The Bold Integrity of Mr. Rogers: Welcome to the Neighborhood!
Saturday, January 25th, 2020, 9 am to 12 pm

*Presenter: Sr. Christine Hilliard, CSJ*

Remember Mr. Rogers and how he made you feel? Or, how he made your children feel? He was a man who lived a life of bold integrity and was not afraid to address through his children’s television program, “Mr. Rogers’ Neighborhood,” controversial issues such as death and dying, war, discrimination, sexism and more. These are the same issues that we continue to struggle with today. Mr. Rogers had a gift for making everyone feel cared for and valued. Spend a Saturday morning discovering how he managed to invite this personal connection through his words and TV program.

*Fee: $40*

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Journey to the Heart: A Live Concert with Celtic Song and Poetry
Friday, February 28th, 2020, 6 pm to 7 pm (with reception at 5 pm)

*Presenter: Deirdre Ní Chinnéide*

Celebrated vocalist Deirdre Ní Chinnéide, joining us from Inis Mór in Ireland, will connect us to the power of Celtic Spirituality with an evening of Irish music and poetry. This experience is intended to stir and open our hearts as we move into the Lenten season. While the emphasis of her work will link to Celtic Spirituality and her formerly released album “Celtic Passage,” Deirdre is delighted to be singing some familiar tunes as well as introducing music from her new album “I Will Sing for You,” due for release in Ireland in 2020. Ireland’s leading sacred music singer is reshaping the genre that has captivated millions. The concert is a great way to help set the tone for the Lenten retreat Deirdre is offering the following day, February 29.

*Fee: $15 Concert Only; $70 Concert and Retreat Day*
The Spiral and the Cross: Symbols of Hope through Challenging Times - A Lenten Retreat
Saturday, February 29th, 2020, 9 am to 4 pm

*Presenter: Deirdre Ní Chinnéide*

Drawing on the Celtic Christian heritage and spirituality, Deirdre Ní Chinnéide, direct from Inis Mór in Ireland, will facilitate a retreat that will weave together an experience to inspire, nourish and prepare us for the Easter message of hope. Deirdre will guide us on a journey of light through darkness, home to the presence and guidance of God in our everyday lives. The retreat day will incorporate poetry, and Scripture and offer the opportunity to participate in the celebration of Mass. To help set the tone for the retreat, join us for a Celtic concert by Deirdre the evening before the retreat.

*Fee: $60 including lunch and refreshments, $70 Concert and Retreat Day*

Preparation our Hearts: Moving towards Jerusalem
Sundays, March 1st, 8th, 15th, 22nd and 29th, 2020 from 9 am to 12:30 pm

*Presenter: Sr. Karen Clock, CSJ*

Come take some time out for quiet reflection and shared prayer during Lent on Sunday mornings. We will be journeying with Jesus towards Jerusalem and preparing our hearts to receive the gift of Himself on Good Friday. You are invited to join us for liturgy in Sacred Heart Chapel at 9 am followed by brunch. We will then transition to our reflection time from 11 am to 12:30 pm.

*Fee: $80 for all 5 sessions or $20 each including brunch*

Good Friday Retreat: Inspired by Love
Friday, April 10th, 2020, 10 am to 4:30 pm

*Presenters: Sr. Karen Clock, CSJ, and Sr. Sharon Becker, CSJ*

Love inspired Mary and Jesus throughout their lives. This is why they were able to willingly lay down their lives for all humanity. Come spend time reflecting on Mary and Jesus’ final moments together. The day will conclude with the Good Friday services at Sacred Heart Chapel of the Sisters of St. Joseph of Orange.

