



# 2016 Retreat Brochure

The Sisters of Saint Joseph of Philadelphia and the staff of Saint Mary by-the-Sea Retreat House are committed to care for our planet, Earth.

We are happy to save many trees by distributing the 2016 Retreat Brochure electronically.

To save even more trees, please do not print a copy of the brochure. Rather, read it online, and then print out only the reservation form to complete and mail.

**To print the reservation form go  
to the reservation form link on  
the website homepage  
[www.stmarybythesea.org](http://www.stmarybythesea.org).**

# *Saint Mary by-the-Sea* *Retreat House* Cape May Point, New Jersey



## 2016 Retreats

# Welcome

*Ocean of Grace, Tides of Transformation* — that is how our God moves and works at Saint Mary by-the-Sea Retreat House. Spiritual rejuvenation begins the moment you arrive at this sacred space!

You are invited to explore our 2016 brochure to see the variety of retreats and programs being offered.

Saint Mary by-the-Sea is a place where all gathered are able to drink from the well of God's abundant and gracious love. Come nourish and enrich your soul with the solitude and peace offered on this holy ground. Rest here for awhile to hear the still small voice of God.

As we enter our 107<sup>th</sup> season of offering retreats, my prayer is that God will gift all who journey here to the sea with a continued spirit of renewal and unity and reconciliation so that Jesus' words, *that all may be one*, will be realized.

On behalf of the Sisters of Saint Joseph of Philadelphia and all who serve at Saint Mary by-the-Sea Retreat House, I look forward to welcoming you!



Joan Dollinger  
Administrator

Saint Mary by-the-Sea  
101 Lehigh Avenue • P.O. Box 382  
Cape May Point, New Jersey  
08212-0382

609-884-8878 (9 - 11:30 AM)  
<http://www.stmarybythesea.org>



# Our Mission

Saint Mary by-the-Sea, Cape May Point, is a retreat house sponsored by the Congregation of the Sisters of Saint Joseph of Philadelphia to provide opportunities for varied retreat experiences in the hope of contributing to the wholeness of lives and to a healthy rhythm of prayer, work, and rest for the sake of mission.

The staff of  
Saint Mary by-the-Sea  
is committed to:

- the mission of unity and the spirit of self-emptying love and cordial hospitality to which the Sisters of Saint Joseph are called.
- a retreat atmosphere conducive to prayer through quiet, a climate of communal presence to God, and respect for individual privacy.
- daily prayerful celebrations of the Liturgy of the Eucharist.
- a variety of styles of retreat offerings.
- clean and comfortable accommodations and nourishing well-balanced meals, within the limits of affordability.

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## Ministry Team

**Joan Dollinger**  
Administrator

**Kathy Hart SSJ**  
Director of Maintenance

**Rita McGlade**  
Kitchen Manager

**Mary Ann Mulzet SSJ**  
Administrative Assistant  
Liturgist  
Winter/Spring Reservations

**Patricia O'Donnell SSJ**  
Assistant Director  
Summer Reservations

**Roseann Tribuiani SSJ**  
Director of the House

# Retreat Descriptions

*For You alone my soul waits in silence. (Psalm 62:1)*

*Silence is that place just before the voice of God. It is the void in which God and I meet in the center of my soul. It is the cave through which the soul must travel, clearing out the dissonance of life as we go, so that God who is waiting there for us to notice can fill us.*

*(Joan Chittister OSB—**Illuminated Life**)*

We deeply respect **silence** in order to provide an atmosphere of reverence for each retreatant's encounter with God. Silence is observed throughout the house on all five-, six-, and eight-day directed and guided retreats, day and night, including meals.

A **directed retreat** is a one-on-one experience. A director meets with the retreatant each day to reflect on the interior movements of the retreatant's prayer and to discern with the retreatant the presence of the Spirit. Silence is observed. The only communal gathering is the Liturgy of the Eucharist. It is suggested that one have some knowledge and experience of a shorter silent directed retreat prior to participation in an extended directed retreat. Requests for a particular director are honored as far as possible.

A **guided retreat** is based on a theme and may have one or several directors who provide daily input to the group. Considerable time for personal prayer is included. While silence is usually observed, there may be some time for sharing. Liturgy of the Eucharist is celebrated daily. Some guided retreats include occasional times for private interviews with the director.

A **spiritual enrichment program** is based on a theme, has one or more directors, is usually two to four days, and allows for less structured silence and time for sharing. Liturgy of the Eucharist is celebrated on Sunday with the possibility of other days as well.

# 2016 Calendar

To obtain information for these programs: [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8878. For reservations use enclosed form.

