

## **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)

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**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.

**2<sup>nd</sup> 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*

## **9<sup>th</sup> 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 enflame 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!

## **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.

**4<sup>th</sup> 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

## **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*

 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!

## **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**

## **6<sup>th</sup> 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*

## **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 **3<sup>rd</sup> 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**

## **GRIEF RECOVERY**

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

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

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Instagram @msmhope



MOUNT SAINT MARY  
House of Prayer

1651 US Highway 22  
Watchung, NJ 07069

**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,

Non-profit Org.  
U.S. Postage  
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Rahway, NJ



## ON-GOING PROGRAM OFFERINGS

### EUCARISTIC 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 p.m.**

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

### CENTERING PRAYER EXPERIENCE

Come together monthly to pray this ancient form of prayer and breathe in God's peace.

Includes lectio divina.

**Oct. 5, Nov. 2, Dec. 7, Jan. 4, Feb. 1  
7:30-9 p.m.** Freewill offering



## CALENDAR RAFFLE

Total Amount in Prizes

**\$4,000**

**\$20 ticket donation is good for 13 weekly drawings.**

**Last Purchase Date-Nov.30.**

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!**

## 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

\$50/hour, by appointment

**September 2022 - February 2023**

## PEACE – CONTEMPLATION – HOSPITALITY



MOUNT SAINT MARY  
House of Prayer

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Facebook   
Instagram @msmhope

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. Watch 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