



La Casa de María Retreat & Conference Center

■ ■ ■ Newsletter

Spring - Summer - 2009

Gratitude and Hope

Dear Friends of La Casa,

Our hearts are filled with GRATITUDE and HOPE as we move into 2009. The grounds for gratitude are many. At a time of economic downturn and uncertainty, La Casa was able to pay off its mortgage, insuring that its good works and its peaceful environment will continue far into the future. On November 2, 2008, we had a wonderful celebration, beginning with a large gathering of friends outside the chapel at La Casa. With everyone gathered in a circle, Chumash leader Julie Tumamait blessed the land, reconnecting us to our roots. The Alleluia Dancers, with flags and banners, led us into the chapel, to hear words of support from our friends Christine Garvey, capital campaign chair; Rev. Steve Jacobsen, former board member and leader in the interfaith community; and Lillian Lovelace, next-door neighbor. The Dancers performed an uplifting and meditative dance. We reflected on the celebration of "completions" in our own lives. Each person wrote on a slip of paper a "completion" in their own life that they wished to burn ritually. Then, we all processed to the burning bowl and placed our completions into the fire. Finally, a copy of the mortgage was slowly, and with relish, torn into thirds and placed into the burning bowl. This completed Phase I of our capital campaign. A reception followed, with a sharing of the fruits of our orchard and garden, delivered in our little John Deere tractor.

Another reason for gratitude is that the day after the mortgage burning, as we began Phase II of the campaign, we received a message from an anonymous donor offering a challenge grant of up to \$750,000. The donor offered us \$1.00 for every \$2.00 we raise, so that when we have raised \$1,500,000, we will have completed Phase II -- the renewal of the buildings and grounds and support for La Casa-sponsored programs. Thanks to the generosity of many of you, especially at year's end, we have begun to raise money for the projects of Phase II. We are now accepting bids from contractors for the remodel of our sleeping rooms, beginning with one model room for everyone to view, admire, and hopefully be inspired to support another room.

The Tea Fire, which destroyed so many homes in Santa Barbara, including four belonging to our staff or their families, left La Casa otherwise untouched. For about 3 days and nights we stayed "on alert," with staff in the office around the clock monitoring radio broadcasts, and our van was packed in case we needed to evacuate. However, the winds continued to blow away from La Casa, so the evacuation order never came. Another reason for gratitude! Because it was the slow time of the year, we were able to offer temporary lodging to some of the refugees from the fire as they began to rebuild their lives.

We face 2009 filled with hope. We believe that good things come out of difficult times. These are certainly difficult times,

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Renewing the Earth

During the La Casa strategic planning process, friends of La Casa created three powerful statements as challenges to La Casa to live out its fourth mission goal: "To work for the renewal of the earth." 1) La Casa de Maria is a sanctuary of natural beauty and a place of refuge where people connect with Mother Earth, sensing the Spirit that pervades the land. 2) La Casa models environmental sustainability and stewardship through all of its internal practices as a retreat center through its green buildings and grounds and the programs it hosts and sponsors. 3) La Casa will provide experiential educational opportunities on ecological stewardship and sustainable practices.

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Center for Spiritual Renewal

We begin this New Year grateful for the many blessings we have received during the past year. As we look forward, we anticipate an enlivening of the spirit that connects us with the divine and with one another. Among the blessings are the unfailing moral and financial support of our retreatants and benefactors and the constancy of our staff. Our hopes build on all these elements as we plan for and live out our mission of being open to all who wish to deepen their spiritual life.

The Center has been able to renew some of its rooms through the overall capital campaign. Maintaining an elegant manor house with respect for its heritage quality is a challenge for a small retreat center. We have always been grateful for the gifts of vintage furnishings that are appropriate for the style of the home, but sometimes hand me downs wear out. So we were very happy to be able to restore the parlor furniture to its former elegance and comfort with some reupholstering, thanks to generous donors. Also in the parlor we have restored and rewired the original ornate metal sculpted wall sconces to their former beauty and function as intended by the architect. Our next project will be lighting in the beautiful stone-lined Terrace room, originally built for music, later used as a chapel,

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Renewing the Earth - continued from page one

For two years a committed team of staff and volunteers worked on concrete plans to bring life to the statements, and the work has begun.

