning new spaces for our guests to experience the peace of the place and connect more deeply with Mother Earth, we remember the Spanish land grant days when the land was turned toward agriculture, with the planting of the orchard. Today we preserve and renew that same orchard, cultivating it as a certified organic crop that provides juice for our guests at breakfast. And we are proud that we have added space for a market garden that gives our guest a "locavore" experience of eating produce grown locally when they are with us. Such a rare treat for city folks to drink and eat from the land they have slept on.

This year too we have come to experience more deeply our majestic oak trees as we learn of their beginnings as a food crop for the Chumash. We have learned how they were tended by the Chumash with fire that brought ash to alkalize the soil and sea shells that were ground and spread around the base of the tree to nourish the roots with vital mineral content. Today we imitate that practice with contemporary mixtures of minerals applied to the soil and trunks, and we rejoice at the new growth we see in the canopy as spring approaches.

It is a rich and beautiful dance with nature, this privilege of stewarding La Casa. We invite you to join us in the effort. You can do this by coming for a walk, attending a retreat, volunteering at a work weekend, adopting an oak or citrus tree with a donation for its care. Visit our website for more ways you can be a part of tending this Holy Ground.



Retreatants walk the out of doors labyrinth under the shelter of ancient spreading oak trees.



Native Sycamores, California Live Oaks and shrubs grow along the San Ysidro Creek that is the eastern boundary of La Casa.

Center for Spiritual Renewal - continued from page one

Only in this way can we be truly present, truly alive in the midst of a culture too loud, too fast and too empty."

"The silence, stillness and serenity of the Center and the hospitality and loving kindness of the generous women who minister there allows us to come home to ourselves and so, to come home to God," says Michelle. To be still, to be present and to experience the profound sacredness not only of the gift of our own life but the hallowedness all of creation is precisely the kind of awakening or conversion that we become open to in moments of contemplation. Contemplation awakens in us a renewed sense of coherence, of compassion and of responsibility, and the ability to respond in new ways not only to our own deep heart's desires but to the needs of others and to those of our fragile and precious world.

Michelle is honored to participate in the work of the Center. "I am dedicated to tending and nurturing, to guiding and caring for this sacred place of heart at the foot of the mountains." The Center will continue to provide a unique place apart where individuals can come for a time of peace and of quiet retreat in the exquisite beauty of the Center's natural environment. The staff of the Center for Spiritual Renewal warmly invites you to join us for a private retreat.

La Casa de María Programs

March - August 2010

Extended Programs

For more information on programs, visit our website: www.lacasademaria.org or phone 805-969-5031.

Please register online or by phone for our programs. Continuing Education units available for most programs; see online listing.

Please note: Program fees include tuition, as well as shared room and board (all meals served within the timeframe of the program).

Occasionally a program is canceled due to low registration. Please register early to avoid disappointment.

Commuter rates are also available; see website for prices.

MARCH 12 - 14

PRAISE GOD IN THE DANCE:

A PEBBLE IN THE WATER

In this chaotic world we may feel as small and inconsequential as a pebble, but our presence can be manifested in ripples extending far from us. Come and dip into the waters of dance, and with movement skip across the water, initiate concentric circles of connection and drop deep into Spirit. All faith traditions and dance levels welcome.

Alleluia Dance Theater is a non-profit dance company presenting retreats for over 30 years. Faculty will include: **Stella Matsuda**, **Emmalyn Moreno**, **Marti Ryan** and others.

A performance will be held at 1 pm Sunday. Friends are welcome.

Friday, 7 pm – Sunday, 2:30 pm \$335

APRIL 1 - 4

IN CHRIST WE ALL SING: AN ECUMENICAL EASTER RETREAT

Are you looking for a contemplative, ecumenical experience of Easter? Join us for a reflective, joyful, fresh setting of the ancient Easter Triduum tradition - far older than that of Holy Week. This celebration reconnects our worship with the mysteries of the Cosmos. Triduum reveals how Jesus the Christ's dying and rising is a present-moment action that happens in the midst of a gathered and praying community. In a thrice-repeated cycle of night to dawn we too make the passage and inner journey through death and resurrection

Alexander Shaia, PhD, and team. *Alexander, a scholar/liturgist/psychologist, is the author of The Hidden Power of the Gospels - a liberating look at the Gospels as source for the spiritual journey. He will be joined by a team of a musician, a cantor and presiders. See video of Triduum 2009 on our website.*

