

# *Saint Mary by-the-Sea*

Retreat House

Cape May Point • New Jersey



## 2020 Retreats

Sisters of Saint Joseph

Chestnut Hill • Philadelphia • Pennsylvania

[www.stmarybythesea.org](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.

# Welcome!

Saint Mary by-the-Sea, Cape May Point, New Jersey, is a retreat house sponsored by the Sisters of Saint Joseph of Philadelphia. Surrounded by the beauty of creation and the majestic Atlantic Ocean, our rustic center affords all the quiet and serenity needed to experience our Loving God in a profound way. The heartfelt respect for silence that is maintained throughout all our retreats allows our guests to be more conscious of and respond to God's presence in their lives. "And Jesus said, Come with Me privately to a solitary place and let us rest for a while." *Mark 6:31*

You are most welcome!



**Sharon McCarthy SSJ**  
*Administrator*



**Saint Mary by-the-Sea**  
**PO Box 382 101 Lehigh Avenue**  
**Cape May Point, New Jersey**  
**08212-0382**

**609-884-8878 • 609-884-8708**  
**<http://www.stmarybythesea.org>**

**All emails regarding reservations:**  
**[stmary@ssjphila.org](mailto:stmary@ssjphila.org)**

*Front cover photo courtesy Cristina Diaz*

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**Saint Mary by-the-Sea Retreat house, for safety reasons, cannot accommodate persons (presenters and/or attendees) who use wheelchairs, walkers, or mobility aids such as scooters and other power-driven mobility devices. This applies to all retreats, daily and weekly programs and weekend events.**



# Ministry Team

## Core Staff

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**Sharon McCarthy SSJ**  
Administrator

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

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

**Roseann Tribuiani SSJ**  
Director of the House

**Kathy Hart SSJ**  
Director of Maintenance

**Rita McGlade**  
Kitchen Manager

## Program Staff

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**Trudy Ahern SSJ**  
**Carol Beevers SSJ**

**Maria McCoy SSJ**  
**Maria Metzger SSJ**

# 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. 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.

# 2020 Calendar

Information about programs below: [stmary@ssjphila.org](mailto:stmary@ssjphila.org) or 609-884-8878.  
Reservations: print form from website.

- |                            |  |
|----------------------------|--|
| <b>June 11 - June 14</b>   | <b>A Centering Prayer Retreat for those in 12 Step Programs</b> (Three Days)<br>Patty Creech and Rita Woehlcke SSJ |
| <b>June 16 - July 19</b>   | <b>Thirty Day Retreat</b>  |
| <b>June 16 - 23</b>        | <b>Directed Retreat</b> (Six Days)   |
| <b>June 24 - July 1</b>    | <b>Journey of a Celtic Heart</b><br>Guided Retreat<br>Carmel Boyle MMin  |
| <b>July 2 - 11</b>         | <b>Directed Retreat</b> (Eight Days)   |
| <b>July 12 - 19 or 21</b>  | <b>Directed Retreat</b> (Six or Eight Days)  |
| <b>July 22 - 29</b>        | <b>Francis, Go Rebuild My House</b><br>Guided Retreat<br>James Gannon OFM  |
| <b>July 30 - August 6</b>  | <b>Charged with the Grandeur of God</b><br>Guided Retreat<br>Rev Vincent Gartland                                  |
| <b>August 9 - 18</b>       | <b>Directed Retreat</b> (Eight Days)   |
| <b>August 19 - 26</b>      | <b>Directed Retreat</b> (Six Days)   |
| <b>August 27 - Sept. 3</b> | <b>Many Voices Made of Longing</b><br>Guided Retreat<br>Chris Koellhoffer IHM                                      |
| <b>September 14 - 21</b>   | <b>Directed Retreat</b> (Six Days)   |

# 2020 Calendar

## OTHER PROGRAMS

While these programs will be held at Cape May Point, each requires a separate specific reservation form. See below for contact information, which is different for each program.



