

OLC PRESS RELEASES
FEBRUARY

Wellness Retreat

Our Lady of Calvary Retreat Center in Farmington is holding a Wellness Retreat from 7:00 pm on February 2, 2018 to 12:00 pm on February 4. It will be preceded by an optional soup supper from 5:30 to 6:30 on Friday evening.

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.” Our retreat aims to provide you with information and tools to help improve your wellness and thus attain a higher quality of life. It will include a Quilling Workshop; presentation on good posture’s importance and practices to improve it; presentation on improving and maintaining a healthy gut; presentation and Tea Tasting with Culteavo; time for quiet and meditation; time for fun and community.

Offering is \$250. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Valentine Card Printmaking Workshop. Create your own Valentine cards using block printing at this workshop being held on February 3, 2018 at Our Lady of Calvary Retreat Center, Farmington, from 9:00 am to 1:30 pm in partnership with artists from Dick Blick in Plainville. Take home your lino print block and reuse it as often as you like!

The workshop will be held in the upstairs Blue Room and will be limited to 15 participants. Offering of \$30 includes lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Men’s Retreat:Self-Compassion and Self-Forgiveness will take place at Our Lady of Calvary Retreat Center, Farmington, from 9:00 am on February 10, 2018 to 12:00 pm on February 11.

Compassion is commonly defined as sensitivity to the experience of others’ suffering accompanied by a desire to alleviate it. Forgiveness means to liberate, to release from bondage, to let someone go free. This retreat is intended to assist spiritual seekers to accept themselves as they are, to grow in self-love and self-compassion, and to forgive themselves in order to become more understanding, accepting, compassionate and forgiving of others.

Our presenters include Fr. Warren J. Savage of the Diocese of Springfield,

Massachusetts, who is an internationally known speaker, lecturer and mission preacher. Father Savage has served as parish priest, dean, educator, spiritual director and administrator throughout Western Massachusetts. Ron, Miceli, current Administrator at OLC, is a former entrepreneur, business owner, industry executive and politician. Sister Mary Ann Strain, CP is the retreat center's Program Director. She entered the Sisters of the Cross and Passion in 1977 and holds a Master's Degree in Religious Studies from Providence College.

Offering is \$175. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

Friends and family are welcome to join you for Sunday Brunch at noon. Please make reservations for them when you register.

**** **** ***** ***** ***** ***** *****

Ignite the Light, a program to stir the light within us through prayer, music and watercolor, will be presented by retreat team member Kathy Irr at Our Lady of Calvary Retreat Center, Farmington, on February 7, 2018 from 9:00 am to 1:00pm. Bring an inspirational quote and leave with a beautiful watercolor expression of its meaning in your life. No experience is necessary.

Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Stations of the Cross in Lent

Beginning on Friday February 16, 2018, join us for outdoor Stations of the Cross at 12 noon on each Friday of Lent at Our Lady of Calvary Retreat Center, Farmington. Then share a simple soup lunch of clam chowder prepared by Chef Bill.

If you are attending, please help us plan for the lunch by emailing olcretreat@sbcglobal.net. A free will offering for the lunch will be gladly appreciated. In the event that the weather is uncooperative, we will pray the Stations in our St. Paul of the Cross chapel.

***** ***** ***** ***** *****

What Are They Saying About Forgiveness? Theologian Lewis Smedes writes that "to forgive is to set a prisoner free and discover that the prisoner was you." Sister Mary Ann Strain, CP, Program Director, will present this interactive workshop at Our Lady of Calvary Retreat Center on February 17, 2018 from 9:00 am to 1:30 pm. It will address the following questions: What is forgiveness and what is it not? Is forgiveness always appropriate? What steps can we take when we need to forgive?

The program, which is limited to 15 participants, will take place in the upstairs Blue Room. Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519. ,

**** **** ***** ***** ***** ***** *****

Lenten Crown of Thorns Craft Evening will take place at Our Lady of Calvary Retreat Center, Farmington from 7:00 pm to 9:00 pm on February 21, 2018. Each participant will make a Crown of Thorns to take home and share with family. At home each person who performs a good deed or makes a sacrifice gets to remove a thorn from the Crown. At the end of Lent, the Crown of Thorns can be redecorated into a Crown of Glory.

The evening will begin with prayer, move on to the craft and conclude with blessing of the creations. The presenter will be Sister Mary Ann Strain, CP, Program Director, in partnership with artists from Dick Blick.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Easter Egg Decorating Workshop. Come to Our Lady of Calvary Retreat Center, Farmington, on February 24, 2018 from 9:00 am to 1:30 pm to learn how to blow out and decorate your own unique eggs. Ribbons and lace, flowers and bows are just some of the items we will use. You will learn the tricky process of blowing out, washing and dyeing the eggs. Though the eggs are fragile, they can last for years if correctly packed.