**June 16 -19**      **12-Step Spirituality: It Works If You Work It**  
Spiritual Enrichment Program  
Rita Woehlcke SSJ, Elaine Dombi SSJ

**June 23 - 30**      **Directed Retreat**

**June 30 - July 7**      **Nurturing Hope: Reclaiming Our Story**  
Guided Retreat  
Barbara Fiand SNDdeN

**July 7 - 16**      **Directed Retreat**

**July 17 - 24**      **Directed Retreat**

**July 17 - 26**      **Directed Retreat**

**July 26 - Aug. 2**      **From the Heart of God, To the Heart of God,  
Through and With the Heart of God (Six Days)**  
Guided Retreat  
Rita Woehlcke SSJ

**Aug 2 - 8**      **Jesus/Christ and YOUR Spiritual Journey**  
Guided Retreat  
Father Anthony Randazzo

**Aug. 8 - 17**      **Directed Retreat**

**Aug. 18 - 25**      **Directed Retreat**

**Aug. 25 - Sept. 1**      **Celebrating a Deeper Communion**  
Guided Retreat  
Liz Sweeney SSJ  
*Limit 50*

**Sept. 12 - 19**      **Directed Retreat**

**October 2 - 7**      **Directed Retreat**  
*Queen of the Sea (One of our smaller houses)*  
Margaret Ellen Burke SC, Eileen McGovern SSJ  
*Limit 10*

While these programs will be held at Cape May Point, to obtain information or make reservations, please see contact information below.

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June 3 - 5

**Women's Wellness Weekend**

Information/Reservations:  
development@ssjphila.org or 800-482-6510.

June 10 - 12

**Called To Be Creative**

Maryanne Zakreski SSJ  
Information/Reservations: stmary@ssjphila.org  
or 609-884-8708  
*Limit 50*

June 23 - July 26

**30-Day Retreat**

Pat Hickey SSJ  
Information/Reservations:  
phickey913@yahoo.com or 215-248-7229

Sept. 8

**Women's Retreat Day**

Barbara Springer SSJ  
Information/Reservations: 609-884-8708  
*Limit 50*

Sept. 9 - 11

**Women's Wellness Weekend**

Information/Reservations:  
development@ssjphila.org or 800-482-6510.

Sept. 20

**Women's Retreat Day**

Barbara Springer SSJ  
Information/Reservations: 609-884-8708  
*Limit 50*

Sept. 21

**Women's Retreat Day**

Barbara Springer SSJ  
Information/Reservations: 609-884-8708  
*Limit 50*

Sept. 23 - 25

**SSJ Associates in Mission Retreat**

Information/Reservations:  
tpierson@ssjphila.org or 215-248-7271



## Directed Retreats

See page 5 for description of a Directed Retreat

### June 23 - July 26 (30-Day Retreat)

The **30-Day Retreat** according to the Spiritual Exercises of Saint Ignatius will be offered on a personally directed basis. It is expected that the applicant has made several extended directed retreats and is receiving spiritual direction.

**Request for application due no later than March 28, 2016 - Limited Registration**

For further information contact: Pat Hickey SSJ  
phickey913@yahoo.com or 215-248-7229

**Donation: \$2250**

**Non-Refundable Deposit: \$250** (SSJ Phila: \$0)

### June 23 - 30 (Six Days)

Laura Arvin OP	Chris Koellhoffer IHM
Carol Beevers SSJ	Cathy Looker SSJ
Assunta Boyle RSM	Eileen Dorothy Maguire SSJ
Margaret Ellen Burke SC	Eileen McGovern SSJ
Gerry Fitzpatrick SSJ	Doris Mical CSJP
Mary Kay Flannery SSJ	Mary Virginia Quinn IHM
Mary Ellen Higgins IHM	Barbara Springer SSJ

**Donation: \$520** (SSJ Phila: \$485)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

### July 7 - 16 (Eight Days)

Jim Bowler SJ	Cathy Looker SSJ
Margaret Ellen Burke SC	Kathy Madden rc
Helen Cahill OP	Eileen McGovern SSJ
Maureen Christensen RSM	Margaret Oravez SSJ
Mary Kay Flannery SSJ	Mary Virginia Quinn IHM
Chris Koellhoffer IHM	Mary Spratt rc
Pauline LaMothe OP	Margie Thompson SSJ

**Donation: \$600** (SSJ Phila: \$530)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$45)

### July 17 - 24 (Six Days) July 17 - 26 (Eight Days)

**Deadline to change option: May 29, 2016. For changes after this date, the eight day donation applies.**

Helen Cahill OP	Elizabeth O'Hara SSJ
Marie Ann Ellmer RSM	Linda Robinson
James Gavin ofm Cap	Anna Louise Schuck SSJ
Pauline LaMothe OP	Eileen Smith RSM
Mary Elizabeth Looby GNSH	Kathleen Smith RSM
Eileen McGovern SSJ	Barbara Springer SSJ
Claire McNichol SSJ	Margie Thompson SSJ

**Six Day Donation: \$520** (SSJ Phila: \$485)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

**Eight Day Donation: \$600** (SSJ Phila: \$530)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$45)

## August 8 - 17 (Eight Days)

Trudy Ahern SSJ	Madeleine Lane SSND
Helen Cahill OP	Cathy Looker SSJ
Bill Eagan SJ	Pat Mensing SSJ
Vincent Fortunato ofm Cap	Maria Metzger SSJ
Julia Grey OP	Janet Mock CSJ
Mary Louise Heffernan SSJ	Barbara Springer SSJ
Pat Hickey SSJ	Margie Thompson SSJ
Jean Marie Holup SSCM	Mary Catherine Walton SSJ