### Women's Wellness Weekend

**June 5 - 7**  
**September 11 - 13**

**Information and Reservations:**  
SSJ Development Office  
development@ssjphila.org or  
800-482-6510

Limited  
to 50  
participants



### Women's Retreat Days

**September 9**  
**September 22**  
**September 23**

**Information and Reservations:**  
stmary@ssjphila.org or 609-884-8878  
Reservations: print form from website

Limited  
to 50  
participants



### SSJ Associates in Mission Retreat

**September 25 - 27**

**Information and Reservations:**  
SSJ Associates Office  
tpierson@ssjphila.org or  
215-248-7271

Limited  
to SSJ  
Associates



# Retreats



# **A Centering Prayer Retreat for those in 12 Step Programs**

**June 11 – June 14**

**Patty Creech, Rita Woehlcke SSJ**

The practice of Centering Prayer has parallels with other traditional practices and is simple and easy to do. For those who live by the 12 Steps found in AA, Al-Anon, SCA, OA, DA, NA, GA, and other programs, a Centering Prayer practice can be a key support system in the process of recovery and transformation. Centering Prayer can help deepen our application of the 12 Steps generally, and the 11th Step specifically, through daily immersion in prayer and meditation. We believe that, when applied as a daily supplement to the 12 Steps, Centering Prayer opens us to the deepest dimension of spirituality. For more information, please see [www.12stepoutreach.com](http://www.12stepoutreach.com).

This retreat is predominantly silent (including meals). The fellowship occurs in the sharing of silent prayer and the evening 12 Step meetings.

**Donation: \$280**

**Non-refundable deposit: \$50**

# Directed Retreats

*Directed Retreats —See page 5 for description of a Directed Retreat*

## **June 16 - July 19 (30-Day)**

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

*Request for application due no later than February 1, 2020*

### *Limited Registration*

For further information contact:

Maria McCoy, SSJ  
mariamccoy@verizon.net

**Donation: \$2,350 (SSJ Phila: \$540)**

**Non-refundable deposit: \$250 (SSJ Phila: \$0)**

## **June 16 - 23 (Six days)**

Dorothy Apprich SSJ  
Laura Arvin OP  
Carol Beevers SSJ  
Assunta Boyle RSM  
Mary Carboy SSJ  
Joannie Cassidy SSJ  
Peg Conboy SSJ  
Gerry Fitzpatrick SSJ

Mary Kay Flannery SSJ  
Eileen Dorothy Maguire SSJ  
Anne McCoy SSJ  
Maria McCoy SSJ  
Eileen McGovern SSJ  
Ruthann O'Mara SSJ  
Mary Virginia Quinn IHM  
Rita Woehlcke SSJ

**Donation: \$ 570 (SSJ Phila: \$540)**

**Non-refundable deposit: \$50 (SSJ Phila: \$0)**

# Directed Retreats

*Directed Retreats—Continued—See page 5 for description*

## **July 2 - 11 (Eight days)**

Dorothy Apprich SSJ	Maria McCoy SSJ
Laura Arvin OP	Janet Mock CSJ
Trudy Ahern SSJ	Peg Oravez SSJ
Sarah Lamb IHM	Doris Mical CSJP
Pauline LaMothe OP	Eileen Smith RSM
Mary Elizabeth Looby GNSH	Kathleen Smith RSM
Mary Lynch SSJ	Mary Catherine Walton SSJ

**Donation: \$650 (SSJ Phila: \$585)**

**Non-refundable deposit: \$50 (SSJ Phila: \$45)**

## **July 12 - 19 (Six days) July 12 - 21 (Eight days)**

Dorothy Apprich SSJ	Mary Elizabeth Looby GNSH
Laura Arvin OP	Maria McCoy SSJ
Trudy Ahern SSJ	Eileen McGovern SSJ
Margaret Ellen Burke SC	Claire McNichol SSJ
Joannie Cassidy SSJ	Pat Mensing SSJ
Dolores Clerico SSJ	Kathleen Smith RSM
Margaret Gaffikin FSP	Mary Catherine Walton SSJ
Cathy Looker SSJ	

