

## December

### 3-5 ADVENT SILENT WEEKEND

In December stillness, this weekend provides a time away to listen to Isaiah's dream, awaiting the birth of God's Anointed One. This silent retreat, which may be directed or private, offers time for reflection and Eucharist. Supper will be served at 5:30 p.m.

Arrival: 4:00 p.m.

Departure: 10:00 a.m.

Presenters: Staff & Visiting Directors

Cost: \$180

### 7 AN ADVENT JOURNEY

#### WITH MARTHA AND MARY (Very Popular)

Are we caught up in the "FRENZY" of preparation for Christmas during Advent or are we "Balancing our Advent Journey" with prayer and preparation so that we might discover that we have "birthed" something new within us at Christmas? Join us as we take time to quiet ourselves and gently know our own feelings. Together we can experience peace in our personal lives during Advent by taking time to reflect upon the birth of Jesus and the "newness" of ourselves as we journey toward Christmas. Presenters Paulette Cicero and Gail Mertz, are certified spiritual directors and conduct retreats and days of reflection for women.

Arrival: 9:30 a.m.

Departure: 2:30 p.m.

Presenters: Paulette Cicero  
Gail Mertz

Cost: \$35

### 13 "QUIET BY THE FIRESIDE"

This evening will provide the busy person an opportunity to contemplate Jesus, the Incarnate Word through reflection in a quiet and prayerful environment. Christmas sing-along and refreshments after program.

Arrival: 6:00 p.m.

Departure: 8:00 p.m.

Presenter: Sr. Brunilda Ramos, MPF

Donation

### 16 O! COME EMMANUEL

#### - AN ADVENT EVENING (Very Popular)

Come and be present at the scene of the Nativity. Each "figure" is discussed in light of its impact on us today. Participants reflect quietly and have time for private prayer. A light supper is served.

Arrival: 5:00 p.m.

Departure: 8:30 p.m.

Presenter: Pat Stephens

Cost: \$35

**N.B. The retreat house is closed from December 20 through January 2, 2011, and will only be opened for scheduled weekends in January.**

## St. Joseph By The Sea A Retreat House at the Central Jersey Shore

Office Hours: Monday - Friday 9am-2pm  
(732) 892-8494 • www.sjbsea.org

## October

### 1-7 AUTUMN SILENT DAYS OF PRAYER

Those desiring time alone with their God in the silent mystery of autumn at the shore may come for a 6 day silent retreat, private or directed. If rooms are available, a weekend silent retreat also may be made at this time. Please indicate the desired type of retreat when registering.

Arrival: 4:00 p.m.

Departure: Six Day - 10:00 a.m.  
Weekend 1:00 p.m.

Staff and Visiting Directors

Cost: \$330 \$180 W/E

### 15-17 GIFT FROM THE SEA - A Prayer Weekend (Very Popular)

Based on Anne Morrow Lindbergh's classic book, this weekend will provide women with time to explore insights about wholeness, balance of life, work, and relationships, and freedom for spiritual growth. We will focus contemplatively on life, and share reflection, prayer, dialogue and celebration. Copies of *Gift From the Sea* will be available for purchase.

Arrival: 7:00 p.m.

Departure: 1:00 p.m.

Presenter: Sr. Corita Clarke, RDC

Cost: \$180

## November

### 2 PRAYING FOR AND WITH OUR LOVED ONES

During this month of remembrance, join us for an afternoon of prayer and reflection on the lives of those who have greatly influenced us and are now resting in the Lord. Participants are asked to bring a photo of their loved one. Refreshments after program.

Arrival: 6:00 p.m.

Departure: 8:00 p.m.

Presenter: Pat Stephens

Cost: \$20

### 12-14 HOW BIG IS YOUR GOD?

What speaks to you of God in the ordinariness of life? Where are the "pauses," the "graced moments," and the "prayerful experiences" that show you a God much bigger than you ever imagined? Join with other women as we seek our God in the abundant surprises of life. Retreat facilitators, Paulette Cicero and Gail Mertz, are certified spiritual directors and conduct retreats and days of reflection for women.

