

December

2-4 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: \$185

5 DESERT DAY – A DAY IN SOLITUDE

This day is aimed at providing you time in solitude during this advent season and the busyness of Christmas. After morning praise, you are invited to spend the day in quiet with your God. Lunch will be provided. Mass – 11:00 a.m.

Arrival: 9:30 a.m. Departure: 3:00 p.m.
Staff Cost: \$25

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

14 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 Cost: \$35
Gail Mertz

15 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 23 through January 2, 2012, 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**

14-16 YOGA BY THE SEA

NEW

(Very Popular)

The beautiful thing about practicing yoga is that there is no right or wrong, because it is an experiment. It is tolerating the consequences of being ourselves. Most times, our bodies speak volumes to us throughout our busy days. It is whether or not we learn to listen to our bodies that is the key to health and vitality. Chronic stress occurs when we focus on what is not right or in balance with life. Are you trying to live an impossible life? Mindful living is a tool of great importance. The weekend will include breathing techniques, guided meditations, deep physical and mental relaxation in Yoga Nidra, tools and tips on self care and nutrition. This workshop is suitable to all, especially 50 years and older and those with limited movement can participate from a chair. Come with loose comfortable clothing, a yoga mat and a journal if you wish. Join us as we explore, heal and transcend mental misconceptions and return back to living in spontaneous harmony of what is.

Arrival: 7:00 p.m. Departure: 1:00 PM
Presenter: Robin Conover, R.T.Y. Cost: \$185

21 POWER AND POWERLESSNESS: Being Rooted in Clarity

NEW

Knowing when to act, when to wait, when to surrender, when to engage, and when to let go requires a clear understanding of the use of personal power. For the minister called to act in the name of Jesus, that understanding keeps conflict creative, rather than destructive, and allows space for God's activity to flourish.

Arrival: 9:30 a.m. Departure: 2:30 p.m.
Presenter: Sr. Rite Woehlcke, SSI Cost: \$35

November

2 PRAYING FOR AND WITH OUR LOVED ONES

(Very Popular)
During this month of remembrance, join us for an evening 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

11-13 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.
Presenters: Paulette Cicero Cost: \$185
Gail Mertz

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 **Come Home**, A Prayer Journey to the Center Within, by Marie Schwan, C.S.J. The book is a rich image for spiritual growth, awareness and a call to live at the center rather than the circumference of our lives. Anyone looking to enrich their spiritual life and have a fuller union with God will enjoy this group. Book available at first date. Price: \$13.00.

Sept. 7, 28 Jan. 4, 11, 18
Oct. 12, 26 Mar. 7, 14, 21
Nov. 9, 16, 23, 30 Apr. 4, 18, 25
Dec. 14, 21 May 2, 9, 23

Time: 1:30 to 3:30 p.m. Cost: \$15 per session
Presenter: Pat Stephens

9-15 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

20 GRIEF JOURNEY-

NEW

WALKING THE ROAD OF GRIEF

(Very Popular)

Whether months, a year or many years have passed since you have experienced a loss, this spirituality day at the Jersey Shore will offer you concrete ways in which you can better understand the bereavement process and its application to your personal life. There will be input from an experienced presenter, group sharing and time for reflection. The day will conclude with Liturgy.

Arrival: 9:00 a.m. Departure: 2:30 p.m.
Presenter: Deacon Ed Buecker Cost: \$35

21 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. Lunch will be served.

Arrival: 9:00 a.m. Departure: 5:00 p.m.
Presenter: Teresa Palmer, MSN, RN, APN, CYT Cost: \$45

October

Sept. 30- AUTUMN SILENT DAYS OF PRAYER

Oct. 6

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 \$185 W/E

Office Use Only

Deposit Paid _____
Check # _____
Date Paid _____

St. Joseph By the Sea Registration Form

Name _____ Home Phone _____
Email _____ Work Phone _____
Street _____ Cell Phone _____
City _____ State _____ Zip _____
Program Attending _____ Date _____

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

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

January 2012

27-29 WINTER STILLNESS BY THE SEA

– "A TAI CHI EXPERIENCE" (Popular)

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 (Accredited Tai Chi Chih Instructor) Cost: \$185

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. Weekend: 1:00 p.m.
Staff and Visiting Directors Cost: \$330 \$185 W/E

March

8 "TOUCHED BY AN ANGEL" NEW (Popular)

To hear and trust God's will, we need only to look at the life of St. Joseph. Joseph was "touched by an angel" and entrusted with the care of God's only Son. Come for a day to join with Joseph as we look at our very own experiences of questioning, surrendering and trusting the touch of God. Lunch and Mass included.

Arrival: 9:30 a.m. Departure: 2:30 p.m.
Presenter: Paulette Cicero Cost: \$35

9-11 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: \$185

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: 12:30 p.m. Mass: 12:45 p.m. Departure: 3:00 p.m.
Presenter: Staff Donation

23-25 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 & Gail Mertz Cost: \$185

30 - APRIL 1 HOW BIG IS YOUR GOD? (Very Popular)

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 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.
Presenter: Paulette Cicero Cost: \$35

May

10 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

11-17 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

June

10- 16 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

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

Sr. Brunilda Ramos, MPF, Director
Sr. Ann Marie Mecca, MPF
Sr. Geraldine Contento, MPF
Pat Stephens

Visiting Directors

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

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 en flesh 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

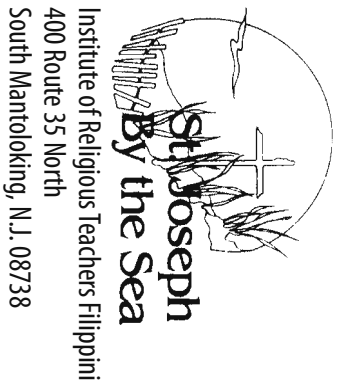
GARDEN STATE PARKWAY NORTH BOUND:

- 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.

Our retreat program ends on July 7 and resumes on September 4, 2012. There are no retreats offered in the summer.



2011 - 2012

