



# La Casa de María Retreat & Conference Center

## ■ ■ ■ Newsletter

Fall - Winter 2009 - 2010

## Together We Move Forward

Dear Friends of La Casa,

The song *Dive* by Steven Curtis Chapman was the theme song of the La Casa de María's "Family Retreat" this July. Every morning, the 141 retreatants - parents and kids - began their day singing with incredible energy, "If you'll take my hand, we'll close our eyes and count to three... And take the leap of faith... Come on let's go... The river's deep. The river's wide, The river's water is alive, So sink or swim I'm diving in."

### **BUILDINGS BENEFIT**

It has been four years now since La Casa took a leap of faith and began a capital campaign of Preservation and Renewal. Knowing that you were with us with good wishes, prayers, offers of help and financial support, we joined hands with you and dove in. Three and one half years later, we completed the Preservation by paying off our \$4.5 million mortgage. Then we began Phase II, the Renewal - of buildings, grounds and programs. Thanks to a grant from the Wood-Claeysens Foundation for the renovation of Casa Regina, our main meeting room, we have painted the entire building, refinished the floors and are now selecting new carpet and much-needed new acoustic wall coverings. Montecito Bank and Trust's *Community Grants Awards* helped us install a new forced-air heating system in our Casa San Ysidro dorm, replacing our tiny energy-consuming electric space heaters. The Chapel, too, received a new heating system, just in time for winter. And we are now finalizing plans for renewing all the sleeping rooms and meeting rooms, with beauty, functionality and environmental sustainability at the top of our priority list.

### **GROUNDS TOO**

The grounds, too, are receiving the benefits of Phase II. The organic garden has expanded beautifully all the way to the wall along San Ysidro Lane, with rows of corn, squash, watermelons and pumpkins. The orchard is thriving, with new irrigation installed and 6 beehives working non-stop to pollinate the trees and bring us supplies of honey. A long-wished-for outdoor labyrinth became reality when the Institute of World Culture brought a Gandhian retreat to La Casa, and with it, a very generous gift of the creation of an outdoor labyrinth by their leaders and participants. Situated under the canopy of oak trees and lined with stones from the property, the labyrinth provides yet another outdoor sacred space for our guests.

### **AND PROGRAMS**

Programs have benefited from grants from the James S. Bower Foundation, from the Angell Foundation and from donations by individuals, making it possible for many hosted groups and persons of modest means to attend sponsored programs and enabling them to take advantage of the spiritual riches, the peaceful environment and the opportunities for collaboration

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## Promoting Peace & Social Justice

As our mission proclaims, La Casa's vision of creating "a just and peaceful world" flows from the personal experiences of nurturing acceptance and renewal of soul that individuals experience here in retreats and conferences. Their increased awareness of their own self-worth and connection with the Holy soundly grounds their capacity to engage in the world in ways that transform it. Through the programs that La Casa sponsors and the groups that it hosts, this mission goal is achieved.

*continued on column one, page two*



## Center for Spiritual Renewal

As you enter La Casa's grounds through the portals of El Bosque, you encounter our giant eucalyptus tree, the "Tree of Faith" (so-named by Regina McPartlin, IHM when she was novice mistress at what was the novitiate and is now the Center for Spiritual Renewal). Retreatants spend time beneath its sheltering branches in the newly refurbished Sadako Peace Garden, the perfect place to find solitude and spiritual connections to the world.

From the "Tree of Faith," as you look up to the sheltering Santa Inez mountain range, you see the "stone house" that is the Center for Spiritual Renewal. If you take a meditative walk up the sloping lawn towards it, you are greeted by summer splashes in myriad shapes and colors of roses. Between the array of roses and the hedge awaits an inviting flagstone walk laid by weekly volunteer gardener, Gary. Soon there will be a memorial bench there for Katie, who wished to be remembered in the place where she retreated and was soothed in her struggles with cancer. Continuing up the path, you come to a developing rose garden inspired by our retreatant to honor "Mothers." We hope to expand this garden in the future with a myriad of roses to honor our mothers.

The Center's "stone house" was recently featured in a local magazine as a classic example of Mediterranean style

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## ROOTS OF COMMITMENT

In many ways La Casa's mission is derived from its founding mother's, the Immaculate Heart Community's goal statement "to commit ourselves to build relations in society that foster access of all persons to truth, dignity and full human development." Our staff, many of whom have served at La Casa for decades, share that strong commitment and daily live it out. La Casa is blessed to have such skilled and devoted staff.

