



The Retreat House News

Spiritual Center of Maria Stein
2365 St. Johns Road, P.O. Box 95
Maria Stein, Ohio 45860

“Live, Laugh, and Be Blessed”

Wouldn't it be great if we could just use this as our life motto and everything would be perfect?

Unfortunately I realize that we live in a world where sometimes life gets a little rough and it's easier to cry than laugh. There are those times we don't always feel blessed; we sometimes feel like everything is going wrong.

However, if we really thought about it, would it be so hard to spend more time living a life being happy and feeling blessed? Throughout the Bible we are reminded to *enjoy life*.

“A happy heart makes the face cheerful, but heartache crushes the spirit.” Proverbs 15:13

In 2013 we are trying to offer more weekend and day retreats that focus on YOU.

In this winter edition of our newsletter you will find information about retreats such as “Believing in a Non-Believing World”, “Praying in the Present Moment”, and “Finding God in

All Things”.

An event that I would like to personally invite you to will take place on

Sunday, April 28, 1:00-

2:30 in the afternoon. Last

year I mentioned **Sr. Anne Bryan Smollin, CSJ, PhD**

and that I was trying to schedule her to come to the Spiritual Center. With the help of Kim Custenborder at Catholic Social Services, **we finally have her scheduled!**

I was able to hear Sr. Smollin speak at a convention I went to last year. I found her to be not only hilarious, but real. She lives her life to the fullest and has a presentation style like you've never seen before. She is an international lecturer speaking on wellness and spirituality. She truly has a dynamic public speaking style and a natural gift for entertaining. She lectures on humor and its effect on wellness, aging, spirituality

and stress. Sister Anne has her master's degree in counseling, as well as a

doctorate in

counseling

psychology.

She comes

from Albany,

New York,

where she

serves as the Executive Director of Counseling for the Laity Center.

I've heard a lot of presenters at events over the years, but there are few that I can remember as well as Sr. Anne. I encourage you to take an hour and a half from your Sunday on **April 28** to come and hear her. If you don't walk away with a smile on your face I will be genuinely surprised.

May you all spend 2013 Living, Laughing, and Being Blessed!”

“This is the day the LORD has made; let us rejoice and be glad in it.” Psalm 118:24

“Because of many advance technologies we have learned to live longer, but have we learned to live well? It is not enough to just exist—to be physically alive. We must be physically, mentally, emotionally, and spiritually alive. We must live each moment. We must develop attitudes of gratitude, compassion, and reverence. We must grow to see the joy in the moment in front of us—the joy of a sunny day, or the beauty of a winter snowstorm, or the exquisite colors of a sunset, or the smile on the face of a young child, or the twinkle in an older person's eye.”

Excerpt from the book “Live, Laugh and Be Blessed” by Sister Anne Bryan Smollin



NEWS



A message from the Spiritual Center Board of Directors...

Faith is very important to the Spiritual Center. The Pope has called for this to be the “Year of Faith”. We will be striving to do as much as possible to encourage an increase in the belief of Jesus Christ and His teaching. With a variety of approaches here, we are able to serve many levels of faith in the church; from those just hearing about Jesus, to those that have dedicated their lives to working for the Lord and His Church. Come and check out our programs and events. We try hard through grounds and staff to bring the peace of Christ to all. Please continue to support us in prayer, friendship and treasure.

May God Bless you!

Deacon Greg Bornhorst, President, Board of Directors



Events Listing: January, February, March, April, May 2013

Sunday, January 6, 6:00 p.m., “Prayer and Benediction” will take place in the Chapel.

Tuesdays, January 8 & 22, “Piecemakers Craft Group” 9:00 a.m.-3:00 p.m.