*Fee: $50 including a simple lunch of soup and bread*
Planting Seeds of Compassion
Saturday, May 2nd, 2020, 9 am to 4 pm
Presenters: Sr. Christine Hilliard, CSJ, & Sr. Mary Dean Pfahler, SND

This one-day retreat is inspired by Boundless Compassion: Creating a Way of Life by well-known author Joyce Rupp. Through presentations, small group sharing, communal prayer, meditation and quiet times, Sister Mary Dean, a certified Boundless Compassion facilitator, and Sister Christine invite participants to open their hearts to themselves, to one another, to all living beings and to earth. Compassionate living becomes one with the Sisters of St. Joseph of Orange’s values of unity and reconciliation.
Fee: $60 including lunch and refreshments

“A Praise to the Trinity”
A Retreat Day with St. Hildegard
Saturday, June 6th, 2020, 9 am to 4 pm
Presenter: Sr. Karin Nürnberg, CSJ

“A Praise to the Trinity, which is sound and life and creatrix of all beings...” Join us for a retreat day on the eve of the Solemnity of the Most Holy Trinity. Using the wisdom of Hildegard of Bingen, we will ponder the mystery of the Trinity and prayerfully prepare our hearts for the upcoming celebration.
Fee: $60 including lunch and refreshments

“Your One Wild and Precious Life”
A Retreat Inspired by Mary Oliver
Saturday, July 11th, 2020, 9 am to 4 pm
Presenters: Cindy Mueller and Sr. Karin Nürnberg, CSJ

Opening with “The Summer Day,” a poem written by well-known poet Mary Oliver, this retreat day will explore the themes of her wide body of work. Oliver invites the reader to see the world in a simpler and more thoughtful way, leading one to find a sense of deeper meaning in life. She exposes all of the world’s wonders and mysteries as gifts to be savored.

Through reflection and creative expression, discover the relevance of Oliver’s poetry to your own life and how her work may be used as an inspiration for living “your one wild and precious life.”
Fee: $60 including lunch and refreshments
Art and Contemplation: Nourishment for the Soul
Tuesday-Thursday, July 14th, 15th & 16th, 2020, 9 am to 12 pm
AND/OR Tuesday-Thursday, July 21st, 22nd & 23rd, 2020, 9 am to 12 pm
Presenters: Sr. M. Madeleva Williams, CSJ and Valerie Kemp

Back by popular demand, this three-day contemplative session is offered to anyone who is interested in exploring art as a creative practice. Whether you have been creating art for years or not, come join like-minded people who want to discover new ways to nourish the soul. There will be several activities offered to get your creativity moving. You can choose from a plethora of materials to play with and learn what makes your heart and mind happy. Bring your curiosity and gentle spirit. Individuals may register for one class sequence or sign up for both in order to work on a longer project.

Fee: $120 for all three sessions of one series (materials included)

Be Still and Know that I Am God
A Silent 7-day Ignatian Directed Retreat
Sunday, July 19th to Saturday, July 25th
Spiritual Directors provided by Emmaus Spiritual Ministries
Held at Mission San Luis Rey in Oceanside, CA

Emmaus Spiritual Ministries and Mission San Luis Rey are partnering to create a women’s spiritual retreat. All women are welcome! Vowed religious and lay women who feel called to be in the silence with God, are invited to join us for seven days of quiet and daily spiritual direction. Fr. Michael Guinan, OFM, will preside at daily Mass. Taizé prayer, a reconciliation service and healing service will be offered during the week. The grounds include peaceful walking paths, a swimming pool, a beautiful rose garden, St. Clare Chapel, Stations of the Cross, a labyrinth and the beautiful sounds of nature. For more information call (760) 757-3659 or email mercedes@sanluisrey.org.

Fee: Private room, $645 per person, Shared room, $560 per person
Journey in the Desert: A Spiritual Treasure Map
Saturday, July 25th, 2020, 9 am to 12 pm
Presenter: Fr. Brad Karelius

Join others as we explore treasures of the desert experienced by Jesus and the monastics - solitude, silence, and surrender, using the American Southwest and the travelogue of Fr. Brad Karelius, author of *Desert Spirit Places: The Sacred Southwest*, as a backdrop. Fr. Karelius will present his own desert encounters after his life fell apart in the catastrophic health crises of his son Erik. We will discover resources for our own journey within desert wisdom and Ignatian spirituality, with significant time for personal contemplation and group discussion. This workshop was part of the men’s series and due to great popularity is now offered to the wider community.

