

## MISSION STATEMENT

The mission of Mount Saint Mary House of Prayer, rooted in the Gospel and the charism of the Sisters of Mercy, is to provide a sacred space, prayer experiences and spirituality programs that help adults of any faith to encounter the God of mercy and share that mercy with others. The mission moves beyond the House of Prayer to any place where we share our ministry.

\*\*\*HELP US UPDATE OUR DATABASE!\*\*\*

Provide us with your e-mail address and any mailing address changes.

## VIRTUAL COMFORTABLE CUP OF TEA

Join us on Zoom for an hour of lectio divina prayer, conversation and small group sharing.

First and Third Thursdays of the month  
from 3-4 p.m.  
March through June

Freewill Offering

Registration and Zoom link are on the website.

Mount Saint Mary House of Prayer is a not-for-profit retreat/prayer center, supported by free-will offerings. Those who cannot afford the suggested fees are urged to come and give what is possible. Those who can give more are encouraged to do so, since the fee stated for programs does not meet all our expenses. We gladly accept donations for *scholarships*. Thank you!

## GIFT CERTIFICATES or DONATIONS

Give friends and family members a gift of spiritual renewal and rejuvenation.

Make a donation to the House of Prayer  
*In Honor of* someone's birthday, anniversary,  
or *In Memory of* a loved one.

Contact us at  
(908) 753-2091 or [msmhope@msmhope.org](mailto:msmhope@msmhope.org)

## VOLUNTEERS NEEDED

Bulk Mailing and Clean-Up Day  
Monday, April 3, 9 a.m.-3 p.m.

*Lunch provided. Let us know if you are coming!*

Bulk Mailing and Clean-Up Day  
Monday, August 14, 9 a.m.-3 p.m.

*Lunch provided. Let us know if you are coming!*

1651 US HIGHWAY 22  
WATCHUNG, NJ 07069-6587  
(908) 753-2091

[msmhope@msmhope.org](mailto:msmhope@msmhope.org)

[www.msmhope.org](http://www.msmhope.org)

Facebook



Instagram @msmhope

### DIRECTOR

Laura M. Arvin, OP

### CO-DIRECTOR

Eileen P. Smith, RSM

### PART-TIME STAFF

Mary Jo Kearns, RSM

Administrative Assistant—Nancy Elkin

### Adjunct Spiritual Directors

Brigitte Pincelli, Donna McCabe, Ed Reitter,

Jim Choma, Susan Delaney-Choma



Non-profit Org.  
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Rahway, NJ



March - August 2023

## PEACE – CONTEMPLATION – HOSPITALITY



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Facebook



Instagram @msmhope



## SPIRITUAL DIRECTION

Personal support in deepening one's relationship with God. Call for further information.

## PROGRAMS and DAYS OF RECOLLECTION for GROUPS

House of Prayer staff members provide programs and retreat days on a variety of topics at the house or off-site. The House of Prayer facility is also available on a

limited basis for groups for self-guided spiritual-growth programs. Call for information.

*Accommodations: up to 20 people*

## CONTEMPLATIVE HEALING TOUCH

Experience Christian healing touch bringing balance and well-being to body and spirit.  
Practitioner: Eileen P. Smith, RSM  
\$50/hour, by appointment

## MUSIC OF HOPE: AN EVENING OF MUSIC AND REFLECTION WITH DAN SCHUTTE

Friday, April 14, 7-9 p.m.  
\$25 per person. In-person only.

Dan Schutte is one of the best-known and most influential composers of Catholic music for liturgy in the English-speaking world. Celebrate the Easter season with us as we enjoy an evening of music and reflection that will fill us with hope.

The performance will take place in the Immaculate Conception Chapel at the top of the Mount property.

Dear Friend,

“This was one of the first times that I’ve really left a program feeling disturbed in a great way, and I just thought it was wonderful!” That was a comment from one of our participants after the 1<sup>st</sup> session of our **Mercy In Action Series** which was presented by Fr. John Dear on Nonviolence. I was thrilled to hear that we challenged and inspired participants! We have an abundance of offerings in these next months that will invite each of us to be stretched and grow in relationship with ourselves, others, and God. The **Mercy In Action Series** continues through June, and we are delighted to welcome a number of new and familiar speakers who will nourish, nurture and accompany us on our journey. Our Spring Fundraiser will feature Dan Schutte presenting an evening of music and reflection as we enter the Easter season. New retreats, our first Professional Day for Spiritual Directors, and our ongoing offerings all provide wonderful opportunities for us to engage as a community.

Let’s be inspired together!

In Mercy,

*Laura M. Arvin, OP*

Director



### **SILENT DIRECTED RETREATS**

*An experience of personal prayer based on  
Scripture. Daily spiritual direction.  
Atmosphere of prayerful quiet.*

**Accommodations: 7 overnight retreatants**  
Proof of COVID vaccination is required at time of registration

### **WEEKEND RETREAT**

**March 10-12**

Begins 7 p.m. on Fri.; concludes on Sun. by 1 p.m.  
(\$190/weekend; non-refundable deposit \$90)

### **WEEKLONG RETREATS**

**June 23-30, August 4-11**

Begins 7 p.m. on Fri.; concludes on Fri. by 11 a.m.  
(\$665; non-refundable deposit \$100)

### **FOUNDATIONS OF MINDFULNESS MEDITATION SERIES**

Explore the foundations of mindfulness meditation. Practice mindfulness of the breath, body, emotions, self-compassion, and loving kindness.