Sanctuary to connect with Mother Earth

Renewing the grounds - the historic citrus orchard has been tended using organic practices for 10 years; recently, it has been revitalized with plantings of over 50 new trees. An organic market garden was begun a year and a half ago, and since last spring it has been supplying the two retreat kitchens with increasing quantities of organic produce for our guests to have a "garden to table" experience. For at least a few days they can experience being a "locavore."

Influenced by a team of Franciscans who studied our land and operations, we have begun to seek ways to help our guests connect with nature. We all love the 2 human-made chapels on the property, but the Franciscan team spoke to us of the multiple God-made, natural chapels that we have. They encouraged us to help retreatants find them by building simple paths and offering seating that would invite retreatants to pause for reflection and prayer. We have begun that work.

The Environmental work group created a master plan of ecologically sustainable principles for our landscape, expanding the areas set aside for native or native/mediterranean plantings, areas for agriculture, and very limited areas for ornamental plantings. They added a deliberate plan to create wild areas where wildlife could find safe and nourishing habitat.

We have spent time and resources to learn more about the valuable and very old oak woodlands that are the icons of our landscape. We have trimmed and tended them with the newest practices.

Modeling Sustainability and Stewardship

Reduce, reuse and recycle are the key words for ecologically sustainable practices. We hold them as a mantra for all our operational planning. Our housekeeping and maintenance staff have researched and use eco-friendly cleaning products, low voltaic paints, and are switching all lighting fixtures to ecofriendly fluorescent bulbs.

For two years, we have been renewing much of the plant—buildings and infrastructure. With each project we have endeavored to "green" each building. In 2008, we completed a major remodel of our kitchen and dining room, using "carpet tiles" that are fully recyclable. We installed "cesarstone" countertops - a recycled product, and "marmorette" floor covering, a natural linseed product. As we replace appliances, including heaters we are using only "energy star" products.

Thanks to a generous donor, our housekeeping, maintenance and garden staff each have an eclectic cart to move around the 26 acres, lowering energy consumption & pollution.

As we embark on refurbishing the sleeping rooms, especially the baths, we are researching green materials. We will be installing dual-flush toilets, water-saving faucets, tiles in entry areas, wall insulation, and energy-saving heaters.

Provide Educational Opportunities

In recent years, La Casa has offered two interfaith retreats on EcoSpirituality, co-sponsored with Spiritual Paths Institute. We have offered Wednesday Retreat Days on eco-spiritual themes, including Celtic Spirituality, whose strong nature roots influenced the form of Christianity that settled there. Two recent *Conversations for the Common Good*, have featured dynamic speakers, well known for their work in ecology and ecospirituality - Vandana Shiva, Indian eco-activist, and Dorothy Maclean, founder of Findhorn, who is leading a weekend retreat in February. In March the series will feature Iyona Gebara, a leading ecofeminist scholar from Brazil.

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La Casa also has offered experiential workshops and retreats that give people skills and inspiration in sustainable stewardship. Twice yearly on Work Weekend, two to three dozen people work alongside our staff learning organic practices and connecting through prayer as well as work with the land. This past fall, we offered a workshop on "The History and Practice of Native Tree Care." Dr. Lee Klinger combined both an informative presentation with a hands-on workshop in the garden. Most recently, a hosted group led a weeklong retreat, replicating a Gandhian ashram. During the week, they worked in the organic garden and constructed a stone labyrinth under the oaks. We know this will be a special place for years to come where our guests can experience the Holy in nature.

WE HOPE YOU WILL JOIN US as we strive to live out our goal of "working for the renewal of the Earth."