**Six-Day Donation: \$570 (SSJ Phila: \$540)**

**Non-refundable deposit: \$50 (SSJ Phila: \$0)**

**Eight day Donation: \$650 (SSJ Phila: \$585)**

**Non-refundable deposit: \$50 (SSJ Phila: \$45)**

# Directed Retreats

*Directed Retreats—Continued—See page 5 for description*

## **August 9 - 18 (Eight days)**

Trudy Ahern SSJ	Jean Marie Holup SSCM
Dorothy Apprich SSJ	Cathy Looker SSJ
Carol Beevers SSJ	Claire McNichol SSJ
Helen Cahill OP	Maria Metzger SSJ
Dolores Clerico SSJ	Sally Russell SSJ
Vincent Fortunato OFM, Cap	Mary Spratt rc
Margaret Gaffikin FSP	Liz Sweeney SSJ
Pat Hickey SSJ	Rita Woehlcke SSJ

**Donation: \$650 (SSJ Phila: \$585)**

**Non-refundable deposit: \$50 (SSJ Phila: \$45)**

## **August 19 - 26 (Six days)**

Carol Beevers SSJ	Mary Elizabeth Looby GNSH
Margaret Ellen Burke SC	Claire McNichol SSJ
Helen Cahill OP	Maria Metzger SSJ
Carolynne Ervin	Sally Russell SSJ
Julie Grey OP	Marcy Springer SSJ
Pat Hickey SSJ	Liz Sweeney SSJ
Jean Marie Holup SSCM	Rita Woehlcke SSJ

**Donation: \$570 (SSJ Phila: \$540)**

**Non-refundable deposit: \$50 (SSJ Phila: \$0)**

# Directed Retreats

*Directed Retreats—Continued—See page 5 for description*

## **August 27 - September 3 (Six days)**

Marie Ann Elmer RSM  
Mary Ellen Higgins IHM  
Eileen McGovern SSJ

Peg Oravez SSJ  
Mary Spratt rc  
Mary Trainer RSM

**Donation: \$570 (SSJ Phila: \$540)**

**Non-refundable deposit: \$50 (SSJ Phila: \$0)**


## **September 14 - 21 (Six days)**

Assunta Boyle RSM  
Peg Conboy SSJ  
Kathleen Durkin CSJ  
Gerry Fitzpatrick SSJ  
Julie Grey OP  
Pat Hickey SSJ  
Jean Marie Holup SSCM  
Madeleine Lane SSND

Maria McCoy SSJ  
Eileen McGovern SSJ  
Claire McNichol SSJ  
Janet Mock SSJ  
Helen Skormisley CSJ  
Eileen Smith RSM  
Barbara Springer SSJ

**Donation: \$570 (SSJ Phila: \$540)**

**Non-refundable deposit: \$50 (SSJ Phila: \$0)**



God's holy love  
is always at work  
in us. We never  
arrive but are  
always a work  
in progress.

Maxim 92

Seek God's  
contentment  
in everything—  
nothing else.

Maxim 26





Treat everyone  
with the same care  
as if you were  
meeting God.

Maxim 49



# Guided Retreats

See page 5 for description of a Guided Retreat

## Journey of a Celtic Heart

June 24 – July 1 (Six days)

### Carmel Boyle MMin

“*Journey of a Celtic Heart*” is a retreat facilitated by Carmel Boyle, a singer/songwriter and spiritual director from Ireland. Themes for the retreat are inspired by Celtic Christian spirituality, a spirituality that has so much to offer our challenging times. Carmel’s inspirational presentations are enriched by her original spiritual and evocative songs, sacred stories and a gentle contemplative spirit. The retreat is an experience of prayer and Carmel invites participants to enter a heart space and to dance to the music of the Holy One. Led by the spirit of song participants will encounter the spirituality of the ancient Celts who were ever aware of the immanence of God and who were described as a God intoxicated people. “*The Journey of a Celtic Heart*” will be made taken in the company of the Holy Trinity, the angels and Celtic saints that include St. Brigid, St. Brendan and St. Patrick but the intimate companion on the journey is Christ. It is an opportunity to ponder the wisdom of this ancient spirituality and its gift for our times, a perennial wisdom that is not just for the Celts but could be spiritually nourishing and inspiring for all.

