

Study Series

THE MIRROR OF YOUR SOUL:
AN INWARD JOURNEY WITH RUMI'S POETRY

*Come, come, whoever you are,
Come, even if you have broken your vow a hundred times.*

Unfold your own myth with Rumi's poetry and storytelling. The mystical poetry of Rumi has inspired the hearts of people who seek enlightenment for 800 years. Immerse yourself deep within the heart of a mighty Sufi Master who can lead you step by step to meet God Within. Each week, through presentation, poetry, dialogue, and meditation, we will reflect on a different theme in the hidden wisdom of his poetry, as we unveil our deepest longings.
Fariba Enteshari, founder of the interfaith, cross-cultural Rumi Education Center, teaches Rumi in the original Farsi and English. October 3 to November 7 - Six weekly sessions. Mondays, 7 - 9 pm \$230

Special Events

for the Interfaith Community

OCTOBER 16
A SUKKHA FOR PEACE
Join La Casa in an interfaith community gathering to remember the Jewish holiday of Sukkot, which teaches us that our security and peace lie in the journey together with our neighbors and friends. Bring food to share. Music, story telling, and dialogue.
Sunday, 2:00 - 4:00 pm Co-sponsored with the Montecito Shul.

DECEMBER 31
AN INTERFAITH CONTEMPLATIVE NEW YEAR'S EVE
Please join us for a mindful New Year's Eve, preparing for the new year with focused, quiet intention. Walk the labyrinth & share in meditations with leaders in the interfaith community. Friday, 10:00 pm to midnight in the La Casa chapel.

HOLD YOUR RETREAT OR CONFERENCE AT LA CASA

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 purposes align with our Mission Statement and retreat environment. Congregations and groups (spiritual, environmental, educational, art, civic, and service) whose programs promote personal and spiritual growth 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, or triples, allowing for a range of budgets. 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 203, or email MaryAnn@lcdm.org.

BE A VOLUNTEER AT LA CASA

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? Would you enjoy welcoming guests, assisting in the bookstore, or working in the gardens? If your answer is YES, please contact us and ask to speak with our Volunteer Coordinator, Shawne Mitchell, ext. 210 or email Shawne@lcdm.org.

NOURISH YOUR BODY WITH A MASSAGE

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

PARTAKE IN A PRIVATE RETREAT

Private retreats are available for individuals and couples at the Center for Spiritual Renewal. Gracious accommodations in the original estate house are available Tuesday afternoon to Sunday noon; meals are included. Members of the Immaculate Heart Community staff the Center and offer warm hospitality and opportunities for prayer and contemplation. In addition there is the Hermitage cottage, 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.
You can inquire by phone at 805.969.2474 or write to:
Center for Spiritual Renewal
888 San Ysidro Lane, Santa Barbara, CA 93108
Or email: ihc@immaculateheartcenter.org.

ENJOY "REAL THINGS" BOOKSTORE

Come experience Real Things - La Casa's book and gift store. There you will find an eclectic collection of cards, books, and hand-crafted 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.*

Store Hours:
Thursday and Saturday, 12 to 4 pm
Friday, 1 to 6 pm
Sunday, 11 am to 2 pm

La Casa de Maria

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 Maria
Retreat & Conference Center
800 El Bosque Road, Santa Barbara, CA, 93108

Non-Profit
Organization
U.S. Postage
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Santa Barbara, CA
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*The great change never does occur, only matches struck
unexpectedly in the dark. Here is one.*

Virginia Woolf



La Casa de Maria Retreat & Conference Center

Newsletter

Fall - Winter ■ 2011 - 2012

It's All about Renewal

It's a perfect summer morning at La Casa de Maria. Our guests are in their meeting rooms, engaged in various retreats and workshops. The only sounds to be heard are birdsong and the murmur of the creek. Sycamore leaves toss in the light breeze, sunlit against a soft, blue sky. Redheaded woodpeckers fly back and forth, feeding their noisy young. Staff is at work displaying fresh fruit and produce from the field on racks outside the office. Others are at work at their desks, or cleaning rooms, preparing meals, doing repairs to the buildings. It's all about renewal—the cycles of nature, the cycles of groups returning regularly to improve their already good work, the cycles of work done by staff to prepare for our guests.