Thursday, 3 pm – Sunday, 12 pm \$450

APRIL 9 - 11

SPIRITUALITY OF RESONANCE:

"Oh, Thou from whom the breath of life comes, who fills all realms of sound, light and vibration." Starting with these opening words from the Our Father in a translation from the original Aramaic, we will explore the theme of resonance - resonance with the Divine, with creation, with self and with others. We will draw on medieval mystics - Hildegard of Bingen, Catherine of Siena and Meister Eckhart - and contemporary mystics - Karen Armstrong, Ken Wilber, Eckhart Tolle and Steve McIntosh. Expect a transformative experience.

Patricia Fresen, Ph.D, is a well known theologian and retreat leader in South Africa, Europe, North America and the U.K. She is a leading voice in women's spirituality & women's ordination efforts.

Friday, 7:30 pm – Sunday, 1 pm \$325

APRIL 30 - MAY 2

GRATITUDE: AS WE HAVE BEEN GIVEN, SO WE GIVE

10TH BARRETT CONFERENCE ON THE MINISTRY OF ALL WOMEN

The circle of giving and receiving is the circle of life. In a thoroughly relational world, the Divine is Giver of Life, the One who feels with the feelings of the world, and who calls us to feel the feelings of others. Where Mother Earth is honored as Giver of Life, rituals affirm the circle of giving and receiving. The intention is to create a view of life anchored in gratitude, resilient to the challenges of life and resulting in ethical and compassionate action. Come join us for ritual, presentations, circle dialogue, artistic expression and quiet reflective time. It is a time for building community with women of spirit.

Carol Christ, PhD, is a pioneer and founding mother of women's

spirituality and feminist theology movements. She is author of *She Who Changes*, *Rebirth of the Goddess*. *Living in Crete*, she participates in contemporary traditions derived from ancient rituals centered on the abundant generosity of Mother Earth.

Friday, 7:30 pm – Sunday, 1 pm \$325

MAY 7 - 9

CARING FOR THE SOUL THROUGH DREAMS AND MEDITATION

In a contemplative setting we will create a space to allow the self-healing capacities of heart, soul and spirit to emerge through meditation and dream-work. We will also present and explore the concept of *exquisite empathy*, a form of empathetic engagement that can be both replenishing and healing for those who take care of others. The self-knowledge and self-awareness that come through meditation and dream-work facilitate self-care and enable a more sensitively attuned and heartfelt connection with others.

Radhule Weininger, MD, PhD, and **Michael Kearney**, MD, FRCPI.

Radhule is a clinical psychologist who began her studies of mindfulness meditation in Sri Lanka in 1981 and continues to study with Jack Kornfield. Michael is Medical Director of Palliative Care Service at Cottage Hospital and the Anamcara project. He is author of Mortally Wounded and A Place of Healing.

Friday, 7:30 pm – Sunday, 1 pm \$335

JUNE 4 - 6

WORK WEEKEND

Greet the coming of Summer by sinking your fingers into the earth and tending the richness of the Mother Earth's abundance. Work Weekend is an inexpensive opportunity to experience a change of pace in a beautiful setting, with plenty of exercise, fresh air and community. La Casa invites friends to come and live in the dorm and spend a weekend caring for this sacred land. We add special touches of beauty along with practical stewardship. Our guests cook, work, play, pray and laugh together. Families, singles, all are welcome.

La Casa Staff

Friday, 7:30 pm – Sunday, 1 pm \$50

Extended Programs (cont.)

JUNE 18 - 20

RETREAT FOR PEOPLE IN RECOVERY AND THOSE WHO LOVE THEM
Invest in your recovery process spending a focused weekend in supportive community. There will be discussions on the twelve steps, informal sharing, meditation and time in nature for healing. Let this retreat draw us back into connection with others on this path, renewing our intention and reconnecting with our Higher Power.

Msgr. Terry Richey has been conducting 12-step retreats since 1975.

He ministers full-time to the recovery community and their families. His gentle manner and solid wisdom are cherished.

Friday, 7:30 pm – Sunday, 1 pm \$275

JUNE 18 - 20

EARTH AND FIRE: HEALING THE MOTHER WOUND
Mother has the womb and breast, but for some women, mother did not have the love they needed to grow into wholeness. Together we name and address this wound through sharing, art, song & drums. The healed wound becomes a strength.

