SILENT DIRECTED RETREATS

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

Accommodations: 6 overnight retreatants

Proof of COVID vaccination is required at time of registration.

WEEKEND RETREATS

Oct. 13-15, Nov. 3-5, Dec. 1-3, Jan. 5-7, and Feb. 2-4

Begins 7 p.m. on Fri.; concludes on Sun. by 1 pm
($200/weekend; non-refundable deposit $100)

SACRED TIME, SACRED SPACE

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

Sep. 12, Oct. 24, Nov. 16, Dec. 14, Jan. 23, Feb. 21
9:30 am–3 pm
Bring a bag lunch. ($20-30 as you are able)

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Arrangements for private retreats can be made individually ($100/night)

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.

2nd Wed. of each month from 1:30-3 pm
$20-$30 as you are able — **In person program**
Sep. 13, Oct. 11, Nov. 8, Dec. 13, Jan. 10, Feb. 14
Presenter: Barbara Woodzell
Barbara is a Mercy Associate and musical therapist.

CONTEMPLATIVE NONVIOLENT PRAYER AND PRACTICE

Today the words "Contemplative Living" are popular, but what do these words mean? This monthly series explores in depth ways to nurture our prayer life and how to live the abundant, holistic life that Jesus has promised us.

First Tuesday of the month, 7-8:30 pm—HYBRID
Per session—$20-30 as you are able

Oct. 3 Introduction To Contemplation and Contemplative Living
Presenter: Msgr. Joseph Kerrigan

Nov. 7 The Compassionate Language of Contemplative Living—Speaking Peace
Presenter: Donna McCabe

Dec. 5 Contemplative Presence Visible and Accessible Through You
Presenter: Helen Beairsto, RC

Jan. 2 Lord, Your Servant is Listening
Presenter: Connie Palmer

Feb. 6 The Gift of Lectio and Visio Divina
Presenter: Eileen Smith, RSM

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.

4th Tuesday of the Month
7-8:30 pm—HYBRID
Sep. 26, Oct. 24, Nov. 28, Dec. 19, Jan. 23, Feb. 27
Freewill Offering
For information call Jerry McKenna at 908-472-3969

10th Annual Major Speaker Program: Sr. Helen Prejean, CSJ

GOD'S GOOD GRACE WAKES US UP

Wednesday, October 18, 7-8:30 pm $25 per person - HYBRID

Sr. Helen Prejean, world-acclaimed author and speaker, will share with us how she woke up to poor people and those condemned to die. After witnessing the death row inmates of Patrick Sonnier and Robert Lee Willie, Sister Helen realized that this lethal ritual would remain unchallenged unless its secrecy was stripped away, so she sat down and wrote her first book, Dead Man Walking, which later became a world-acclaimed movie.

Sr. Helen Prejean is known around the world for her tireless work against the death penalty. She has been instrumental in sparking national dialogue on capital punishment and in shaping the Catholic Church's vigorous opposition to all executions.

Sr. Helen will be on Zoom; limited in person participation is available.

PROGRAM OFFERINGS

(Registration Required)

SEPTEMBER

PRACTICING THE PRESENCE OF GOD WITH DIFFICULT PEOPLE

Jesus tells us to love our neighbor and even our enemies. While we may not have enemies per se, we definitely all have neighbors who are difficult to love. Discover what makes people difficult and the connection between practicing the presence of God and dealing with difficult people, and learn how to live out the Golden Rule.

Wed., Sep. 20, 7-9 pm—HYBRID
$20-$30 as you are able
Presenter: Connie Palmer, LCSW
Connie is an experienced teacher, therapist, school counselor, & past Training Director of Imagine.

ESTO VIR: THE GLORY OF GOD IS MAN FULLY ALIVE

What does it mean to be a good Christian man? What can committed Christian men offer the world?

