



2017 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 2017 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.**

Saint Mary by-the-Sea *Retreat House*

Cape May Point, New Jersey



2017 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 2017 brochure to see the variety of retreats and programs being offered.

Saint Mary by-the-Sea is a place where all who gather 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 108th 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
PO Box 382 101 Lehigh Avenue
Cape May Point, New Jersey
08212-0382

609-884-8878 (9:00 - 11:00 AM)
<http://www.stmarybythesea.org>

All emails regarding reservations:
stmary@ssjphila.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.

Table of Contents

Welcome	2
Mission Statement	3
Ministry Team	4
Retreat Descriptions	5, 8 - 11
• Directed Retreats pages 8 - 9	
• Guided Retreats pages 10-11	
Calendar	6 - 7
Spiritual Enrichment Programs	12
General Information	13 - 14
Volunteer Information	15
Driving Directions	16
Reservation Directions	17 - 18
Reservation Form	Enclosed

Ministry Team

Core Staff

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

Program Staff

Trudy Ahern SSJ
Dolores Clerico SSJ
Pat Hickey SSJ

Maria Metzger SSJ
Margie Thompson 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.

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

2017 Calendar

To obtain information for these programs: stmary@ssiphila.org or 609-884-8878. For reservations, use enclosed form.

June 8 - 11 **12-Step Spirituality: A Centering Prayer Retreat**
Spiritual Enrichment Program
Rita Woehlcke SSJ

June 15 - 18 **Inclusivity: A Gospel Mandate**
Spiritual Enrichment Program
Diarmuid O'Murchu MSC

June 22 - 29 **Directed Retreat** (Six Days)

June 29 - July 6 **Abundant Living**
Guided Retreat
James J. Greenfield OSFS

July 6 - 15 **Directed Retreat** (Eight Days)

July 16 - 23 or 25 **Directed Retreat** (Six Days or Eight Days)

July 25 - August 1 **The Joy of Being Imperfect: The Spirituality of Saint Therese of Lisieux**
Guided Retreat
Brother Joseph Schmidt FSC

August 1 - 7 **See! I Am Doing Something New: Contemplating Religious Life in the 21st Century**
Guided Retreat
Julie Fertsch SSJ, Michelle Lesher SSJ

August 7 - 16 **Directed Retreat** (Eight Days)

August 17 - 24 **Directed Retreat** (Six Days)

August 24 - 31 **Impelled by the Spirit of God**
Guided Retreat
Dolores Clerico SSJ

Sept. 11 - 18 **Directed Retreat** (Six Days)

October 1 - 6 **Directed Retreat** (Four Days)

2017 Calendar

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

June 2 - 4 **Women's Wellness Weekend**
Information/Reservations:
development@ssjphila.org or 800-482-6510.

June 22 - July 25 **30-Day Retreat**
Pat Hickey SSJ
Information/Reservations:
phickey913@yahoo.com or 215-248-7229

September 7 **Women's Retreat Day**
Barbara Springer SSJ
Information/Reservations: 609-884-8708
Limit 50

September 8 - 10 **Women's Wellness Weekend**
Information/Reservations:
development@ssjphila.org or 800-482-6510.

September 20 **Women's Retreat Day**
Barbara Springer SSJ
Information/Reservations: 609-884-8708
Limit 50

September 21 **Women's Retreat Day**
Barbara Springer SSJ
Information/Reservations: 609-884-8708
Limit 50

Sept. 22 - 24 **SSJ Associates in Mission Retreat**
Information/Reservations:
tpierson@ssjphila.org or 215-248-7271
(Limited to SSJ Associates in Mission)

Directed Retreats

See page 5 for description of a Directed Retreat

June 22 - July 25 (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, 2017 - Limited Registration

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

Donation: \$2300

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

June 22 - 29 (Six Days)