Candace De Puy, PhD, LCSW has led *Earth, Women & Fire* retreats for many years. She lectures, teaches & writes on women's issues..

Friday, 7:30 pm – Sunday, 1 pm \$325

JUNE 25 - 27

LIFE CYCLE: REMEMBERING WHO YOU TRULY ARE

Come explore your life as an evolving spiral into higher consciousness, ever moving towards love. An interactive, experiential and dynamic process will lead to healing emotional holes, transforming them into wholeness, and integrating past life experiences towards living into new possibilities. Learn to be an Objective Observer/Divine Witness to your life.

Terrence Glassman, M. Arch & Victoria Ann Johnson, MA lead this workshop. Terrence is a design scientist & Developmental Psychologist. Victoria Ann is an author and Family Therapist.

Friday, 7:30 pm – Sunday, 1 pm \$350

JULY 9 - 11

FORGIVENESS: THE BIG QUESTION

Forgiveness and reconciliation are sorely needed today. It is good for our physical and mental health. It is good for our society. Together we will explore the benefits of forgiveness and a five-step process to let go and connect with God's mercy.

Frank Desiderio, CSP, is a theologian, poet, parish priest, campus minister, retreat leader and the executive producer of many films including *The Big Question: A Film about Forgiveness*.

Friday, 7:30 pm – Sunday, 1 pm \$325

JULY 11 - 16

CHRISTIAN FAMILY RETREAT: SIMPLY VITAL

In these tough economic times we are forced to simplify the way we live. This year we explore the things that are "simply vital" in our lives, families and our relationship with God and others. Every morning we will examine a spiritual or family issue and spend time reflecting on how this issue affects our family life. Afternoons are spent in a relaxed setting with games, hikes and sports. Family retreat offers a unique "family vacation" time in community, building stronger, happier, faith-filled families. Celebrate this summer by re-centering your family on what really matters.

Family Retreat Team is a group of leaders from the La Casa family retreat community who have many years of experience in participating and leading summer retreats.

Sunday, 4 pm – Friday, 1 pm Price varies by family size

JULY 22 - 25

QUADRATOS: EXPERIENCING THE HIDDEN POWER OF THE GOSPELS
Quadratos is a new name for the ancient four-fold journey of spirit and transformation found in all major religions, psychology, the cycle of the seasons and the gospel sequence of Matthew, Mark, John and Luke. Through presentation, reflection and art, we will explore the four-gospel journey in our lives.

Alexander Shaia, author of *The Hidden Power of the Gospels* with **Rev Louise Sloan-Goben and Sr. Suzanne Dunn**.

Thursday, 1 pm – Sunday, 12 pm \$500

JULY 25 - 30

ECUMENICAL EASTER TRIDUUM STUDY WEEK

Based on the Ecumenical Easter Triduum (see April 1 - 4) this study week is designed for leaders of Christian congregations to learn a new way of re-imagining the celebrations of the entrance into the joyous mystery of Easter. Participants will experience the Ecumenical Triduum as well as be prepared to lead it in their Christian community setting.

Alexander Shaia, PhD, and team. *Alexander, a scholar/liturgist/psychologist, is the author of The Hidden Power of the Gospels. He will be joined by an ecumenical team of presiders, a musician and a cantor. See video on our website.*

Sunday, 7 pm – Friday, 12 pm \$895

JULY 30 - AUGUST 1

THE FOUR FOLD WAY

Learn to walk a mystical path with practical feet. Studying the ancient mythic ways of Warrior/Leader, Healer, Visionary and Teacher, we will access power & presence, pay attention to heart & meaning, develop vision & intuition, and be open to wisdom & non-attachment. We will retrieve vital wisdom teachings to bring forth balance as well as our unique gifts.

Angeles Arrien is a cultural anthropologist, author and lecturer who bridges anthropology, psychology and comparative religion. Her books include *The Four-Fold Way & The Second Half of Life*.

Friday, 7:30 pm – Sunday, 1 pm \$375

AUGUST 6 - 8

ART AND SPIRITUALITY: CREATING PERSONAL SHRINES

The arts provide a special path to connect to self and to the Holy. Creating a personal shrine opens a space for inner rejuvenation, a way to see below the surface, and to bring forth new vision from a wellspring of personal imagery. We will focus on integrating our creative expression with mind, body and spirit, using movement and writing as well as image making.