Arrival: 7:00 p.m.

Departure: 1:00 p.m.

Presenters: Paulette Cicero  
Gail Mertz

Cost: \$185

## September

### WOMEN ON THE JOURNEY SERIES - A Women's Prayer/Discussion Group

This popular program explores spirituality for women. This year our Women on the Journey will be discussing Joyce Rupp's book, *Open the Door*. The book is a rich image for spiritual growth and awareness. Anyone looking to enrich their spiritual life and have a fuller union with God will enjoy this group. Book available at first date. Price: \$18.00.

Sept. 8, 22, 29

Oct. 13, 27

Nov. 3, 10, 17, 24,

Dec. 1, 8, 15

Jan. 5, 12, 19

Mar. 2, 16, 23

Apr. 6, 13, 20

May 4, 18, 25

Time: 1:30 to 3:30 p.m.

Cost: \$15 per session

Presenter: Pat Stephens

### 9 GOD IS THE ONLY CERTAINTY (Very Popular)

The focus of this day long retreat is in understanding and managing stress from a spiritual directive. God is steadfast and unchanging. He is indeed our only certainty. As we change our hearts through discussion, prayer, meditation, yoga, breath work, and the building of a spiritual community, we will have the tools to live our best life regardless of what is happening. The day will end with a healing Mass and anointing. The yoga is designed for all ages and abilities. Please wear comfortable clothing.

Arrival: 9:00 a.m.

Departure: 5:00 p.m.

Presenter: Teresa Palmer, MSN, RN, APN, CYT

Cost: \$40

### 10-16 BREATH OF GOD; A SILENT RETREAT

Come to the Jersey shore to encounter your God and breathe in the silent atmosphere of a directed retreat. A six-day Private Retreat also may be made at this time. Supper will be served at 5:30 p.m. Please indicate the desired type of retreat when registering.

Arrival: 4-5:00 p.m.

Departure: 10:00 a.m.

Staff and Visiting Directors

Cost: \$330

### 21 IMAGES OF GOD NEW

Explore the many images of God that we use from scripture, liturgy and theology; and how we use them in prayer. Time for walking the beach. A light lunch will be served, followed by liturgy.

Arrival: 9:30 a.m.

Departure: 2:30 p.m.

Presenter: Father Mike Sullivan

Cost: \$35

## St. Joseph By the Sea Registration Form

Name \_\_\_\_\_

Email \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

Program Attending \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Date \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

IF REGISTERING FOR RETREAT, PLEASE INDICATE \_\_\_\_\_ DIRECTED \_\_\_\_\_ PRIVATE  
N.B. There will be an additional \$5 fee for each Directed Session.

Enclosed is my non-refundable/non-transferable deposit of \$50.00

PLEASE MAKE CHECKS PAYABLE TO: ST. JOSEPH BY THE SEA

Your cancelled check is your receipt.

Mail Registration and Deposit To:  
St. Joseph By the Sea  
400 Route 35 North  
S. Mantoloking, N.J. 08738

Office Use Only

Deposit Paid \_\_\_\_\_

Check # \_\_\_\_\_

Date Paid \_\_\_\_\_

Optional Service: Care through Touch Ministry is offered by Sr. Rosemarie Sommers, MSC throughout the year. Call the office for more information.

## January 2011

### 28-30 WINTER STILLNESS BY THE SEA - "A TAI CHI EXPERIENCE"

Come to a weekend during which you will experience a variety of prayer forms that will help integrate body, mind and spirit. Participants will learn and practice several Tai Chi Chih moves which will be enhanced with other prayer forms, reflections and free time for processing. No previous experience in TCC is needed.