Friday, January, 18—Sunday, January 20 “Theology of the Body for Teens”

This retreat, sponsored by St. Albert Youth Ministry, will feature Courtney Brown, Education Coordinator at Ruah Woods & Kenosis Discipleship team. Youth in grades 8-12 are invited to attend. Cost is \$95 and the deadline to register is January 14, 2013. Contact Karen Fitzharris at St. Albert’s for more info or to register (kfitzharris@live.com or 937-416-4385). See page 4 for more information.

Friday, February 1, 7:00 p.m. -Saturday, February 2, 4:00 p.m. “Weekend Away to Refocus on Your Marriage”. The Northern Region Family and Respect Life Office offers this one night retreat designed for couples that have been married over five years. \$165 per couple includes your room, all meals, speakers and brochures, and a generous “Weekend Away” gift basket. See page 4 for details.

Saturday, February 2, 8:30 a.m.-4:00 p.m. “Pre-Cana” will take place in the Multipurpose Room. If you are engaged and interested in attending a Pre Cana workshop, please contact the Family Life office at <http://www.catholiccincinnati.org/ministries-offices/family-life/> or call 937-492-4449. Registrations are not accepted at the Spiritual Center. See page 4 for more information.

Sunday, February 3, 6:00 p.m., “Prayer and Benediction” will take place in the Chapel.

Tuesdays, February 5 & 19, “Piecemakers Craft Group” 9:00 a.m.-3:00 p.m.

Saturday, February 9, “Evening to Celebrate Marriage” 4:30 p.m. Sign up for this popular event for couples. Enjoy a meal, Mass and gifts. Register early because seating is limited. For more information or to make reservations, call Craig and Connie Buschur of St. Henry at 419-678-8644.

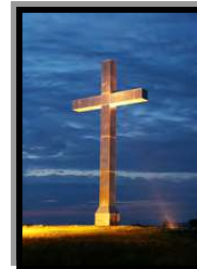
Thursday, February 14, 10:00 a.m. -1:00 p.m. Catholic Social Services and the Spiritual Center present “Love Yourself to Truly Love Others”. Reclaim the balance in your life when your physical health, mental health, and spiritual health work as one. Listen to two different speakers, have lunch, and receive a small gift. Social work & Nursing CEU’s available (pending approval). Donation of \$25 for CEU’s; \$12 no CEU’s. See page 5 for more information.

Sunday, March 3, 6:00 p.m., “Prayer and Benediction” will take place in the Chapel.

Sunday, March 3, 6:30 p.m., “Annual Volunteer Dinner” for all volunteers in the Lower Dining Room.

Tuesdays, March 5 & 19, “Piecemakers Craft Group” 9:00 a.m.-3:00 p.m.

Tuesday, March 5, 7:00 p.m.-8:30 p.m. “Believe in a Non-Believing World” presented by Dr. James Schwieterman. Come to this evening of reflection and learn how we can function in a society where we are sometimes surrounded by non-believers. \$5.00 donation per person. See page 5 for more information.



Friday, March 8, 6:00 p.m. – Sunday, March 10, 12:00 noon, “Life in the Spirit Charismatic High School and Young Adult Retreat” Learn, sing and pray with Catholic Charismatic’s at this awesome weekend retreat. Contact Kelly Horstman at 419-733-6293 or 419-678-3821 for more information.

Tuesday, March 12, 7:00 p.m., “Healing Liturgy” will take place in the Chapel.

Saturday, March 23, 8:30 a.m.-4:00 p.m. “Pre-Cana” will take place in the Multipurpose Room. If you are engaged and interested in attending a Pre Cana workshop, please contact the Family Life office at <http://www.catholiccincinnati.org/ministries-offices/family-life/> or call 937-492-4449. Registrations are not accepted at the Spiritual Center.

Sunday, March 24, 1:30-6:00 p.m. “R.C.I.A .Retreat” This retreat is for R.C.I.A. catechumens, candidates, spouses, sponsors, pastors, team members and coordinators. Join presenters Scott Frey and Marge Langenkamp as they lead you through a day of discussion, prayer, and time for reflection. \$12 donation per person includes dinner. See page 5 for more information.

