

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 RETREATS

Sep. 30-Oct. 2, Nov. 4-6, Dec. 9-11, Jan. 6-8, and Feb. 3-5

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

SACRED TIME, SACRED SPACE

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

Sep. 20, Oct. 19, Nov. 16, Dec. 13, Jan. 25, Feb. 14
9:30 a.m.–3 p.m.

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

**Arrangements for private retreats
can be made individually. (\$95/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 1:30-3pm

\$20-\$30 as you are able

Sep. 14, Oct. 12, Nov. 9, Dec. 14, Jan. 11, Feb. 8

Presenter: Barbara Woodzell
Barbara is a Mercy Associate and musical therapist

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. Oct. 6, 13, 20, 27, 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.

4th Tuesday of the Month:

**Sep. 27, Oct. 25, Nov. 22, Dec. 27, Jan. 24, Feb. 28
from 7-8:30 p.m.**

at the House of Prayer and on Zoom

Freewill Offering

For information call Jerry McKenna at 908-472-3969

PROGRAM OFFERINGS

(Registration Required)

SEPTEMBER

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*.

Mon., Sep. 19 AND 26, 7-9 p.m.
(\$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

OCTOBER

HUNGERING FOR GOD

Discover the transforming power of Centering Prayer that leads to deep intimacy with God through this two-part series for beginners as well as practitioners.

Tue., Oct. 4 AND 11, 7-9 p.m.
(\$40-\$50 as you are able)

Presenter: Eileen P. Smith, RSM

NOVEMBER

6th ANNUAL INTERFAITH PROGRAM:

How Do We Dialogue in Times of Polarization?

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. 9, 7-9 p.m.
(\$20-\$30 as you are able)

Facilitator: Rev. Anthony Randazzo
Fr. Anthony is a happy parish priest and pastor of Holy Trinity, Westfield

THE BUSY PERSON'S GAME PLAN FOR

A BLESSED ADVENT:

ADVENT EVENING OF RECOLLECTION

Come Let Us Adore Him...or too overwhelmed by Christmas? **This Advent can be different** with insights and Saints to support our holy waiting, prayerfully discern our priorities, and offer home keeping advice as we prepare for Christ to be born in our families, homes, celebrations and every heart. Dinner is included.

Wed., Nov. 30, 5:30-9 p.m.
(\$50-\$60 as you are able)

Presenter: Donna McCabe

Donna is an active parish minister and experienced spiritual director

GRIEF RECOVERY

Learning a process to deal with grief

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

Sun., Nov. 7, Feb., 12, 1--5:30 p.m.
(\$50-\$60 as you are able)

Facilitator: Mary Jo Kearns, RSM

DECEMBER

SACRED PAUSES

Do you sometimes feel pulled to do your next commitment? Do you forget to pause for a moment or two between your responsibilities? What makes a Pause Sacred and valuable? Come to Pause, take a breath and reconnect with the present moment. Sacred Pauses help us to remember who we are and what we can do with the gift of our lives.

Tue., Dec. 6, 7-9 p.m.
(\$20-\$30 as you are able)

Presenter: Ellen Murphy

Ellen is an active parish minister and experienced spiritual director

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 a.m.--3 p.m.
(\$20-\$30 as you are able)

MERCY IN ACTION SERIES

We are offering a monthly series based on the Critical Concerns of the Sisters of Mercy of the Americas: Nonviolence, Racism, Women, Earth, Immigration. We desire to bring a greater awareness and depth to the works of Mercy and acts of Justice which are part of our vision statement. Our goal with this series is to both educate and then support people on their journey of encountering the God of mercy and sharing that mercy with others.

The series is on the **3rd Wednesday of the month, from 7-9 p.m.** in person and on Zoom. The cost is \$20-\$30 per session or \$100 for the entire series.

**JANUARY 18—NON-VIOLENCE
FEBRUARY 15—RACISM
MARCH 15—WOMEN
APRIL 19—EARTH
MAY 17—IMMIGRATION
JUNE 21—INTEGRATION SESSION**

JANUARY

TOUCHING WOUNDS; TOUCHING HOPE: BRINGING NONVIOLENCE TO OUR HURT- ING WORLD

Amidst the spiralizing violence and systemic injustices consuming our communities, nation and world, this session will focus on keeping our eyes and hearts wide open to the suffering of the crucified peoples of ur day, while witnessing to the transforming power of the Spirit through nonviolent action.

