

# Bethany Retreat Center



Sisters of Notre Dame ♦ 13000 Auburn Road ♦ Chardon, Ohio 44024 ♦ 440-279-1143 ♦ [jkramer@ndec.org](mailto:jkramer@ndec.org) ♦ [www.sndchardon.org](http://www.sndchardon.org)

## 2018 – 2019 PROGRAMS

### ♦ 'Ah, the Sheer Grace!'

**St. John of the Cross and the Dark Night of the Soul**

**9:00AM – 10:30AM 1<sup>st</sup> Tuesdays Oct. - May**

We read in Psalm 139: *For you, darkness is not dark, and night shines as the day. Darkness and light are the same.* Our life experience tells us that both light and darkness are intertwined within our lives. But **how do we come to believe that what we experience as darkness is really divine light**; and what we think is absence is indeed the mystery of God's presence in our lives? As people of faith,



we seek a deeper communion with God. Yet sometimes we feel that the harder we try to pray, the more we seem to get nowhere; the greater our desire for God, the further away God seems to move.

How do we learn to walk in this darkness? John of the Cross is an encouraging guide for us. Using his poem and commentary, *The Dark Night*, we will journey together through this amazing story of *Ah, the Sheer Grace* and come to see the darkness, not as 'something' but as 'Someone'—the God who pursues us into life, light and love.

Facilitated by Sister M. Jennifer Kramer, SND  
Donation: \$5.00 per session or \$35.00 for the series.

For further information or to register, contact:

Sister M. Jennifer Kramer, SND  
Director of Bethany Retreat Center  
440-279-1143 or [jkramer@ndec.org](mailto:jkramer@ndec.org)

Please register at least one week prior to the program

*More Bethany program offerings on page 2...*

### ♦ Quiet Days of Prayer 9:30AM – 2:30PM

**Tuesday, Nov. 13, 2018 Thursday, Jan. 3, 2019**  
**Wednesday, Mar. 27, 2019 Wednesday, May 1, 2019**

Bethany Retreat Center and God's beauty in the seasons of nature provide a peaceful and welcome setting in which to pause for a few hours to be attentive and reflective—to meet God as you gently come away and slow down.



The time begins and ends with prayer together and in-between you are free to create your own day: take a walk, read, pray before the Blessed Sacrament, journal. **Enter into the silence** and emerge refreshed and more aware of God's presence in your life. Stay all day or an hour or two.

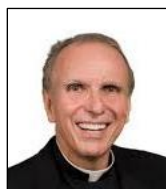
Donation is \$5.00 or \$10.00 includes a box lunch

### ♦ Spiritual Flourishing:

Christianity's Great Spiritual Practices

CD lectures by Fr. Anthony Ciorra

**9:00AM – 10:15AM 3rd Thursdays Oct. – March**



In these CD lectures by Fr. Anthony Ciorra, you will learn about centuries old, tried and true spiritual practices. **Father helps listeners to take concrete steps to build spiritual practices into their routines.** Topics include: An

Invitation to Silence, Practicing Presence, Gratitude Can Change Your Life, Contemplation: Another Way of Seeing, Centering Prayer, Fasting and Feasting, Spiritual Direction and Journaling, Social Justice: The Bible and the Newspaper...among others.

Facilitated by Sister M. Jeanette Brown, SND  
Donation is \$5.00 per session or \$25.00 for the series

2018 – 2019 PROGRAMS

◆ Meeting God in Our Transition Times

CD presentations by Sr. Joyce Rupp, OSM

9:00AM – 10:15AM 4th Tuesdays Oct. – March



This series of CD talks by Sr. Joyce Rupp, OSM, invites participants to walk prayerfully through the transitions and goodbyes of their lives so that they may be strengthened by God for their future hellos. This retreat-like experience will help participants **gain a renewed vision of hope and a deeper spiritual vitality.**

Facilitated by Sister M. Jeanette Brown, SND  
Donation is \$5.00 per session or \$20.00 for the series

◆ Book Sharing: The Wisdom of Sundays  
by Oprah Winfrey

10:30AM – 11:30AM 4th Tuesdays Oct. – March

Oprah Winfrey says, “If you want to **be more fully present and live with a wide-open heart**, Super Soul Sunday is where your journey begins.” Now the moments of inspiration that have enlightened millions on the 3-time Emmy Award-winning Super Soul Sunday are collected in *The Wisdom of Sundays*, a deeply affecting book that will help readers awaken to life’s wondrous possibilities. Participants provide their own book.



Facilitated by Sister M. Jeanette Brown, SND  
Donation is \$5.00 per session or \$20.00 for the series

◆ Women’s Overnight Retreat  
*Mary, Our Wellstream of Resilience*

7:00PM Friday – 3:00PM Saturday, May 3-4, 2019

When was the last time you sat by a stream, listened to its rush, delighted in its clearness, felt its cool refreshment and walked away renewed? Retreat days can offer this kind of experience. This retreat will focus on resilience, what it is, why we need it in our lives and how we can foster its growth. Throughout the experience we’ll **turn to Mary as a resilient woman and a ready companion.**



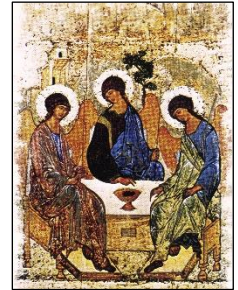
Facilitated by Sister Kathleen Mary Hine, SND  
Donation is \$60.00 for the retreat/lodging/meals

◆ Day of Prayer for Women

*Icons: Encounter the Divine*

10:00AM – 3:00PM Saturday, March 16, 2019

Icons are more than beautiful, artistic pictures...they are a door that draws us into Mystery. Referring to these icons, Henri Nouwen, the great spiritual writer, once said, “There are many times when I cannot pray, when I am too tired to read the Gospels, too restless to have spiritual thoughts, too depressed to find God, or too exhausted to do anything. But I can still look at these images so intimately connected with the experience of love.” In this day of prayer, discover the beauty of Byzantine iconography through prayer and creativity. We will explore **how icons can open a window to heaven and bring us closer to the Divine.** The day includes both input and time for prayer and reflection. Each participant will also create a unique pocket ‘shrine’ with which they can encounter this beautiful and ancient form of prayer and art.

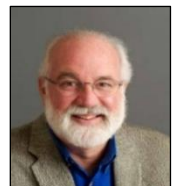


Facilitated by Shari Jamieson—local artist, iconographer and teacher, with a passion for both faith and art.  
Donation is \$40.00 which includes lunch and materials.

◆ Lenten Day of Reflection  
*Receive and Be the Tenderness of God*  
CD Presentation by Fr. Gregory Boyle, SJ

10:00AM – 3:00PM Saturday, March 23, 2019

The main focus of this day of reflection will be two CD presentations by Fr. Gregory Boyle, SJ, given at the Los Angeles Religious Education Congress: *The Power of Extravagant Tenderness; and Ventilating the World With Tenderness.* The day will also include time for reflection, group sharing and a break for lunch. Greg Boyle is an American Jesuit priest and the founder of Homeboy Industries in Los Angeles. He has received the California Peace Prize and the White House named him a *Champion of Change.* He is the acclaimed author of *Tattoos on the Heart*



Facilitated by Sister M. Jeanette Brown, SND  
Donation is \$30.00 which includes lunch