**Donation: \$600** (SSJ Phila: \$530)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$45)

## August 18 - 25 (Six Days)

Jim Bowler SJ	Jean Marie Holup SSCM
Kathleen Boyle SSJ	Maria Metzger SSJ
Mary Bryan SHCJ	Janet Mock CSJ
Helen Cahill OP	Margaret Rohde rc
Dolores Clerico SSJ	Marcy Springer SSJ
James Gavin ofm Cap	Liz Sweeney SSJ
Mary Louise Heffernan SSJ	Rita Woehlcke SSJ
Pat Hickey SSJ	

**Donation: \$520** (SSJ Phila: \$485)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

## September 12 - 19 (Six Days)

Assunta Boyle RSM	Pat Hickey SSJ
Mary Bryan SHCJ	Eileen McGovern SSJ
Peg Conboy SSJ	Anna Louise Schuck SSJ
Gerry Fitzpatrick SSJ	Kathleen Smith RSM
James Gavin ofm Cap	Barbara Springer SSJ
Julia Grey OP	

**Donation: \$520** (SSJ Phila: \$485)

**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

## October 2 - 7 (Four Days)

Margaret Ellen Burke SC	Eileen McGovern SSJ
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**Donation: \$340**

**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

## Guided Retreats

*See page 5 for description of a Guided Retreat*

### **Nurturing Hope: Reclaiming Our Story** **June 30 - July 7** (Six Days)

**Barbara Fiand SNDdeN**

What do we have to let go of in order to reclaim the power that is ours by virtue of our faith in Christ Jesus? We will explore this question and together face the idols that have kept us from walking into our story with the strength of our convictions. What is that story, and who is Jesus as our pathway and salvation? What, in fact, is salvation, and how can we understand it today in a time-relevant manner? What are the charter moments of our faith that empower us toward transformation? Our time together will be spent exploring these questions.

**Donation: \$520** (SSJ Phila: \$485)  
**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

### **From the Heart of God, To the Heart of God, Through and With the Heart of God** **July 26 - August 2** (Six Days)

**Rita Woehlcke SSJ**

In Biblical times the heart stood for the place where all of the person was gathered into wholeness: memory, feeling, thought, will. From that center flowed the energy to be in the world as God's man or woman. This retreat invites us to conversation, contemplation and communion flowing freely between our hearts and God's. If you choose, please bring a symbol of your heart to the retreat.

**Donation: \$520** (SSJ Phila: \$485)  
**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

## Jesus/Christ and YOUR Spiritual Journey August 2 - 8 (Five Days)

### Father Anthony Randazzo

Come and luxuriate in the Christ experience as we learn more about Jesus of Nazareth. Our time together will center in on experiences of the healing Christ today. Particular attention will be paid to the Beatitudes as teachings for personal and communal healing, which can be used for prayer throughout the day.

Optional yoga and meditation sessions will enhance our time together.

**Donation: \$455** (SSJ Phila: \$455)  
**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

## Celebrating A Deeper Communion August 25 - September 1 (Six Days)

### Liz Sweeney SSJ

In her poem, “Such Silence” Mary Oliver sings about “staying long enough” to sense the deeper roots of everything—the deeper roots of this precious life we live in communion with God, with one another, and with the beauty and suffering of our world. Jesus lived this communion, revealing a humanity brimming with divinity. Only in this communion does our very presence become healing and compassion.

Through contemplative practices of silence, of “staying longer,” of embodied presence, this retreat will invite us to celebrate and sing the deeper roots of everything. In this communion, our hearts will open even more in compassion for every dear neighbor.

*Limit 50*

**Donation: \$520** (SSJ Phila: \$485)  
**Non-Refundable Deposit: \$50** (SSJ Phila: \$0)

# Spiritual Enrichment Programs

See page 5 for description of a *Spiritual Enrichment Program*

## Calling All Creative Spirits

June 10 - 12

Maryanne Zakreski SSJ, Coordinator

- *Art doesn't have to be pretty. It has to be meaningful.* Duane Hanson
- *Art enables us to find ourselves and lose ourselves at the same time.* Thomas Merton
- *Art is not a thing, it is a way.* Elbert Hubbard

Are you being called to listen, to create meaning, or to lose yourself as you find yourself, in creative daring to make mistakes, while creating a meaningful path for yourself and others? Then this weekend at Saint Mary by-the-Sea is a gift of time and space that you might need to open up the creative process. Join other artists for a weekend of learning, prayer, reflection and creativity. Saturday will offer a variety of workshops. Beginning and advanced creative seekers are welcome!

This weekend offers an **optional workshop** on Friday with an early arrival at 9:00 AM. All other participants are invited to arrive at 4:00 PM with an optional dinner at 6:00 PM on Friday evening. We will gather at 7:30 PM Friday for our welcome and evening prayer.