## AN INSTRUMENT OF PEACE

In issues of peace, we have dedicated a special garden within these grounds to the cause of peace. The Sadako Peace Garden was created in collaboration with the Nuclear Age Peace Foundation 15 years ago. Since then we have held annual events on Hiroshima Day, calling for and praying for peace.

We are committed to being a beacon for an inclusive vision of peace in the world. Since 2007, when we sponsored an interfaith group of women from Israel/Palestine to visit La Casa, an ongoing group of Interfaith Women for Peace has met monthly. The women from Santa Barbara and from Israel have stayed connected. La Casa staff have visited the women in their center in Nazareth, and have brought Capacitar trainings to Jewish, Christian and Muslim women in Israel and Palestine.

Yearly we sponsor interfaith community events, bridging the gap of understanding and building respect between faith communities in order to build a more peaceful world. Our annual Sukkha for Peace and Interfaith Contemplative New Year's events are examples, as are our interfaith spiritual programs offered in partnership with Spiritual Paths Foundation. (See *Special Events*.)

## A SANCTUARY FOR DIFFERENCES

Near the San Ysidro entrance, there is a colorful, stone Peace Circle that was created by young men and women who have been involved in gangs or are at risk. La Casa sponsors them to come for bridge-building and peacemaking retreats each year. These youth tend the Circle, mourning victims of violence and creating community in order to prevent future violence.

This past month we supported the Just Communities' Institute for Equity in Education leadership conference with a generous scholarship. The focus of the conference was on promoting racial equality and understanding how race, socio-economic class and bias are forms of violence in our society. We look forward to continuing to work with them.

## A PLACE OF SOCIAL CHANGE

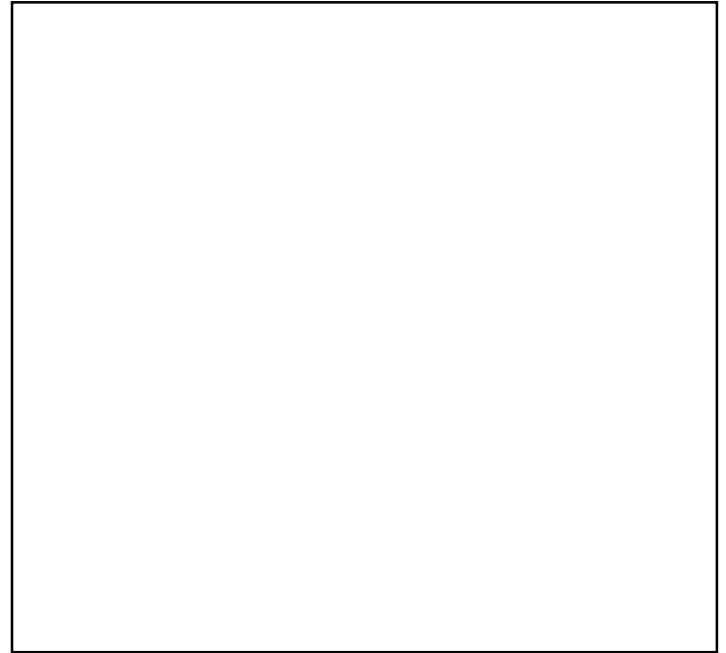
Many of the groups who come to La Casa and individuals who participate in our programs are leaders in the work of social change for a more just and equitable society. La Casa supports many front-line groups who serve those who are poor and marginalized, with generous scholarships for their staff and the people they serve. Our programs, such as the Capacitar trainings, give change agents important tools to use for healing and justice work in diverse communities, as well as providing self-care practices to stay in the struggle for the long haul.

La Casa's free programming for Latinas, *Dias de Retiro*, enriches a part of our community who usually serve others but are seldom served by the community. Our free *Contemplative Prayer Practices* offer a steady grounding for many who work in challenging arenas of service to the marginalized.

Through our *Conversations for the Common Good* series we bring diverse people to talk about important issues that can contribute to a more equitable, just and peaceful world. We hope that you will be a part of that work. Please join us for one of our programs and consider supporting our scholarship fund.