**Arrival: 7:00 p.m.** **Departure: 1:30 p.m.**  
**Presenter: Sr. Gerrie Contento, MPF** **Cost: \$180**  
**Accredited Tai Chi Chih Instructor**

## February

### 7-13 COME TO THE QUIET - A SILENT RETREAT

Come and experience the shore in all its winter beauty! These days have been set aside for those desiring time alone with their God in a retreat or as a prayer weekend, if space is available. Supper will be served at 5:30 p.m.

**Arrival: 4:00 - 5:00 p.m.** **Departure: Six Day: 10:00 a.m.**  
**Staff and Visiting Directors** **W/E 1:00 p.m.**  
**Cost \$330 \$180 W/E**

## March

### 19 HONORING ST. JOSEPH THE WORKER

In honor of our patron St. Joseph, the staff cordially invites you to join us at Liturgy as we anticipate this special day. We will pray for peace and healing for ourselves and for our world. Please call to register by March 16. Refreshments and Blessed Bread after program.

**Arrival: 1:30 p.m.** **Departure: 3:00 p.m.**  
**Presenter: Staff** **Donation**

### 25-27 JOURNEY TO THE CROSS WITH MARY (Popular)

Come together to experience a prayerful Lenten conversion as We Walk the Way of the Cross. Through the Eyes of Mary, the Mother of Jesus. This retreat offers time for prayerful reflection. Please bring a journal. Retreat facilitators, Paulette Cicero and Gail Mertz, are certified spiritual directors and conduct retreats and days of reflection for women.

**Arrival: 7:00 p.m.** **Departure: 1:00 p.m.**  
**Presenters: Paulette Cicero** **Cost: \$185**  
**Gail Mertz**

## April

### 13 WHEN THE HEART WAITS (Popular)

What does God say to us about waiting in scripture and through some of the spiritual writers of our time? What are we called to in the waiting? Sue Monk Kidd says that "when the heart waits, the Great Mystery begins." Come for a day focused on **WAITING**... the passionate and contemplative space in which new life and spiritual wholeness can be birthed. Presenter Paulette Cicero is a certified spiritual director and conducts retreats and days of reflection for women.

**Arrival: 9:30 a.m.** **Departure: 1:00 p.m.**  
**Presenters: Paulette Cicero** **Cost: \$35**

## May

### 9-15 COME TO THE WATER - SILENT RETREAT

These days have been set aside for persons seriously desiring to make a directed or private retreat by the ocean in a silent atmosphere. Please indicate the desired type of retreat when registering. Supper will be served at 5:30 p.m.

**Arrival: 4:00 p.m.** **Departure: 10:00 a.m.**  
**Staff and Visiting Directors** **Cost: \$330**

### 19 MOTHER - DAUGHTER EVENING

We invite mothers and daughters to come and reflect on their relationship and ongoing communication. Through group discussion, sharing and role-playing, we hope to offer you an enjoyable evening. Enjoy a walk on the beach with your daughter! (Grandmothers, stepmothers, "in-laws" are welcome.) Refreshments after program.

**Arrival: 6:00 p.m.** **Departure: 8:00 p.m.**  
**Presenter: Pat Stephens** **Cost: \$20**

### 20-22 CIRCLE OF LIFE RETREAT (Very Popular)

"Four Moments in Every Woman's Life...Loss, Change, Transformation, Fulfillment" come to us again and again. Join with other women as we seek God within the experience of our own journey. Retreat facilitators, Paulette Cicero and Gail Mertz, are certified spiritual directors and conduct retreats and days of reflection for women.

**Arrival: 7:00 p.m.** **Departure: 1:00 p.m.**  
**Presenter: Paulette Cicero** **Cost: \$185**  
**Gail Mertz**

## June

### 26- JULY 2 SISTERS' SILENT RETREAT - PRIVATE OR DIRECTED

**Arrival: 10:00 - 11:00 a.m.** **Departure: 10:00 a.m.**  
**Presenters: Staff and Visiting Directors** **Cost: \$330**

*Our retreat program ends on July 2 and resumes on September 6, 2011. There are no retreats offered in the summer.*

### Our Facilities

Fully air-conditioned, with twenty-two private bedrooms and full bath accommodations between rooms and a handicapped accessible lift are available for retreatants.