Mary Braheny and Diane Halprin are two artist/therapists and co-authors of *Mind, Body, Spirit: Connecting with your Creative Self*. They created *Life Designs*, a creative arts group designing workshops & retreats for personal and professional excellence.

Friday, 7:30 pm – Sunday, 1 pm \$350

AUGUST 27 - 29

MEETING THE WISDOM JESUS

Explore Jesus as a master of an ancient spiritual tradition that we call wisdom. If you put aside what you think you know about Jesus and approach the Gospels as though for the first time, something remarkable happens: Jesus emerges as a teacher of transformation of consciousness. Contemplative practices will lead us to experiencing the heart of his teachings.

Rev. Cynthia Bourgeault, PhD, is an Episcopal priest, author, retreat leader and scholar of the *Christian contemplative path*. She is a masterful guide to Jesus' vision, inviting us into self-emptying.

Friday, 7:30 pm – Sunday, 1 pm \$350

Wednesday Retreat Days

All Wednesday Retreat Days are 9:30 - 3:30

All are for a donation. You are welcome to bring a sack lunch or order lunch for \$14. Please register and reserve in advance.

MARCH 10

THE SACRED STORY OF CREATION:

OUR EVOLUTIONARY COMMUNION

A day to hear the Sacred Story of Evolution and experience the interior of the story through Silence. Awaken to your own unique contribution, within the Evolutionary Communion, to be a part of the healing and evolution of consciousness toward the good. Together we can become a co-creative, universal species.

Barbara Marx Hubbard and **Alice MacDonald** co-lead this retreat.

Barbara is the President of Foundation for Conscious Evolution and Alice is a leader in Adult Education in the Catholic community.

APRIL 14

A SPIRITUALITY OF THE HEART

We explore the symbolism of the heart in Christian devotion especially in the mystics. Our spirituality matures as it includes the practice of loving-kindness and unconditional openness. The image of the heart of God helps us contact that possibility in ourselves. We then feel more personally called to extend Christ's kingdom of justice, peace and love.

David Richo, PhD, MFT, is psychotherapist, teacher and writer who combines Jungian, transpersonal & mythic perspectives in his work.

MAY 12

THE SOUNDS OF PRAYER: EXPLORING CHANT

Remember the best-selling CD's of the Monks of San Domingo de Silos? Come explore the attraction of chant as a powerful form of communal prayer down through the ages. Music roots prayer deep into our heart. We will listen to, study and sing together centuries-old plainsong chant & contemporary forms.

Br. Roy Parker, OHC, monk, artist and calligrapher, he has been a cantor of chant for many years. He also leads Centering Prayer.

JUNE 9

EXPLORING THE ROOMS OF THE SOUL

Come be renewed by inhabiting more fully the soul qualities of your deepest self. Using the metaphor of the *House of our Soul*, we explore how each room contains unique aspects we can call forth in everyday life to bless, witness, hold, nourish, regenerate and create greater wholeness in our lives and the world.

Katherine Collis is a leader in the field of spiritual education, especially in Celtic spirituality of Iona and leading Circle processes.

Special Saturday Workshop

JULY 10

HEALING OUR PAST WITH HEALTHY SPIRITUALITY

An opportunity to explore how our experience within religious structures has influenced us both positively and negatively.

We will appreciate what was helpful from the past and let go of what was painful, finding new styles of spirituality that liberate.

David Richo, PhD, MFT and **Radhule Weinger**, MD, PhD will co-lead the workshop. David and Radhule have dedicated years of work to helping people heal from sexual abuse and other abuse connected with religious structures.

Saturday, 9:30 - 3:30

\$55

Programas en Español

DIAS DE RETIRO PARA MUJERES LATINAS

Días de tranquilidad, serenidad, y renovación para mujeres latinas.

Toma un día para ti misma. Tendrán tiempo de silencio para orar en un ambiente hermoso y lleno de la presencia de Dios.

Los sábados, 9:30 - 3:00

20 de MARZO

EL PODER DEL AMOR PROPRIO

Exploramos las imágenes positivas de Dios y de las mujeres. Al compartir nuestras experiencias del amor de Dios y nuestra parte como mujeres hispanas descubrimos la presencia del amor de Dios dentro de nosotras mismas y entre nosotras.