 Fee: $40

He Became Flesh and Dwelt Among Us
Saturday, September 26th, 2020, 10 am to 4 pm
Presenter: Dr. Cecilia González-Andrieu

Theologian Cecilia González-Andrieu (Loyola Marymount University and *America* Magazine) will lead participants through an exploration of the scandalous assertion that God dwells with God’s creation through the person of Jesus Christ, our vulnerable neighbor and our groaning planet. Through relating their religious longings and insights with their senses and creativity, participants will also work on an art project to embody their insights about Christ.

 Fee: $60 including refreshments, lunch, and art materials

Mindfully Living in the Presence of God
Saturday, October 3rd, 2020, 9 am to 12 pm
Presenter: Sr. Karen Clock, CSJ

Come spend a reflective morning exploring how mindfulness techniques have roots in the ancient traditions of Christian contemplative prayer, and experience how mindfulness can provide a way to deeper contemplation and living in the presence of God.

 Fee: $40
Abiding Reverence: Unity and Reconciliation through a Way of Non-Violence
Saturday, October 24th, 2020, 9 am to 12:30 pm
Presenters: Julie Mussché, Maria Elena Perales, and Joyce Cottage

In a world where we are barraged with news of violence, do you find yourself holding your breath waiting for God to respond to the injustice? Perhaps God is extending an invitation for you to respond. The prophets of our time, Mahatma Gandhi, Martin Luther King Jr., Cesar Chavez and Dolores Huerta, answered injustice through non-violent action. Martin Luther King Jr. offers, “Non-violence is absolute commitment to the way of love...” Do you feel called to a way of love, to a path of unity and reconciliation? Come join us for a morning of exploring the non-violent traditions and self-reflection, opening vistas to a non-violent way of being.
Fee: $40

To Love and Live Life - The Sacred Beloved Celebration of Día de los Muertos
Saturday, October 31st, 2020, 10 am to 4 pm
Presenter: Dr. Cecilia González-Andrieu

Theologian Cecilia González-Andrieu (Loyola Marymount University and America Magazine) explores how creative objects reveal profound theologies in what is traditionally termed popular religion. Why is popular religion vital to the survival and understanding of communities on the peripheries such as people of color and women? Participants will learn methodologies to better engage popular religious practices and also participate in creating their expressions for the Día de los Muertos celebration. Participants are asked to bring pictures of their beloved difuntos (departed) and/or simple objects that hold meaning for those we have lost. An altar de los muertos or ofrenda will be assembled and displayed as an installation at Emmaus Spiritual Ministries where it can be viewed and appreciated by others.
Fee: $60 including refreshments, lunch, and art material
Come to the Table: Savor the Feast  
Saturday, November 14th, 2020, 9 am to 2 pm  
**Presenter: Glenda Campos**

The speed of our world can leave us breathless and flummoxed. Come away for a day, sit at the banquet table and savor the feast! “My soul is satisfied as with a rich feast,” declares the Psalmist. Enter into art as a means of praying your gratitude, walk a spiral - an ancient symbol of integration, create your own spiral of community that includes your cloud of witnesses and soak in Scripture, music and poetry. Leave refreshed, centered and satiated, so you too might say, “My soul is satisfied as with a rich feast!” (Psalm 63:5)  
**Fee: $50 including lunch and refreshments**

Journeying with Mary: Preparing for Jesus’ Birth  
Sundays, November 29th and December 6th & 13th, 2020, 9 am to 12:30 pm  
**Presenter: Sr. Karen Clock, CSJ**

Come and be part of three Sunday mornings in Advent and encounter with Mary the mystery of the Incarnation. Through reflection and prayer, experience with Mary her waiting, hoping, and joy. We will expand on these themes and reflect upon how you are experiencing Advent in your own life.  
**Fee: $50 for all 3 sessions or $20 each including brunch**

Resting in Advent Stillness: Light in the Darkness  
Saturday, December 5th, 2020, 9 am to 12 pm  
**Presenter: Sr. Jane DeLisle, CSJ**