[www.carmelboylemusic.com](http://www.carmelboylemusic.com)



**Donation: \$570** (SSJ Phila: \$540)

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

# Guided Retreats

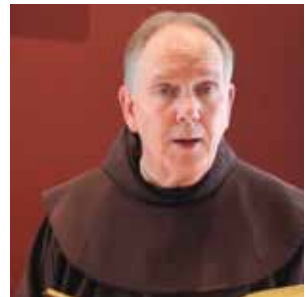
*Guided Retreats—Continued—See page 5 for description*

**Francis, Go, Rebuild My House, which,  
as you see, is falling completely to ruin.**

**July 22 – July 29 (Six days)**

**James Gannon OFM**

Fr. Jim will reflect on the Gospel of John and the Glorified Christ of the San Damiano Cross. His conferences will include lively, interesting stories from the lives of St. Francis and St. Clare of Assisi. “For those who have ears, let them listen to what the Spirit is saying to the Church today.”



**Donation: \$570** (SSJ Phila: \$540)

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

# Guided Retreats

*Guided Retreats—Continued—See page 5 for description of a Guided Retreat*

## Charged with the Grandeur of God July 30 – August 6 (Six Days)

### Rev Vincent Gartland

The Jesuit poet Gerard Manley Hopkins reminds us that “The world is charged with the grandeur of God.” At times it is easy to lose sight of that reality. Despite the horrors of war and injustice, racism and clericalism, economic disparity, the marginalization of the poor, and those with different abilities and gender diversity, all of which can hold us down and keep us from being all we are called to be, creation continues to unfold. The Universe continues to expand. The Holy Spirit never gives up on us. This retreat will provide an opportunity to reflect on some of the treasures of our Catholic tradition and to gather a few things to hold on to and develop as we move forward in this ever changing Church we love and cherish, as well as an opportunity to strengthen our resolve to never give voice to the narrative of diminishment, to “flame out, like shining from shook foil.”



**Donation: \$570** (SSJ Phila: \$540)  
**Non-refundable Deposit: \$50** (SSJ Phila: \$0)

# Guided Retreats

*Guided Retreats—Continued—See page 5 for description of a Guided Retreat*

## Many Voices of Longing

**August 27– September 3 (Six Days)**

### Chris Koellhoffer IHM

The poet Rilke reminds us that our blood is alive with many voices telling us we are made of longing. Sometimes those voices speak in a soft whisper; sometimes an insistent shout. Always their call is to a profound listening, so we might mine the divine desire for us as well as our own collective ache for communion and belonging. Where are we being called to a deeper resonance with the wounds and hopes of our time? How might we more fully serve as fields of healing presence for our beautiful yet wounded world?

This silent, guided retreat will offer prayer, presentations, the arts, material for reflection, and times of stillness and sharing. Please bring a Bible, a journal and your listening heart.



**Donation: \$570** (SSJ Phila: \$540)

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

# General Information

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**Our beloved Victorian-era beachfront retreat house is, in spite of significant recent improvements, physically inconvenient in many ways. Saint Mary by-the-Sea's historic structure does not provide a safe environment for persons with limited mobility. 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.**