Hope and Gratitude - continued from page one

but we hope that the lessons to be learned will be deep and long-lasting. We hope for a deepening spirituality, closer and more loving communities, a more just and peaceful world, and a healthier environment. All around there are signs that this is happening. It feels as if we in these United States are at a turning point. We welcome it, embrace it, and move together in hope.

May 2009 fulfill in each of you the deepest desire of your heart. For each of you we are grateful.

In peace,
Stephanie Glatt, IHM, Director

Center for Spiritual Renewal - continued from page one

and now used as meeting and sacred space.

We are aware that many who receive this newsletter are most familiar with the more public areas of our retreat ministry at La Casa. We also know that many of you wish that you could return to these sacred grounds for rest and renewal more than the one time a year that your congregation, choir, education or social service institution holds a retreat. We hope that as you wish for that special experience, you, as an individual or as a couple, will consider a quiet, unstructured retreat time at the Center for Spiritual Renewal. Solitude and reflective time to allow our souls to catch up with our bodies should be more than a once a year endeavor. Because the Center is small, we can offer intimate hospitality, gentle quiet and accompaniment on your spiritual journey. You can take advantage of regular Centering Prayer meditations, evening prayer, spiritual direction, or just rest from your too busy life.

The Center is a place to realize anew God's gracious gifts of beauty, love and life.

See "Private Retreats" on the final page of this newsletter on how you can arrange for a retreat at the Center.

La Casa de María Programs

March - August 2009

Extended Programs

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

You can register online for our programs. Continuing Education units available.

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

Commuter rates are also available; see website for prices.

MARCH 6 - 8

PRaise GOD IN THE DANCE:

LEAVE YOUR WORRIES ON THE DOORSTEP

"Leave Your Worries" and "Don't Worry, Be Happy" are songs with a simple message to make us laugh, but more than that it carries truth. Singing these songs picks up our spirits. In a year in which hardships touched lives, moments to approach the light and renew our connectedness to God bring forth spring in our souls. 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 2 pm Sunday. Friends are welcome.

Friday, 7 pm – Sunday, 3 pm \$325

APRIL 9 - 12

IN CHRIST WE ALL SING: AN ECUMENICAL EASTER RETREAT

Are you looking for a contemplative, ecumenical experience of Easter? Come join us for a re-creation of the ancient Triduum tradition of Holy Week. This re-creation begins with the work of church scholars and adds contemporary dimensions of Jungian psychology to reconnect 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, reconciled and praying community. In a thrice-repeated cycle of night to dawn we encounter our own inner journey through death and resurrection

Alexander Shaia, PhD, and team. *Alexander, a scholar/liturgist/psychologist, is the author of Quadratos - 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.*

Thursday, 3 pm – Sunday, 12 pm \$450

MAY 1 - 3

WOMEN MENDING A DIVIDED WORLD:

9TH ANNUAL MINISTRY OF ALL WOMEN CONFERENCE

In a world torn apart by division, drawing on our innate ability as women to mend and weave, we come together to learn and practice new ways to heal our divided world. With hope, we will explore our relationship to ourselves, to nature, to each other and "the stranger," and to neighboring and distant communities. This conference celebrates women's gifts to the world through the work they do with love and compassion. Come join us for ritual, presentations, circle dialogue, artistic expression and quiet reflective time, as we build community to bridge differences, healing ourselves and our planet.

Mary Watkins, PhD, brings together the work of tending the soul and psyche with the world of compassionate and effective action. She is chair of the Depth Psychology Program at Pacifica Graduate Institute, & is co-author of *Toward Psychologies of Liberation*.

Friday, 7:30 pm – Sunday, 1 pm \$325

MAY 29 - 31

CONNECTING TO SELF THROUGH MEDITATION AND DREAM WORK

In a contemplative setting come explore how tending and embodying our dreams and using mindfulness meditation can strengthen our inner connection to "the Self" or to what in a psycho-spiritual model is often called "the Ground of Being." This connection is essential for fullness of psychological and spiritual health. Through mindfulness meditation, we will quiet the mind, open the heart and experience the "Ground of Being." Paying attention to our dreams, we will explore the new methods of dream tending and embodied imagination to open up to deeper sources of wisdom and self-understanding.