Take this opportunity to step away from the Christmas rush and enjoy an Advent morning – a sacred time of watching and waiting for the light to be revealed in winter darkness. Come and rest in silence, prayer, community and God’s loving presence found in the ordinary made sacred. Using music, symbols, Scripture and a variety of prayer forms retreatants will be guided through a morning of reflection to an awareness of God’s abiding presence in this season of hope and expectation.  
**Fee: $40**
On the Road: A Spirituality Series for Men

Join us for a six-part series, designed exclusively for men who are seeking spiritual nourishment and strength for living in today’s busy world. Topics selected for the series affirm and validate the spiritual journey of men, including life’s transitions and rites of passage. Join us for one or all six sessions.

Fees: Six-part series $200 or $40 per session

Work, Money, and Sex: Is That All There Is?
February 1st, 2020, 9 am to 12:30 pm
Presenter: Fr. Jim Clarke, Ph.D.

Growing old is mandatory but growing up is optional. From the time of their youth, boys are taught by society that success for men means lots of money, physical prowess, and sexual conquest. Is that really what it is all about for a man? Is that how a man develops a healthy sense of self? Will this pursuit give him authentic meaning and purpose in life? NO! It is discovering what is uniquely yours to do in this life. This workshop will help you discern and discover your purpose in life (whatever your age).

Fee: $40
On the Road: A Spirituality Series for Men

Creating and Sustaining an Engaged Men’s Spirituality Group
April 25th, 2020, 9 am to 12 pm
Moderator: Steve Bruce
Panelists: Bill Kinsey, St. Timothy’s Catholic Church; Greg Ronning, First Lutheran Church of Orange/The Table

As part of the Emmaus Series for Men, this workshop is focused on gathering the collective experiences of men to identify the best success factors for beginning, sustaining and resurrecting men’s groups at Church.

We will explore with the whole group what has worked, and what has not worked. There will be several church leaders on a panel to talk about their particular experiences in the Roman Catholic, Lutheran and Episcopal traditions. This will be a workshop in the traditional sense - to craft ideas and tools to take back to a parish.

The participant in the workshop should be someone who is interested in or is responsible for starting or growing a men’s fellowship at their church.
Fee: $40

Engaging the Male Interior Life from the Archetypal Perspective
July 18th, 2020, 9 am to 12:30 pm
Presenter: Fr. Jim Clarke, Ph.D.

This workshop will focus on the four primary archetypes of a man: Warrior, Lover, Magician and King. Using stories, images, Scripture and life examples, we will unpack these energetic forces in a meaningful way that is conducive to a better understanding and accessibility for a man’s happiness. This workshop is the first of three workshops that will introduce and engage the archetypes in practical ways.
Fee: $40
Accessing the Warrior and Lover Archetypes
August 15th, 2020, 9 am to 12:30 pm
Presenter: Fr. Jim Clarke, Ph.D.

Fr. Jim Clarke continues the conversation regarding accessing archetypes as inspiration for a man’s life journey. This workshop will help men to more practically access these dynamic forces of the Warrior and Lover archetypes from within their psyche. Using the work of Council, ritual, embodied expression, the imaginal world, and input from depth psychology, we will expand our access to these interior templates of energy.
Fee: $40

“Lord, Teach Us to Pray...”
Prayer Practices to Nourish Men
August 29th, 2020, 9 am to 12 pm
Presenter: Fr. Brad Karelius

This workshop will explore ways of praying that can feed the spiritual hunger that the men of today experience. Prayer has the power to transform our inner spirit and how we experience God in the movement of everyday life. Sustaining a daily life of prayer that does not demand of us energy we cannot muster, includes familiar and repetitious ritual that is clearly defined and time limited.

With this in mind, we will learn about and experience three forms of structured prayer in order to foster a discipline of daily prayer: The Examen of Consciousness: a daily practice of gratitude and discernment of God’s movement in our lives; Centering Prayer: practicing the presence of God and listening for God’s inspiration as to how we might live our lives; The Daily Office/Breviary: as a way of reflecting upon the word of God through the day.
Fee: $40

Accessing the Magician and King Archetypes
October 3rd, 2020, 9 am to 12:30 pm
Presenter: Fr. Jim Clarke, Ph.D.