"Renewal" has been a much-used word at La Casa ever since the campaign *To Preserve and Renew* La Casa began in 2005. In 2008, having completed the preservation by paying off the mortgage, our attention turned to the renewal. We made the commitment to renew the 56-year-old overnight rooms and the meeting rooms. Our goals were to make the rooms comfortable, attractive, and functional for our guests and sustainable for the environment. We met with architects and contractors, selecting materials, discussing designs, and creating renderings so all could see how lovely the new rooms will be. We did the same with the meeting rooms, including updated audiovisual equipment among our goals. We began raising funds to accomplish this renewal, and to date are at two-thirds of our goal of \$3,500,000.

And now, within a very few weeks, we expect the remodeling to begin. Soon we will have completed the installation of 3-phase electricity and a new LEEDS-certified heating system to the three buildings of overnight rooms. Two model rooms will be finished, complete with new dual-pane windows, soundproofing, showers, tile, carpeting, mattresses, drapes, and bedspreads. And then, as fundraising progresses, 40 rooms will be completed, four at a time, until the project is finished, hopefully by September of 2012.

"Renewal" is a great word for what is happening at La Casa, and what should happen. Renewal means to make new again. It doesn't mean to destroy and rebuild; it means to take what is best and preserve it and build on it. Take the gardens. When people first come here, they are astounded by the great natural beauty—the trees, boulders, native plants, and vistas. It was all here and doing well, long before any of us arrived. Our goal is to tend it, preserve it, and, when designing new outdoor areas for reflection and gathering, be very careful to make sure that they are carefully integrated. For example, the

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Chumash garden will fittingly be in our central oak grove, where there is evidence of the early Chumash having harvested acorns from these very trees. And the Jewish garden will be located near the agricultural areas and contain trees and plants noted in Hebrew Scriptures as significant to an agrarian culture.

Renewal is also the reason why 12,000 people come to La Casa each year. Our many hosted groups are all doing the work of renewal—as non-profits taking the lead in the work for justice and providing essential services to the local communities, or church groups intent on creating a peaceful world and improving the lives of those in their congregation, or artists or edu-

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Center for Spiritual Renewal

Retreatants at the Center for Spiritual Renewal often refer in their comments in the room journals and in shared conversations to a little book that is housed in the Center library entitled, *Gift of the Red Bird: A Spiritual Encounter*, by Paula D'Arcy. Intrigued, I located it and read, "There is one advantage to having my life cut through to the bone. It swiftly eliminates all the distractions and all the illusions. The clarity of my sight is fierce. I see what matters and what does not... In this abyss I am learning what it means to really pray. To pray as if my very life depends upon it. Mine does. I guess my life has always depended upon something other than myself. But in the abyss, I know it."

Paula's story is one of devastating loss experienced when she was in the ascendancy of her life. It is a story that we all dread hearing, fearing that there but for the grace of God go we. But loss, of great and life-splitting magnitude, comes to millions

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Summer harvest in the organic orchard. Larry Crandall Photography

It's All about Renewal - continued from page one

tors lifting up beauty and knowledge and sharing it with others. The people attending our own sponsored programs and those coming for days of private retreat are also doing the work of renewal. While here, they reflect on their lives—affirming, strengthening, and building on what is best. Like architects and contractors, they visualize what is needed to improve the quality of their lives, and they create plans to make that happen. And one day, like the first construction truck driving through the gates, the decisions they made while here begin to take effect. Relationships are healed; new directions are taken; new work is begun; the world is better.

I invite you to come for a time of renewal. Bring your group here for renewal, or look at our program offerings and pick one that fits you. Or just come and let La Casa renew your spirit. Do what the poet Mary Oliver did when she says,

*I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.*

"The Summer Day"

It's all about renewal—

Stephanie Glatt, IHM
Director

Conversations for the Common Good

Join us for one 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.

NOVEMBER 6
ENSURING WOMEN'S WISDOM: A GHANAIAN PERSPECTIVE
Come explore, with a Ghanaian theologian, how religion and culture have negatively affected the status of women. Learn how a national, grassroots movement of women in dialogue is leading to transformation and empowerment.
Mercy Amba Oduyoye was educated at the University of Ghana and Cambridge, UK and was awarded five honorary doctorates in Theology and Ecumenical leadership, the most recent from Yale. She founded the Circle of Concerned African Women Theologians.
Sunday, 4:00 - 5:30 pm Donation