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 author of two books on psychological and existential aspects of end-of-life care.

Friday, 7:30 pm – Sunday, 1 pm \$335

JUNE 5 - 7

WORK WEEKEND

As Summer approaches, do you yearn to put your fingers into the earth and tend the richness of the 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

JUNE 19 - 21

RETREAT FOR PEOPLE IN RECOVERY

A retreat is sometimes exactly what we need to calm our minds and get our program in recovery back on track. Surrounded by supportive community, there will be discussions on the twelve steps, informal sharing, meditation and peaceful walks around the healing grounds of La Casa. This retreat can draw us back into identification with other people in recovery, renew our intention and help us reconnect with our higher power.

Msgr. Terry Richey has been conducting 12-step retreats since 1975. He ministers full time to recovering alcoholics, addicts and their families. His gentle manner and solid wisdom are cherished.

Friday, 7:30 pm – Sunday, 1 pm \$275

Extended Programs (cont.)

JUNE 21 - 23

MID-SUMMER'S RETREAT

As the longest day of the year brings growth and abundance in the natural world, take time for a mid-week retreat to allow yourself to savour and relish the season. Poetry, art, body prayer and meditation will offer gentle accompaniment to a retreat with abundant time for personal reflection and rest.

La Casa staff will accompany retreatants, offering brief reflection sessions, led meditations, simple Tai Chi practices, poetry sharing and art-as-meditation opportunities.

Sunday, 7:30 pm – Tuesday, 1 pm \$275

JULY 12 - 17

TEXT MESSAGES FROM JESUS: A CHRISTIAN FAMILY RETREAT

CYHMN? "Can You Hear Me Now?" How does God communicate to us? This year we will have fun exploring God's communication with us, using video, music, skits, art and crafts, in a modern day electronics motif. Every morning we will examine a spiritual or family issue and spend time reflecting on how this 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 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 17 - 19

GROWING IN COMPASSION

As in everything that "bears good fruit," compassion is nurtured by lots of work and much pruning. In order to become people of compassion, we need to be free of those obstacles that keep it from thriving, such as the dynamics of control, and build on caring relationships that will bring about communities of collaboration, non-violence, peace and love. Come learn

how power can be a force for creativity and wisdom that can heal and construct compassionate actions and relationships.

Michael Crosby, OFM, Cap is a scriptural scholar and passionate speaker who leads retreats around the world. He was a founder of the Interfaith Center for Corporate Responsibility. Michael is author of 17 books, the most recent *The Paradox of Power: Moving from Control to Compassion in a Violent World*.

Friday, 7:30 pm – Sunday, 1 pm \$335

JULY 24 - 26

ART AND SPIRITUALITY

A unique weekend retreat to experience a teaching process for beginners and intermediate students that allows creativity and spirituality to flow together. The use of paint, clay and meditation, along with the principles of Zen, allows students to create beautiful works of art.

Lu Bellamak has been teaching painting, sculpting and inner growth for thirty five years. Lu's training in Gestalt therapy and Zen meditation influences her teaching in the expressive arts.

Friday, 7:30 pm – Sunday, 1 pm \$335

AUGUST 7 - 9

A CENTERING PRAYER WEEKEND: SOLITUDE IN COMMUNITY

Drawn from ancient prayer practices in the Christian tradition, Centering Prayer facilitates movement from more active modes of prayer into receptive prayer. During this time there will be an opportunity to enter into more profound levels of silence and spiritual practice in an atmosphere of solitude and community. Videos of Centering Prayer founder Fr. Thomas Keating will be shared.

Sr. Suzanne Dunn, sfcc coordinates *Contemplative Outreach* in Santa Barbara/Ventura.

Br. Roy Parker, OHC, leads the monthly *Centering Prayer Practice* days at La Casa. He is an artist and calligrapher.

