



Center *for* Spiritual Development

A MINISTRY OF THE SISTERS OF ST. JOSEPH OF ORANGE

2024

Workshops, Retreats, Programs & Events

SEE INSIDE FOR ...

- Br. Mickey McGrath Retreat
 - Celtic Concert
 - Eucharistic Retreat
 - Online Rosary Series
- and more!

The Joyful Mysteries during Christmastide and on the Feast of Our Lady of Prompt Succor

Monday, January 8, 2024, 7-8 PM Pacific, on Zoom

See details on page 6.

Introduction to Mindfulness Practice

Saturday, January 27, 2024, 8:30 AM-Noon Pacific, in person and via Zoom

For spiritual directors only. See details on page 8.

Heart to Heart with Jesus: An Ash Wednesday Retreat

Wednesday, February 14, 2024, 9 AM-1 PM, in person

Presenters: Sister Jane DeLisle, CSJ, and Sister Karen Clock, CSJ

Valentine's Day and Ash Wednesday are partner celebrations this year. Let's make the most of it! As Lent begins, we are invited to reflect on the depth and quality of our relationship with Jesus, whose life, death, and resurrection reflect God's great love in the world. The question is: How am I captivated by Jesus, who invites me to pray the way I am able in the moment? This retreat will focus on prayer as the art of simply being oneself before a loving God, who gifts us Lenten grace leading to resurrection.

This retreat will provide guided reflection on the theme, music, visual art, space for silence, sharing, Mass, blessing of ashes, and a simple Lenten meal.

Fee: \$40

Working Together: Women Restoring Hope, Justice, & Unity

Saturday, February 24, 2024, 9 AM-4 PM, in person

Presenter: Brother Mickey McGrath, OSFS

Be inspired as Brother Mickey weaves his artwork into engaging stories of friendship, justice, and hope while reflecting on the lives of courageous holy women including St. Clare, St. Teresa of Avila, and Servant of God Sr. Thea Bowman. This retreat day will include time for reflection, sharing, and an art activity. Offered in collaboration with the St. Joseph Justice Center and Loyola Institute for Spirituality.

Fee: \$100

Leaving a Spiritual Legacy

Thursday, March 7, 2024, 5-6:30 PM, in person

Presenters: Sister Jeanne Fallon, CSJ, and Amanda Ferrari, JD

We establish wills and estate plans to pass on our possessions and property to family, friends, and charities we care about. What about other things that really matter: our values, beliefs, wisdom, and stories? This session is about reflecting on your own legacy, and offers guidance about how to create a spiritual will, a spiritual legacy, so that those who come after you may know on whose shoulders they stand. The presentation will also include information about basic wills and bequests.

Admission is free. RSVP to Julie Malvey: jmalvey@csjorange.org or 714-744-3121.

Journey of the Heart: An Evening of Celtic Music, Song, and Poetry

Friday, March 15, 2024, 7-8:30 PM (with appetizers at 6 PM)

Presenters: Deirdre Ní Chinnéide and friends

Celebrated vocalist Deirdre Ní Chinnéide will connect us to the power of Celtic spirituality with an evening of Irish music, song, and poetry. Accompanied by harpist Dennis Doyle, pianist Jannette Carothers, and Austin Doyle on the mandolin, Deirdre will perform songs from her albums "Celtic Passage" and "I Will Sing for You," as well as familiar Irish tunes, all linking to Celtic spirituality. Tickets are limited.

Fee: \$40 including appetizers

The Spiral and the Cross: Symbols of Hope Through Challenging Times

Saturday, March 23, 2024, 9:30 AM-4 PM, in person

Presenter: Deirdre Ní Chinnéide

Drawing on Celtic Christian heritage and spirituality, Deirdre Ní Chinnéide will weave together music, poetry, and Scripture to inspire, nourish, and prepare us for the Easter message of Hope. Deirdre will guide us on a journey of light through darkness, home to the presence and guidance of God in our everyday lives. Space is limited.

Fee: \$65 without lunch OR \$80 with lunch included

The Sorrowful Mysteries during Holy Week and on the Feast of the Annunciation

Monday, March 25, 2024, 7-8 PM Pacific, on Zoom
See details on page 6.