Special registration form required. Contact: [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8708.

**Donation: \$290 (\$330 with optional day)**

**Non-Refundable Deposit: \$50**

## 12-Step Spirituality: It Works If You Work It

June 16 - 19

Rita Woehlcke SSJ, Elaine Dombi SSJ

This retreat focuses on the Spirituality of the 12 Steps as they appear in the Big Book of AA and the 12 & 12. It is open to anyone in AA, Al-Anon or other 12-Step programs. "*The spiritual life is not a theory. We have to live it*" (BB p. 83). Join with others who are committed to the principles and practices that lead to life.

**Donation: \$265 Non-Refundable Deposit: \$50**

## General Information

Our beloved Victorian-era beachfront hotel is, in spite of significant recent improvements, physically inconvenient in many ways. If you are not physically able, Saint Mary is most likely not a good place for your retreat. Please be aware that no health services are available on site. The nearest hospital is 14 miles away.

### For Retreats from June 16 through September 1:

<b>Arrival Day</b>	1:00 PM Rooms are available 5:30 PM Supper 7:00 PM Retreat begins
<b>Departure Day</b>	7:00 - 9:30 AM Breakfast 8:00 AM Closing Eucharistic Liturgy

**Early Arrivals or Late Departures** must be requested in advance. If these days fall within another retreat, arrangements cannot be confirmed until June. A donation is expected for added days.

*The historic structure of Saint Mary by-the-Sea does not provide a safe environment for persons with limited mobility. We regret that we are not able, for safety reasons, to accommodate persons who use walkers, mobility scooters, or wheelchairs.*

**Elevator:** We have a small elevator that will help get luggage to the upper floors. It will assist those who have trouble with stairs, and it will enable them to sit on our second-floor porches and enjoy the incredible view. This one small elevator, however, will not make our facility handicap-accessible. To have a bedroom on the second floor, you must be sufficiently agile to manage one flight of stairs in case of an emergency or elevator failure.

**If you cannot manage at least one flight of stairs, please request a first-floor room.**

## General Information (continued)

**Guest Rooms:** First, second, third, and fourth floors; single occupancy. The houses are not handicap-accessible. Capacity is approximately 100 guests.

**Please Bring:** Bath towels and toiletries.

**Useful to Bring:** Bible, journal, bicycle, fan, coffee mug, mosquito repellent, sun screen, beach towels.

**Provided:** Iron/ironing board, pay laundry machines, bed linens.

**Dress:** Casual: shirts/shoes required in chapel, dining room and kitchen.

**Beach:** The house is on the beach. Beach tags are available for a \$5 donation plus a \$5 deposit.

**Telephone:** 609-884-8878. Please call only between 9:00 and 11:00 AM. **CALLS FOR GUESTS: MESSAGES ONLY, PLEASE.** If there is need to speak with a guest directly, please arrange in advance for the guest to be near the phone when you call. Try to avoid calls on the opening day of a retreat. The phone available to guests requires a phone card for long distance.

**Diet:** If you need specialized alternatives that are not routinely stocked by our kitchen, please bring them with you, including gluten-free bread. If you have any medical dietary restrictions, please see the kitchen manager upon arrival.

**Mailing List:** To be added to the mailing list for next year's retreat brochure, contact Mary Ann Mulzet SSJ at [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8708. Include your email address if you can receive a link to the online brochure rather than a paper copy. Email is preferred.

## Volunteer Information

### *You are invited to volunteer for the 2016 staff*

*See calendar on pages 6-7 for the dates listed for all programs.*

We look forward to welcoming new as well as experienced staffers, and, as we look to the future, we are eager to welcome young volunteers. All positions require good health and physical stamina. *We work hard, enjoy each other and the beach, and have lots of fun!*

**Liturgist / Sacristan** tends to chapel and sacristy needs and coordinates liturgical celebrations in collaboration with the presider and retreat directors.

**Cooks** (2) prepare all meals according to the kitchen manager's plans.

**Kitchen Helpers** (2) assist in meal preparation.

**Salad Bar Staff** (2) prepares salads for dinner and supper.

**Pantry Staff** (2) prepares beverages, breads, condiments, and desserts for all meals.

**Dining Room Staff** (2) organizes and oversees the serving area and equipment for all meals and keeps the dining room in good order.

**Kitchen Dishwashers** (2) clean pots and pans and help with kitchen cleaning.

**Lobby Desk** receptionist provides a welcoming presence in the lobby, greets guests, responds to inquiries, and occasionally answers the phone.

**Queen / Joseph House** cleaner refreshes both houses daily.

**Laundry / Snack Room** staffer washes the kitchen and bathroom towels daily, keeps laundry and snack rooms clean, and maintains the coffee and snack stations.

**Bathrooms / Dishwasher Staff** (4) cleans the bathrooms daily and operates the dishwasher after all meals.

If you would like to volunteer or know someone who would, please contact Mary Ann Mulzet SSJ at [mamulzet@gmail.com](mailto:mamulzet@gmail.com) or 609-884-8708.