Like the rest of the world, La Casa is focusing on priorities, eliminating unnecessary expenses and working hard to make the La Casa experience available to as many people as possible through scholarship assistance. We hold all of you - our friends - in our hearts, especially during these challenging times. We are grateful that your paths and ours have joined and that, together, we will continue the work to create a just and peaceful world and a whole and healthful earth. We're glad we took the leap of faith.

In solidarity,  
Stephanie Glatt, IHM, executive director



At the entrance to La Casa, the ancient and sheltering oak trees and the nearby mountains create a sense of peace.

## Center for Spiritual Renewal - continued from page one

architecture of the 1920's. It was designed by Mary McLaughlin Craig, one of the notable architects of the era. After the estate era it became the novitiate for women studying to become nuns, and later it evolved into the house of prayer that it is today. Its pristine beauty, with its classic hand-finished stonework on native material quarried on the property, its hand-carved teak ceilings and ornate ironwork, makes it an exquisite setting for deep rest, renewal and contemplation.

For you who have come to La Casa and who love being on these sacred grounds but have never experienced a retreat at the Center, we invite you to visit us on our website or link to us through La Casa's website.

Retreats at the Center are primarily for individuals' and couples' private unstructured time. Centering Prayer is offered twice daily and ecumenical prayer after dinner. The evening meal is a special communal time to relish Chef Teresa's delicious and wholesome cooking, using many ingredients grown in our organic vegetable garden and orchard.

We welcome all who desire to be with us, whatever your spiritual journey, for two to five days at the Center or for two days to two weeks at the Hermitage. See "Private Retreats" on the final page of this newsletter for how you can arrange for a retreat at the Center or Hermitage.

# La Casa de María Programs

September 2009 - February 2010

## Extended Programs

For more information on programs, visit our website: [www.lacasademaria.org](http://www.lacasademaria.org) or phone 805-969-5031.  
You can register online for our programs. Continuing Education units are available, see our website listings.  
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 our website for prices.

SEPTEMBER 8 - 10

### JOURNEYING WITH TARA: SYMBOL OF WISDOM & COMPASSION

Come for an in-depth teaching from the Buddhist Vajrayana tradition on the beloved Bodhisattva Tara. We will study different aspects of Green and White Tara. She is considered a true feminine image of full awakening to Buddhahood, who hears the cries of all beings and reaches out to heal a suffering world.

**Namkha Rinpoche** is a spiritual master in the Nyingma tradition of Tibetan Buddhism. Born in Tibet, he studied with master teachers.

After imprisonment, he left Tibet but continues work on its behalf.

Tuesday, 7:30 pm – Thursday, 3 pm \$360

OCTOBER 2 - 4

### WHIRLING INTO THE PATH OF LOVE:

#### CELEBRATING RUMI, A UNIVERSAL BEING

Bring your open and longing heart to experience three unique teachers who come together to celebrate the supreme poet, mystic and prophet, Jalal-ud-Din Rumi. Rumi wrote 60,000 verses about our soul's journey into connection with the Beloved. Let him be our essential guide to inspire us in a mystical renaissance to heal divisions among faith traditions and lead us to love again our world.

**Andrew Harvey** is a distinguished spiritual teacher, mystical scholar and poet. He is the founder of the Institute for Sacred Activism.

**Jonathan Star** is widely acclaimed for his translations of sacred texts, including Rumi. He works to integrate the meditative traditions of the East with the "creative power of mind" tradition in the West.

**Fariba Enteshari** is founder of the Rumi Educational Center and teaches Rumi's masterpiece, Mathnawi, in its original Farsi.

Friday, 7:30 pm – Sunday, 1 pm \$400

OCTOBER 9 - 11

### PRAISE GOD IN THE DANCE: TO BEND AND NOT TO BREAK

*The bamboo that bends is stronger than the oak that resists.*

A weekend of "prayers in motion," reflection and sharing to explore bending and bowing our spirits to cultivate flexibility in face of the winds that blow through our lives. People of all dance skill levels and all spiritual traditions are welcome.

**Alleluia Dance Theater** is a non-profit dance company presenting retreats for over 30 years. Faculty will include **Stella Matsuda,**

**Emmalyn Moreno** and **Evelyn Okamoto.**

All are welcome at a free Sunday afternoon performance at 2 pm.