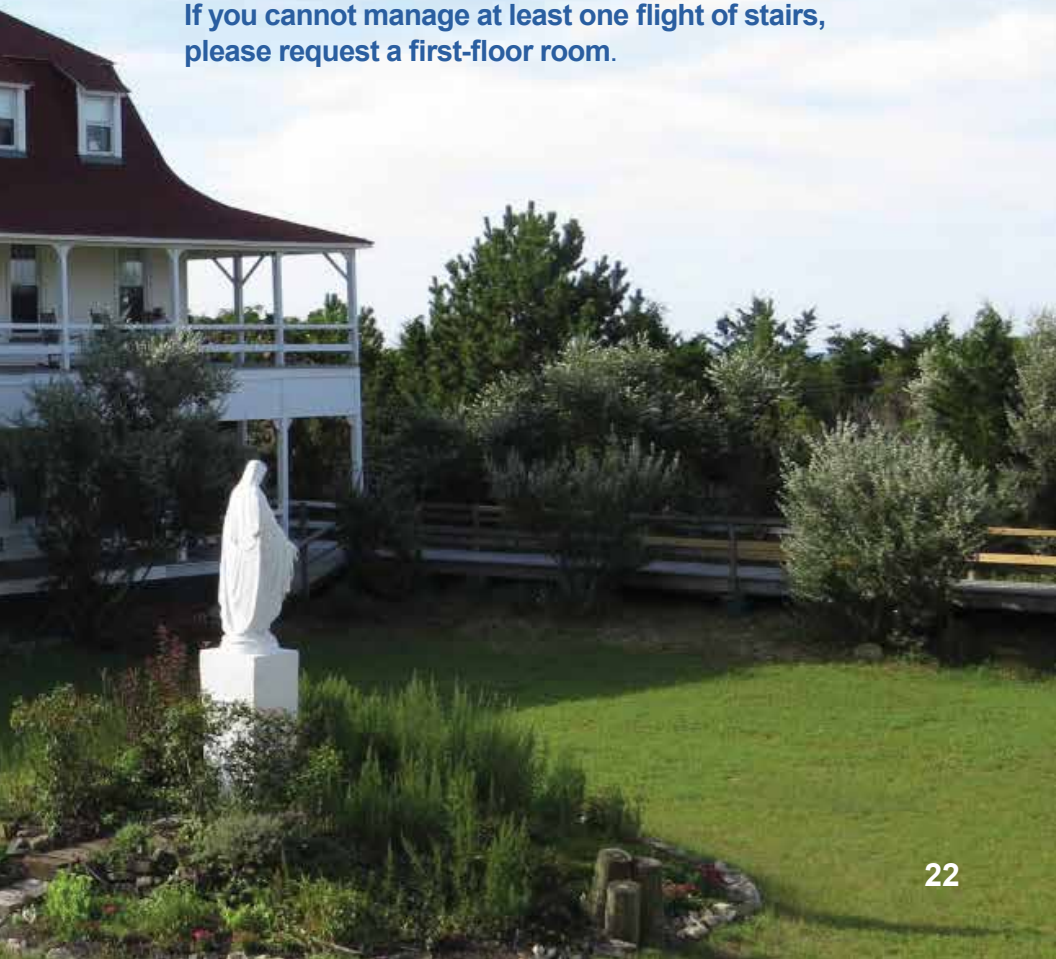


**We are not able, for safety reasons, to accommodate persons who use wheelchairs, walkers, mobility aids, such as scooters and other power-driven mobility devices for any of our programs or retreats.**

### **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 ocean view. This one small elevator, however, does 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

*General Information—Continued*

## For Retreats from June 11 through September 27

**Arrival Day**      1:00 PM Rooms are available  
5:30 PM Supper  
7:00 PM Retreat begins

**Departure Day** 7:00 - 9:30 AM Breakfast  
8:00 AM Closing Eucharistic Liturgy  
11:00 AM Departure

### **Early Arrivals or Late Departures**

If it is necessary to arrive early or depart late for retreat, this must be requested in advance. Such arrangements can't be confirmed until June and depend on availability of rooms. An additional charge will be added for each extra day.

### **Late Arrivals**

If you plan to arrive later than 7:00 PM, please let us know in advance. If circumstances on the day of your arrival prevent you from arriving by 7:00 PM, please call us (609-884-8878).