We will begin each session with breath work, followed by movement similar to yoga and qigong, a body scan and ending in meditation. Join us for this four-week series. Minimum attendance of six participants is required so please invite a friend.

**Thu. March 9, 16, 23, 30, 7-8 p.m. via Zoom**  
(\$20/session or \$70/series)

**Presenter: Isabel Gachko**

*Isabel completed 200 hours of yoga teaching training and is a certified mindfulness meditation teacher.*

### **MAN TO MAN**

Men have unique roles in life...husbands, fathers, grandfathers, the single life and religious life... We're pushed and pulled in a thousand directions by responsibilities, stress, loss and by joys. Where can we find time to reflect on the loss and gain of our lives?

For all men—young, old and in between. Join our group over coffee or tea for life affirming discussions and prayer to find God in our lives and to make a difference in our own worlds.

**4<sup>th</sup> Tuesday of the Month: Mar. 28, Apr. 25,  
May 23, June 20, July 25, Aug. 22  
from 7-8:30 p.m.**

at the House of Prayer and on Zoom  
Freewill Offering

For more info. call Jerry McKenna at 908-472-3969

### **DRUMMING ECSTASY CIRCLE**

Music is one of the most glorious gifts of God. God uses drumming to enhance His powers to improve our health, lives—the essence of our being. Learn how to connect deeply with God through Rhythm.

**2<sup>nd</sup> Wed. of each month from 1:30-3pm**  
(\$20-\$30 as you are able)

**Mar. 8, Apr. 12, May 10, June 14**

**Presenter: Barbara Woodzell**

*Barbara is a Mercy Associate and music therapist.*

### **PROGRAM OFFERINGS** *(Registration Required)*

#### **MARCH**

**WOMEN'S LENTEN EVENING OF  
REFLECTION: A Woman's Encounter with  
Jesus: Healing and Freedom**

We will reflect on and pray with one of the most significant miracles in the gospel—the encounter of the hemorrhaging woman who touched Jesus' hem and was healed and freed from her suffering (Mark 5:28-29). We will explore our connection with this woman as we sometimes feel invisible, overwhelmed, and drained of energy. We will pray to encounter Christ anew and receive the healing and freedom we most need at this moment in our life.

**Mon., Mar. 6, 7-9 p.m. HYBRID**  
(\$20-\$30 as you are able)

**Presenter: Sr. Theresa Rickard, OP**

*Sr. Terry Rickard, OP, DMin, is a Dominican Sister and Pastoral Associate at Holy Trinity Catholic Church, Westfield, N.J. She is an author, preacher, and retreat leader. She recently served as President of RENEW International.*

#### **APRIL**

**REPLENISHING PERSONAL RESERVOIRS**

Stress is at epidemic levels in the world today. Stress affects every aspect of body, mind, and spirit. This program invites you to discern your tolerance of stress and explore renewal zones that work for you. God will replenish our personal reservoirs, but we need to take the appropriate steps and cooperate with God's Grace. Lunch is included.

**Sat., Apr. 29, 10 a.m.-2 p.m. In person program.**  
(\$40-\$50 as you are able)

**Presenters: Susan and Jim Choma**

*Susan and Jim are experienced spiritual directors and friends of the House of Prayer.*

**ANNUAL PROFESSIONAL DAY FOR SPIRITUAL DIRECTORS:**

***Supervision—An Embrace of Mystery***

During this day of reflection and enrichment we will look at the role and importance of supervision within the ministry of spiritual direction. We will witness a supervision session and engage about cases we might be bringing. The day is both for supervisors and those seeking supervision. Lunch is included.

**Mon., May 8, 10 a.m.-3 p.m. HYBRID**  
(\$50-\$60 as you are able)

**Presenter: Sr. Nancy Y. Sheridan, SASV**

*Sr. Nancy is a spiritual director, retreat director, and supervisor in New England, New York, Canada, Ireland and Wales.*

#### **MAY**

**MENTAL HEALTH AND SPIRITUAL  
WELLBEING: It Is Well With My Soul**

Is it well with your soul? How would you answer that question? The challenges we face in life can make it hard to say yes. This workshop will consider what factors lead us toward or away from wellness. Those who attend will learn: to identify causes and symptoms of depression and anxiety, what scripture has to say about mental wellness, and consider how our relationship with God can lead to say, "It is well with my soul."