# Driving Directions

## From Pennsylvania

- Whitman or Franklin Bridges, Route 42 South, Route 55 South.
  - OR Commodore Barry Bridge, Route 322 East, Route 55 South.
  - OR Delaware Memorial Bridge, Route 40 South, Route 55 South.
- Route 55 ends and becomes Route 47, then Route 347, and again becomes Route 47.
- Turn right at the Post Office in Rio Grande onto Railroad Avenue, which becomes Seashore Road and then Broadway.
- Turn right at Sunset Boulevard (traffic light).
- Turn left at Lighthouse Avenue, the second left after passing Route 607.
- Turn right at the lighthouse; Saint Mary by-the-Sea is ahead, on the left.

## From the Garden State Parkway

- Garden State Parkway South until it ends
- Continue south, straight through Cape May to the end of Lafayette Street.
- Turn right. Follow the street around to the left, through two traffic lights, onto Sunset Boulevard.
- Follow last two lines of directions “from Pennsylvania” (left side).

## From the Cape May-Lewes Ferry Terminal

- Route 9 (Sandman Boulevard) for about two miles.
- Turn right at Seashore Road (traffic light) which becomes Broadway and go about two miles to the traffic light at Sunset Boulevard.
- Follow last two lines of directions “from Pennsylvania” (left side).

**Parking space is very limited. Please car-pool whenever possible.**

## Reservation Directions

Saint Mary by-the-Sea provides opportunities for annual retreat for Sisters of Saint Joseph of Philadelphia; therefore, priority is given to reservations from Sisters of Saint Joseph of Philadelphia until December 20, 2015. Other reservations are welcome at any time, and will be processed after December 20, 2015.

Most retreat spaces are reserved by mid-June. Before mailing a reservation after May 1, please call to learn whether there is any space. Responses to telephone inquiries and mailed reservations will be delayed from **June 1-5** for summer adjustments.

**Private Retreat** information is available by contacting Patricia O'Donnell SSJ at [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8878 after **June 12** for retreat dates in June, or after **June 24** for other dates. The silent, prayerful spirit of our retreats must be observed. Reservations for private retreat time cannot be finalized until reservations for scheduled retreats have been processed.

**Rooms** are single. Room assignments are made and preferences are honored in the order in which reservations are received. For a room near another person, include that person's FULL name on the reservation form.

**Health Needs** receive priority in assigning rooms. Indicate on the reservation form if health, especially inability to climb stairs, is a consideration. If we are unable to meet your health needs, we will contact you. Let us know if your health needs change.

**Room Preferences** (e.g., 3rd floor, or facing street, or not facing porch) MUST be sent with the reservation. Room assignments for the entire season are finalized in June. Preferences arriving later can rarely be honored except for health reasons. **Please ask for a general location, not a specific room.** Specify which of two preferences is more important (e.g., ocean view or third floor). Only about half of our rooms have ocean views. Room choice is limited if the reservation does not arrive early in the reservation season.

### FOR EACH RESERVATION PLEASE SEND:

1. A separate completed reservation FORM for each person.
2. Self-addressed stamped envelope for your confirmation.
3. **Non-Refundable Deposit:** see the descriptions of the retreats on pages 8 - 12 for the amount. Please do not send more than the requested deposit.
4. For Sisters of Saint Joseph of Philadelphia, \$485 is already paid toward your retreat. Send entire additional fee with reservation.
5. Deposits apply to the total amount. Balances should be paid on arrival day by check or cash ONLY, no credit cards.

## Reservation Directions (continued)

**Please make checks payable to Sisters of Saint Joseph.**

Send form, deposit, and self-addressed stamped envelope to:

RESERVATIONS OFFICE  
SAINT MARY BY-THE-SEA  
101 LEHIGH AVENUE P. O. BOX 382  
CAPE MAY POINT, NJ 08212

Confirmations guarantee a room, but not a specific room assignment. Your confirmation is your receipt. Bring it with you.

**Mailing of confirmations will begin no later than January 31. After January 31, if you do not receive a confirmation within approximately one month, please inquire by email, mail, or phone.**

CANCELLATIONS: Notify us as early as possible so your place may be offered to others.

Inquiries may be made to:

[stmary@ssjphila.org](mailto:stmary@ssjphila.org)

**609-884-8878 — 9:00 - 11:30 AM**

From June 1 to June 5, phone inquiries are processed for June programs ONLY.

## THIS BROCHURE CONTAINS IMPORTANT INFORMATION

about your stay at Cape May Point.

An online brochure also contains information about retreat directors; it may be found at <http://www.stmarybythesea.org> (link is located near the foot of the home page).

Paper copies of this brochure are available from Mary Ann Mulzet SSJ [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8708.



## Retreat Directors

**Trudy Ahern SSJ**, a Sister of Saint Joseph of Philadelphia, is co-director of the Upper Room Spiritual Center, Neptune, New Jersey. Her ministries include the training and supervision of spiritual directors, spiritual direction, directed retreats, and programs for spiritual enrichment.