DECEMBER 4
PEACE EDUCATION: CONVERSATION WITH MASTER TEACHERS
Join in an afternoon's dialogue on how innovative peace education methods are being used around the world, on college campuses, schools, and grass-roots communities to nurture personal, social and political change and transformation.
Betty Reardon in conversation with **Tony Jenkins - Betty Reardon** is the Founding Director Emeritus of the International Institute for Peace Education and Tony Jenkins is the Director of Education of the National Peace Academy.
Sunday, 4:00 - 5:30 pm Donation

Center for Spiritual Renewal - continued from page one
daily, all over the world, as often as each breath we take, as a result of fate or of the brutality of the world that we ourselves have created. And ultimately it comes to each one of us, for as the Buddha teaches, we lose everything in this life and every-one we love and, ultimately, we lose life itself. This is the heart of the human dilemma.

Many who come to the Center are seeking an environment that allows them to accept and respond to the reality that their lives depend on something other than themselves. They are implicitly seeking the way of response taught by all of the spiritual traditions of the world. That is, to stop, to go deep, to "die before we die": to learn to see beyond the illusion of permanence and to let go, to surrender to what we cannot control and so to find the only freedom that is possible. And, in this relinquishment, if we can learn the lifelong lesson of willing acceptance, there is peace. The staff of the Center for Spiritual Renewal invite you to join us, wherever you are on your journey, to listen to the silence within you, to go deep, and to taste that peace.

Michelle de Beixedon, IHM
Associate Director, CSR



The old Cypress, now covered with flowers, remains a favorite gathering place at La Casa. Larry Crandall Photography

La Casa de María Programs

September 2011 - February 2012

Extended Programs

For more information on programs, visit our website: www.lacasademaria.org or phone 805-969-5031. Please register online or by phone. Continuing Education units available for many programs; see online listing.

Please note: *Residential Program fees include tuition, as well as shared room and meals served within the timeframe of the program. **Commuter fees include tuition, day use, and meals served within the timeframe of the program. Occasionally a program is canceled due to low registration. Please register early to avoid disappointment. A non-refundable deposit is requested at time of registration.

SEPTEMBER 9 - 11
HEROINE'S JOURNEY:
HEALING THE DEEP WOUNDING OF THE FEMINE
Inspired by the work of Joseph Campbell, we will explore the mythological journey, with woman as the focus. In the interest of equality, many women have sought success in a world defined by masculine values. This quest has left them wondering what happened to their spiritual nature. Gather with us to discover the heroic quest for women through dialogue, dream-work, storytelling, myth, and ritual to reclaim power and spirit. **Maureen Murdock**, PhD, MFT, is a depth psychotherapist, lecturer, and teacher. She is the author of the best-selling book, *The Heroine's Journey, as well as Fathers' Daughters: Breaking the Ties that Bind, and others.*
Friday, 7:30 pm – Sunday, 1 pm \$335/\$235

OCTOBER 14 - 16
RENEWING HOLY GROUND:
A LA CASA WORK AND GARDEN WEEKEND
In the crisp autumn air, be a part of a diverse community connecting with the healing energy of La Casa's sacred grounds. Working alongside staff, tend the orchard and gardens and perform tasks that add special touches of beauty to La Casa. Join us for an inexpensive weekend in the Casa San Ysidro dormitory, where we will work, garden, cook, play, and pray together. Families, singles all are welcome.
La Casa Staff
Friday, 7:30 pm – Sunday, 1 pm \$50/\$25

OCTOBER 23 - 28
BASIC 12-STEP RETREAT
Come share this opportunity for those in the 12-Step program to experience community, solitude, rest, and conversation. There will be conferences, a 12-Step meeting, time for prayer, reading, writing, and enjoying companions on the journey as you let go of that which no longer serves you.
Fr. Tom Weston, SJ, is well known nationwide for his wise and practical insights on the challenges and joys of recovery.
Sunday, 7:30 pm – Friday, 1 pm \$500/\$350

NOVEMBER 25 - 27
RETREAT FOR PEOPLE IN RECOVERY AND THOSE WHO LOVE THEM
Join like-minded people for a retreat where you can calm your mind and get your program in recovery back on track. Through discussions on the twelve steps, informal sharing, meditation, and peaceful walks around the healing grounds of La Casa, this retreat can draw you back into community with other people in recovery and help you reconnect with your higher power.
Msgr. Terry Richey has been conducting 12-step retreats since 1975. He ministers full time to people in recovery and to their families.
Friday, 7:30 pm – Sunday, 1 pm \$300/\$200

