

# Holy Spirit Retreat Center

## Fall 2015 Retreats and Events

For more information or to register for any retreats or events listed below, please call (818) 784 - 4515 or visit [www.hsrcenter.com](http://www.hsrcenter.com)



### *Communication: The Key to Interpersonal Relationships*

*Presenter: Sr. Deborah Lorentz, SSS M.Ed.*

**Saturday, September 12 - 9:30 am - 3:00 pm**

**Fee: \$45.00 (includes lunch)**

Come learn new ways to s-l-o-w down. Learn to communicate more effectively. Come and start Fall 2015 on the right foot... or perhaps we should say the right word!

### *Rumi: Sufi Poet and Mystic*

**Presenter: Lala Rukh Khan, Sufi poet, Seeker of Truth**

**Saturday, September 26 - 9:30 am - 4:00 pm**

**Fee: \$45.00 with lunch ; \$35.00 w/out lunch. \$10.00 non-refundable deposit due with registration**

This day of retreat/celebration - poetry, movement, prayer and silence - will remember the great mystic poet known as Rumi. His writings and composed works of mysticism and desire have inspired countless people throughout the centuries.



### *The Art and Soul of Journaling*

**Presenter: Chantel Zimmerman**

**Saturday, October 3 - 9:30 am - 3:30 pm**

**Fee: \$45.00 with lunch ; \$35.00 w/out lunch. \$10.00 non-refundable registration fee is due by September 25**

During this rich and illuminative workshop, you will explore journaling as personal art and spend the day practicing a variety of journaling techniques.

### *Wellness Day: A conversation with Dr. Arnel Reyes, Family Physician*

**Saturday, October 17 - 9:30 am - 4:00 pm**

**Fee: \$15.00 (includes lunch)**

This is your opportunity to talk with a medical doctor and ask all of the questions that have been on your mind for a long time. Dr. Reyes will speak to the issues of wellness, how to develop a healthy diet, how to combine yoga and meditation, and relaxation so as to remain healthy and feel wonderful! Bring your questions!



### *Remembering to Tell the Story*

**Presenter: John West, Artistic Director of the Valyermo Dancers**

**Saturday, October 31 - 9:30 am - 3:00 pm**

**Fee: \$45.00 with lunch ; \$35.00 w/out lunch. \$10.00 non-refundable registration fee**

This Sacred Dance Workshop provides an opportunity for dance prayer to be experienced by dancer and non-dancer alike. Each of us holds onto family stories that we share from one generation to another. Join us to celebrate and dance those stories and memories together.

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### Conscious Aging: Make a Choice!

**Presenters:** Sr. Deborah Lorentz, SSS M.Ed. & Lala Rukh Khan, Wellness Educator

**Saturday, November 21 - 9:00 am - 3:30 pm**

**Fee:** \$45.00 with lunch ; \$35.00 w/out lunch. \$10.00 non-refundable deposit due with registration

Conscious Aging is a program that has been developed by the *Institute of Noetic Sciences*. On this retreat day, the program will be introduced. During this first day, those present will engage with Self-compassion and forgiveness. The following two sessions will cover the remaining topics.

### Advent Silent Saturday

**Saturday, December 5 - 9:30 am - 11:30 am**

**Fee:** Free-will Offering. Please register by November 27

Join us for a quiet morning of Centering Prayer and silence. The day is open to beginners and those experienced in contemplative prayer and silent meditation. A brief introduction to Centering Prayer will be offered for those new to the practice.



### Celebrating the Feast of Our Lady of Guadalupe: Mary, did you know? ... And the Jubilee Year of Mercy

**Presenter:** Linda Crisostomo, Founder of EMmausRoad153

**Saturday, December 12 - 9:30 am - 3:00 pm**

**Fee:** \$45.00 with lunch ; \$35.00 w/out lunch. \$10.00 non-refundable registration fee is due by December 7

Juan Diego's life was interrupted when the Virgen de Guadalupe surprisingly appeared to him. Mary knew and understood the experience of interruption - it was what had happened to her when the angel appeared to announce that she was to be a mother. If you feel that life is a "ministry of surprises and interruptions", come join us.

### Advent Vespers 2015

**Sunday, December 20 - 7:00 pm**

**Fee:** \$10.00 donation to benefit Holy Spirit Retreat Center Programs

Once again, two of Los Angeles' finest harpists Ellie Choate and Paul Baker will treat us to a brief concert of Christmas music for our Advent Vesper Service. Ellie and Paul have performed as a harp duo for many recitals and events.



### New Years Retreat: The Wolf you Feed

**Presenters:** Sr. Chris Machado, SSS and Michael O'Palko

**Wednesday, December 30, 2015 - Friday, January 1, 2016**

**Fee:** \$275.00 single or \$225.00 shared or \$150.00 commuter; \$30.00 non-refundable deposit due December 27

An ancient Native American legend from the Cherokee nation reveals that each of us has two wolves inside of us that we feed, depending on the circumstances. Together we will find nourishment to walk into the New Year ahead.