Friday, 7:00 pm – Sunday, 3 pm \$335

OCTOBER 16 - 18

### WORK WEEKEND

In crisp autumn time, join with friends and community to care for the sacred grounds at La Casa. Come work with staff, tending the orchard, vegetable garden and a myriad of tasks that add so much to the grounds. Spend a simple weekend in the Casa San Ysidro dormitory. Families, singles, all are welcome.

**La Casa Staff**

Friday, 7:30 pm – Sunday, 1 pm \$50

OCTOBER 25 - 29

### RETREAT FOR PEOPLE IN RECOVERY

Come share this opportunity for persons in the 12-Step program to experience community, solitude, rest and conversation. There will be conferences, a 12-Step meeting, time for prayer, reading and writing, enjoying companions on the journey and letting go of that which no longer serves.

**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 – Thursday, 1 pm \$460

NOVEMBER 6 - 8

### ORIGINAL MEDICINE:

#### ACCESSING THE WISDOM-KEEPERS OF THE SOUL, A MEN'S RETREAT

Many indigenous societies believe that we all possess a personal power, duplicated nowhere else on earth. This power is called "original medicine." It originates in our individual destiny and holds potential for healing self and others. We will access the sacred archetypes of Warrior, Healer, Visionary & Teacher. We will connect deeply with nature around us and within us.

**Tom McGee,** a psychotherapist, employs dream work, nature practices, wilderness experience, trauma work, focused attention, compassion and imagination in his work.

**Richard Palmer,** therapist and poet, shares his love of soul and his devotion to restoring the community of men. A lover of beauty, he brings his wisdom and experience to the mending of culture.

Friday, 7:30 pm – Sunday, 5 pm \$300

NOVEMBER 27 - 29

### 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. Through 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 and help us reconnect with our 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 \$275

DECEMBER 4 - 6

### MAKING MEANING FROM MYTH AND MEMOIR

Memoirists are our contemporary mythmakers. The popularity of memoir in our culture reflects the universal desire to find meaning in the mystery of our lives and to understand our unconscious choices, actions and dreams. Both myth and memoir arise from the human need for connection.

**Maureen Murdock,** a Jungian-oriented psychotherapist in private practice, has taught at Pacifica Graduate University. She is author of *The Heroine's Journey* and has written a book on memoir writing *Unreliable Truth: On Memoir and Memory.*

Friday, 7:30 pm – Sunday, 1 pm \$335

# Extended Programs (cont.)

JANUARY 8 - 10

## SELF-EMPTYING: A DEEPER SEARCH FOR OUR COMMON HEART

Christianity, Judaism and Buddhism each have their own practices and experiences of self-emptying as paths to the fullness of being. In this retreat we will explore these understandings and experience the practices supporting these in a deeper search for our common heart. This special program will include presentations, lively dialogue & meditations on self-emptying within each tradition.

**Ed Bastian, PhD.**, a Buddhist scholar and founder of *Spiritual Paths Institute*, lived for a decade in Buddhist monasteries.

**Cynthia Bourgeault, PhD.** is an Episcopal priest, author, renowned retreat leader and scholar of the Christian contemplative path.

**Rami Shapiro, PhD.** is a Rabbi, author, poet & scholar of Jewish mysticism. Rami is a creative voice in contemporary Judaism.

Friday, 7:30 pm – Sunday, 1 pm \$375

JANUARY 22 - 24

## HEALING FROM MISCARRIAGE AND ABORTION

Whether seen as a baby or as a “potential life,” its loss, whether by chance or by choice, can bring up recurring feelings of confusion, vulnerability and grief. We will honor the loss through nature, companionship, art work and writing as a way to find meaning, growth and closure. Our weekend is about understanding, acceptance and healing, not guilt.

**Candace dePuy PhD, LCSW, co-author of The Healing Choice:**

Your Guide to Emotional Recovery after an Abortion. *She lectures, teaches and writes on women's reproductive issues.*

Friday, 7:30 pm – Sunday, 1 pm \$325

JANUARY 29 - 31

## SPIRIT OF THE ENNEAGRAM:

### AN INTRODUCTION TO SACRED PSYCHOLOGY

Who am I? Who are you? Does my life have purpose and meaning? Although we never get complete answers, the human spirit wants to know. The Enneagram is an ancient tradition that has been used by Christian, Jews and Muslims to help understand human nature and the stages of human growth. It suggests nine portraits of the soul or personality types that can open a sacred path of understanding for self and others. This will be a highly interactive retreat.