Tue., Jan. 31, 7-9p.m.
(\$20-\$30 as you are able)

Presenter: Jean Stokan, MSW

Jean serves on the Sisters of Mercy of the Americas' Institute Justice Team as Coordinator for Nonviolence and Immigration

FEBRUARY

RETIRO EN ESPANOL:

COMO PUEDO RECIBIR EL AMOR DE DIOS EN MI VIDA A TRAVES DE LOS DONES DEL ESPIRITU SANTO?

Hay muchas personas que se alejan de la iglesia porque no ven a Dios en las personas que sirven en la Iglesia. Se alejan o pierden su fe porque su fe depende de los demás. No han experimentado la presencia de Dios en su corazón ellos mismos.
Mar., Feb. 7, 7-9 p.m.
(\$20-\$30 como se puede)

Facilitador: *Diacono Reynaldo Lopez*

Reynaldo Lopez es diacono en la parroquia de Immaculate Conception, Somerville y amigo de la Casa de Oracion

CELEBRATING THE PASCHAL MYSTERY

OF OUR LIVES:

LENTEN DAY OF RECOLLECTION

In St. Paul's letter to the Corinthians we read, "We carry within us the death and resurrection of Christ Jesus. In our time together we will explore ways to deepen our awareness of the redemptive quality of our lives and of our call to participate with God in the evolution of love in our world. Lunch is included.

Sat., Feb. 25, 10 a.m.-3 p.m.
(\$50-\$60 as you are able)

Presenter: Sr. Honora Nicholson, RSM

Sr. Honora is a member of the Sisters of Mercy of the Americas, a spiritual director and program presenter

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. 14, Nov. 11, Dec. 9, Jan. 13, Feb. 10
10-11:30 a.m. at the House of Prayer and on Zoom
(\$20--\$30 / session as you are able)



9th Annual Major Speaker Program: Joan Chittister, OSB

THE TIME IS NOW: A CALL TO UNCOMMON COURAGE

Fri, Oct. 14, 7-8:30 p.m. \$25 per person - Zoom-only program

In a world in flux we have many choices. One of those choices demands great courage. It is more committed to the Word of God than to false claims of such; it is more committed to new questions than to old answers; it is more committed to faith in God than to a system and it is full of hope in the future than in fear of the present. Sister Joan finds, in the prophetic tradition of the Hebrew Scriptures, a new way of living for God that will en-flame our hearts to change the world.

In this talk, Sr. Joan offers a compelling vision for readers to combat complacency and to propel them toward creating a world of justice, freedom, peace and empowerment. Her energizing message invites us to participate in a vision for a world greater than the one we find ourselves in today. This is spirituality in action, this is practical and powerful activism for our times.

Sister Joan Chittister, OSB, internationally famous writer and speaker, will share on Zoom with us her prophetic insights and wisdom into how we who are ordinary people can help to transform our world. She will inspire us to develop the "heart of a prophet" in order to face these challenges with truth and compassion.

Come and let Joan challenge us to plant seeds of uncommon courage in our world today!

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 15 from 3-4 p.m.**

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 14, 9 a.m. --3 p.m.


Lunch provided. Let us know if you are coming!

Bulk Mailing
Monday, February 6, 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

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,



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September 2022 - February 2023

PEACE – CONTEMPLATION – HOSPITALITY



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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 4, 2022

4:00 – 6:30 p.m.

Mount Saint Mary Parlor
Cocktails, hors d'oeuvres and music



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

Dear Friend,

The prophet Isaiah proclaims: “See, I am doing something new!” We, too, are doing something new. Actually, we are doing MANY new things! Our beloved ministry is entering its 46th year—that is definitely something to proclaim. Together, we continue to accompany one another in our search for God and meaning in our lives.

We have so much to be grateful for, and your partnership in ministry inspires us to continue to add new programs and presenters, as well as keep the hallmarks you have come to know and love. While we are thrilled about EACH program, we would like to draw your attention to our **9th Annual Major** Speaker, Sr. Joan Chittister, OSB on October 14th. We are continuing with our 6th Annual Interfaith Program on November 9th, weekly Eucharistic Hour of Prayer, retreats, video club—and so many of your other favorite offerings. In January we are delighted to begin the new **Mercy In Action Series** which will focus on the Critical Concerns of the Sisters of Mercy of the Americas. Wait until you see the full line-up of presenters! Details will be revealed over the coming months.

We anticipate with great joy all the “new” that awaits us—together!

In Mercy,

Laura M. Arvin, OP

Director