Carol Beevers SSJ	Cathy Looker SSJ
Assunta Boyle RSM	Kathryn Madden rc
Maureen Christensen RSM	Eileen D. Maguire SSJ
Gerry Fitzpatrick SSJ	Doris Mical CSJP
Bette Gallagher RSM	Margaret Rohde rc
Mary Ellen Higgins IHM	Barbara Springer SSJ
Chris Koellhoffer IHM	Margie Thompson SSJ

Donation: \$535 (SSJ Phila: \$500)

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

July 6 - 15 (Eight Days)

Helen Cahill OP	Rev. Dennis O'Donnell
Annie Dougherty OSF	Peg Oravez SSJ
Kathleen Durkin CSJ	Mary Virginia Quinn IHM
Mary Kay Flannery SSJ	Mary Spratt rc
Bette Gallagher RSM	Margie Thompson SSJ
Cathy Looker SSJ	Mary Catherine Walton SSJ
Maria McCoy SSJ	Rita Woehlcke SSJ
Eileen McGovern SSJ	

Donation: \$615 (SSJ Phila: \$545)

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

July 16 - 23 (Six Days) July 16 - 25 (Eight Days)

Deadline to change option: May 29, 2017. For changes after this date, the eight day donation applies.

Laura Arvin OP	Eileen McGovern SSJ
Margaret Ellen Burke SC	Janet Mock CSJ
Helen Cahill OP	Peg Oravez SSJ
Dolores Clerico SSJ	Mary Virginia Quinn IHM
Marie Ann Ellmer RSM	Barbara Springer SSJ
Chris Koellhoffer IHM	Rev. Robert Uzzilio
Mary Elizabeth Looby GNSH	Mary Catherine Walton SSJ
Anne McCoy SSJ	

Six-Day Donation: \$535 (SSJ Phila: \$500)

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

Eight-Day Donation: \$615 (SSJ Phila: \$545)

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

August 7 - 16 (Eight Days)

Trudy Ahern SSJ	Madeleine Lane SSND
Carolynne Ervin	Cathy Looker SSJ
Helen Cahill OP	Marion Lynch OSU
Vincent Fortunato ofm Cap	Claire McNichol SSJ
Julie Grey OP	Maria Metzger SSJ
Mary Louise Heffernan SSJ	Doris Mical CSJP
Pat Hickey SSJ	Sue Pontz SSCM
Jean Marie Holup SSCM	Sally Russell SSJ

Donation: \$615 (SSJ Phila: \$545)

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

August 17 - 24 (Six Days)

Carol Beevers SSJ	Jean Marie Holup SSCM
Kathleen Boyle SSJ	Pat Mensing SSJ
Mary Bryan SHCJ	Maria Metzger SSJ
Helen Cahill OP	Kathleen Smith RSM
Carolynne Ervin	Marcy Springer SSJ
Phyllis Esposito CSJ	Liz Sweeney SSJ
Mary Louise Heffernan SSJ	Margie Thompson SSJ
Pat Hickey SSJ	Rita Woehlcke SSJ

Donation: \$535 (SSJ Phila: \$500)

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

September 11 - 18 (Six Days)

Assunta Boyle RSM	Pat Hickey SSJ
Mary Bryan SHCJ	Eileen Smith RSM
Margaret Ellen Burke SC	Kathleen Smith RSM
Peg Conboy SSJ	Margie Thompson SSJ
Gerry Fitzpatrick SSJ	Barbara Springer SSJ
Julie Grey OP	

Donation: \$535 (SSJ Phila: \$500)

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

October 1 - 6 (Four Days)

(Takes place in Queen of the Sea, one of our smaller houses.)