Tuesdays, April 2 & 16, “Piecemakers Craft Group” 9:00 a.m. - 3:00 p.m.

Friday, April 5, 7:00 p.m.—Sunday, April 7, 11:00 a.m. “Praying in the Present Moment” led by Judy Mescher. See page 6 for more information on this weekend retreat.

Sunday, April 7, 6:00 p.m., “Prayer and Benediction” will take place in the Chapel.

Tuesday, April 9, 7:00 p.m., “Healing Liturgy” will take place in the Chapel.

Thursday, April 18, 10:00 a.m. -3:00 p.m. “Do You Believe That?” Spring Day of Reflection and Mass with Father Dugal. \$15 donation per person includes lunch. Please register by April 29. See page 6 for more details.

Friday, April 26, 7:00 p.m.—Saturday, April 27, 4:00 p.m. “Finding God in All Things” led by Sister Wanda Smith, RSM. Commuter \$45 donation; Overnight \$89. See page 6 for more information.

Sunday, April 28, 1:00-2:30 p.m. “Live, Laugh, and Be Blessed”. Join Sister Anne Bryan Smollin for an afternoon of laughter and storytelling. \$5.00 donation per person. See the front page for more info.

Monday, April 29, 10:00-4:00 “Youth Ministers Day Retreat with presenter Sister Smollin”. Contact Robin Goettemoeller for more information at 419-925-7625. See page 7 for more information.

Sunday, May 5, 6:00 p.m., “Prayer and Benediction” will take place in the Chapel.

Tuesdays, May 7 & 21, “Piecemakers Craft Group” 9:00 a.m. - 3:00 p.m.

Tuesday, May 14, 7:00 p.m., “Healing Liturgy” will take place in the Chapel.

Looking ahead to June... A Charismatic Retreat focusing on the Holy Spirit, led by Father Bob Hogan BBD, will take place at the Spiritual Center Friday, June 7, 7:00 p.m. - Sunday, June 9, 1:00, p.m. For more info or to register call 419-925-7625. \$179.50 private room ; \$289 private room (2 people).



TOB
FOR TEENS
THEOLOGY OF THE BODY

DISCOVERING
GOD'S PLAN
FOR LOVE AND LIFE

Theology of the Body for Teens is a dynamic faith formation program for teens and pre-teens that uses a great mix of stories, real-life examples, activities, prayers, and relevant references to the culture. It answers the questions teens have about their own bodies, issues of sexual morality, and how they are uniquely created for greatness.

"Theology of the Body for Teens" Weekend Retreat

Friday, January 18, 7:00 p.m.—Sunday, January 20, 10:00 a.m.

This retreat, sponsored by St. Albert The Great Youth Ministry, will feature Courtney Brown— Education Coordinator at Ruah Woods & Kenosis Discipleship team. Youth in grades 8-12 are invited to attend.

\$95 per person and the deadline to register is January 14, 2013.

Forms available online at www.stalbertthegreat.net or Contact Karen Fitzharris at St. Albert's for more info or to register kfitzharris@live.com or 937-416-4385.

Register online for Pre-Cana
[www.catholiccincinnati.org/
ministries-offices/family-
life/](http://www.catholiccincinnati.org/ministries-offices/family-life/)

What is Pre Cana?

Pre Cana??

How do we register?

Pre Cana is the process by which engaged couples are called to reflect on their preparedness and suitability for marriage to each other in the Church. Participants are encouraged to pray, explore the spirituality of marriage, and focus on developing the proper tools for a successful marriage. Understanding marital finances, personality types, families of origin, and how to fight fair are just some of the skills that engaged couples work on in this experience.