Tue., Sep. 26, 7-8:30 pm—HYBRID
$20-$30 as you are able
Presenter: Dr. Steven Serafin
Dr. Serafin is currently the Pastoral Associate of St. Bartholomew's in Scotch Plains where he leads the Emmaus Coalition of Life Long Formation.

OCTOBER

RETIRO EN ESPANOL: QUIERE ENRIGUECER Y PROFUNDIZAR SU VIDA ESPIRITUAL?

Ven y encuentra dos grandes santos españoles– San Juan de la Cruz y Santa Teresa de Ávila. Sus obras sobre la vida spiritual dieron al mundo Cristiano el camino para profundizar nuestra oración y transformar nuestras vidas cristianos.

Viernes, 27 octubre, 7-9 pm—HYBRID
$20-30 o como se puede
Facilitador: Obispo Manuel Aurelio Cruz
Obispo Manuel Cruz es obispo auxiliar en la archidiócesis de Newark.

NOVEMBER

7th ANNUAL INTERFAITH PROGRAM: HOW DO OUR FAITHS INSPIRE US TO LIVE NONVIOLENTLY?

Join us for a discussion with panelists representing the Christian, Jewish, Muslim, Hindu and Buddhist Traditions. There will be time for audience questions.

Wed., Nov. 8, 7-9 pm—HYBRID
$20-$30 as you are able
Facilitator: Rev. Anthony Randazzo
Fr. Anthony is a happy parish priest and pastor of Holy Trinity, Westfield.

LEAN INTO WAITING

All the people on the first pages of Luke's gospel are WAITING. Mary is waiting...Simeon and Anna are waiting...Zechariah and Elizabeth are waiting. We also wait. This season of Advent reminds us that God-With-Us blesses us in the waiting. God invites us to lean into the "waitings" of our lives. See them as active blessings, times of grace, inviting us to live in new ways. Come and see! Light supper included.

Wed., Nov. 29, 5:30-9 pm—In person program
$50-$60 as you are able
Presenter: Sr. Anita Constance, SC
Anita Constance is a Sister of Charity, retreat and spiritual director.

DECEMBER

CHOOSING THE BETTER PART: A WOMEN'S ADVENT RETREAT

Are you a Martha or a Mary? Together, they will help us figure out how to choose the better part, opening our hearts to God's presence even as the holiday season looms.

Tue., Dec. 12, 9:30-11:30 am—HYBRID
$20-$30 as you are able
Presenter: Christine Marie Eberle
Christine Marie Eberle passionately connects spirituality, Scripture, and everyday life.

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 for directors, supervisors and those seeking supervision.

Tue., Oct. 10, 10 am—3 pm. HYBRID
Lunch is included. ($50-$60 as you are able)
Presenters: Sr. Nancy Sheridan, SASV and Fr. Thomas McMurray, SJ
Sr. Nancy is a spiritual director, retreat director, and supervisor in New England, New York, Canada, Ireland and Wales. Father Thomas is Chaplain and Director of the Jesuit Mission & Identity at Nativity School, Worcester, MA.

DECEMBER (continued)

YEAR-END DAY OF PRAYER

Spend this last day of the year reflecting on the many gifts God has bestowed on you. Day begins and ends with communal prayer. Bring bag lunch.

Sat., Dec. 31, 9:30 am-3 pm—In person program
$20-$30 as you are able

JANUARY

THREE WEEK-SERIES ON NONVIOLENCE

Wednesdays from 7-9 pm—HYBRID
Rev. John Dear—Jan. 10
Marie Dennis—Jan. 17
Dr. Ken Butigan—Jan. 28
$50 for the series or $20-$30 per individual session
(More information in box below)

FEBRUARY

PEACE ON EARTH BEGINS WITH INTERNAL PEACE: FACE THE WAR WITHIN

This **Lenten Day of Recollection** centers on the need for conversion with our own disordered passions. We will reflect and pray for internal and world peace. Lunch is included.