### **Pet Policy**

Retreatants/volunteers/staff are not permitted to bring their household pets to Saint Mary by-the-Sea. Animals may cause allergic reactions in some retreatants, while others may feel threatened or be distracted by the presence of animals.



# General Information

## *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 towel, beach chair, music player/earphones.

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

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

**Dietary:** If you have special dietary needs/requests, please bring supplementary food. We cannot always guarantee entire gluten-free meals. Almost all meals include a salad bar with a protein item.

**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.

**Smoke-free Facility:** Smoking (including E-cigarettes) is prohibited in the house and on the grounds.

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

**Massage Therapy:** A massage therapist is available during most of our retreats. Cost is approximately \$50.

**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.

# Volunteers



# You are invited to volunteer for the 2020 staff!

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 / Saint Joseph House**

cleaner refreshes both houses daily.

## **Laundry / Snack Room**

staffer washes the kitchen towels and bathroom towels and mats 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.



To volunteer,  
download form  
from website.  
Send in hard copy  
to Sister Sharon.

# Directions



# 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.

## 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 three lines of directions from Pennsylvania.

# Reservation Directions

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 **May 26-June 5** because of summer staffing 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 8** for retreat dates in June or after **June 30** 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. Most of the bedrooms contain single beds; a few have double beds. **PENDING AVAILABILITY the rooms are assigned as requested.**

**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. A link to the reservation form may be found on [www.stmarybythesea.org](http://www.stmarybythesea.org), below the picture on the home page.
2. **SELF-ADDRESSED STAMPED ENVELOPE** for your confirmation.
3. **Non-refundable DEPOSIT:** see the descriptions of the retreats on pages 9 - 13 for the amount. Please do not send more than the requested deposit.
4. For Sisters of Saint Joseph of Philadelphia, \$540 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.**
6. **After May 1, call to learn whether there is space before mailing a reservation.**



**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  
P. O. BOX 382, 101 LEHIGH AVENUE  
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 in mid-January.**  
**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**  
**609-884-8878 — 9:00 - 11:00 AM**



# Retreat Directors



# 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.

**Dorothy Apprich SSJ**, a Sister of Saint Joseph of Philadelphia, has experience as a spiritual and retreat director for over 30 years. Dorothy served on the staff of the SSJ Center for Spirituality in Chestnut Hill and the Jesuit Center for Spiritual Growth in Wernersville, Pennsylvania. Most recently, she served as the Executive Director of Saint Joseph Villa, a skilled nursing facility and the retirement home for the Sisters of Saint Joseph.

**Laura Arvin OP**, a Dominican Sister of Amityville, New York, ministers as a co-director at Mount Saint Mary House of Prayer in Watchung, New Jersey. 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, has been involved in retreat and spiritual direction ministry for many years. She has a master's degree in holistic spirituality and spiritual direction from Chestnut Hill College. Carol enjoys companioning others on their spiritual journey and presently offers spiritual direction in Westmont, New Jersey or through Skype.

**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.

# Retreat Directors

**Carmel Boyle MMin** hails from Monasterboice in the Boyne Valley at the heart of Ireland's Ancient East. She is a singer/ songwriter, spiritual director, supervisor and co-founder of An Croí Wisdom Institute, a learning centre that fosters wisdom for personal, professional and spiritual life. Flowing from her training in theology, spirituality, supervisory practice, expressive arts, holistic modalities and of course her songs, she offers a contemplative space that nurtures the creative healing spirit. She is a popular retreat facilitator and is a certified Life-Cycle Celebrant. Her work places a focus on recovering the Celtic Christian Spiritual Tradition and the Mystical Tradition. Carmel's work is influenced by her belief that the expressive arts can be a doorway to Divine encounter and spiritual growth.

**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.

**Mary Carboy SSJ**, a Sister of Saint Joseph of Philadelphia, received a master's degree in spirituality from Duquesne University and a certificate in Spiritual Direction from the Jesuit Center in Wernersville, Pennsylvania. Mary has been ministering full time in Spiritual Direction and Retreat Ministry for many years.