If you are engaged and interested in attending a Pre Cana workshop, please contact the Family Life Office at the Archdiocese of Cincinnati
<http://www.catholiccincinnati.org/ministries-offices/family-life/>

Pre Cana will take place at the Spiritual Center of Maria Stein on the following dates in 2013
February 2, March 23, June 15, September 14, and December 7

The Spiritual Center and the Family and Respect Life Office in Sidney present...
"A Weekend Away to Refocus on Your Marriage"

~Designed for couples that have been married over five years~

This ALL INCLUSIVE weekend combines the spiritual refreshing qualities of a retreat with the relaxed pace and freedom of a weekend away. Best of all, with the easy to use Refocuss tools provided, YOU get to determine how to best spend your time together.



Friday, February 1, 2013, 7:00 p.m. until
Saturday, February 2, 2013, 7:00 p.m.

\$165 donation includes private accommodations, meals, speakers, brochures, and a generous *weekend away* gift basket!

Register by
January 28
by calling
the Spiritual
Center at
419-925-7625
or the Family
and Respect
Life Office at
937-492-4449



The Spiritual Center and Catholic Social Services present...

“Love Yourself to Truly Love Others...”

Spend the morning with us to find out how to take care of yourself, so that you “fall in love” with yourself again, ultimately truly loving others!

Register by February

Thursday, February 14, 2013 10:00—1:00 p.m.

Therapist Steve White and Pharmacist Susan Homan will talk about reclaiming the balance in your life when your physical, mental and spiritual health work as ONE. Steve will present “Finding Peace In a World of Stress”

Susan will present “Your Body...Your Orchestra”

2 CEU's for Social Workers and Nurses (pending approval)

\$25 donation per person receiving CEU's; \$12 donation per person (no CEU's)



Dr. Jim Schwieterman presents ...

“Believe, in a Non-Believing World”

Tuesday, March 5, 7:00-8:30 p.m.

Work. Grocery stores. Waiting Rooms. Roadways. Non-believers surround us in every aspect of our daily lives. But how do we form our lives around the non-believers, keep harmony, and keep our faith life as strong as ever?

“The question is...do we coax or encourage those that have “lost their way” or do we continue on our faith journey alone? “ Dr. Jim

Dr. Jim returns for a talk on feeding our faith while living with the less faithful.

\$5.00 donation per person. Please call 419-925-7625 to register no later than March 4.

R.C.I.A. catechumens, candidates, spouses, sponsors, pastors, team members and coordinators are invited

Sunday, March 24 1:30-6:00 p.m.

RCIA RETREAT “A Journey of Faith”

Join presenters Scott Frey and Marge Langenkamp as they lead you through an afternoon of discussion, prayer, and time for reflection.

\$12 donation per person includes dinner.

Register by March 18 by calling 419-925-7625





“PRAYING IN THE PRESENT MOMENT” RETREAT WITH JUDY MESCHER

Friday, April 5, 7:00 p.m. until Sunday, April 7, 11:00 a.m.

**\$150 donation
per person
includes private
room & meals.**

**\$50 donation
for commuters
includes meals.**

Learn to see as the Mystics see by discovering the lost tradition of Mystic Christianity. This retreat will enhance your spiritual awareness of the world around. Register by Monday, April 1.

Judy grew up on a farm in Maria Stein, Ohio. She spent 35 years at the Monastery of St. Clare in Memphis, TN and in Cincinnati, OH where she learned the history of the mystics. Judy now lives at the Spiritual Center where she works in hospitality and as a spiritual companion.

Father James Dugal presents “Do You Believe That?”

Thursday, April 18, 10:00-3:00 p.m.

“Do You Believe That?”

Sure we do...and we’re happy about it!

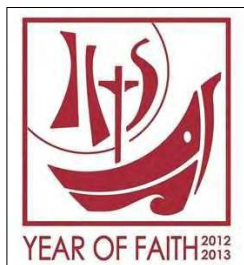
This is the “Year of Faith” that the Holy Father has asked us to observe.