Friday, 7:30 pm – Sunday, 1 pm \$335

Capacitar at La Casa

Capacitar International has for 20 years taught experiential, holistic healing practices using a popular education methodology. It is used in more than 28 countries for healing trauma and stress-related illness and promoting well-being in multi-cultural settings where learners are empowered to continue their healing on their own and in community. Capacitar teaches simple practices such as Tai Chi movements, meditation, acupressure protocols, chakra theory, polarity and simple massage & breathing techniques to promote holistic healing of body, mind and spirit. These practices integrate spirituality and body wisdom with a research-based focus.

MARCH 26

CAPACITAR INTRODUCTION:

CARING FOR THE CAREGIVERS

This workshop offers an introduction to basic Capacitar practices to enhance personal wellness, to care for others and to heal compassion fatigue. Healthcare providers, counselors chaplains & individuals who want to enhance their own sense of wellness will learn practices that they can begin to use.

Pat Cane see next column

Thursday, 9 am - 3 pm \$50

CAPACITAR:

TRAINING IN HEALING AND TRANSFORMATION

MULTI-CULTURAL WELLNESS EDUCATION

4-PART, ONE-YEAR TRAINING SERIES 2009

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.

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

Module I - March 27 - 29 Module II - June 12 - 14

Module III - Sept. 11 - 13 Module IV - Nov. 20 - 22

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

Wednesday Retreat Days

All Wednesday Retreat Days are 9:00 - 3:00

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

FEBRUARY 25

ASH WEDNESDAY: PRAYER & MEDITATION IN THE CELTIC TRADITION

A day of prayer and meditation, returning to the earliest origins of the practice of entering the Lenten season with an anointing of fertile ash, whose origin is the Great Tree of Christmastime. We pray that our spirits and communities might be re-vitalized by our inner work and reflections during the season. See *La Casa's Easter retreat based on "The Journey of Quadratos."*

Suzanne Dunn, FCM, and **Olivia Doko**, FCM, have studied extensively with Dr. Shaia, author of *Beyond the Biography of Jesus: The Journey of Quadratos*, and have led retreats based on it.

APRIL 22

AWAKENING TO YOUR LIFE'S PURPOSE

A day to practice presence as we explore key teachings and practices from Eckhart Tolle's best selling *A New Earth*. There will be meditations with guided imagery, discussion and silence.

Sam Young an experienced retreat facilitator from Ireland, works with themes from the *Power of NOW* and *The Artists Way*.

MAY 6

MY RELIGION IS LOVE

"The world is within you and the whole world is springing up from it."

Come explore Sufi mystic poet Rumi's storytelling and teachings on universal love. For 800 years, Rumi's poems have expressed the essence of oneness, an interconnectedness that comes from our relationship with the Creator & all of humanity. Expand your heart and vision through the language of poetry.

Fariba Enteshari is the founder of the Rumi Educational Center, an interfaith, cross-cultural, education center in Santa Barbara. She has studied Rumi in the original Farsi, her native tongue.

JUNE 3

FINDING GRACE IN A CHAOTIC WORLD

Come spend a day exploring the grace and possibility that lie at the heart of each moment of our lives. We will seek a wider landscape as to how we see ourselves and our world and find ways to enhance those practices that infuse everyday living with what is good, meaningful and beautiful.

Justine Toms is an award winning producer of programs for National Public Radio, and is co-founder of New Dimensions Radio. Justine is a skilled facilitator and retreat leader who promotes women of wisdom. She is author of *True Work and Small Pleasures: Finding Grace in a Chaotic World*.

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

14 de MARZO

UN NUEVO COMIENZO - Con atención al espíritu y al momento actual, apreciamos lo que somos para mejor saber lo que queremos lograr. Como seres vivientes, reflejamos las estaciones del año en nuestras emociones y actividades. Llega la primavera con su fuerza y la podemos sentir y transformar su potencia en energía para enriquecer y motivar nuestras metas. **Isabelle Novar** es profesora en SBCC escuela de los adultos y enseña clases bilingües de psicología y de relajación.