# Retreat Directors

**Joannie Cassidy SSJ**, a Sister of Saint Joseph of Philadelphia, ministers as a campus minister at Chestnut Hill College, Philadelphia. Joannie has been active in retreat work and spiritual direction and has offered days of reflection, weekend retreats and six- and eight-day retreats.

**Dolores Clerico SSJ**, a Sister of Saint Joseph of Philadelphia, received a Certificate in Spiritual Direction from Chestnut Hill College. Dolores 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.

**Patty Creech** has over 25 years of experience with both Centering Prayer and 12 Step spirituality. She is also a certified spiritual director and serves in the community of Saint Ann, Lawrenceville, New Jersey.

**Margaret Gaffikin FSP** ministers in spiritual direction, supervision of spiritual directors, as well as directed retreats. She served in leadership for her congregation and involved in secondary education for many years. She studied at the Center for Spirituality and Justice, Bronx, New York, and Chrysalis, The Art of Supervision, Manhasset, New York.

**Jim Gannon OFM** was born and raised in Philadelphia. Ordained in 1987, he has served as a high school president, a pastor, as well as in the formation ministry in his congregation. Jim also served as a member of the Catholic Chaplains corps, Texas Medical Center, in Houston. Most recently he has functioned as vice president for Mission, at Cardinal Stritch University in Milwaukee. In this capacity he also served as the campus priest and as a spiritual advisor to faculty, staff and students participating in the Franciscan Pilgrimage program. In 2011 he was elected as Vicar Provincial of the Assumption Province of the OFM and in 2015 became the Provincial of his community.

# Retreat Directors

**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 ofmCap** 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.

**Vincent Gartland** is a retired priest of the Diocese of Trenton living at Villa Vianney, a priest retirement home in Lawrenceville, NJ. He served as pastor of the Church of Saint Ann in Lawrenceville for 19 years and Campus Minister at Rider University for nine years. Prior to ordained priestly ministry, he ministered, as a Brother of the Sacred Heart teaching both in elementary and secondary school and conducting youth retreats. Vince presents programs and renewal evenings in parishes and schools focused on Pope Francis letters on the Environment, Evangelization and the Universal Call to Holiness. He has a passion for the full implementation of the decrees of Vatican Council II in the Church today.

**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.

# Retreat Directors

**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.

**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 received her degree in Spirituality from Creighton University, Omaha, Nebraska, and ministered at the Jesuit Center for Spiritual Growth, Wernersville, Pennsylvania. Currently, Jean serves her Congregation as the director of formation.

**Chris Koellhoffer IHM**, a Sister, Servant of the Immaculate Heart of Mary, is a spiritual guide and author who engages in mobile spirituality ministry. With a background in communications and spirituality, Chris offers retreats, presentations, and process throughout the U.S. Her worldview has been profoundly shaped by the arts, by the power of story, and by people on the margins.

**Doris Mical CSJP** is a Sister of St. Joseph of Peace. She is a Spiritual Director, a Pastoral Counselor, and a Retreat Director. She presently serves as a part time Resident Advocate at Peace Care St. Ann's Home for the elderly in Jersey City, New Jersey.

**Pauline La Mothe OP**, a Dominican Sister of Peace, has a Doctor of Ministry in Counseling/Psychology as well as a Certificate in Spiritual Direction. She is presently on the staff of Claret Center in Chicago, Illinois as a Spiritual Director and facilitates local communities for sisters and seminarians in Formation.

**Sarah Lamb IHM**, served for 10 years as a full-time staff member at the Jesuit Center for Spiritual Growth. She holds master's degrees on Spiritual Theology and Pastoral Care and a certificate from Neumann University.

# Retreat Directors

**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, Glendale, Missouri. She has 35 years of educational, pastoral and clinical experience, including spiritual direction. Madeleine offers individual, couple, and family counseling, and specializes in grief ministry.