María Inez Martínez, IHM, LMFT es consejera que trabaja en las Caridades Católicas. Les ayuda a personas, matrimonios y familias.

17 de ABRIL

LA ALEGRIA DE LA NIÑA

Muchas veces en la vida cotidiana nos ponemos muy pesadas por los problemas, olvidando por completo que adentro llevamos a una niña feliz que puede restablecernos el equilibrio con su alegría. Ven a celebrar a esta nena interior con un día dedicado a ella. Favor de traer los juguetes y cantos juveniles.

La Dra. Barbara Lotito comparte la sabiduría de las indígenas mexicanas sobre las cuatro fases de la mujer que llevamos adentro: la niña, la doncella, la madre y la abuela.

15 de MAYO

Y EL IMAGEN SE HIZO CUENTO

Haciendo libros empleando la imaginación a través de un proceso de meditación guiada y la expresión creativa, donde recordamos y creamos cuentos de nuestros bienes culturales para afirmar las raíces que nos nutren.

La Dra. Yolanda Ronquillo trabaja en el campo educativo y ofrece entrenamientos con el fin de aprendizaje transformativo.

12 de JUNIO

EL PODER DE TU ALMA

Dios nos ha dado una fuerza interior, llamada *el alma*. Necesitamos vivir nuestra vida desde el interior de nuestro ser y no limitarnos sólo por lo que nos pasa en el exterior. Vamos a despertar los poderes de nuestro espíritu y nuestra alma.

Hma. Inez Telles, CSJ, es directora de SEA, una agencia que trabaja con jóvenes involucrados en pandillas y drogas.

La Casa de María les ofrece gratis estos días de retiro a las latinas. Se les sugiere un donativo de \$10 por la comida. Para información en español llama a Paty Zermeño (805-969-5031 x 423)

Special Event

AUGUST 6

16TH ANNUAL SADAKO PEACE DAY CEREMONY

On this 65th anniversary of Hiroshima/Nagasaki bombings, join us in the beautiful Sadako Peace Garden, an International Garden for Peace. Together we will share music, poetry and reflections on peace, as we witness to and work for peace in our time and world.

I will write peace on your wings and you will fly all over the world.

Sadako Sasaki

Co-sponsored with Nuclear Age Peace Foundation

Friday, 6:00 - 7:00 pm

Contemplative Practices

CENTERING PRAYER

Centering Prayer is drawn from the ancient prayer practices of the Christian contemplative heritage. It facilitates the movement into receptive prayer resting in God.

CENTERING PRAYER PRACTICE RETREATS

On the first Saturday of each month we offer a mini-retreat day for Centering Prayer practice with time for communal prayer, meditation walks, journaling & reflection. Beginners welcome.

Brother Roy Parker, Sr. Suzanne Dunn and Annette Colbert

share leadership as Centering Prayer practitioners and coordinators for Contemplative Outreach in Ventura/Santa Barbara.

Saturdays, 9:30 am - 1 pm Donation
March 6, April 3, May 1, June 5, July 3 & August 7

UNITY DAY OF PRAYER

Come celebrate the 25th anniversary of the worldwide community of Contemplative Outreach. Sessions of meditation will be complemented with two videos of talks by Fr. Thomas Keating.

Brother Roy Parker, Sr. Suzanne Dunn and Annette Colbert

Saturday, March 20 -- 9:30 - 3:30 pm Donation

CENTERING PRAYER INTRODUCTORY WORKSHOP

Centering Prayer is a way of cultivating a deeper relationship with God. These two days will teach the basic guidelines.

Videos by Fr. Thomas Keating, founder of Centering Prayer, will supplement the presentations. Beginners are welcome

Br. Roy Parker and Sr. Suzanne Dunn

Saturday & Sunday, June 26 and 27 - 9:30 am - 3 pm \$80

WEEKLY CENTERING PRAYER MEDITATION

An hour in silence with Centering Prayer meditation practice.

Suzanne Dunn - (see above) and **Jeannette B. Love**, a meditator, spiritual director, & La Casa staff member.

Tuesdays, 10:30 - 11:30 am &
Wednesdays, 6 - 7 pm. Ongoing Donation

Capacitar Training Program

CAPACITAR:

TRAINING IN HEALING AND TRANSFORMATION MULTI-CULTURAL WELLNESS EDUCATION

4-PART, ONE-YEAR TRAINING SERIES 2010

This intensive program teaches participants wellness modalities and practices. Participants will learn the theory and principles behind the practices and will learn how to teach and apply the practices in the multicultural settings where they work or volunteer. Professionals and volunteers working in outreach services, education, ministry, and healing arts that serve individuals or groups in need of healing due to poverty, physical or mental illness, trauma or abuse will find this training invaluable. See www.capacitar.org for more details.