The Glorious Mysteries during Eastertide and on the Feast of Our Lady of Fatima

Monday, May 13, 2024, 7-8 PM Pacific, on Zoom
See details on page 6.

Relational Mindfulness

Saturday, May 18, 2024, 8:30 AM-Noon Pacific, in person and via Zoom
For spiritual directors only. See details on page 9.

Art & Contemplation

Tuesday-Thursday, July 16-18 OR July 23-25, 2024

9 AM-12:30 PM, in person

Register for one class sequence or sign up for both & work on a longer project.

Presenters: Valerie Kemp and Sister Madeleva Williams, CSJ

Back by popular demand, this 3-day contemplative session is offered to anyone interested in exploring art as a creative practice. Whether you have been creating art for years or not, come join like-minded people who want to discover new ways to nourish the soul. There will be several creative activities to get your creativity moving. You can choose from a plethora of materials to play with and learn what makes your heart and mind happy. All experience levels are welcome. Space is limited.

Fee: \$130

Love Poured Out for the World: To Live as Eucharist

Saturday, August 17, 2024, 9 AM-4 PM, in person

Presenters: Sister Katherine Gray, CSJ, and Sister Jane DeLisle, CSJ

Eucharist that nourishes our souls and impels us toward ministry is key for us who desire to bring people together — and bring them to God. We are called to be Eucharistic people, people of thanksgiving and presence. This retreat day will explore the fuller meaning of Eucharist and the invitation to be Eucharist for others.

Fee: \$75 (includes lunch)

The Luminous Mysteries and Celebrating the Feast of the Queenship of Mary

Thursday, August 22, 2024, 7-8 PM Pacific, on Zoom
See details on page 6.

Mindfulness of Thought and Emotion

Saturday, August 31, 2024, 8:30 AM-Noon Pacific, in person and via Zoom
See details on page 9.

A Book Study: *The Desert Mothers: Spiritual Practices from the Women of the Wilderness* by Mary C. Earle

Tuesdays, September 10, 17, 24, October 1, 8, 2024, 7-8 PM Pacific, on Zoom

Presenter: Julie Mussché

Have you met the desert mothers, the wilderness monastics of the early church? We invite you to spend some time exploring the life, times, and spirituality of these amazing women through the narrative by Mary C. Earle. This classic is an easy read with helpful examples and practices included in each chapter. Come, let us journey into the desert wilds.

Fee: \$125 (Book not included)

The Joyful Mysteries for the Feast of Our Lady of the Rosary

Monday, October 7, 2024, 7-8 PM Pacific, on Zoom
See details on page 6.

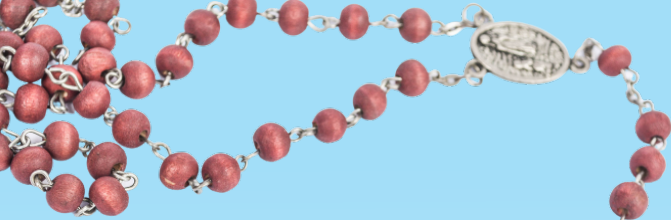
Listen to the Earth and It Will Teach You: Cultivating a Cosmic Perspective in Spirituality

Saturday, October 19, 2024, 9 AM-Noon, in person

Presenter: Paul Schutz, PhD

In the fullness of autumn, we discover new ways of seeing Creation, and begin to learn how to change the actions we take that impact the world around us. We will discuss the ways Scripture and Ignatian spirituality guide us in developing this cosmic perspective, and have time for personal reflection and sharing. After a meditation walk through the beautiful garden at St. Joseph Center, we will conclude with outdoor prayer.

Fee: \$50



The Rosary throughout the Year

Praying the rosary is an ancient tradition, one that invites meditation on the life of Christ and Mary. Please join us in praying the rosary as we journey together throughout the year, forming a contemplative community reflecting on the mysteries with prayerful intention. Attend one session, several, or the entire series.

