

**OUR LADY OF CALVARY RETREATS, PROGRAMS, AND SPECIAL EVENTS
BULLETIN ANNOUNCEMENTS
SEPTEMBER 2017 – JANUARY 2018**

OVERNIGHT RETREATS

2017-18 Theme Retreat for Women: *Make Me an Instrument of Your Peace*

“Make Me an Instrument of Your Peace,” is a weekend women’s retreat that will take place at Our Lady of Calvary Retreat, in Farmington. It begins Friday evening on **October 27, 2017 at 7:00pm to Sunday, October 29 at 12:00 PM**. The powerful and timely theme is taken from the well-loved Peace Prayer of St. Francis. The Retreat concludes with Mass at 11:00 am followed by brunch. Families and friends may join retreatants for Mass and brunch. Offering is \$250. To register and view our other available Theme Retreat dates: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net

Wellness Retreat

The World Health Organization says that wellness is “...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” The Wellness Retreat being presented at Our Lady of Calvary Retreat Center, in Farmington, begins at **7:00 pm on February 2, 2018 to 12:00 pm on February 4** will provide information and tools to help you improve your wellness and thus attain a higher quality of life.

The retreat will include a Quilling Workshop and a presentation, as well as Tea Tasting with “Culteavo.” There will be input on ways to maintain good posture and a healthy gut. The retreat will devote time to quiet, rest, meditation and prayer, as well as to fun and community. Chef Bill will prepare healthy, delicious meals to nourish the body and spirit. Massages are available, but must be arranged when you register.

This special retreat would make a wonderful Christmas or birthday gift for yourself or a loved one. It is also a brilliant “girls only” weekend. Offering is \$250. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Men’s Retreat: “Self-Compassion and Self-Forgiveness”

A Men’s Retreat, “Self-Compassion and Self-Forgiveness,” will take place at Our Lady of Calvary Retreat Center in Farmington. It begins at 9:00 am on **February 10, 2018 to 12:00 pm on February 11**. The presenters are Fr. Warren J. Savage of the Diocese of Springfield, MA; Ron Miceli, OLC Administrator; and Sr. Mary Ann Strain, CP, the Center’s Program Director. Offering is \$175. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

DAY AND EVENING PROGRAMS

SEPTEMBER 2017

Opening of the Season:

Underground Railroad Performance

Our Lady of Calvary Retreat Center, in Farmington, will open its 2017-2018 season with Nzinga’s Daughters’ Underground Railroad Performance on **Sunday, September 10** from 2:00-4:00 pm. Nzinga’s Daughters is a five-woman performance ensemble. The program invites the audience to experience the

creativity, ingenuity, and perseverance employed by African-American slaves in their efforts to shepherd runaway slaves to safety. Free will offering. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net

Domestic Abuse: Breaking the Cycle and Making a Difference

“Domestic Abuse: Breaking the Cycle and Making a Difference” will be presented at Our Lady of Calvary Retreat Center, in Farmington, on **Wednesday, September 13, 2017**. Casey Morley will tell her story of coping with and crawling out from years of domestic abuse and violence. Casey’s mission is to help lower domestic violence statistics by raising awareness of the reality of abuse. Her book, *Crawling Out*, will be available for sale and she will sign books from 8:30 to 9:00 pm. Dinner is at 6:00 pm; program 7:00 to 9:00 pm. Sign up for dinner and the program, or just the program. Offering: Dinner \$15; Program \$25. To register: contact OLC at 860-677-8519, email olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Curtain of Leaves

Celebrate the trees at Our Lady of Calvary Retreat Center, in Farmington, by creating one-of-a-kind double sided monoprints at the “Curtain of Leaves” workshop on **Wednesday, September 27, 2017**. We will use pressed leaves to make monoprints on translucent paper and a simple printing block as a plate. These prints look beautiful when hung on a window. No art experience is necessary to participate. Join us for dinner and the workshop, or just the workshop. Dinner is at 6:00 pm; Workshop from 7:00 pm to 9:00 pm. Offering is \$15 for Dinner; Workshop \$25. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

OCTOBER 2017

Movie Night

Attend Movie Night at Our Lady of Calvary Retreat Center, in Farmington, on **Wednesday, October 4, 2017** to watch and discuss “The Letters”; a film about the life of St. Teresa of Calcutta based on her letters. These letters, addressed to her spiritual advisor and her bishop, reveal her experience of spiritual darkness as she devoted herself to the poor of India. A basket supper to enjoy during the movie will be provided for each attendee. Sr. Mary Ann Strain, CP, Program Director at OLC, will facilitate the evening which will take place from 6:30 to 9:00 pm. Offering is \$25. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net, or visit www.ourladyofcalvary.net.