Cheryl Pietrycha, OLC staff member, will lead the program. It will take place in the upstairs Blue Room and is limited to 15 participants. Offering of \$30 includes lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Lenten Retreat Day Will take place at Our Lady of Calvary Retreat Center, Farmington on February 28, 2018 from 9:00 am to 2:00 pm. The day will begin with morning prayer followed by a presentation on the Seven Sorrows of Mary. We relate to Mary in her suffering because we suffer too. We believe that Mary understands us and helps us in our suffering.

The presenter is Sister Mary Ann Strain, CP, Program Director at OLC. Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

MARCH

One Man's Journey with His Faith. Do you sense your faith calling you in a new direction? Join Ron Miceli as he shares his journey from the business world to his current role as Administrator at Our Lady of Calvary Retreat Center, Farmington. In an interactive morning discussion (9:00 am to 1:30 pm) at the retreat center on March 3, 2018. Ron will describe the process that led him to leave his business career in his late fifties and turn his life totally towards God and his Catholic Faith.

Participants will have the opportunity to share their own journey, prayer and reflection.

The program, which is limited to 15 participants, will take place in the upstairs Blue Room. Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519. ,

**** **** ***** ***** ***** ***** *****

Full of Grace: the Story of Mary the Mother of Jesus. This film portrays the role of Mary in the life of the Church from Jesus' Resurrection to her Assumption. It depicts in a wonderful way the universal motherhood of Mary, who "kept these things, reflecting on them in her heart,"

Join us at Our Lady of Calvary Retreat Center on March 7, 2018 from 9:00 am to 1:00 pm for a showing of the movie followed by a discussion facilitated by Sister Mary Ann Strain, CP, OLC's Program Director. Each participant will receive a goodie bag to enjoy during the movie.

Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Celebrate Celtic Spirituality. This program, presented by Sister Mary O'Brien, CP, will take place at Our Lady of Calvary Retreat Center, Farmington, on March 10, 2018 from 9:00 am to 1:30 pm. It will feature an overview of Celtic Spirituality and a talk about three famous Irish saints-- Patrick, Brigid, and Kevin--and the amazing stories and legends surrounding them.

The program, which is limited to 15 participants, will take place in the upstairs Blue Room. Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

Journeying through the Desert: A Lenten Evening of Reflection. Lent is a season of transformation, a journey through the desert with Jesus. Spend an evening at Our Lady

of Calvary Retreat Center, Farmington pondering the sacred struggle of the Lenten story. The program will be presented by Sheri Dursin on March 14, 2018 from 7:00 pm to 9:00 pm. It offers a retreat talk, music, time for quiet reflection, and optional sharing. We will end with a ritual of forgiveness as we prepare to receive God's gift of radical mercy.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** ***** ***** ***** ***** *****

An Inter-Religious Panel moderated by Maria Decsy will be presented at Our Lady of Calvary Retreat Center, Farmington, on March 21, 2018 from 7:00 to 9:00 pm. The panel will feature women from the Jewish, Christian and Muslim traditions who will share their faith stories and the gifts they bring to our world. Bring the questions you always wanted to ask.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

***** **** **** **** **** **** *****

APRIL

Babette's Feast: Movie Night at Our Lady of Calvary Retreat Center, Farmington. Babette's Feast, Pope Francis' favorite film, challenges us to look outside of ourselves in service to mercy. The Pope even referenced it in his encyclical *Amoris Laetitia*. Join us from 6:30 to 9:00 pm on April 11, 2018 to view this classic film and together discover the spiritual lessons Pope Francis would like us to learn.. A basket supper will be provided for each attendee to enjoy during the movie.

The evening will be facilitated by Sister Mary Ann Strain, CP, OLC's Program Director. Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Faith That Asks Something of Us: Doing the Truth in Love. How can we capture Jesus' passion for justice and compassion in our own living? How might we develop the virtue of solidarity--a firm and persevering commitment to the common good- and orient ourselves to enacting God's expansive care for all in our society? Ponder these questions with Annemarie O'Connor, retreat team member at Our Lady of Calvary Retreat Center, Farmington, at the center on April 14, 2018 from 9:00 am to 1:30 pm.

The program, which is limited to 15 participants, will take place in the upstairs Blue Room. Offering is \$30, including lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Making the Insights of Thomas Merton Accessible. Mike Smoolca, coordinator of the North-Central CT Chapter of the International Thomas Merton Society, will present this workshop at Our Lady of Calvary Retreat Center, Farmington, on April 25, 2018 from 7:00 to 9:00 pm. Participants will get an understanding of Merton's spirituality with a focus on its foundational elements of Contemplation and the True Self.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

MAY

Zenquillity. This class being held at Our Lady of Calvary Retreat Center, Farmington, on May 2, 2018 from 7:00 to 9:00 pm will focus on spring and spring flowers. We will be using the ancient paper art of Quilling in combination with Zentangle to create a ZIA (Zentangled Inspired Art) that has a three-dimensional quality. No experience is necessary. The presenter is Beth Malley, CZT.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Press Pause. Are you giving more and enjoying it less? Do you work harder to solve others' problems than they do? Are you staying busy, running from here to there trying to fill the void in your life?