**Wed., May 10, 7-9 p.m. HYBRID**  
(\$20-\$30 as you are able)

**Presenter: Connie Palmer, LCSW**

*Connie is an experienced teacher, therapist, school counselor, and past Clinical Training Director of Imagine.*

#### **JUNE**

**FROM HEART TO PEN TO GOD: THE  
CHRISTIAN PRACTICE OF JOURNALING**

Come explore the Christian practice of prayerful journaling! This prayer practice helps us express what lies deep in our hearts—leading to deeper union with Christ and knowledge of self. Journaling is a great accompaniment to your current prayer style, as well as a great way to move us along when we experience any staleness or lull in our prayer lives.

**2 Wed., June 14 AND 21, 9:30-11:30 a.m.**  
**In person program.**

(\$40-\$50 as you are able)

**Presenter: Palma Anton**

*Palma is a spiritual director, retreat facilitator, and co-chair of the Spiritual Direction Ministry at the Shrine of Saint Joseph in Stirling, NJ.*

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**Registration for all offerings is required 10  
days in advance to avoid the program being  
cancelled. You can register and pay for any  
program at [www.msmhope.org](http://www.msmhope.org)**

#### **JULY**

**WOMEN'S SPIRITUAL SPA DAY**

This nourishing retreat day will include various forms of prayer and mindfulness meditation. We will come together to practice breathing techniques, gentle movement, eating, walking, art and journaling. Lunch is included.

**Sat., July 15, 10 a.m.-3 p.m.**  
**In person program.**

(\$50-\$60 as you are able)

**Presenter: Isabel Gachko**

*Isabel Gachko completed 200 hours of yoga teaching training and is a certified mindfulness meditation teacher.*

#### **AUGUST**

**TRANSFORMED BY AND INTO CHRIST**

During August we celebrate the biblical feast of the Transfiguration of Christ. What was the meaning of this event in Christ's life and what does it mean for us to be transfigured and transformed by Christ? Come and encounter Christ in this biblical story and discover ways to be the presence of Christ in our world today.

**Wed., Aug. 2, 7-9 p.m. HYBRID**  
(\$20-\$30 as you are able)

**Presenter: Eileen P. Smith, RSM**

**LA CONTEMPLACION ES PARA TODOS**

En esta presentación, ofrecemos experiencias de oración que tienen su origen en la antigua práctica contemplativa que pueden ayudarnos experimentar una vida más transformada en Christo hoy.

**Sábado, 12 Agosto, 9-11:30 a.m.**  
**In person program.**

(\$20-\$30 as you are able)

**Presenters: Msgr. Joseph Kerrigan  
& Ana Valencia**

*Msgr. Joe Kerrigan es pastor de la Comunidad Católica de San Jose, Bound Brook, NJ y Ana Valencia es directora de servicios pastorales y formación de fe en la misma parroquia.*

**GRIEF RECOVERY**

***Learning a process to deal with grief***

Gentle 4-step experiential process for resolving grief caused by loss.

**Sun., Aug. 13, 1-5:30 p.m. In person program.**  
(\$50-\$60 as you are able)

**Facilitator: Mary Jo Kearns, RSM**

**You can participate in HYBRID programs  
in person or via Zoom.**

#### **REGISTRATION FORM**

**Registration is required  
for all programs and retreats.**

Please enclose your non-refundable deposit and mail to:

**Mount Saint Mary House of Prayer**

**1651 US Highway 22**

**Watchung, NJ 07069-6587**

**908-753-2091**

**[www.msmhope.org](http://www.msmhope.org)**

**PLEASE PRINT:**

Name

Address

City

State

Zip

( )

Telephone

E-mail

Program Title/Retreat

Date(s)

Deposit Amount Enclosed

Any Special Needs

### **SPIRITUAL AWAKENINGS VIDEO CLUB**

There are many great spiritual masters of our time. Richard Rohr, OFM and others have works that have touched millions of God-seekers. Join this monthly video club and share your insights and prayerful responses to the works of Fr. Rohr and others.

**2<sup>nd</sup> Friday of the month**

**Mar. 10, Apr. 14, May 12, June 9**

10-11:30 a.m. at the House of Prayer and on Zoom

(\$20-\$30 / session as you are able)

### **GUIDED RETREAT WEEKEND**

***Turning from an Empty Tomb:***

***The Easter Journey of Mary of Magdala***

Mary had to turn away from what had been to recognize her Risen Love. We will pray these turnings as we contemplate her experience in John 20. What tombs do we need to turn from this Easter season so that we can truly proclaim: "I have seen the Lord?"

**Fri., May 5, 7 p.m.—Sun., May 7, 1 p.m.**

Overnight (\$200), commuter (\$175) and virtual options (\$150)

(\$50 non-refundable deposit)

**Director: Sr. Nancy Y. Sheridan, SASV**

*Sr. Nancy is a spiritual director, retreat director, and supervisor in New England, New York, Canada, Ireland and Wales.*

### **SACRED TIME, SACRED SPACE**

A personal, quiet day to enjoy God's presence. Day begins with communal prayer.

**Mar. 21, Apr. 6, 7, May 17, June 8, July 12, Aug. 3  
9:30 a.m.-3 p.m.**

Bring bag lunch. (\$20-\$30 as you are able)

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**Arrangements for private retreats  
can be requested individually. (\$95/night)**