In the third session regarding archetypes, we will continue to expand our understanding of the role of archetypes in the male spiritual journey. Fr. Jim Clarke is returning to lead this workshop that will help men to more practically access the dynamic forces of the Magician and King archetypes from within their psyche. Using the work of Council, ritual, embodied expression, the imaginal world, and input from depth psychology, we will expand our access to these interior templates of energy.
Fee: $40
The Sojourner’s Well: Refreshment for Spiritual Directors

An eight-part series of sessions to refresh those who are active in the ministry of Spiritual Direction. Topics as they relate to Spiritual Direction include three themes: Spiritual Directors Engaging the Creative Spirit Within; Companioning Others to Realizing the Fullness of God’s Love and Encountering the Depths of the Spirit.

Each session in the series will consist of content as well as reflection, dialogue and formation of small communities. A Certificate of Completion will be awarded for those who participate in all eight sessions. Eight Saturdays, January to June 2020 and September to October 2020.

Fee: $320 for the entire 8-part series or $50 per session.
You may also register for the fall session only, September – October, $80.
Engaging the Creative Spirit Within

**Play Without Ceasing - Part I: The Spiritual Director, Freedom and Improvisation**
Saturday, January 18th, 2020, 9 am to 12:30 pm  
*Presenter: Monica Romig Green*

This interactive workshop will introduce spiritual directors to the basics of improvisational play theories through fun, imaginative exercises, followed with periods of prayerful reflection and group sharing. By engaging the material with minds, hearts, spirits, and bodies, spiritual directors – both seasoned and in training – can grow in their ability to stay present and attentive in relationships, and to respond with flexibility to follow wherever the Holy Spirit is leading. Mindfully designed for all personality types and physical capacities, this workshop has been offered at some of the top seminary and spiritual direction formation programs in North America. Participants should come wearing comfortable clothing and footwear for ease of movement.  
*Fee: $50*

**Play Without Ceasing - Part II: Storytelling and the Spiritual Director**
Saturday, February 15th, 2020, 9 am to 12:30 pm  
*Presenter: Monica Romig Green*

God is the Great Storyteller, and we are made in his image. Spiritual direction invites people to discover and articulate their stories. By understanding story structure and themes, spiritual directors can help people discover greater meaning in their stories, how God is a character in everyone’s story, and how each person’s story is a part of God’s great unfolding narrative. By creating new stories together and re-telling sacred stories in new and inventive ways, workshop participants will learn how stories work, how to encourage someone’s telling of their story, and why stories are such a powerful gift to those we minister to, our communities, and ourselves. This workshop is interactive, so participants should come wearing comfortable clothing and footwear for ease of movement.  
*Fee: $50*
Through the Eyes of Love: A Spirituality of Visio Divina
Saturday, March 21st, 2020, 9 am to 12:30 pm
Presenter: Fr. David Robinson, Ph.D.

There are multiple modes of sight, insight, foresight, etc., by which we “see” or “view” the world around and within us. The central metaphor of all these modes is the faculty of vision. Such vision provides us with the images that allow us to navigate both the physical and the spiritual world. In spiritual companioning, we encounter the many ways in which spiritual seekers “see” their world. Together we shall explore the ways in which this vision can be nurtured by the manner in which we see what surrounds us day-to-day. We can encourage those with whom we journey to look beyond the surfaces of things (and people!). We shall reflect on the qualities of beauty we can experience in nature, art, and the spiritual graciousness of our own domestic “homes.” Visio Divina can empower us to experience anew the beauty of God’s creation in its manifold forms and images. We can accompany others, through sight and imagination, to move quietly into the mind of God.