Presenter: Julie Mussché

Free-will offering

The Joyful Mysteries during Christmastide and on the Feast of Our Lady of Prompt Succor

Monday, January 8, 2024, 7-8 PM Pacific, on Zoom

The Sorrowful Mysteries during Holy Week and on the Feast of the Annunciation

Monday, March 25, 2024, 7-8 PM Pacific, on Zoom

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Monday, May 13, 2024, 7-8 PM Pacific, on Zoom

The Luminous Mysteries and Celebrating the Feast of the Queenship of Mary

Thursday, August 22, 2024, 7-8 PM Pacific, on Zoom

The Joyful Mysteries for the Feast of Our Lady of the Rosary

Monday, October 7, 2024, 7-8 PM Pacific, on Zoom

Mindfulness for Living Our Christian Faith in Service

Saturday, October 26, 2024, 8:30 AM-Noon Pacific, in person and via Zoom
For spiritual directors only. See page 9 for details.

Magnificat: My Soul Rejoices (*An Advent Retreat*)

Sunday, December 8, 2024, 9 AM-1 PM, in person

Presenters: Sister Christine Hilliard, CSJ, and Sister Karen Clock, CSJ

The Center for Spiritual Development invites you to gather as a community to welcome the Advent season and prepare for the birth of our Savior. The retreat morning will begin with Sunday Liturgy at Sacred Heart Chapel followed by a light breakfast. The remainder of our time together will include reflection, conversation, prayer, and ritual. God calls YOU, as we are all called – how do we rejoice in giving our YES? Join us as together, we explore the gift of giving ourselves.

Fee: \$40

*Visit our website regularly
as new events are added throughout the year:
www.thecsd.org*

Taizé Prayer Service

3rd Thursday of the Month, 7-8 PM, in person

Sacred Heart Chapel • 480 S. Batavia Street, Orange

Slow down and unplug at this hour-long service designed in the style that began in Taizé, Saône-et-Loire, Burgundy, France. This service includes prayer, simple beautiful music, a time for silence, and sacred readings. Chants are sung many times over as a prayer of the heart. All faith traditions are welcome. Offered in prayerful collaboration between Stillpoint and Center for Spiritual Development.

2024 Schedule

- **January 18**
- **February 15**
- **March 21**
- **April 18**
- **May 16**
- **June 20**
- **September 19**
- **October 17**
- **November 21**
- **December 19**



The Sojourner's Well: Refreshment for Spiritual Directors

The theme for this 2024 series is *Deepening Our Spirituality with Mindfulness: Practices for Spiritual Directors*. These sessions are geared towards those who are active in the ministry of Spiritual Direction and are **for spiritual directors only**. Each session will consist of content as well as reflection, dialogue, and formation of small communities.

\$50 per session, or \$180 for the series of four

Introduction to Mindfulness Practice

Saturday, January 27, 2024, 8:30 AM-Noon Pacific, in person and via Zoom

Presenter: Gail Stearns, PhD

We will learn and discuss the basic premise of "Mindfulness" practice, to help us all get started on the same page, whether we are new to or already familiar with mindfulness. This will include participating in basic practice exercises of mindful meditation. Mindfulness can be "used" in many ways, as you will discover. There are two very positive uses we will explore: mindfulness for immediate stress relief or calm; and mindfulness as a habit that may foster longer-term effects like greater awareness of our own feelings of reactivity or judgement as they arise when engaging as spiritual directors. Participants will leave with choices of exercises to practice on their own, and ways to experiment with integrating these into existing prayer practices.

Relational Mindfulness

Saturday, May 18, 2024, 8:30 AM-Noon Pacific, in person and via Zoom

Presenter: Gail Stearns, PhD

In this session, we will focus on “relational mindfulness,” and how to listen even more intently as spiritual directors. We will discuss how the stressors of a person we are listening to may be uniquely connected to their particular identities and communities, and what might constitute real happiness for them. We will continue to learn daily mindfulness practices toward developing a habit of mindful living, including mindful eating and mindful walking techniques. We will have ample opportunity to share with one another, and to discuss discoveries from any mindfulness practices we engaged in since the last session.