DECEMBER 31 - JANUARY 1
A CONTEMPLATIVE NEW YEAR'S RETREAT
A "lightly led" retreat with time for silence, rest, renewal, meditation, and poetry. Together we will remember with gratitude the gifts of 2011, let go of that which no longer serves us, and prepare to move mindfully, with compassion for ourselves and others, into the new year.
Radhule Weinginer, Michael Kearney and La Casa staff
Friday, 4 pm – Saturday, 4 pm \$200/\$150

JANUARY 6 - 8
MYSTICAL INSIGHTS:
POETIC WISDOM FOR THE CONTEMPLATIVE JOURNEY
"Were we led all this way for a birth or a death?" T.S. Eliot Taking Eliot as our master, we will examine in depth wisdom from the Epiphany journey as gathered from the mystical insights of several contemporary poets, including Mary Oliver and Philip Booth. Meaningful teachings will be interspersed with deep silence, sacred chanting, and contemplative prayer. **Cynthia Bourgeault** is the founding director of the *Contemplative Society and the Aspen Wisdom School*. She travels globally teaching the *Christian contemplative path*. She is the author of 7 books, including *Centering Prayer and Inner Awakening*.
Friday, 7:30 pm – Sunday, 1 pm \$375/\$275

JANUARY 20 - 22
WALKING IN THE FOOTSTEPS OF THE GODDESS
Bring your heart and imagination and prepare to enter an ancient world. Encounter the ways diverse and ancient cultures held spirituality as central to their life, and the earth as the mother matrix of creation. Examine symbols and rituals, rather than words, that can integrate the ancient and modern worlds of the divine feminine.
Norveen Vest is well known for her books on the spiritual life. *Mythology and travel inspire her with a passion for the divine feminine and its power to change what we think of as "human nature."*
Friday, 7:30 pm – Sunday, 1 pm \$325/\$225

FEBRUARY 10 - 12
INTERSPIRITUAL MEDITATION
InterSpiritual Meditation is a seven-part process drawn from many spiritual traditions. It provides a foundation for both individual practice and for group practice among people from diverse beliefs. Throughout this process, become immersed in the language of silence and experience profound inter-connect- edness. Discover unity within diversity and experience one heart. *This retreat is part of a certificate course of study offered by Spiritual Paths Institute. See www.interspiritualmeditation.org.*
Ed Bastian, PhD, president of the *Spiritual Paths Institute*, holds a doctorate in *Buddhist Studies* and is an award-winning author.
Friday, 7:30 pm – Sunday, 1 pm \$325/\$225

Extended Programs (cont.)

FEBRUARY 12 - 14
TENDING THE SHEPHERD:
A CIRCLE OF TRUST ECUMENICAL RETREAT FOR CLERGY
Clergy often yearn to find a trusting community of peers where they can speak honestly about the challenges of church leadership, face some of their own doubts and questions, and find rest and renewal for their spirits. Based on the pioneering work of Dr. Parker Palmer, this Circle of Trust retreat uses Quaker practices to create safe spaces where participants can access their inner depths. *This introductory retreat will be followed by a Circle of Trust Seasonal Retreat Series.*
Caryl Hurtig Casbon, Jay Casbon, and Susan Plummer are experienced retreat leaders and certified facilitators of Circle of Trust programs for the Center for Courage and Renewal.
Sunday, 7:30 pm – Tuesday, 1 pm \$425/\$325

FEBRUARY 17 - 19
BE JOYFUL THOUGH YOU HAVE CONSIDERED ALL THE FACTS!
SPIRITUALITY FOR A NEW AGE WITH DANTE AS GUIDE
In spite of the centuries between us, Dante is an amazing guide for contemporary humanity. His threefold way, in the Divine Comedy - misery, conversion, and delight - helps us understand the human adventure as we move through the 21st century and offers us a spirituality for apocalyptic times. The beauty and wholeness of his vision can be found in his integration of the spiritual and the psychological with the social and the political.
The Very Rev. Alan Jones, Dean Emeritus of Grace Cathedral in San Francisco, is the acclaimed author of many books, including *Reimagining Christianity: Reconnect Your Spirit without Disconnecting Your Mind*.
Friday, 7:30 pm – Sunday, 1 pm \$375/\$275