You deserve a deeper, more authentic life, where YOU are in control and have peace of spirit and mind. This program to be presented by JoAnne Ceccarelli-Egan, LCSW at Our Lady of Calvary Retreat Center on May 9, 2018 from 7:00 to 9:00 pm offers practical ways to nurture yourself as you set clear boundaries with love.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

In the Upstairs Room--Waiting for the Spirit. This program will be presented at Our Lady of Calvary Retreat Center, Farmington, on May 16, 2018 from 9:00 am to 2:00 pm. Four days before the Solemnity of Pentecost, we invite you to place yourself in the

upstairs room where Jesus' disciples wait in prayer to be clothed with power from on high (Lk 24-29).”

The program will include a prayer service, conference, and the opportunity for Confession. It will conclude with the celebration of the Eucharist. The presenter is Sister Mary O'Brien, CP.

Offering of \$30 includes lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Tea Tasting with Culteavo. Join us at Our Lady of Calvary Retreat Center, Farmington, from 10:00 am to 12:00 pm on May 30, 2018. At this event in partnership with Culteavo you will not only sample delicious tea but learn the basics of tea: what makes white tea different from black or green tea and how to properly brew tea and tisanes.

Our presenter, Viviana Pinhasi, owner of Culteavo Tea Shop in Unionville, CT, will explain the health benefits of tea, how to pair food with tea and even how to cook with tea. You will enjoy some delicious treats along with the tea and go home with some unique recipes using tea as an ingredient.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

JUNE

Laughter is the Best Medicine. Did you know that the saying, “Laughter is the best medicine,” is probably derived from the Bible. According to Proverbs 17, “A merry heart is like medicine.” Come, join Marie DiBenedetto at Our Lady of Calvary Retreat Center, Farmington, from 9:00 am to 1:00 pm on June 6, 2018 and learn about the body's response to laughter. Marie will share some of her personal humor situations and jokes. The program will conclude with some suggestions on how to maintain a positive attitude and keep on laughing.

Offering of \$30 includes lunch. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Pray the Devil Back to Hell: Movie Night at Our Lady of Calvary Retreat Center, Farmington. This movie tells the story of everyday women who brought a warring nation to its senses--armed only with the courage of their convictions. Join us at Our

Lady of Calvary Retreat Center, Farmington, from 6:30 to 9:00 pm on June 13, 2018 to view and discuss this inspiring film. The evening will be facilitated by Maria Decsy of the OLC retreat team.

Each attendee will be provided with a basket supper to enjoy during the movie. Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Make Me an Instrument of Your Peace: Silent Theme Retreat will take place at Our Lady of Calvary Retreat Center, Farmington from June 21, 2018 at 4:30 pm to 12:00 pm on June 24. This retreat is designed for those who prefer a quiet, less social retreat experience with some input, but more time for personal prayer and reflection. Each day will include Morning Prayer, theme-based presentation, Mass, and Evening Prayer. Opportunity for the Sacrament of Reconciliation will be available during the retreat.

Offering is \$290. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Summer Directed Retreats will take place at Our Lady of Calvary Retreat Center in Farmington from June 21, 2018 at 4:30 pm to June 28, 2018 at 4:30 pm.

A directed retreat is a guided prayer experience in which the retreatant listens for God's word spoken through the Sacred Scriptures with the help of a director with whom the retreatant meets daily. Silence is a necessary condition for the efficacy of the retreat. The directors are Maria Decsy, Sister Joanne Fahey, CP, Sister Bernadette Hughes, CP, Father Jim Kelly, OFM, and Sister Ann Rodgers, CP.

Retreatants may choose to register for the entire week or for a long weekend, June 21-24. Offering is \$490 for the week or \$290 for the long weekend. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

JULY

Plants that Clean the Air. Jeffrey Eleveld, CHT (Jeff the Plant Guy) a therapeutic horticulturalist and owner of The People Plant Connection, will talk about the wonders of plants at Our Lady of Calvary Retreat Center, Farmington, on July 11, 2018 from 7:00 to 9:00 pm. You are invited to fall in love with indoor plants and improve your health and well-being from their many benefits. With his depth of knowledge, insight, and visual imagery, Jeff will keep you engaged and amused.

If you have a question about a specific plant, bring a picture, leaf or the whole plant for assessment. If you have a plant to swap or a cutting to share, bring that along also.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****

Take a Drum Ride. Join Bob Bloom at Our Lady of Calvary Retreat Center, Farmington, on July 18, 2018 from 7:00 to 9:00 pm. Bob is bringing a colorful cargo of drums for heart and hands to enjoy at this shindig. Everyone partners with Bob as he gives rise to the enticing melodies and catchy lyrics of legendary songs.

Bob Bloom's Take a Drum Ride has been featured at The New Haven International Festival of Arts and Ideas, The Bushnell Center for the Performing Arts, and the New Year's Eve "First Night" Celebrations of Boston, Providence, Hartford, Bridgeport, Westport and Worcester.

Offering is \$25. Register online at OurLadyofCalvary.net or by phone at 860-677-8519.

**** **** **** **** **** **** ****