Sixty CEU credits for MFT and LCSW are offered for series.

Module I - March 19 - 21 Module II - June 11 - 13

Module III - Sept. 10 - 12 Module IV - Dec. 10-12

Each Module \$400 - *Some scholarships are available.*

Pat Cane, PhD, is founder/director of Capacitar International, which serves poor communities in 28 countries. For over 20 years she has taught this popular education methodology for community healing of the trauma of war, violence, and poverty.

Friday, 4 pm - Sunday, 1 pm

MINDFULNESS MEDITATION

Mindfulness is a practice from the Buddhist tradition of moment-to-moment awareness, calming the mind and opening the heart to find peace with ourselves and those around us.

MINDFULNESS PRACTICE RETREAT

A half-day retreat to create a refuge for calming the mind, opening the heart and finding peace with ourselves and others through sitting, walking & Metta (Loving-Kindness) meditation. All welcome.

Saturday, April 10, 9:30 am - 1 pm Donation

BALANCING THE WORLD: GETTING UNSTUCK

A day to return the mind to its natural balanced state through Metta and Shamata practices. We will explore how Buddhist transformational psychology and meditation practice can complement Western psychological understanding, helping us make friends with painful feelings through awareness.

Saturday, June 19, 9:30 am - 1 pm Donation

WEEKLY MINDFULNESS MEDITATION

MINDFULNESS MEDITATION - All levels are welcome. Each session will have gently guided meditation and will conclude with the traditional Metta (Loving Kindness) practice.

Thursdays, 6 - 7 pm Ongoing Donation

All Mindfulness practices led by Radhule Weininger, MD, PhD

who practices psychotherapy and has studied Mindfulness meditation since 1981, first in Sri Lanka and later with Jack Kornfield.

Conversations for the Common Good

Join us for our quarterly conversations to serve the common good of our community. Gather to hear an important voice on critical issues of our time and to spend time in conversation about how we can work to impact positively issues for our community and beyond.

APRIL 11

A MIGHTY LONG WAY

The iconic image of the *Little Rock Nine* comes to mind as we celebrate the 50th anniversary of the Civil Rights movement. Come hear the story of the youngest member who struggled against intolerance and continues to take her message of education, progress, hope and resilience forward.

Carlotta LaNier is the author of *A Mighty Long Way*, which relates this moment in our history with eloquence and dignity.

Sunday, 4 - 5:30 pm Donation

JULY 18

CIRCLES OF TRUST: BUILDING COURAGE IN COMMUNITY

Our souls hunger for a way of engaging in deep dialogue in community. Come learn how our community is making positive change through a transformative & regenerative methodology.

Caryl Casbon has worked with the Center for Courage and Renewal, teaching the Circle of Trust methodology developed by Parker Palmer. In Santa Barbara, she mentors many who are leading Circles of Trust around issues of end-of-life.

Sunday, 4 - 5:30 pm Donation

La Casa de María

is a non-profit, interfaith retreat and conference center of Christian origin,
founded and governed by the Immaculate Heart Community.



The mission of La Casa is to provide, through its programs and its environment,
a nourishing place of peace where persons of all faiths can search for truth, engage in dialogue,
experience personal growth, realize their self-worth, embrace the sacred,
and then refreshed and renewed,
participate more responsibly in the creation of a just and peaceful world,
and a whole and healthful earth.



The goals of La Casa are —
to cultivate spiritual growth,
to promote the common good of our communities
through art, education and health & healing,
to nurture a culture of peace and social justice,
and to work for the renewal of the earth.



La Casa de María
Retreat & Conference Center
800 El Bosque Road, Santa Barbara, CA, 93108

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ADDRESS SERVICE REQUESTED

*Stillness within one individual
can affect society beyond measure.*
Bede Griffiths

GROUP CONFERENCES

Are you connected with an organization that would benefit from coming to La Casa de Maria? We welcome the opportunity to serve non-profit organizations and groups whose retreat purpose aligns with our Mission Statement and retreat environment. Congregations and groups (spiritual, environmental, educational, art, civic and service) that promote personal and spiritual growth programs are welcome.