Mindfulness of Thought and Emotion

Saturday, August 31, 2024, 8:30 AM-Noon Pacific, in person and via Zoom

Presenter: Gail Stearns, PhD

Focusing in greater depth on mindful observation of our thoughts and emotions, we will learn the practice of “RAINN” for our own use and for possible use with our directees. Together, we will explore more deeply how we might integrate mindfulness practices with Christian prayer and practice, or help our directees integrate mindfulness exercises with other religious or spiritual practices as appropriate.

Mindfulness for Living Our Christian Faith in Service

Saturday, October 26, 2024, 8:30 AM-Noon Pacific, in person and via Zoom

Presenter: Gail Stearns, PhD

In this final session, we will share what these months of living mindfully, or of occasional engagement with mindfulness, have taught us. We will explore a full understanding of how the tools of mindfulness might help us to personally live our faith more fully and how they enhance our presence as spiritual directors. Examining more in depth the Christian roots of mindfulness practice, we will take time to practice these in a deeper way with one another, leaving with ideas of how to continue to engage with these practices.

Discernment: Exploring the Call

A Reflection/ Education Series

Presented by: Sister Karin Nürnberg, CSJ, and Team

This 9-month series for women provides invaluable information about religious life in monastic, contemplative, or apostolic communities. We discuss community and ministry, the Eucharist, and the vows. Participants also experience different forms of personal prayer and learn how to discern and to understand the movements of the heart. Former participants have found the program very informative and helpful in discerning a call to religious life, a lay institute, an associate program, Third Order, or to service. Others have found the information beneficial and desired to support those moving through a discernment process.

Each formal gathering is two hours and is accompanied by a handout for further reading and reflection. The sessions consist of prayer, input, and questions / discussion, and also include Sunday Mass and brunch. If you are currently meeting with a Vocation Director, we recommend that you share the information with her for discussion.

The sessions are on the second Sunday of the month unless they fall on a holiday weekend; in this case, they are moved to an alternate Sunday. **Those who do not live locally may arrange to attend Zoom sessions of Exploring the Call at a time mutually convenient to themselves and the Vocation Team.**

You may register for one, several, or all sessions.

Although this program began in September 2023, you may start at any time. Interested in attending the full series from the beginning? Contact Sr. Karin for the 2024-25 series dates: 714-744-3105 or knuernberg@csjorange.org.

2024

January 14: Understanding the Vow of Chaste Celibacy
February 11: Understanding the Vow of Obedience
March 10: Understanding the Vow of Poverty
April 14: Sacraments
May 19: Gathering the Graces

**For additional information and to register, please contact:
Sr. Karin Nürnberg, CSJ: 714-744-3105 or knuernberg@csjorange.org.**



The Art of Spiritual Direction

A Training and Formation Program for Spiritual Directors

The Art of Spiritual Direction (ASD) is a 3-year program for individuals who discern in themselves a call to the ministry of spiritual direction. It provides a holistic curriculum integrating theology, spirituality, skills development, psychology, Scripture, and supervision in the art of spiritual direction.

Classes are held on 10 Saturdays each year, September to June. Sessions feature content, guided reflection questions, small group conversations, reading, and journaling. The program also includes practicum sessions.

Successful completion of the 3-year program earns a certificate of completion from both the Center for Spiritual Development and the Center for Religion and Spirituality at Loyola Marymount University.

For any questions or more information, please contact Lucy Dominguez at ldominguez@csjorange.org or 714-744-3158.

A Gift to Nurture the Soul

Searching for something unique? CSD gift certificates are available for special occasions employee recognition, or "just because."



Our Mission & Values

The mission, vision, & values of the Center for Spiritual Development are grounded in the mission & spirituality of the Sisters of St. Joseph of Orange:

“We bring all people into union with God and one another.”

Our Mission

The Center for Spiritual Development strives to nurture the spiritual lives of all who seek God.

Our Vision

The Center for Spiritual Development serves as a sacred epicenter responding to spiritual needs of local and global communities of faith.



A Ministry of the Sisters of St. Joseph of Orange

434 S. Batavia Street, Orange, California 92868
Near the 5, 22 and 57 freeways

thecsd.org

FOR MORE INFORMATION, PRICING, REGISTRATIONS, OR RESERVATIONS,
PLEASE CONTACT SONYA LONGBOTHAM AT
714-744-3172 or slongbotham@csjorange.org.