**Richard Groves**, co-founder of the *Sacred Art of Living and Dying*, is a master teacher of the Enneagram, with a 25-year history connecting people to this spiritual and psychological wisdom tool.

Friday, 7:30 pm – Sunday, 1 pm \$350

FEBRUARY 12 - 14

## KABALLAH: A RETREAT ON JEWISH MYSTICISM

Come explore the ancient mystic tradition within Judaism of the Kaballah. This will be an opportunity for introduction to the tradition as well as a time for deepening prayer and understanding for those who have begun a journey on this mystic path. People of all faith traditions are welcome.

**Arthur Gross Schaefer**, Rabbi and spiritual leader of the *Montecito Shul*, is a teacher of ethics and mysticism. He is a professor at *Loyola Marymount University*.

**Michael Barclay**, Rabbi and spiritual leader, is a lecturer on Jewish tradition at *Loyola Marymount University*.

This retreat is co-sponsored with the *Montecito Shul*.

Friday, 7:30 pm – Sunday, 1 pm \$350

# 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.

SEPTEMBER 26

## CAPACITAR INTRODUCTION:

### HEALING OURSELVES, HEALING OUR WORLD

This workshop offers an introduction to basic 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 am - 3 pm \$45

NOVEMBER 22

## CUIDARNOS Y CUIDAR A OTROS

Para mas informacion, ver Programas en Español.

**Pat Cane, PhD.** fundadora de *Capacitar International.*

Domingo, 1 pm - 6 pm \$40

## 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.

*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 - Nov. 5 - 7

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

### ANNOUNCING CAPACITAR MONTHLY PRACTICE DAYS TO BEGIN IN SPRING, 2010

A series of Sunday afternoon sessions open to all who are trained in Capacitar modalities. We will share best practices.

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## 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.

OCTOBER 7

### THE SACRED LABYRINTH: A WALKING MEDITATION

Since ancient times sacred labyrinths have been used as tools for meditation, centering and spiritual growth. In modern times the labyrinth is a metaphor for life, used for problem solving, calming the mind and spiritual renewal.

**Dana VanderMey, RN**, is Director of Volunteers at Hospice and a certified Veriditas labyrinth facilitator

**Jeanne Martin, PhD**, is a harpist who uses music as a healing tool.

**Jean Mangus** practices Healing Touch and is a certified Veriditas labyrinth facilitator

NOVEMBER 4

### THE HEALING POWER OF MUSIC

Reawaken your relationship with music, bringing forth our interconnectedness to the Harmony of the Spheres. Experience the power of music in ancient & modern healing traditions.

**Jeanne Martin, PhD**, is a lecturer on topics in comparative mythology and sacred psychology with an emphasis on music.

DECEMBER 2

### AN EXPLORATION OF THE POWER OF NOW

Come ponder some of the key teachings and practices of Eckhart Tolle, as articulated in the *Power of Now*, including: "dissolving the pain body," "the inner body" and "relationships." There will be guided meditations, experiential exercises, dialogue and silence.

**Sam Young**, an experienced retreat facilitator from Ireland, works with themes from Eckhart Tolle & *The Artist's Way* by Julia Cameron.

JANUARY 13

### THE TAO TE CHING: AN ANCIENT WISDOM GUIDE

A retreat day to explore in an introductory manner the classic Chinese spiritual masterpiece of Lao Tzu, the *Tao Te Ching*. This timeless piece of sacred literature speaks powerfully to us today bringing subtle guidance and perennial wisdom.

**Terre Ouweland** is associate professor of literature at SB City

College and creator and instructor of two Sacred Literature courses. She is author of *Writing Your Way to Wholeness*.

FEBRUARY 17

### ASH WEDNESDAY WITH A CELTIC THEME

A day of prayer and meditation to open the season of Lent. We will once again explore the Celtic traditions for this time, praying that our spirits and communities might be re-vitalized by our inner work and reflections during this season.

