

2010 Retreats at the Center

Knowles Mercy Spirituality Center, 2304 Campanile Road, Waterloo, NE 68069
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Men's Retreat with Fr. Dick Hauser

"Deepening Personal Prayer"

February 19-20, 2010

This retreat for men is an opportunity to take some quiet time away from the stress and hectic schedules of everyday life. Come, focus on God's loving presence in your life; experience the quiet of prayer and reflection, as you develop a deeper understanding of the dynamics of personal prayer.

Three Retreat Options:

Overnight Retreat—Friday, February 19 at 6 pm to Saturday, February 20 at 5 pm. Cost: \$85/limited space available includes room, Friday evening wine & cheese gathering, continental breakfast, lunch & retreat sessions.

Commuter Retreat—Friday, February 19 from 6 to 9 pm and Saturday, February 20 from 9 am to 5 pm. Cost: \$55 includes Friday wine & cheese gathering, Saturday continental breakfast and lunch, and all retreat sessions. (no overnight stay).

Saturday Retreat—February 20 from 9 am to 5 pm. Cost: \$40 Includes continental breakfast, lunch, retreat.

Fr. Richard Hauser S.J. *Director of Masters Program in Christian Spirituality at Creighton University, member of the Society of Jesus, speaker, author, and long time professor at Creighton University.*

Dreamwork Retreat

The Dreamwork Retreat
with guest speaker/artist Jane Maxfield, M.A.
March 5—7, 2010
Friday at 6 p.m. through Sunday Noon

Overnight Retreat: \$150/room, meals, and the retreat
Commuter Retreat: \$100/retreat & meals—no overnight stay
(\$50 non-refundable deposit required)

Dreams are a source of personal and universal creative wisdom, spiritual connection, insight and innovation. Everyone dreams, even if they don't remember doing so. And everyone can learn to understand their dreams more fully. The techniques and tools explored in this workshop include improving dream recall, recording dreams, discovering more of the multiple levels of meaning found in every dream, and experiencing the potential of working with dreams in a circle of dreamers.



Guest Speaker Jane Maxfield from California has a Master's in Humanities & Leadership and a Bachelor of Fine Arts. She has been exploring the common ground shared by art, spirituality, psychology and women's studies in her own life for many years and is now professionally focused on helping others to do the same.

Earth Day 2010



Earth Day Retreat
Thursday, April 22, 2010
9:00 a.m. to 4:00 p.m.

Cost: \$40/cont'l breakfast, lunch, retreat

This will be a day to focus on our relationship with Earth, both individually and collectively. We will listen, look, learn, be with and respond to Earth. The day will include shared time as well as alone time, ritual and prayer. We will reflect on our place in the great mystery that is Life. We have arrived here at a unique and challenging time in Earth's history. What are the difficulties and the blessings of this special time? Can we uncover the contributions and gifts each of us brings to the world for this purpose? Join us we share the collective wisdom of Earth and one another.

Facilitated by Kathy Townsend, who has worked at two Omaha area parishes as a DRE and Pastoral Minister. Married, the mother of two, and grandmother of five. Co-founder of Transition Omaha, which is part of a national and international movement to address the challenges of climate change, peak oil & economic instability. Its purpose is to rebuild community resilience and self-reliance.

"Experiencing nature has been a major path into relationship with God for me. Since retiring, I have become focused on learning about and responding to the evolving challenges facing earth and all of us." -Kathy Townsend

Coming Up at the Center

Mother's Retreat Day

Mothing from Within

Saturday, May 8, 2010—9:00 a.m. to 3:00 p.m.

To mother is to participate actively in God's creation. Little that we do will ever have as much effect as mothering. Scary thought, huh? And birth is only the beginning. Then the real challenges begin. Who to listen to? What wisdom to follow? How to do the right thing at the right time? We find ourselves with feeling, thoughts, fears, and uncertainties that challenge our confidence but can help us grow. We enter a reality unlike any we have known. Fierce love, new responsibilities, and a sense of wonder stand side by side with drudgery, obligation, and confusion.

Join us to consider how to move ever more surely into truly conscious mothering. Whether you are pregnant, have small children, grown children, or some in between, this day will inspire, affirm, and challenge you. If you 'mother' in any way, this is a day for you. The facilitator for the day will be Debbie Sheehan, MA, spiritual director, mother, mother-in-law, and grandmother. Deb was the former coordinator of HEARTS Ministry for the Omaha Archdiocese.

Cost: \$40 includes continental breakfast, lunch, retreat

Gift Certificates

Gift a friend, co-worker, or family member time away at Knowles Mercy Center. Gift certificates are available for: **Sabbath Day—\$25 and Overnight Stay—\$40**, or for a monetary amount that can be used for a retreat, program, or event. Gift certificates can also be used in our gift center for books, sweatshirts, polo shirts, caps, and other items.

Spirituality of Women

The Spirituality of Women: Loved Ones, Rituals, & Sacred Spaces

Saturday, June 5, 2010 – 9:00 a.m. to Noon

The focus of this retreat is on identifying the sacred spaces in our living and working areas, experiencing the love of God through our loved ones, and uncovering those rituals, traditions, and ways of praying that can lead us to a deeper relationship with God.



Facilitator: Laura Baum-Parr, former Coordinator of Marriage and Family Ministries at the Family Life Office in the Omaha Archdiocese, will facilitate this retreat. She is the co-author of the baptismal preparation program, *Welcome Your Child*, and also coordinated a program entitled *Strengthening Catholic Families: Parenting and Marriage Enrichment Leadership Training* when working for the Archdiocese. Laura particularly enjoys facilitating workshops and retreats with regards to experiencing the sacred in the ordinary through a deeper understanding of the domestic church.

Cost: \$25 includes brunch and 2 hour retreat

Memorial Plaque Fund

Your loved ones' name will appear on the plaque outside the chapel, for a donation of \$100.00 or more. (Include the individual's name as you would want it to appear when making the donation). For more information on donating to Knowles Mercy Center call 402.359.4288

For more
information
or to view pictures
of Knowles
Mercy Center

Visit our website at
www.kmscenter.org



To Register for any of the programs or retreats at Knowles Mercy Center fill out the registration form in this newsletter and mail in with the fee OR call 402.359.4288 to make your reservation. We look forward to seeing you at the Center!