**Mary Elizabeth Looby GNSH** serves as a spiritual director and retreat director in Northeast Philadelphia. She has been a director for over 35 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, has long ministered in spiritual direction, retreats, and supervision. She received her certification from Chestnut Hill College and also received a Doctor of Ministry degree from Lutheran Theological Seminary in Philadelphia. Cathy currently serves as Faculty, Spirituality and Ministry Associate at Chestnut Hill College.

**Mary Lynch SSJ** is a Sister of Saint Joseph of Philadelphia. She holds a bachelor's degree in Music and a master's degree in Holistic Spirituality and Spiritual Direction from Chestnut Hill College in Philadelphia. She holds a master's degree in theology/Liturgical Studies from the University of Notre Dame. She has taught elementary school and high school in several dioceses. Mary served as Formation director for candidates and liturgist for the Sisters of Saint Joseph. She is a spiritual director and is currently the rector of McGlenn Hall at the University of Notre Dame. Mary assists with the retreat program and spiritual direction workshops offered through campus ministry at Notre Dame.

# Retreat Directors

**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.

**Anne McCoy SSJ**, a Sister of Saint Joseph of Philadelphia, holds a Master's degree in Holistic Spirituality and Direction. She has been giving direction and retreats for the past 26 years. Currently, Anne is Coordinator of Mission Services at Saint Joseph Villa, Flourtown, Pennsylvania.

**Maria McCoy SSJ**, a Sister of Saint Joseph of Philadelphia, recently completed 23 years of ministry as a member of the Spiritual Growth Staff at the Jesuit Center, Wernersville, PA. In addition to spiritual direction and retreats, Maria leads retreats and workshops on Praying with Female Images of God. She holds a master's degree in Christian Spirituality from Creighton University, and Theology and Spirituality courses through the multi-cultural ARC Program, Rome, Italy. Maria also received a Doctor of Ministry Degree from Lancaster Theological Seminary.

**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 Saint Teresa of Calcutta Parish, Collingswood, New Jersey.



# Retreat Directors

**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 weekends of prayer, and serves as a pastoral associate at Our Lady of Mercy Parish in Potomac, Maryland.

**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.

**Ruthann O'Mara SSJ**, a Sister of Saint Joseph, Philadelphia, holds a master's degree in Spiritual Direction and Holistic Spirituality from Chestnut Hill College, Philadelphia and Certificate in Supervision for Spiritual Directors from the Upper Room Spiritual Center, Neptune, New Jersey. Ruthann has ministered as a spiritual director, retreat director, and supervisor for 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 is chair of the Theology Department at Immaculata High School, in Somerville, New Jersey.

# Retreat Directors

**Sally Russell SSJ**, a Sister of Saint Joseph of Philadelphia is the Director of Adult Faith Formation and Spiritual Direction for Our Lady of the Chesapeake Parish in Pasadena, Maryland. She has a graduate degree in Adult Faith Formation and a certificate in Spiritual Direction from the Upper Room Spiritual Center. Sally is engaged in offering spiritual direction and retreats.

**Helen Skormisley CSJ**, is a spiritual director, Jungian grief/trauma psychotherapist, and dreamwork guide. She facilitates grief support, dreamwork groups and offers spiritual direction, retreats, and programs in spirituality, CSJ Maxims of Perfection, addiction, grief, and dreams at the St Joseph Retreat Center in Wheeling, West Virginia.

**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**, a Sister of Saint Joseph of Philadelphia, ministers in 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.

# Retreat 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.

**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 Program Coordinator 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.



*Cape May, NJ is a strategic layover for a 3,000 mile migration from Canada to Mexico during September and October.*



**Saint Mary by-the-Sea Retreat house, for safety reasons, cannot accommodate persons (presenters and/or attendees) who use wheelchairs, walkers, or mobility aids such as scooters and other power-driven mobility devices. This applies to all retreats, daily and weekly programs and weekend events.**