**Olivia Doko** is an experienced liturgist and retreat leader focusing on the "present moment."

**Suzanne Dunn** is a leader of Centering Prayer retreats & meditations.

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## Special Saturday Workshop

AUGUST 29

### 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 and Radhule Weininger**

Saturday, 9:30 - 3:30 pm

Lunch included

\$45

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## Programas en Español

### DIAS DE RETIRO PARA MUJERES LATINAS

Días de tranquilidad, serenidad y renovación para mujeres. 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

31 de OCTUBRE

**RECUERDOS DE NUESTROS DIFUNTOS** - En este retiro, visitamos las costumbres indígenas tocante Día de los Muertos. La participación incluye la construcción de un altar. 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 que trabaja en el sur de Los Angeles para el Departamento de Recreo y Parques.

12 de DICIEMBRE

**CELEBRAR A NUESTRA MADRE DE GUADALUPE** - Vamos a honrarla enfocándonos en el amor que sigue fluyendo por ella sobre su pueblo. Un día para compartir, convivir y renovarnos.

**Magdalena Torres** es poetisa y profesora de los estudios étnicos de Santa Barbara Community College.

23 de ENERO

**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.

20 de FEBRERO

**FUENTES DE BIENESTAR** - Comenzando con ejercicios lentos y meditativos para renovar la energía, seguimos con el descubrimiento de lo que es, para cada persona, el bienestar. El amor propio y de la familia, satisfacción con la vida y comunicación positiva serán temas del día.

**La Dra. Isabelle Nívar**, psicóloga, ha enseñado clases de auto-estima, comunicación y relajación en Santa Barbara por treinta años. Sus presentaciones incluyen ejercicios lentos, proyectos de arte, conversaciones y demostraciones.

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)

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## Capacitar en Español

22 de NOVIEMBRE

### CUIDARNOS Y CUIDAR A OTROS

Este taller ofrece las prácticas de bienestar de Capacitar para sanarnos y para cuidar a otros. Capacitar Internacional, una organización sin fines de lucro con 20 años de experiencia, integra las prácticas de sanación y los ejercicios modernos comprobados con investigaciones. Ven a compartir esta experiencia holística incorporando el cuerpo, mente y espíritu.

**La Dra. Patricia Cane** es Fundadora/Directora de Capacitar Internacional. Ella enseña las destrezas holísticas para los que trabajan en el servicio de la comunidad y en las profesiones de sanación.

Domingo, 1 pm - 6 pm

\$40

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# Contemplative Practices

## CENTERING PRAYER

### 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.

**Br. Roy Parker, Sr. Suzanne Dunn and Annette Colbert**

*share leadership as Centering prayer practitioners and coordinators for Contemplative Outreach in Ventural/Santa Barbara.*

Saturdays, 9:30 am to 1 pm Donation  
September 5, October 3, November 7, December 5,  
January 2, February 6

### 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 Sr. Suzanne Dunn**

Saturday, October 10  
9:30 am - 3:00 pm *Lunch included. Please register in advance.* \$40

### CENTERING PRAYER INTRODUCTORY WORKSHOP

Centering Prayer is a way of cultivating a deeper relationship with God. These two days will teach the basic guidelines. Films of Centering Prayer movement founder, Thomas Keating, will supplement the presentations. Beginners are welcome.

**Sr. Suzanne Dunn and Br. Roy Parker**

Saturday and Sunday, January 23 and 24  
9:30 am to 4:00 pm *Lunch included. Please register in advance.* \$80

### WEEKLY CENTERING PRAYER MEDITATION

An hour in silence with Centering Prayer meditation practice.

**Jeannette B. Love** *is a meditator, spiritual director & La Casa staff.*

**Sr. Suzanne Dunn** - *see above*

Tuesdays, 10:30 to 11:30 am.

Wednesdays, 6:00 to 7:00 pm. Ongoing

## MINDFULNESS MEDITATION

### BALANCING THE WORLDS: GETTING UNSTUCK

A retreat to return the mind to its natural, balanced state through Metta and Shamata practices. On Halloween, a day seen as a time of "thin" space between the worlds, we will make friends with painful feelings through self-awareness & self-compassion.

Saturday, October 31  
9:30 am - 1:00 pm Donation

### MINDFULNESS FOR GAYS, LESBIANS AND THOSE WHO LOVE THEM

A Christmas retreat for re-finding the sacredness of our human spirit through quieting our mind and opening our hearts using Mindfulness meditation practices.