Islam and Christianity

Discover the Intersectionality of Two Abrahamic Faiths: Islam and Christianity at Our Lady of Calvary Retreat Center, in Farmington, on **Wednesday, October 11, 2017** from 7:00 to 9:00 pm.

“Communication has the power to build bridges, to enable encounter and inclusion, and thus to enrich society. How beautiful it is when people select their words and actions with care in the effort to avoid misunderstandings, to heal wounded memories, and to build peace and harmony. Words can build bridges between individuals and within families, social groups and peoples.”

– Pope Francis

In response to the appeal of Pope Francis, Our Lady of Calvary is offering an interfaith evening in partnership with the Farmington Valley American Muslim Center (FVAMC). In order to foster a better understanding of Islam, President of the FVAMC, Khamis Abu, will speak at this informational event. This presentation will work to eradicate any prior misconceptions of Islam by way of explaining simple concepts and practices. This evening will help us get to know our Muslim neighbors, and build bridges by sparking interest in the coexistence of all faiths.

A free will offering will be taken. The evening will conclude with light refreshments. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Self-Knowledge: A Pathway to God

On **Wednesday, October 18, 2017** Sister Joanne Fahey, CP will present “Self-Knowledge: A Pathway to God” at Our Lady of Calvary Retreat Center, in Farmington, from 9:00 am to 1:00 pm. In her classic, “The Interior Castle,” Saint Teresa of Avila calls Self Knowledge the first and primary “room” of our inner castle. To know oneself is to know God. This program offers an opportunity to reflect on Saint Teresa’s basic principles of self-knowledge. Some time will also be devoted to the *Enneagram*, a helpful tool for growth in self-knowledge. Sister Joanne has been a team member at OLC for many years and is an experienced spiritual director. Offering is \$30 (lunch included). To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Introduction to the Zentangle Method

“Introduction to the Zentangle Method” will be presented by Beth Malley at Our Lady of Calvary Retreat Center, in Farmington, on **Wednesday, October 25, 2017**. The ®Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. You learn one stroke at a time. An art background is not necessary. Beth Malley is a Certified Zentangle Teacher (CZT) who has been creating and drawing for over three years. Dinner is at 6:00 pm; Workshop 7:00-9:00 pm. Sign up for dinner and workshop, or workshop only. Offering is \$15 for Dinner; Workshop \$35 (materials included). To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Knit Teddy Bear Workshop

Sister Aideen Langan, CP will present a “Knit Teddy Bear” workshop at Our Lady of Calvary Retreat Center, in Farmington, on **Saturday, October 28, 2017** from 9:00 am to 1:00 pm. Learn to knit an adorable bear that would make a cute Christmas or baby gift. It is also perfect to donate to Children’s Hospitals, Police programs, shelters and more. Finished bear is 9.5”. This workshop is appropriate for knitters of all ages and skill levels. Please bring soft 4 ply yarn and #8 needles. Offering is \$30 including lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net, or visit www.ourladyofcalvary.net.

NOVEMBER 2017

November 1 All Saints Day of Reflection

This special All Saints Day of Reflection at Our Lady of Calvary Retreat Center, in Farmington, will include Morning Prayer followed with a presentation by Sister Mary Ann, CP. “The Communion of Saints: Saints and a Spirituality for Modern Times” is an opportunity to go to Confession, have lunch and celebrate The All Saints Day Mass. This event will begin at 9:00 AM and end at 2:00 PM. Offering is \$30. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Mixology: Holiday Cocktails and Selecting Affordable Wines

Bring your friends to Our Lady of Calvary Retreat, in Farmington, on **Wednesday, November 15, 2017** from 7:00-9:00 PM for “Mixology: Holiday Cocktails and Selecting Affordable Wines”, a fun and festive night with Patrick R. Miceli. Attendees will learn how to make three holiday cocktails while enjoying scrumptious hors d’oeuvres. They will also learn how to select affordable wines for the holiday dinner table from the west coast vineyards of Oregon, Washington State, and California.