Sat., Feb. 27, 10 am-3 pm—In person program
$50-$60 as you are able
Presenter: James Choma
Jim Choma is Vice President for Catholic Mission & Development Director at St. Peter's Hospital and is also an experienced spiritual director.

Nonviolent Spirituality and Living Grant Series

7-9 pm—HYBRID

We are pleased to offer an ongoing program this year: **Nonviolent Spirituality and Living**. This will enable participants to explore their language, prayer, and actions and offer opportunities for reflection and a new way of living. While the theme will be carried through many of our offerings this year, these are the specific programs in this series:

October 18: 10th Annual Major Speaker: Sr. Helen Prejean, CSJ
January 10: Fr. John Dear
January 17: Marie Dennis
January 24: Dr. Ken Butigan
April 20: Anne Kertz Kernion
May 7: Fr. John Dear
(Limited in person participation is available)

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.

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

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.

2nd Friday of the month

Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 9
10-11:30 am at the House of Prayer and on Zoom

$20-$30 per session as you are able

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 each month beginning on September 21 from 3-4 pm

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

VOLUNTEERS NEEDED

Bulk Mailing and Clean–Up Day
Monday, November 13, 9 am - 3 pm
Lunch provided. Let us know if you are coming!

Bulk Mailing
Monday, February 5, 9 am - 3 pm
Lunch provided. Let us know if you are coming!

1651 US HIGHWAY 22
WATCHUNG, NJ 07069-6587
(908) 753-2091
msmhope@msmhope.org
www.msmhope.org
Facebook
Instagram @msmhope

EXECUTIVE DIRECTOR
Laura M. Arvin, OP
PROGRAM DIRECTOR
TBH
PART-TIME STAFF
Mary Jo Kearns, RSM
Eileen P. Smith, RSM
Administrative Assistant—Nancy Elkin
Communications Coordinator—TBH

Adjunct Spiritual Directors
Brigitte Pincelli, Donna McCabe, Ed Reitter, Jim Choma, Susan Delaney-Choma

ON-GOING PROGRAM OFFERING

EUCHARISTIC HOUR OF PRAYER

Participate in the Evening Prayer of the Church in a contemplative setting. Includes time for Centering Prayer.
Each Thursday, 7:30-8:30 pm

We welcome your prayer intentions and remember them each Thursday at our Eucharistic Holy Hour.

CALENDAR RAFFLE

Total Amount in Prizes
$4,000
$20 ticket donation is good for 13 weekly drawings.
Tickets will be available soon.
Purchase of raffle is not necessary to participate, but please remember we rely on your generosity to support our House of Prayer ministry.
Thank you!

MOUNT SAINT MARY
House of Prayer
1651 US Highway 22
Watchung, NJ 07069

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

Annual Christmas Party

Sunday, December 17
4:00 – 6:30 pm
Mount Saint Mary Parlor
Cocktails, hors d'oeuvres and music

Standard Ticket - $50
Seraphim Choir - $75
Cherubim Choir - $100
Archangels - Greater than $100

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September 2023 - February 2024

PEACE – CONTEMPLATION – HOSPITALITY

MOUNT SAINT MARY
House of Prayer

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Dear Friend,

This 47th year of ministry for Mount Saint Mary House of Prayer is filled with amazing programs and opportunities! We are delighted to welcome back familiar presenters and engage many new speakers. I am sure Catherine McAuley is smiling on the work we are doing to bring Mercy to our world.

We are very excited about a new program that will span across the months with various components: **NONVIOLENT SPIRITUALITY AND LIVING**. This program will feature nationally recognized leaders who will invite us to different ways of living nonviolence. This theme will be carried across many of our other programs as well.

There are other exciting changes and opportunities happening "behind the scenes" which we know will help keep you engaged in this Oasis off Route 22. We look forward to welcoming you in person or virtually as we live the mission of Mount Saint Mary House of Prayer into the future.

In Mercy,
Laura M. Arvin, OP
Executive Director