Saturday, December 12  
9:30 am - 1:00 pm Donation

### MINDFULNESS RETREAT PRACTICING EXQUISITE EMPATHY

A retreat to develop exquisite empathy for self and others. Through self-awareness, mindfulness and Lovingkindness meditation we can learn to know and love ourselves and others.

Saturday, February 20  
9:30 am - 1:00 pm Donation

### WEEKLY MINDFULNESS MEDITATION

All levels are welcome. Each session will be combine a time of silent as well as guided meditation and will conclude with the traditional Metta (Lovingkindness) practice.

Tuesdays, 6:00 - 7:00 pm Ongoing.  
Thursdays, 6:00 - 7:00 pm Ongoing.

**All Mindfulness practices led by Radhule Weininger, MD, PhD.**

*who practices psychotherapy and has studied Mindfulness meditation with Jack Kornfield through Spirit Rock Buddhist Center.*

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# Special Events

## 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.*

SEPTEMBER 13

### A COMMUNITY JOURNEYS WITH ITS ELDERS

At end-of-life, we face the most important questions life presents: forgiveness, meaning, relatedness and hope. It is often in accompanying the dying on their journey that we discover our answers to these sacred questions. Come share the journey.

**Richard Groves** *is the co-founder of the Sacred Art of Living and Dying. For the past two years he has been training end-of-life caregivers in many Santa Barbara institutions.*

Sunday, 4:00 - 5:30 pm Donation

JANUARY 24

### CELEBRATING FORCES FOR GOOD

Whether it is in the offering of beauty and culture or compassion and justice, the non-profit sector of our community is an important pillar of our democracy. Where are you called to serve?

**Ron Gallo**, *President and CEO of the Santa Barbara Foundation, will share his passionate commitment to sustaining equitable community development and supporting community-based leadership.*

Sunday, 4:00 - 5:30 pm Donation

## OTHER EVENTS

OCTOBER 4

### A SUKKHA FOR PEACE

An interfaith community gathering to remember the Jewish holiday of Sukkhot, 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, 4:30 - 6:45 pm *Co-sponsored with the Montecito Shul.*

OCTOBER 10

### THE HISTORY AND PRACTICE OF NATIVE TREE CARE

For thousands of years the native Chumash cultivated the local oak forests. Now California's oaks are endangered. Come for a workshop that will include presentation, time in La Casa's oak woodland and a hands-on demonstration of tree care.

**Dr. Lee Klinger, MA, PhD.** *is a scientist and consultant from Big Sur who specializes in the ecology and care of trees and soils.*

Saturday, 9:30 am - 3:00 pm Lunch included \$45

DECEMBER 31

### AN INTERFAITH CONTEMPLATIVE NEW YEAR'S EVE

Prepare for the New Year in quiet intention, walking the labyrinth and sharing meditations in an interfaith community.

Thursday, 10:00 pm to midnight

# 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  
PAID  
Santa Barbara, CA  
Permit No. 112

ADDRESS SERVICE REQUESTED

*She who is centered in the Tao  
can go where she wishes, without danger.  
She perceives the universal harmony,  
even amid great pain,  
because she has found peace in her heart.*  
Tao Te Ching

## 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 a 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](http://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](mailto: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 which 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](mailto: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

Real Things is La Casa's book and gift store. There you will find an eclectic collection of cards, books, handcrafted items from around the world, 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, art practice and recovery. Proceeds help the scholarship fund.

**Thursday and Saturday, 12:00 to 3:00 pm.**  
**Sunday, 11:00 am to 1:00 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](http://www.lacasademaria.org). Please consider a legacy gift to La Casa in your will.

For more information contact our Development Officer, Diane Dale at 805.969.5031 ext. 212 or email her at: [Diane@lcdm.org](mailto:Diane@lcdm.org).

## 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](http://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.*

## La Casa de Maria Retreat & Conference Center

800 El Bosque Road  
Santa Barbara, CA 93108  
Phone 805.969.5031 Fax 805.969.2759  
Email: [registerb@lcdm.org](mailto:registerb@lcdm.org)  
[www.lacasademaria.org](http://www.lacasademaria.org)

*Your tax-deductible donations are greatly appreciated. You may designate how you wish them to be used (e.g., Capital Campaign, scholarships, grounds or buildings, 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 \$ \_\_\_\_\_