25 de ABRIL

UN DIA DE BIENESTAR

A pesar de nuestros problemas diarios esperamos encontrar paz. Veremos como sacar la rutina emocional que nos impide encontrar tranquilidad. Tendrán tiempo para renovación.

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

16 de MAIO

LA CREATIVIDAD ALIMENTOSA DE LA MADRE - Celebramos el día de la madre, la tercera fase del ciclo de vida de la mujer, recreando las varias emociones de la mujer madura que encuentra a su pareja y con él, crea una familia. Por rituales indígenas mexicanos, danzas, musica, y visualizaciones, experimentamos de nuevo lo que es amar y ser amada y transformar ese amor en el milagro de dar a luz y crear a nos niños. Favor traer un rebozo o una cobija.

La Dra. Barbara Lotito ha sido maestra toda la vida. Aprendió de sus abuelas indígenas a apreciar las cuatro etapas de la vida de la mujer.

13 de JUNIO

ESPIRITUALIDAD EN NUESTRA VIDA COTIDIANA - Un día para recordar las raíces de nuestra espiritualidad, para compartir elementos de nuestra fe y tendrán tiempo de silencio para orar.

Hma. Rosario es maestra y catequista que trabaja en la iglesia Sta. Clara en Oxnard.

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 x423)

Special Events

FEBRUARY 25

ANNUAL FRANK KELLY LECTURE: FRANCES MOORE LAPPE

The renowned author of *Diet for a Small Planet* and *Getting a Grip: Clarity, Creativity and Courage in a World Gone Mad* will speak from her 40 years' experience and leadership in identifying and solving world hunger and in developing democratic social movements worldwide.

Co-sponsored with Nuclear Age Peace Foundation
Wednesday, 7 - 9 pm

AUGUST 6

15TH ANNUAL SADAKO PEACE DAY CEREMONY

On this 64th anniversary of Hiroshima/Nagasaki bombings, join us in the beautiful Sadako Peace Garden, an International Garden for Peace. Together we will share reflections on peace, music and poetry, as we witness to and work for peace in our world.

Co-sponsored with Nuclear Age Peace Foundation
Wednesday, 6 - 7 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 7, April 4, May 2, June 6, July 4 & August 1

You are invited to come to a single session or several.

UNITY DAY OF PRAYER

An annual day of prayer extended to all who practice Centering Prayer and Christian Meditation. Oneness: Unity in Contemplation is the theme. Periods of prayer/meditation will be augmented with videos of talks by Fr. Thomas Keating and Fr. Lawrence Freeman from a 2008 conference.

Co-sponsored with Contemplative Outreach

Saturday, 9:30 - 3:30 pm Lunch included

March 21 Register in advance \$40

CENTERING PRAYER AND THE 11TH STEP MEDITATION PRACTICE

Open to all who live by the 12-Step program for recovery. Learn how Centering Prayer practice can be a key support in the process of recovery and transformation.

Randy F. and Suzanne Dunn

Saturday, 9:30 am - 3 pm Lunch included

May 23 Register in advance \$40

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 and
Wednesdays, 6 - 7 pm. Ongoing

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.

GETTING UNSTUCK: A MINDFULNESS RETREAT

Explore how Buddhist transformational psychology and meditation practice can complement Western psychological understanding. Especially meaningful for therapists & caregivers.

Saturday, April 18, 9:30 am - 1 pm Donation

MINDFULNESS PRACTICE RETREAT

A half-day retreat to offer respite from our hectic life calming the mind, opening the heart and finding peace with ourselves and others with sitting, walking & Metta (Loving-Kindness) meditation. All welcome.

Saturday, June 20, 9:30 am - 1 pm Donation

WEEKLY MINDFULNESS MEDITATION

MINDFULNESS MEDITATION - All levels are welcome. Each session will be predominantly a time of silent meditation and will conclude with the traditional Metta (Loving Kindness) practice.

Tuesdays, 6 - 7 pm Ongoing.