Educational and Training Programs

OCTOBER 29
TRANSFORMATIONAL WORKAROUNDS:
BUILDING A CULTURE OF CONTRIBUTION AND PERFORMANCE
In today's global economy, every organization must produce more with fewer resources. The volume of work is exploding and people are increasingly overwhelmed and struggling to keep up, often feeling powerless to make a positive difference. In this highly interactive workshop, you will learn concrete ways to inspire your team to build a "Culture of Contribution" and thus create a more empowered and fully engaged staff.
Russell Bishop has over thirty years' experience as an internationally respected leader in the fields of business and personal transformation. He is the author of *Workarounds that Work: How to Conquer Anything that Stands in Your Way at Work*.
Saturday, 9:30 am to 4:30 pm \$55

ANNOUNCING A NEW PEACE EDUCATION INITIATIVE WITH THE NATIONAL PEACE ACADEMY

DECEMBER 2 - 4
MASTER CLASS IN PEACE EDUCATION
The class will begin and end with "Conversations with the Master Teachers," about the purposes, principles, and practices of peace education and the particular concerns and issues of those seeking to develop further their peace education capacities. This course is an opportunity for experienced peace educators to take the next steps in crafting extraordinary learning experiences. This course will be interactive, with participants designing and presenting short learning units to the Master Teachers for response and constructive critique.
This program is offered in partnership with the National Peace Academy and is eligible for certificate units. Applications are required and may be requested on our website.
Betty Reardon is the Founding Director Emeritus of the *International Institute on Peace Education*. In 2001 she received a prestigious award from UNESCO for her work. She has been a visiting professor at many universities in the US and abroad.
Tony Jenkins is the Director of Education of the *National Peace Academy* and is the Co-Director of the *Peace Education Center at Teachers College, Columbia University*.
Friday, 4:30 pm – Sunday, 1 pm \$400/\$300

TRAINING IN HEALING AND TRANSFORMATION MULTI-CULTURAL WELLNESS EDUCATION IN PARTNERSHIP WITH CAPACITAR INTERNATIONAL 4-PART, ONE-YEAR TRAINING SERIES, 2012

Experiential, holistic healing practices are taught in this series. Participants will learn wellness modalities and simple practices for healing trauma and stress-related illnesses. These include Tai Chi movements, meditation, acupressure protocols, chakra theory, polarity, simple massage, and breathing techniques to promote holistic healing of body, mind, and spirit. These practices integrate spirituality and body wisdom with a research-based focus. Participants will learn the theory as well as teaching methodology in order to apply the practices in the multicultural settings where they work or volunteer.
Individuals 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.
Sixty CEU credits for MFT and LCSW are offered for series.
Module I - March 16 - 18 Module II - June 8 - 10
Module III - Sept. 7 - 9 Module IV - Nov. 16 - 18
Each Module \$400/\$300 - 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 personal and community healing of the trauma of war, violence and poverty.
Friday, 4 pm – Sunday, 1 pm

SEPTEMBER 24 and JANUARY 14 - two introductory workshops
HEALING OURSELVES, HEALING OUR WORLD:
AN INTRODUCTION TO CAPACITAR
This workshop offers a basic overview of key Capacitar practices to enhance personal wellness and to care for others. You will learn practices that you can begin to use immediately.
Juliet Spohn Twomey is a certified Capacitar trainer who has taught Capacitar at La Casa and in Israel and Palestine.
Saturday, 9:30 am - 3:30 pm \$45

FEBRUARY 11
CUIDARNOS Y CUIDAR A OTROS
Para mas informacion, ver Programas en Español.

Wednesday Retreat Days

All Wednesday Retreat Days are 9:30 am - 3:30 pm
All are for a donation. You are welcome to bring a sack lunch or order lunch for \$14. Please register and reserve in advance.

SEPTEMBER 14
RECONNECT TO YOUR SOUL PATTERN
The Kabbalistic Tree of Life is a path of relationship between ourselves and the divine mind that creates the universe. This ancient Jewish mystic path leads one to see life from a larger viewpoint, so that you understand the purpose of your own unique expression in the blueprint of creation.
Dani Antrim is a teacher, healer, and Interfaith minister. She is a graduate of the *Barbara Brennan School of Healing*.

OCTOBER 12
A JOURNEY OF SELF DISCOVERY: WHO IS THIS "SELF?"
Explore the Enneagram - an ancient, yet modern psychological tool for spiritual self-discovery. It offers profound insight and a compassionate yet unflinching key to self-understanding. Gain awareness of how to travel with compassion for self and others.
Kathryn Grant is a spiritual director and a teacher accredited and certified by the *International Enneagram Association*.