Fee: $50

Companioning Others to Realizing the Fullness of God’s Love

Images of God in the Old Testament: Problems and Prospects
Saturday, April 18th, 2020, 9 am to 12:30 pm
Presenters: Dr. Daniel Smith-Christopher & Sr. Christine Hilliard, CSJ

All readers of the Bible are familiar with notable and troubling images of God in the Hebrew Bible/Old Testament. Is God always portrayed as the “angry Father”? Always “male”? Always a “warrior”? What about God as Mother (Hosea 11), or God as Compassionate and Forgiving? Are we to merely “balance” more positive images against negative ones – or is there a way to actually engage and deal with the angry images as well? Because such questions about the images of God in the Old Testament have troubled believers and non-believers alike – they can become serious stumbling blocks to engaging Biblical thought as a guide for meditation, prayer and spiritual growth. This presentation aims to take a clear-eyed look at both the problems, and will also offer some hopeful prospects, of engaging Old Testament images of God.

Fee: $50
Mystical Images of God
Saturday, May 16th, 2020, 9 am to 12:30 pm
Presenters: Dr. Charlotte Radler & Steve Bruce

This session explores the innovative images of God created by Christian mystics. In their attempts at gesturing to the mystery of God without circumscribing God, Christian mystics have conceived of generative metaphors and images to convey their experience of the presence of God. In this session, we will probe the mystical images of Dionysius the Areopagite, Meister Eckhart, Julian of Norwich, and Thomas Merton as well as implications of these rich images for the ministry of spiritual direction, especially when a directee is struggling with images that are no longer valuable or even harmful to their spiritual growth, or just need fresh images to grow.

Fee: $50

Healing Our Images of God
Saturday, June 20th, 2020, 9 am to 12:30 pm
Presenter: Sr. Christine Hilliard, CSJ

In our world there is a thriving advertising industry based on the power of images (verbal and visual) that both form and inform our lives. Decisions about not only what to buy, but also how we see ourselves and what choices we make figure into the power of these advertising images. Just as powerfully, our image of God touches our core with a variety of implications. Negative images of God cause harm – personally and in our world. Identifying and healing these negative images is vital to the spiritual journey. This session will explore how to identify these images as well as how we might participate in their healing whether they are ours or our directees’.

Fee: $50
Encountering the Depths of the Spirit

Archetypes: Exploring the Deepest Self in the Spiritual Direction Relationship
Saturday, September 19th, 2020, 9 am to 12:30 pm
*Presenter: Sr. Linda Buck, CSJ*

Archetypes are considered a universal language, and the language of the Divine. They can also be viewed as the stories or myths we live out in our lives, both individually and collectively. Archetypes are active in any relationship we have, including the spiritual direction relationship. This workshop explores the concept of archetype, major stories that are activated in our lives, and how this can be a source of awareness and growth in the spiritual direction relationship.

*Fee: $50*

Exploring the Boundaries of Spiritual Direction
Saturday, October 17th, 2020, 9 am to 12:30 pm
*Presenters: Sr. Greta Ronnigen, Gayle Heuser, Leia Smith, and Steve Bruce*

This workshop will be a conversation about what “spiritual direction” looks like in four distinct communities – incarcerated, homeless, hospice, and sheltered. Our speakers have extensive experience in these areas and will share their insights and stories. Table discussions will help you explore your own discernment of the invitation from the Holy Spirit to consider “directing” people in these areas, even if the experience is not the traditional model of spiritual direction.

*Fee: $50*
Summer Intensive for Spiritual Directors

Listening to the Wisdom of the Body: A BioSpiritual Focusing Summer Intensive for Spiritual Directors and Therapists

Co-Sponsored by Emmaus Spiritual Ministries & Loyola Institute for Spirituality
August 21st, 2020, from 9 am to 3:30 pm
and August 22nd, 2020, from 9 am to 4 pm

Presenters: Bobbie Ascarate, Mary Cannon, Sr. Jeanne Fallon, CSJ, and Fr. David Robinson, SJ

This two-day intensive is an introduction and overview of BioSpiritual Focusing for spiritual directors, therapists, and all who serve those seeking spiritual integration. This gentle listening practice provides a way to bring one’s bodily sense of God’s grace into everyday awareness and allows one to be more fully present to self, others, and God.