BEGINNING MINDFULNESS - For beginners and others, each session will have brief instruction and gently guided meditation, concluding with the traditional Metta (Loving Kindness) practice.
Thursdays, 6 - 7 pm Ongoing.

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.



Contemplative Movement

MOBILITY AND GRACE: MINDFUL MOVEMENT

A weekly class designed to build body wisdom, release stress & tension, enable joint fluidity, spine flexibility and increase the circulation of energy within the body, mind and spirit.

June Lane Christensen, master movement teacher, has taught in Santa Barbara for 50 years. Come learn to move consciously.

Thursdays, 4:30 - 5:45 pm Ongoing.

Conversations for the Common Good

Join us for one or all of 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 those issues for our community and beyond.

MARCH 29

LONGING FOR RUNNING WATER: ECOFEMINISM & LIBERATION

A conversation on the interconnections among Western thought, patriarchal Christianity, the experience of women and environmental destruction. A exploration of personal conversion to a new relation with the earth and the entire cosmos.

Ivone Gebara, noted Brazilian author and theologian, is a world leader in an inclusive ecofeminist movement that is rooted in the voices of third world women. She was silenced for her tolerance of "choice" for the poor.

Sunday, 4 - 5:30 pm Donation

MAY 31

TESTED IN THE FIRES: CORNERSTONES FOR LIVING LIFE ON PURPOSE

Come listen to stories gathered from some of the foremost visionaries and thinkers of our time and learn what they tell us about how to live life fully in this period of human history.

Justine Toms with her husband Michael Toms is co-founder and host of New Dimensions Radio for 35 years. During that time she has brought the wisdom of leading teachers and thinkers to the radio audience. Justine is author of True Work and Small Pleasures: Finding Grace in a Chaotic World.

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

Non-Profit
Organization
U.S. Postage
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Permit No. 112

ADDRESS SERVICE REQUESTED

*May you experience each day
as a sacred gift woven
around the heart of wonder.*

John O'Donohue

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 5 guests and is open seven days a week. A two-day minimum stay is required.

Visit their website: www.immaculateheartcenter.org to view their 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.

GROUP CONFERENCES

Are you connected with an organization that would benefit from coming to La Casa de Maria? We are happy to serve groups for workshops or retreats. All non-profit organizations that are compatible with our mission and retreat environment are welcome - congregations, educational, spiritual, civic and service organizations and personal growth programs.

Requests for information can be directed to our Conference Coordinator at 805.969.5031 or by email to confcodb@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 or orchard? Please contact us; ask for the Volunteer Coordinator.

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.

HELP PRESERVE AND RENEW LA CASA

We invite you to make a tax-deductible donation to La Casa de Maria as we renew the buildings, grounds and programs in Phase II of our Capital Campaign. During this time of our challenge grant, each donation will be matched 1 to 2. Thus, a donation of \$200 adds \$300 to the campaign.

There are a number of ways to give. We gratefully accept gifts of cash, credit card, stocks, pledges, and employer-sponsored matching programs. You can donate online at www.lacasademaria.org. Please consider a legacy gift to La Casa in your will. For more information call us.

LA CASA PROGRAMS

If you wish to attend one of the programs listed on our calendar, please fill out the reservation form below and mail it to La Casa de Maria or register online at www.lacasademaria.org. Partial scholarships and commuter rates are available for most programs. For further information go to our website or call the Registrar at 805.969.5031.

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

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Your tax-deductible donations are greatly appreciated. You may designate how you wish them to be used (e.g., Capital Campaign, scholarships, grounds or furnishings, etc.).

LA CASA PROGRAM REGISTRATION FORM

NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

Name of Program(s) _____

Amount of deposit (non-refundable) enclosed: ___\$75 weekend ___\$100 for longer programs.

Full payment: ___ for 1-day programs. _____ Please send me a scholarship application.

Downstairs room required? _____ Dietary restrictions _____

I would like to make a donation to the La Casa Scholarship fund \$ _____