NOVEMBER 9
MUSIC AND THE CELTIC MYTHIC IMAGINATION
A day of inner reflection and contemplation applying ancient wisdom to our lives. Discover how music was seen as a portal to the liminal places of the Celtic Otherworld, and how these teachings are relevant today to augment the soul's journey.
Jeanne Martin, PhD, a professional harpist, leads seminars on topics of ancient mythology, archetypal symbolism, and sacred psychology.

DECEMBER 14
RADICAL AMAZEMENT AND DEEP SYMPATHY: LIVING IN THE REALM OF "OOH!"
Wonder and compassion are two fundamental, interrelated responses and essential ingredients of genuine human aliveness. Join us as we explore the importance of cultivating a spirituality that weds radical amazement and deep sympathy.
Dan Miller, PhD, is a teacher, writer, and spiritual guide. He is the leader of a popular retreat series "The Human and the Holy."

JANUARY 11
WORKING WITH IMAGERY FOR LIFE ISSUES
It is profoundly powerful to use images to ground yourself and set a course for healing and forgiveness. We will work interactively with metaphor, symbol, and guided imagery to facilitate greater joy, increased self-wisdom, and calm awareness.
Juliet Rohde-Brown, PhD, is an integrative clinical psychologist, President of *Imagery International*, and author of *Imagine Forgiveness: A Guide to a Joyful Future*.

FEBRUARY 8
THE ODE LESS TRAVELED: RELEASING THE POET WITHIN
A day to recall and immerse ourselves in poems we have enjoyed over the years. We will examine why the writing of poetry expresses Sabbath and why poetry has been termed "the language of theology." Release the poet "within" as we share in crafting a poem on a single shared theme.
Douglas Vest is a retired priest in the Episcopal Church and former research physicist. He has written 10 books, five of them poetry.

Programas en Español

DIAS DE RETIRO PARA MUJERES LATINAS
Días de tranquilidad, serenidad y renovación para mujeres latinas. Toma un día para ti misma. Tendrás tiempo de silencio para orar en un ambiente hermoso y lleno de la presencia de Dios.

Los sábados, 9:30 - 3:30

29 de OCTUBRE
RECUERDOS DE NUESTROS DIFUNTOS
Visitamos las costumbres indígenas tocante del Día de los Muertos. Por favor traigan un retrato y recuerdo de un ser querido difunto.
Rosa Manriquez, IHM, es miembro de la Comunidad del Corazón Inmaculado de María. Es madre y abuela.

19 de NOVIEMBRE
LA ABUELA SABIA - Exploramos y celebramos la sabiduría y el amor incondicional de la abuela interna en este día de retiro que completa el ciclo indígena de las cuatro etapas de la mujer. Ven a gozar de la paz, tranquilidad, y amor que siempre se hallan en el regazo de la abuela.
La Dra. Bárbara Lotito facilitará el día, compartiendo 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.

10 de DICIEMBRE
CELEBREMOS A NUESTRA MADRE DE GUADALUPE
Vamos a pasar el día para conocerla mejor y honrarla como madre amorosa que es, cuyo amor fluye de ella hacia su pueblo. La celebraremos regocijándonos en ser hermanas, hijas de la Virgen morena.
María Fuentes trabaja en iglesia de la Santa Cruz (Holy Cross) donde es catequista. También es líder de un grupo carismático.

21 de ENERO
CUIDARNOS Y CUIDAR A OTROS: UNA INTRODUCCION A CAPACITAR
Este taller ofrece las prácticas de bienestar de Capacitar para sanarnos, y para cuidar a otros. Este retiro es una experiencia holística incorporando el cuerpo, la mente, y el espíritu.
Paty Zermeño es certificado en las prácticas de Capacitar y es líder de los retiros para latinas de La Casa de María.

11 de FEBRERO
TÚ ERES LA RESPUESTA
La mayoría de tiempo culpamos a los demás y a Dios por las cosas negativas que suceden en nuestras vidas. Se nos olvida que somos creadores poderosos. Y si no nos gusta lo que está sucediendo en nuestra vida, luego tenemos que examinar nuestros pensamientos.
Hma. Inez Telles, CSJ, trabajando en una agencia sin fin lucrativos que se llama "Acción Enriquecedora de Soledad." Su enfoque es trabajar con

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)

Contemplative Practices

CENTERING PRAYER

Centering Prayer is a form of prayer that opens your heart to listen to ways the Divine touches your life. This sacred practice awakens in you the desire to discover who you are and how you can heal your wounded self in the process of transformation.