The invitation for this two-day session is to notice, be with, and nurture the unique sacred story that is carried within the body. All those desiring to learn about companioning others or renewing their commitment to this bodily form of healing, discovery, and discernment are welcome to attend. There will be group practice with seasoned and supportive facilitators and time for inner reflection in the beautiful setting of St. Joseph Center in Orange. Space is limited.

Fee: $120 including lunch on both days

The Art of Spiritual Direction
A Training and Formation Program for Spiritual Directors

The Art of Spiritual Direction (ASD) is a three-year program for individuals who discern in themselves a call to the ministry of spiritual direction. It provides a holistic curriculum which integrates theology, spirituality, skills development, psychology, Scripture and supervision in the art of spiritual direction. All classes are held on ten Saturdays each year, September to June. Successful completion of the three-year program results in receipt of a certificate in the Art of Spiritual Direction from Loyola Marymount University (LMU/LA) and Emmaus Spiritual Ministries.
Exploring the Call to Religious Life

Presented by: Sr. Sharon Becker, CSJ and Team

Emmaus Spiritual Ministries is responding to the needs of women who feel a desire and call to explore religious life by offering a series of monthly education and reflection days on different aspects of religious life. We invite you to join a group of women who like yourself are exploring and discerning where God is calling them.

By coming together, discover how to discern a call to religious life and to which religious community. Grow in your relationship with God by learning different styles of prayer. Learn about different “charisms.” Focus on varying aspects of religious life: ministry and community life, prayer and Eucharist, and the vows of poverty, celibate chastity and obedience.

The education and reflection series will begin with a 9 am Sunday Mass at Sacred Heart Chapel on the grounds of the Sisters of St. Joseph of Orange, followed by brunch. Following brunch, we will gather for input, personal guided reflection, time for sharing, and community building. Each session will end at 3:00 pm and will be held at Emmaus Spiritual Ministries.

Fee: $0  You may register for one, several or all sessions.

Dates and Topics:

**2020**
- September 13th: Exploring the Tapestry of Religious Congregations
- October 11th: Living from a Discerning Heart
- November 8th: Discover Varying Styles of Prayer

**2021**
- January 10th: Community and Ministry
- February 14th: Prayer and Eucharist
- March 14th: Understanding the Vow of Celibate Chastity
- April 11th: Understanding the Vow of Obedience
- May 2nd: Understanding the Vow of Poverty

For additional information regarding the series please contact: Sr. Sharon Becker, CSJ at 714-744-3159 or sbecker@csjorange.org.

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Make a Gift Where It Is Most Needed

Your gift to Emmaus Spiritual Ministries matters because it helps sustain our ministries which nourish and strengthen spirits of all in our community. You can support a student, a community member, global outreach or wherever it is most needed. Visit EmmausSpiritualMinistries.org. Thank you!
The Mission, Vision and Values of Emmaus Spiritual Ministries is grounded in the mission and spirituality of the Sisters of St. Joseph of Orange...

“We bring all people into union with God and one another.”

Our Mission

Emmaus provides spiritual companionship to all people who are seeking nourishment and strength for living in today’s world.

Our Vision

Emmaus Spiritual Ministries serves as a sacred epicenter responding to the spiritual needs of local and global communities of faith.

Our Values

• **DIGNITY**: We value the inherent dignity and spiritual nature of the human person.
• **SERVICE**: We desire to serve with mutuality, collaboration and compassion.
• **HOSPITALITY**: We guide our endeavors within a climate of hospitality and discernment.

Contact

For more information, pricing, registrations or reservations, please contact Sonya Longbotham at (714) 744-3172 or slongbotham@csjorange.org

Our Services

• On-site Programs
• On the Road Programs
• Speakers’ Network
• The Art of Spiritual Direction
• Spiritual Direction
• Spiritual Formation
• Mission Formation
• Prayer Services
• Retreats
• Spirituality and the Arts

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• Cafe 1912 (24)
• Eureka (24)
• Sophia (24)
• Camino (22)
• Guadalupe (12)
• Pilgrims’ Place (Retreat Suites)
  3 bedrooms with common spaces

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