We will take a look at what we believe (content), but even more importantly, what effect does our faith have on our lives? We will look at Scripture and examples in our lives that show the value of faith.

Thank God for the gift of faith!

Donation of \$15.00 per person includes lunch.

Please register for this event no later than **April 15**
by calling 419-925-7625 or email us at office@spiritualcenter.net



“Finding God In All Things” with Sr. Wanda Smith, RSM

**Friday, April 26, 7:00 p.m.
until
Sat., April 27, 4:00 p.m.**

**“When our eyes are open we are able
to experience God in ALL the aspects
of our lives.”** Sr. Wanda Smith

During this retreat, Sister Wanda will explore the mystery of how as we are searching and longing for God,

God is also longing for us.

**Donation of \$45 per person for commuters; \$89 per person for overnight guests.
Call the Spiritual Center by April 22 to register for this retreat at 419-925-7625.**



Interested in sharing your Spiritual journey with someone who is also on a similar journey?



Judy Mescher lived for 35 years in a Monastery, learning different forms of prayer and sharing with others. Now she lives and work at the Spiritual Center, where she is available for those on retreats and others who are seeking a Spiritual Companion. Call 567-644-5937 to set up a time to meet with Judy.



Calling all Youth Ministers...

Join presenter **Sr. Anne Bryan Smollin** for a retreat just for those in youth ministry!

Monday, April 29, 10:00 a.m.—3:00 p.m.
Whether you are a part time, full time, or volunteer youth minister—come and enjoy a day being ministered to!
There will be laughter, prayer, time for reflection, Mass, food, and friends.
Contact Robin Goettemoeller at 419-925-7625 to register or for more info!
\$25 donation per person for the day includes lunch. Register by April 22.



Leaders For Christ Youth Retreat
June 24 - June 25
CREDO North Youth Retreat
June 25-June 27
Contact your local youth minister, CRE, DRE, or pastor for more information



Register for any event by calling 419-925-7625

www.spiritualcenter.net



SAVE THE DATE...

Charismatic Retreat

Friday, June 7, 7:00 p.m.

until

Sunday, June 9, 1:00 p.m.

Presenter:

Father Bob Hogan



Theme:
The Holy Spirit

\$179.50 donation one person, private room & meals

\$289.00 donation Two people, private room & meals. Call 419-925-7625 to register.



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2365 St. Johns Rd., P.O. Box 95
Maria Stein, OH 45860

Phone: 419-925-7625
Toll Free: 1-877-925-7625
Fax: 419-925-6516
Email: office@spiritualcenter.net

Spiritual Center of Maria Stein Mission Statement

We are Christians dedicated to serving the Lord, each other, families, parishes and communities.

We believe in God the Creator, His son Jesus Christ and the power of the Holy Spirit, who guides us through the magisterium of the Catholic Church with its scripture and traditions and through the intercessions of the Blessed Virgin Mary.

Through the Spiritual Center of Maria Stein, we provide opportunity for spiritual growth, social development and community service. We will do this through facilities, staff, and programs.

Visit our website at www.spiritualcenter.net

Find and "like" us on Facebook!

E-mail us at: office@spiritualcenter.net

The Spiritual Center of Maria Stein, P.O. Box 95, Maria Stein, OH 45860 419-925-7625

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SAVE THE DATE...
Northern Network Youth Ministers are hosting Matt Maher and Audrey Assad for an amazing Christian concert at the Spiritual Center of Maria Stein, Sunday, August 11. Watch for more info and ticket information online. All are welcome!

RETURN SERVICE REQUESTED

Non-profit
Postage Paid
Permit Number 15
Maria Stein, OH 45860

Strengthening your life through a heritage of faith.

The Spiritual Center
419-925-7625

Retreat
Information

Telephone: 419-925-7625
Toll Free: 1-877-925-7625
Fax: 419-925-6516
Email: office@spiritualcenter.net
Web site: www.spiritualcenter.net

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