Patrick R. Miceli is a Central Connecticut Restaurateur and Entrepreneur. He is the son of OLC's Administrator and his wife Sharon. Offering is \$35. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

DECEMBER 2017

She Said Yes: Making Room for the Birth of God

"She Said Yes: Making Room for the Birth of God," is a morning of reflection on the infancy narrative of St. Luke. Participants will consider how ordinary and seemingly secular preparations for Christmas may become vehicles for a contemplative practice which will prepare us spiritually for the birth of God, the mystery of the Incarnation.

The program will take place at Our Lady of Calvary Retreat, in Farmington, on **Wednesday, December 13, 2017** from 9:00am to 1:00 pm. The presenter, Celeste Calabotta, is music minister, pianist and retreat team member at Our Lady of Calvary. Offering is \$30, including lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

JANUARY 2018

Women of Influence

Four women, all saints, have been given the title "Doctor of the Church": Catherine of Siena, Teresa of Avila, Therese of Lisieux and Hildegarde of Bingen. On **Wednesday, January 10, 2018** from 9:00 am to 1:00 pm Sister Elissa Rinere, CP will present "Women of Influence" at Our Lady of Calvary Retreat Center in Farmington. The program will look at the life and times of these four great women, what they wrote, prayed and preached, and how each was and is a woman of influence. Sister Elissa has spent many years working in the Church, both as a canon lawyer and pastoral minister.

The \$30 offering includes lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Finding Hope in Dark Times

How do we find HOPE when fear, hopelessness, and destructive forces clash all around us? How can we break through when life seems to be breaking down, when nothing is permanent? Dr. Maria Decsy's presentation, "Finding Hope in Dark Times" at Our Lady of Calvary Retreat Center reminds us that, for us Christians, the darkness is lit up and is animated by the Divine Presence. The program focuses on how we find Light in the darkness; how we navigate the shift, and live in joyful hope.

Dr. Maria Decsy is a spiritual director, retreat director, adjunct professor of World Religions at area colleges and an OLC retreat team member.

The program takes place on **Saturday, January 13, 2018** from 9:00 am to 1:00 pm. Offering of \$30 includes lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Healing Oils of the Bible

Essential oils have been used to support body, mind and spirit since before the time of record-keeping as we know it. Alicia Clendennin's class, "Healing Oils of the Bible," is based in part on the book *The Healing Oils of the Bible* by Dr. David Stewart. The participants will learn bible verses that reference essential oils that were used in the Bible. Discussion includes the significance of holy incense and aromatherapy in biblical times as they compare to how the same oils are used in Modern times.

Essential oils will be available for participants to experience the aroma and effects.

Alicia Clendennin is currently studying for her post graduate certificate in Holistic Nursing at the University of CT. She has spent her entire nursing career in home care, including Hospice, and is currently the Administrator for Interim HealthCare of Eastern CT, Inc. The program will be held at Our Lady of Calvary Retreat Center, in Farmington, on **Saturday, January 20, 2018** from 9:00 am to 1:00 pm. \$30 offering includes lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Arp, Art and Intuition

“Art, Arp and Intuition” is an exercise in intuitive drawing and writing being held at Our Lady of Calvary Retreat Center, in Farmington, on **Wednesday, January 24, 2018** from 9:00 am to 1:00 PM. Jean (aka Hans) Arp, a pioneer of abstract art in the early 20th century, was one of the first artists to be recognized for making intuition, randomness, and chance part of his work. Participants in the program will experience a different approach to art-making, rather than planning and controlling - a deviation from process and rules. For some it may be a liberating exercise; for others it may just be a small step outside the comfort zone so as to experience what possibilities may exist.

This program is presented in partnership with the artists at Dick Blick. Previous art experience or skills are not necessary to participate. Offering of \$30 includes lunch. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.

Feelings and Faith

In “Feelings and Faith”, Fr. J. Patrick Kelly, OFM, MA and PhD will review the roles and importance of eight core feelings at Our Lady of Calvary Retreat Center, in Farmington, on **Saturday, January 27, 2018**. Fr. Jim has spent most of his priestly life as a full-time pastoral Psychotherapist. He has ministered in the United States, South America and Africa.

Registration w/Coffee and is from 8:30 to 9:00 am. The day concludes with Vigil Mass at 4:30 pm. Lunch is included. Offering is \$60. To register: contact OLC at 860-677-8519, olcretreat@sbcglobal.net or visit www.ourladyofcalvary.net.