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.
Sr. Suzanne Dunn, Mark Benson, and Annette Colbert share leadership and teaching. Suzanne and Annette are coordinators for *Contemplative Outreach in Ventura/Santa Barbara*.

Sept 3, Oct 1, Nov 5, Dec 3, 2011, Jan 7, and Feb 4, 2012
Saturdays, 9:30 am - 1 pm Donation

CENTERING PRAYER WORKSHOP

AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER
This class provides tools and techniques for beginning a meaningful centering prayer practice. If you have a desire to incorporate meditation into your spiritual practice, come and learn to integrate it into your daily life. Both teaching and practice will take place. Follow up sessions will be available.
Sr. Suzanne Dunn and Jeannette B. Love are spiritual directors and share leadership as Centering Prayer teachers and facilitators
October 2
Sunday, 2 pm - 6 pm \$35

WEEKLY CENTERING PRAYER MEDITATION

An opportunity to grow in the meditation practice of Centering Prayer. Discover the classics and enter into the practice.
Sr. Suzanne Dunn and Jeannette B. Love (see above)
Tuesdays, 10:30 - 11:30 am & Wednesdays, 5:30 - 6:30 pm. Ongoing Donation

Yoga at La Casa

WEEKLY YOGA CLASS
Nourish your body, mind, and spirit with personalized asanas (physical poses), breathwork through pranayama, and various relaxation techniques. All ages, bodies and skill levels welcome. Adaptations and props will be provided.
Thursdays, 4:30 - 5:45 pm. Ongoing, beginning Sept 15. \$12 per class or series of 8 for \$80.

TRANSITIONING INTO FALL AND WINTER WITH AYURVEDA
Through the tools of Yoga and Ayurveda discover and nurture your connection to the elements. Learn what to feed your body in order to transition with the season. Each workshop will include yoga and diet suggestions for the season. You will take home nature-inspired wisdom for health and well-being.

October 9 - Transition to Winter - Sunday, 2 pm to 6 pm
February 12 - Transition to Spring - Sunday, 2 pm to 6 pm
Each workshop \$35

Yoga and Ayurveda classes led by Taran Collis, who is a certified Viniyoga instructor and Ayurveda counselor specializing in adaptations for all levels. She infuses the physical practice of Yoga with ancient wisdoms of Ayurveda and guided meditation.

MINDFULNESS MEDITATION

Mindfulness is a practice from the Buddhist tradition of moment-to-moment embodied awareness. The practice helps develop presence and clarity and gives an experience of the interconnectedness and sacredness of all beings.

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 gently guided meditations, including Metta (Loving-Kindness) meditation. All are welcome.
October 16, December 11, 2011 and February 19, 2012
Sundays, 2:00 - 5:30 pm Donation

MINDFULNESS WORKSHOPS

FINDING REFUGE AND SKILLFUL PRACTICE
A day of mindfulness and loving-kindness meditation to find balance. Growing the seed of internal happiness and peace will give the ground on which to live, love and let your life unfold.
Radhule Weinginer will be joined by **Danielle Levi Alvarez**, who co-directed the *Mindfulness-Based Stress Reduction Program*.
September 24
Saturday, 9:30 am - 3:30 pm \$55, lunch included

EMOTIONAL INTEGRATION THROUGH MEDITATION & INSIGHT
A day to integrate meditation practice into your daily life. The focus is on combining psychological and spiritual methods that enhance positive emotions and alleviate difficult ones.
Radhule Weinginer will be joined by **Kimberly Snow**, who is a meditation teacher and the author of *In Buddha's Kitchen*.

January 14
Saturday, 9:30 am - 3:30 pm \$55, lunch included

WEEKLY MINDFULNESS MEDITATION

MINDFULNESS MEDITATION - All levels are welcome. Each session begins with a short talk, moves into guided meditations, and concludes with the Metta (Loving-Kindness) practice.
Thursdays, 6 - 7 pm. Ongoing. Donation

All Mindfulness practices led by Radhule Weinginer, MD, PhD, who practices psychotherapy and is a popular teacher of Mindfulness meditation. She has studied Mindfulness meditation since 1981, in Sri Lanka, and later with Jack Kornfield & Alan Wallace.



A favorite place for peaceful reflection. Larry Crandall Photography