The facilities also include a dining room with accommodations for forty people, a chapel and a solarium. A large conference room, overlooking the ocean, is located on the second floor. There is also a Reading/Listening Room for use during one's stay. The Loft on the third floor overlooks the bay and invites one to "Come to the Quiet" to pray and reflect. There is direct access to the ocean from the house and easy access to Barnegat Bay. St. Joseph by the Sea is the summer residence of the Religious Teachers Filippini.

### Our Mission

St. Lucy Filippini, the foundress of the Religious Teachers Filippini, dedicated her life to education, particularly for women. She founded schools of Christian doctrine, gave Spiritual Exercises to women preparing for marriage, and taught the Word of God through instruction and retreat experiences. Her charismatic gift was "the wisdom of the Word" and she made every effort to spread the Word of God to everyone. She was a contemplative in action; all her actions stemmed from her union with God.

It is this spirit that the Religious Teachers Filippini wish to enliven at St. Joseph By the Sea. It is our aim to provide the atmosphere and means for the individual who comes here to "Let the word of Christ, rich as it is, dwell in you." (Col. 3:16) Having experienced quiet and solitude, one goes forward renewed and refreshed to incarnate God's love and Word.

Programs are offered to enrich, renew and deepen one's interior communication with the Lord in an atmosphere of prayer, quiet and solitude. The scenic environment of the Atlantic Ocean and Barnegat Bay provides additional contemplative space.

### Directions to our Retreat House

#### GARDEN STATE PARKWAY SOUTH BOUND:

- Take **Exit 98** to **Route 34 SOUTH**.
- Follow **Route 34 SOUTH** thru **one traffic circle**.
- At Intersection of **Route 35** and **Route 70**, follow signs for **Route 35 SOUTH**
- Follow signs for **35 SOUTH - Seaside Heights, Point Pleasant**.
- Continue thru Point Pleasant, Bay Head, Mantoloking.
- At end of Mantoloking, Route 35 divides **continue** for **1.7 miles**.
- Turn **LEFT** at Sanderling St. (1st street after Brick Beach parking lot).
- Turn **LEFT** onto **35 NORTH** to #400 St. Joseph By the Sea is 1/2 mile on **RIGHT** side past Ocean Club Condos

#### GARDEN STATE PARKWAY NORTH BOUND:

- Take **Exit 82** to **Route 37 EAST**.
- After the bridge follow **35 NORTH** and **Pt. Pleasant** Signs.
- Go past Ocean Club Condos.
- St. Joseph By The Sea is on the right #400.

#### FROM THE WEST:

- Take **195 EAST**.
- Get off at **Route 34 SOUTH**.
- Follow **Route 34 SOUTH** thru **one traffic circle**.
- Follow directions as if traveling **SOUTH** from Garden State Parkway.

**Please Note:** In addition to these events sponsored by the Center, the Staff gives many days of prayer to parish groups, school faculties, Rosary-Altar groups, senior citizens organizations, etc., which are not listed. There are some dates still available. Individual spiritual direction is provided by the staff. Please call the office for more information.

#### Staff

Brunilda Ramos, MPF, Director  
Geraldine Contento, MPF  
Barbara Ranere, MPF  
Pat Stephens

#### Visiting Directors

Helen Bolil  
Jane Feltz, MPF  
Judy Garbaccio, MMS  
Msgr. John P. O'Connor

2010 - 2011

400 Route 35 North  
South Mantoloking, N.J. 08738  
St. Joseph  
By the Sea

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
MANTOLOKING, NJ  
PERMIT #11