Margaret Ellen Burke SC	Eileen McGovern SSJ
-------------------------	---------------------

Donation: \$355

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

Guided Retreats

See page 5 for description of a Guided Retreat

Abundant Living

June 29 - July 6 (Six Days)

James J. Greenfield OSFS

Jesus tells us that he has come that we may have life and have it to the fullest. Living from a sense of abundance gives us a source of energy that awaits our particular gifts and talents to provide the natural channels of expressing such delight. Using John's Gospel as the Scriptural context for exploring abundant living, this guided retreat will explore the many ways that balance, flexibility, resilience, vulnerability, humility, and community can nourish the abundant life that Jesus promises his disciples. In preparation for this retreat it will be helpful to pray over the entirety of John's Gospel — but especially Chapters 2, 10, and 21.

Donation: \$535 (SSJ Phila: \$500)

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

The Joy of Being Imperfect: The Spirituality of St. Therese of Lisieux

July 25 - August 1 (Six Days)

Brother Joseph Schmidt FSC

We sometimes think that to please God we need to get rid of our weaknesses and sins, to be perfect. We imagine that to be a loving person we need to like everyone; and to be a holy person we need to work at being more penitential, accomplish more, and pray in a certain way. Therese thinks otherwise.

As a Doctor of the Church, Therese gives us Jesus' authentic message in a simple, straight-forward, challenging and consoling way: her "little way." She teaches us that our merciful God desires not so much our projects or perfection as our welcome and our love. Therese became a great saint with all of her weaknesses and sinfulness, and she teaches us in her "little way" how we can be saints as well.

This retreat will include presentations, optional readings, and opportunities for verbal and written questions. Personal prayer time, quiet relaxing time, and liturgy will be major components of these days.

Donation: \$535 (SSJ Phila: \$500)

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

See! I am Doing Something New: Contemplating Religious Life in the 21st-Century *August 1 - 7* (Five Days)

Julie Fertsch SSJ and Michelle Lesher SSJ

Indeed, God is doing something new! Do you long to perceive it? Through the lens of evolutionary spirituality, we will explore the reality of consecrated life in a contemporary context. Input, prayer experiences, communal contemplation, and optional sharing will help us to imagine together a future full of hope! This retreat is designed for those currently living religious life or exploring a call to religious life.

Donation: \$470 (SSJ Phila: \$470)

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

Impelled by the Spirit of God *August 24 - August 31* (Six Days)

Dolores Clerico SSJ

The same Spirit who breathed over the formless void to create a universe full of wonder, continues breathing from within the cosmos and the human heart. God's Spirit energizes, prompts, moves us beyond ourselves, and impels us to encounter the other— always weaving all into one. This retreat offers an opportunity to contemplate anew the Spirit of God through scripture, images from the Christian tradition, and reflection on evolutionary science. *Please bring a bible.*

Donation: \$535 (SSJ Phila: \$500)

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

Spiritual Enrichment Programs

See page 5 for description of a Spiritual Enrichment Program

12-Step Spirituality: A Centering Prayer Retreat

June 8 - 11

Rita Woehlcke SSJ

This retreat focuses on the 11th Step practice: *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

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. When applied as a daily supplement to the 12 Steps, Centering Prayer opens us to the deepest dimension of spirituality.

www.cp12stepoutreach.org

The retreat includes significant periods of silence and opportunities for 12-Step fellowship.

Donation: \$275

Non-Refundable Deposit: \$50

Inclusivity: A Gospel Mandate June 15 - 18

Diarmuid O'Murchu MSC

Gospel wisdom, as we understand it today, makes it increasingly clear that the Church is called to be a place of welcome, of inclusivity. Exclusion has no place in living out our Christian faith. How do contemporary Christians embrace such a radical inclusive and empowering mission in a world and a Church often riddled with exclusion and division? That is the central question explored in this workshop.

Donation: \$350 (SSJ Phila: \$350)

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

General Information

Our beloved Victorian-era beachfront hotel 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 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.

For Retreats from June 16 through September 1:

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

Early Arrivals or Late Departures must be requested in advance. Such arrangements cannot be confirmed until June. A donation is expected for added days.

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, 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.

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 \$45.00.

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 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 2017 staff

See calendar on pages 6-7 for the dates 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 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.