**Laura Arvin OP**, a Dominican Sister of Amityville, New York, ministers as a co-director at Mount Saint Mary House of Prayer in Watchung, NJ. Prior to spiritual direction and retreat ministry, she served as an administrator at St. John's University in New York.

**Carol Beevers SSJ**, a Sister of Saint Joseph of Philadelphia, is Director of Mother of God House of Prayer in Alva, Florida. She has master's degrees in social work and in holistic spirituality and spiritual direction. Carol enjoys companionship with others on their spiritual journey.

**Jim Bowler SJ** has been involved in a psychospiritual approach to Ignatian spirituality for the past 25 years. He is currently director of the Ignatian Spirituality Center at Fairfield University.

**Assunta Boyle RSM** received certification as a spiritual director from the Center of Religious Development and a certificate in pastoral counseling from the New York Diocese Pastoral Program. In addition to her retreat ministry, she currently serves as a DRE at a parish in Southampton, New York.

**Kathleen Boyle SSJ**, a Sister of Saint Joseph of Philadelphia, ministers in spiritual direction, Kairos retreats, and education. She received her spiritual direction training at Francis House of Prayer in Rancocas, New Jersey, she serves as chairperson and teacher in the theology department at Saint Rose High School in Belmar, New Jersey.

**Mary Bryan SHCJ** received training for spiritual direction and retreats in Italy and studied with David Fleming SJ and William Barry SJ at Weston Jesuit School of Theology. She is involved in spiritual direction and retreats, as well as assisting at Holy Child Center, her Congregation's retirement house.

**Margaret Ellen Burke SC**, a New York Sister of Charity, has been educating and supervising spiritual directors for many years. She is actively engaged as well with the Spiritual Development and Leadership Formation of the Laity in the rural areas of the Archdiocese of New York.

**Helen Cahill OP**, a Dominican Sister of Peace, is on staff at the Claret Center in Chicago, Illinois. In addition to her spiritual direction ministry, she supervises formation personnel for many congregations and gives workshops on numerous and varied topics.

**Maureen Christensen RSM**, is a co-director of the Upper Room Spiritual Center. Her primary ministry is spiritual direction and the education of spiritual directors.

**Dolores Clerico SSJ**, a Sister of Saint Joseph of Philadelphia, presently serves her congregation as the Director of the Ministry of Spirituality. She received a Certificate in Spiritual Direction from Chestnut Hill College. Dolores also offers guided retreats and facilitates workshops in the spirit of the Sisters of Saint Joseph.

**Peg Conboy SSJ**, a Sister of Saint Joseph of Philadelphia, ministers as a chaplain at Thomas Jefferson University Hospital. Peg has been active in retreat work and spiritual direction in the United States and in Latin America.

**Elaine Dombi SSJ**, a Sister of Saint Joseph of Philadelphia, serves as an addictions counselor and spiritual director in Canada. She has facilitated retreats for persons in recovery and desires to help others find freedom from addiction. She has a master's degree in Theology from St. Michael College and a Certificate in Spiritual Direction from Shalem Institute in Washington DC.

**William Eagan SJ** of the New England province studied at the Graduate School of Theology in Berkeley and has long taught theology at Fairfield College Preparatory School. He is a spiritual director at various retreat centers.

**Marie Ann Ellmer RSM** is a Sister of Mercy of the Mid-Atlantic Community. She has been providing ongoing spiritual direction for fourteen years and has given retreats at the Jesuit Center in Wernersville, St. Raphaela Center, Cape May Point, and Daylesford Abbey.

### **Barbara Fiand SNDdeN**

Barbara Fiand is a Sister of Notre Dame de Namur. She gives retreats, workshops and courses throughout the country and abroad on issues related to holistic spirituality, prayer, religious life, feminist spirituality, transformation of consciousness, quantum spirituality, and the psychology and spirituality of human maturation. She is the author of 10 books and numerous articles

**Gerry Fitzpatrick SSJ**, a Sister of Saint Joseph of Philadelphia, ministers in spiritual direction, and she has supervised for Neumann University. She holds graduate degrees in theology and counseling and a certificate in spiritual direction from the Shalem Institute for Spiritual Formation.

**Mary Kay Flannery SSJ**, a Sister of Saint Joseph of Philadelphia, ministers in education, spiritual direction, and retreats. She teaches in the Religious Studies department of Chestnut Hill College. She studied at the Center for Spirituality and Justice, Bronx, New York and at the Mexican American Cultural Center, San Antonio, Texas.

**Vincent Fortunato ofm Cap** has ministered in formation, provincial leadership, and as Secretary for Development and Mission Animation. Presently he is in full time preaching ministry. He holds master's degrees from Darlington Seminary and Creighton University. He is a presenter of spiritual direction for groups and training programs.

**James Gavin ofm Cap**, has ministered in parochial, provincial, formation, and retreat ministries. He holds graduate degrees in theology and in multi-cultural spirituality. He is an experienced retreat director for women religious and is presently on the preaching team for the Capuchins.