Our 26 acres of secluded rural land and ancient oaks provide a wonderful environment to groups of 10 to 150 who are seeking a place to hold a retreat, workshop or conference. We offer:

- Overnight accommodations for 150
- Buffet dining for 120
- A chapel for 120
- Ten meeting rooms

Our 42 sleeping rooms can be used as singles, doubles and triples, allowing a range of budgets to be met. We have two dormitories, one where a group can cook its own meals.

Our dining services provide healthy, fresh cuisine that often includes organic fruits and vegetables grown on this land.

Our Conference Coordinators will work with you to find the right match for your group's size, needs and budget.

For information about bringing your group to La Casa for an overnight or day use meeting, please call our Conference office at 805.969.5031 ext 207 or email confcordb@lcdm.org.

VOLUNTEER OPPORTUNITIES

Do you have a few hours a week, or each month, that you would like to offer to enhance the retreat work of La Casa or the Center for Spiritual Renewal? Would you enjoy welcoming guests, staffing the bookstore, working in the garden? Please contact us and ask for the Volunteer Coordinator.

PRIVATE RETREATS

Private retreats are available for individuals and couples at the Immaculate Heart Center for Spiritual Renewal. Members of the Immaculate Heart Community staff the Center and offer warm hospitality and opportunities for prayer and contemplation. Gracious accommodations in the original estate house are available Tuesday through Sunday afternoon; meals are included. In addition there is the Hermitage, where guests prepare their own meals. It serves up to five guests and is open seven days a week. A two-day minimum stay is required.

Visit the website: www.immaculateheartcenter.org to view the beautiful accommodations.

You can inquire by phone at 805.969.2474 or write to 888 San Ysidro Lane, Santa Barbara, CA 93108. Or you may send an email to ihc@immaculateheartcenter.org.

REAL THINGS BOOKSTORE

Come experience Real Things - La Casa's book and gift store. There you will find an eclectic collection of cards, books, handcrafted items from around the world, many from places and people in need. We also offer artwork from the Corita gallery, music and seasonal gifts. Real Things has a fine selection of classic and current literature in the areas of spirituality, contemporary psychology, ecospirituality, art practice and healing. *Proceeds support La Casa's scholarship fund.*

Thursday and Saturday, 12 to 3 pm.

Sunday, 11 am to 1 pm.

MASSAGE

Massage, from licensed massage therapists, is available for a fee to guests at La Casa and the Immaculate Heart Center. Arrangements may be made at the front desk upon arrival.

Preserving and Renewing La Casa de Maria

We are grateful to all of you who have journeyed with us these past four years as we raised the funds to pay off our mortgage.

We are now in Phase Two of our Capital Campaign to renew the buildings, grounds and programs.

We hope you will be a part of renewing La Casa de Maria.

RENEWING THE BUILDINGS

- Refurbish 42 Retreat Rooms
- Improve five Meeting Rooms - Casa Regina, Lounge, La Casita, Terrace Room and La Paz
- Add a new guest room at the Center for Spiritual Renewal

RENEWING THE GROUNDS

- Create a Master Plan for the 26 acres
- Revive five existing gardens
- Design six new spiritual theme gardens
- Tend and expand the agricultural gardens

RENEWING LA CASA SPONSORED PROGRAMS

- Expand the scholarship program
- Provide program support to bring new retreat leaders

GIFT OPPORTUNITIES FOR FRIENDS OF LA CASA

- Sponsor 10 tables for a meeting room - \$2500
- Sponsor 20 new chairs for a meeting room - \$2000
- Sponsor a scholarship for a low-income group - \$1000
- Sponsor the care of an oak tree - \$1000
- Sponsor a new mattress for a sleeping room - \$800
- Sponsor a tree in the organic orchard - \$500
- Sponsor a row of vegetables in the market garden - \$250

Thanks to a matching challenge grant, every donation will be matched 1 to 2. Thus, a donation of \$200 adds \$300 to the campaign. For online donations: www.lacasademaria.org.

For more information call Diane Dale, our Development Coordinator, at 805.969.5031 ext 212.

Your tax-deductible donations are greatly appreciated.

La Casa de Maria is a work of the Immaculate Heart Community, a 501(C)(3) California nonprofit corporation, Tax ID# 95-2706764