If you would like to volunteer or know someone who would, please call 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

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

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, 2016. Other reservations are welcome at any time, and will be processed after December 20, 2016.

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** because of summer staffing adjustments.

Private Retreat information is available by contacting Patricia O'Donnell SSJ at 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.
A Reseveration Form may be found on the Saint Mary by-the-Sea website homepage, www.stmarybythesea.org.
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, \$500 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
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 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

609-884-8878 — 9:00 - 11:00 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.

Our 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 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, New Jersey. Prior to spiritual direction and retreat ministry, she served as an administrator at St. John's University in New York.

Carol Beavers 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 companioning others on their spiritual journey.

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.

Sister Annie Dougherty OSF is a Franciscan Sister of Allegany, NY. She holds a master's degree in counseling psychology from Nova Southeastern University and a doctorate in pastoral counseling from the Graduate Theological Foundation. Annie is certified as a Spiritual Director and provides spiritual direction for people from all walks of life.

Kathleen Durkin CSJ entered the Sisters of St. Joseph of Wheeling and is now a member of the Congregation of St. Joseph. Kathleen has served as an elementary and high school teacher and in areas of adult faith formation, college seminary formation and parish ministry. She also served as Vicar for Religious in the Diocese of Wheeling-Charleston, WV. Kathleen was a member of the formation team for her Congregation and served in elected leadership. Currently, Kathleen serves at St. Joseph Retreat Center, Wheeling as a retreat director, spiritual director, and facilitator.

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.

Carolynne Ervin has served in the ministry of spiritual direction and supervision for over 30 years. She currently has a small private practice at her home in Reading, Pennsylvania. Carolynne offers directed retreats at the Jesuit Center for Spiritual Growth when needed.

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.

Bette Gallagher RSM is a Sister of Mercy engaged in the spiritual ministries of directed retreats, on-going direction and retreat in everyday life. She lives and ministers in Philadelphia.

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.

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.

Marion Lynch OSU, an Ursuline Sister of the Roman Union, ministers as spiritual director, retreat director and is involved in prayer group ministry within her parish. She serves on the Board at Serviam Girls Academy — a middle school for low income girls. Marion received her spiritual direction training at Washington Theological Union and at The Center for Spirituality and Justice in New York. She is a native New Yorker and has been ministering in Wilmington, Delaware for a number of years.

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 McGlinn 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.

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 a chaplain at the Cancer Treatment Centers of America in Philadelphia, 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, retreats, offering programs, Maria leads retreats and workshops on Praying with Female Images of God. Maria's educational opportunities include a BA in Psychology from Chestnut Hill College, Masters 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. Her doctoral project explores the interfacing of feminist scholarship with Ignatian spirituality.

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.

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.

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.

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.

Dennis O'Donnell PhD is a priest of the Archdiocese of Philadelphia and has been directing retreats for the past 35 years. Currently he is involved with ministry formation at Holy Redeemer Health System and co-founder of Amigos de Jesus, a Home for Children in Honduras.

Diarmuid O'Murchu MSC is a member of the Sacred Heart Missionary Order, and a graduate of Trinity College, Dublin Ireland, is a social psychologist most of whose working life has been in social ministry. He is a workshop leader, travelling throughout the world. A prolific writer, his most recent books are: *Religious Life in the 21st Century, Inclusivity: A Gospel Mandate*, and *On Being a Postcolonial Christian*. He lives in Dublin, Ireland.

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.

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.

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.

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.

Bob Uzzilio is a priest of the Diocese of Bridgeport and his ministry has included pastoring and leadership in the Worldwide Marriage Encounter movement. He is presently an adjunct staff member of the Institute for Priestly Formation (Creighton University) and a staff member of IPF's three-year training program in spiritual direction at Mundelein Seminary (Chicago).

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.





Saint Mary by-the-Sea
PO Box 382
101 Lehigh Avenue
Cape May Point, NJ 08212-0382
<http://www.stmarybythesea.org>