**Julie Grey OP**, a Dominican Sister of Peace, has a master's degree in pastoral studies from Loyola University. She is a graduate of the Institute for Spiritual Leadership in Chicago, Illinois and the Center for Religious Development in Cambridge, Massachusetts. She currently ministers in spiritual direction and program development at St. Raphaela Center.

**Mary Louise Heffernan SSJ**, a Sister of Saint Joseph of Rochester, has long ministered in spiritual direction. She holds a master's degree in pastoral ministry from Seattle University.

**Pat Hickey SSJ**, a Sister of Saint Joseph of Philadelphia, is a graduate of Creighton University and is certified in supervision from Chestnut Hill College. She has been involved full time in the ministry of spiritual direction, retreats and supervision for many years.

**Mary Ellen Higgins IHM**, a Sister, Servant of the Immaculate Heart of Mary, Scranton, teaches in the Human Services Department at Chestnut Hill College and also serves as a spiritual companion for others. She was trained in the practice of spiritual direction at Fordham University and has companioned others in spiritual direction for over twenty years.

**Jean Marie Holup SSCM**, a Sister of Saints Cyril and Methodius and the director of St. Cyril's Spiritual Center in Danville, Pennsylvania, has long ministered in spiritual direction and in retreat work. She trained at Creighton University, Omaha, Nebraska and the Jesuit Center for Spiritual Growth, Wernersville, Pennsylvania.

**Chris Koellhoffer IHM**, a Sister, Servant of the Immaculate Heart of Mary, Scranton, trained at the Center for Spirituality and Justice and at Fordham University. With her background and experience in spirituality, communications, and social justice, she serves as a spiritual guide, retreat leader, and writer in her mobile spirituality ministry.

**Pauline LaMothe OP**, a Dominican Sister of Peace, holds a Doctor of Ministry degree in Counseling/ Psychology and did her spiritual direction training at Claret Center in Chicago. She was the director of Claret Center for many years and is presently a spiritual director there.

**Madeleine Lane SSND**, MA, LMFT, a member of the Central Pacific Province of School Sisters of Notre Dame, is the Founder of The Family Center. She has thirty-five years of educational, pastoral and clinical experience, including spiritual direction. Sister Madeleine offers individual, couple, and family counseling, and specializes in grief ministry.

**Mary Elizabeth Looby GNSH** serves on her Congregation's Leadership Council and has been a spiritual director and retreat director for over 30 years. She completed a Master's degree in Pastoral Care and Counseling from Neumann University, Aston, Pennsylvania, and Spiritual Direction training from Bon Secours Spiritual Center in Maryland.

**Cathy Looker SSJ**, a Sister of Saint Joseph of Philadelphia, holds a master's degree and certification in Holistic Spirituality and Spiritual Direction from Chestnut Hill College. She ministers in spiritual direction, retreats, workshops, and supervision, and teaches in the Religious Studies Department at Chestnut Hill College.

**Mary Lynch SSJ**, a Sister of Saint Joseph of Philadelphia, holds a master's degree in theology/liturgical studies from the University of Notre Dame and a master's degree in holistic spirituality and spiritual direction from Chestnut Hill College. She serves as a rector in McGlenn Hall at the University of Notre Dame.

**Kathryn Madden rc**, a Cenacle Sister who trained at Creighton University and the Center for Religious Development, is engaged in spiritual ministry at the Cenacle Retreat Center in Ronkonkoma, New York. She is especially drawn to contemplative prayer forms.

**Eileen Dorothy Maguire SSJ**, a Sister of Saint Joseph of Philadelphia, is presently Director of Senior Services for her congregation. She holds graduate degrees in education and administration, counseling psychology, and holistic spirituality and spiritual direction. Eileen has experience in diocesan and parish ministry, retreat work, and days of prayer and reflection.

**Eileen McGovern SSJ**, a Sister of Saint Joseph of Philadelphia, has long ministered in spiritual direction, retreats, and supervision, most recently as director of Carmel Retreat House in Mahwah, New Jersey.

**Claire McNichol SSJ**, a Sister of Saint Joseph of Philadelphia holds a master's degree in Theology from St. Bonaventure University. She received her certification in spiritual direction and directed retreats from St. Joseph Spirituality Center. She is also trained in Mid-life/long life directions. Claire presently serves as Pastoral Associate at Blessed Teresa of Calcutta Parish, Collingswood, New Jersey

**Pat Mensing SSJ**, a Sister of Saint Joseph of Philadelphia, holds a master's degree in theology from St. Michael's College and trained at Creighton University. Pat gives spiritual direction, leads days and week-ends of prayer, and serves as a pastoral associate at Our Lady of Mercy Parish in Potomac, Maryland.

**Doris Mical CSJP** is a certified spiritual director and experienced retreat director. She has had experience in Congregation Formation Ministry and has a current practice in pastoral counseling and spiritual direction.

