A Women’s Retreat is held May 4-6 in the Loyola Building of the Jesuit Spiritual Center. Register by April 13 to receive the “early-bird” cost of $225. After April 13, the cost is $240. Register early as space is limited. Please note, no refunds will be honored after April 27. To register, call (513) 248-3500, ext. 10; mail the completed form below; or register on-line at www.jesuitspiritualcenter.com.

| Name       | ________________________________ |
| Address    | ________________________________ |
| City       | ________________________________ |
| State      | ________ Zip _________________  |
| Daytime phone | ____________________________ |
| Email      | ________________________________ |

To pay by credit card:
- [ ] MasterCard [ ] Visa [ ] Discover [ ] Amex

| Card No. | ________________________________ |
| Exp. Date | ________ Security Code _____ |

Jesuit Spiritual Center at Milford creates a Christ-centered oasis where people of all walks of life are encouraged to experience a deeper relationship with God.

We are a spiritual center providing a tranquil environment for prayer and discernment rooted in the Gospel as expressed in the Spiritual Exercises of St. Ignatius of Loyola.

visit us at
www.jesuitspiritualcenter.com
and follow us @JSCMinistry
Join us for a weekend of Peace, Contentment and Renewal

Here you will find a place where you can enjoy time alone or with other women engaging in a variety of holistic activities that will nurture your spirit and refresh your entire being. Feel the freedom of walking the beautiful labyrinth or venturing the grounds of a sacred place. The opportunity is yours to open your heart and recharge the fire within your soul.

During your stay, take the opportunity to:
- Experience the Labyrinth
- Walk the Grounds
- Enjoy Quiet Reflection

Friday Evening:

**Lectio Divina** - with Rev. Mary Laymon, Lutheran pastor, Spiritual Director and Executive Director of Tikkun Farm. We will explore Luke 1:26-38 and 2 Cor 4:7-11 with Group Lectio Divinia. When Paul reminds the Corinthians that the treasure of God’s presence and love comes into the world through the clay jars of our lives, he invites us to become altars in the world, places where the ordinary and the holy intersect. Mary, the Theotokos, has much to teach us about offering ourselves in this way, to God and to the world. There will be ample time for silence, listening and sharing.

**Small Group Activities:**

**Good Vibrations! Raising Our Spirits through Chant and Song** - with Paulette Meier, singer/songwriter and chant composer. Experience the joy of voices resonating as we face each other, singing together in sacred circle. From ancient times, people have chanted together to express praise, heal suffering, embody wisdom, and unify souls. We will chant short, repetitive songs, putting spiritually supportive words to memory with no need for song sheets. All of us are singers in this tradition! Together we will create musical vibrations to nourish and connect our spirits - with each other and with the divine within us. Paulette is the composer of the CD, *Timeless Quaker Wisdom in Plainsong*, which has been the focus of several retreats she has co-led with Wisdom teacher Cynthia Bourgeault.

**Prayer Cards using Intentional Creativity** - with Fran Malone, Healing Touch Certified Practitioner. Explore the seasons of our lives by creating a four-sided prayer card for your home altar. Intentional Creativity brings our inner thoughts to the surface and allows us to express them in an artistic fashion. We will use the beautiful poetry of Sufi, Hafiz and others to explore our lives through the medium you find most comfortable. Collage often speaks words we cannot annunciate; simple line drawings, mandalas, watercolor and responsive poetry are ways to manifest our story in symbols that represent our physical and spiritual journey.

**Sacred Stories** - with Pat Meisner, a retired educator, parish healing ministry leader, and member of the first cohort of the Living School for Action and Contemplation. We will explore the stories of holy women in history and share and celebrate our own sacred stories. Pat also is involved in the work of the Board of Trustees and Women’s Programs at the Jesuit Spiritual Center.

**Schedule**

**Friday, May 4**
- 4:00pm Arrival
- 5:00pm Welcome
- 6:15pm Dinner
- 7:30pm Lectio Divina

**Saturday, May 5**
- 8:15am Breakfast
- 9:00am Small Group activities with rotation of groups
- 12:30pm Lunch
- 1:30-4:45pm Personal free time. Optional massage, Healing Touch, Conversation Circle
- 5:00pm Mass (Sunday Liturgy)
- 6:15pm Dinner
- 7:30pm Ease into the Night - Gentle Yoga and Meditation

**Sunday, May 6**
- 8:15am Breakfast
- 9:00-10:30am Sacred story cards
- 10:45-11:30am Closing and Sending Forth