**Maria Metzger SSJ**, a Sister of Saint Joseph of Philadelphia, holds master's degrees in theology from Saint Louis University and holistic spirituality and spiritual direction from Chestnut Hill College. She has ministered in education, spiritual direction, and retreats, and is the Pastoral Associate for Lifelong Formation at Star of the Sea Parish in Cape May, New Jersey.

**Janet Mock CSJ**, a Sister of Saint Joseph of Baden, Pennsylvania, has been involved in directing retreats since 1973 while engaged in other ministries. In recent years, Janet served as executive director of the Leadership Conference of Women Religious.



**Elizabeth O'Hara SSJ**, a Sister of Saint Joseph of Philadelphia, served at the SSJ Center for Spirituality in Chestnut Hill and has ministered in spiritual direction and retreats for very many years.

**Peg Oravez SSJ**, a Sister of Saint Joseph of Philadelphia, has been companioning spiritual seekers for the past thirty years. She has a master's degree in Spirituality from Fordham University as well as a Certificate in Spiritual Direction from Shalem Institute in Washington, DC.

**Mary Virginia Quinn IHM** ministers in education, spiritual direction, and retreats. She holds a certificate in spiritual direction and retreats from Creighton University. Presently, she teaches and chairs in the Theology Department at Immaculata High School, in Somerville, New Jersey.

**Anthony Randazzo** is a happy parish priest ministering at Holy Trinity Church in Westfield, New Jersey.

**Linda Robinson** is an experienced spiritual director and supervisor in the Philadelphia area and ministers at the Jesuit Center for Spiritual Growth at Wernersville, Pennsylvania. She holds graduate degrees in theology and educational administration and post-master's certificates in spiritual direction and supervision from Chestnut Hill College.

**Margaret Rohde rc**, Director of Ministry at the Ronkonkoma Cenacle, has ministered as spiritual director, retreat director, labyrinth facilitator, and with 12-step support and centering prayer groups. She is trained to give the Spiritual Exercises of St. Ignatius. She is attracted to silent, contemplative prayer.

**Anna Louise Schuck SSJ**, a Sister of Saint Joseph of Philadelphia, has been a spiritual director and a retreat director since 1981. She has directed retreats in various centers in the United States.

**Eileen P. Smith RSM**, a Sister of Mercy, is the director of Mount Saint Mary House of Prayer, Watchung, New Jersey where she serves in retreat ministry, conducts retreats and workshops, and offers spiritual direction. She received her MA in Religious Studies at Providence College and was trained in spiritual direction at the Jesuit Center, Wernersville, Pennsylvania.

**Kathleen Smith RSM** is a graduate of Chestnut Hill College in holistic spirituality and retreat direction. Her present holistic practice, Grateful Heart Ministries, includes spiritual direction and healing touch. She practices throughout Maine, Massachusetts, and New Jersey.

**Mary Spratt rc** is a Cenacle Sister who ministers at the Cenacle Retreat Center in Ronkonkoma, Long Island, New York. She has a Master of Divinity degree and has received training in spiritual direction at the Center for Religious Development in Cambridge, Massachusetts.

**Barbara Springer SSJ** is a Sister of Saint Joseph of Philadelphia. Her ministry encompasses individual spiritual direction, retreats, and facilitating days of prayer and reflection. She trained at the Center for Spirituality of the Sisters of Saint Joseph of Philadelphia.

**Marcy Springer SSJ**, a Sister of Saint Joseph of Philadelphia and Director of Francis House of Prayer in Mt. Holly, New Jersey, offers programs, retreats, and spiritual direction. She also directs the 19th Annotation and 30-day experience of the Spiritual Exercises and offers an intern program for spiritual directors.

**Liz Sweeney SSJ**, a Sister of Saint Joseph of Philadelphia, serves as a spiritual director for individuals and groups at Jesus House in Wilmington, Delaware. In recent years her ministry has broadened to include the development of integral spirituality and consciousness transformation through the practice of contemplative dialogue.

**Margie Thompson SSJ**, a Sister of Saint Joseph of Philadelphia, is an artist, a spiritual director and supervisor, and an associate professor of art at Chestnut Hill College. Using slides of her work, she brings to spiritual direction expertise on themes of art, spirituality, women's issues, and evolutionary theology.

**Mary Catherine Walton SSJ**, a Sister of Saint Joseph of Philadelphia, holds a master's degree in religious studies, spirituality certificates from The Center for Spirituality and Justice, Bronx, New York and The Upper Room, Neptune, New Jersey, and a pastoral counseling certificate.

**Rita Woehlcke SSJ**, a Sister of Saint Joseph of Philadelphia, is the Director of the SSJ Associates in Mission. She offers spiritual direction, retreats, and programs for personal and ministerial growth. In addition to masters' degrees in literature and pastoral counseling, she holds a certificate in spiritual direction.

**Maryanne Zakreski SSJ**, a Sister of Saint Joseph of Philadelphia, is an acrylic and fabric painter and serves as the Parish Catechetical Leader at St. Edmond Parish, Rehoboth Beach, Delaware. She studied art at Chestnut Hill and Marywood Colleges. Her artwork consists of landscapes and experimentations with different media.



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