Mission
As a ministry of the Sisters of St. Joseph of Baden, St. Joseph Spirituality Center welcomes all people seeking a deeper and more profound love of God and neighbor by providing an environment of prayer, hospitality and community.

Directions
We are located at the Motherhouse of the Sisters of St. Joseph of Baden, just off Route 65 along the Ohio River. We are approximately 20 miles northwest of downtown Pittsburgh. If using GPS, we recommend using: 1020 W. State Street, Baden, PA 15005.

Visit Us Online: www.stjoseph-baden.org/spirituality
Our programs and events are also listed online. This full brochure and additional registration forms can be downloaded or printed from our website.

Help Us Care for Creation
If you prefer to access program information digitally or are no longer interested in receiving this booklet in the mail, kindly call 724-869-6587 or email spiritcenter@stjoseph-baden.org so we may remove you from our mailing list. Thank you for caring for our common home.
Dear Friend,

This year we have much to celebrate!

By the grace of God, three Sisters of St. Joseph journeyed 150 years ago from Flushing, N.Y., to the Allegheny Mountain town of Ebensburg, PA. With ready hearts and ‘sleeves rolled up’ for ministry, Sisters Austin Keane, Hortense Tello and Xavier Phelan established the Congregation on September 2, 1869.

These visionary women firmly and faithfully forged a foundation for what would become the Sisters of St. Joseph of Baden. Their humble lives and zealous works have been fruitful. In the spirit of their founders, St. Joseph Spirituality Center seeks to further the mission of the Sisters of St. Joseph, a mission which invites us to bring all people to a deeper union with God, one another and all creation.

We have been planning an array of programs ranging from familiar ones in Ignatian Spirituality to fresh, seasonal ones that blend spirituality, ecology and justice. Aware of the urgent needs for healing in our Church and in our world, we will open our chapel monthly for Prayers for Healing. Look for new programming for young adults, and, of course, celebrate our 150th anniversary at a special concert by Dan Schutte. Look for details inside.

We invite you to peruse the pages of programming where we hope you will find something that appeals to your interest, passion or spirituality.

Blessings!

Kathy Fletcher Wray
Director
St. Joseph Spirituality Center
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Calendar at a glance

**SEPTEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4</td>
<td>Taizé Prayer</td>
<td>6-7 PM</td>
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<tr>
<td>9</td>
<td>Prayers for Healing</td>
<td>7-8 PM</td>
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<tr>
<td>10</td>
<td>Spiritual Exercises: 19th Annotation</td>
<td>1-2:15 PM</td>
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<tr>
<td></td>
<td><em>(series opens)</em></td>
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<tr>
<td>25</td>
<td>Eight-week Ignatian Retreat <em>(series opens)</em></td>
<td>1:30-3 PM or 6:30-8 PM</td>
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**OCTOBER**

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<tr>
<td>2</td>
<td>Taizé Prayer</td>
<td>6-7 PM</td>
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<tr>
<td>4-6</td>
<td>Fall Ignatian Retreat Weekend</td>
<td>Fr 7 PM-Sun noon</td>
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<tr>
<td>5</td>
<td>Blessing of the Animals &amp; Liturgy</td>
<td>4-6 PM</td>
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<tr>
<td>7</td>
<td>Prayers for Healing</td>
<td>7-8 PM</td>
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<tr>
<td>11</td>
<td>Continuing Education Workshop</td>
<td>9:30 AM-4:30 PM</td>
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**NOVEMBER**

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<th>Date</th>
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<td>4</td>
<td>Prayers for Healing</td>
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<td>6</td>
<td>Taizé Prayer</td>
<td>6-7 PM</td>
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<tr>
<td>10</td>
<td>150th Celebration: Dan Schutte Concert</td>
<td>2 PM</td>
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<tr>
<td>16-17</td>
<td>Listening to the Spirit: Retreat for Young Adults</td>
<td>Sat 10 AM-Sun 5 PM</td>
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**DECEMBER**

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<th>Date</th>
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<tr>
<td>1</td>
<td>Advent Day of Prayer/Card Writing</td>
<td>1-4 PM</td>
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<td>2</td>
<td>Prayers for Healing</td>
<td>7-8 PM</td>
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<tr>
<td>JANUARY</td>
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<td>6 Prayers for Healing</td>
<td>7-8 PM</td>
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<th>FEBRUARY</th>
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<td>3 Prayers for Healing</td>
<td>7-8 PM</td>
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<td>29-3/1 Listening to the Spirit: Retreat for Young Adults</td>
<td>Sat 10 AM-Sun 5 PM</td>
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<tr>
<th>MARCH</th>
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<tr>
<td>2 Introduction to Christian Meditation (series opens)</td>
<td>6:30-8 PM</td>
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<tr>
<td>2 Prayers for Healing</td>
<td>7-8 PM</td>
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<tr>
<td>4 Taizé Prayer</td>
<td>6-7 PM</td>
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<tr>
<td>4 Eight-Week Ignatian Retreat (series opens)</td>
<td>1:30-3 PM or 6:30-8 PM</td>
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<tr>
<td>6-8 Spring Ignatian Retreat</td>
<td>Fr 7 PM-Sun noon</td>
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<tr>
<td>20 Continuing Education Workshop</td>
<td>8 AM-4 PM</td>
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<tr>
<td>22-24 Spring Women’s Retreat</td>
<td>Fr 7 PM-Sun noon</td>
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<th>APRIL</th>
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<tr>
<td>1 Taizé Prayer</td>
<td>6-7 PM</td>
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<td>25 Earth Day Celebration</td>
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<th>JUNE</th>
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<tr>
<td>19-23 Five-Day Directed Retreat</td>
<td>Fr 7 PM-Tues noon</td>
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Deepening union with God

Taizé Prayer
Taizé Prayer includes chants, reflection, silence, petitions, and the lighting of candles. This form of prayer touches the mind, eases the body, and opens one’s spirit to the presence of God. This prayer will be held in the Motherhouse Chapel.

**Dates:** Wednesdays: September 4, October 2, November 6, March 4, April 1, May 6

**Time:** 6:00-7:00 PM

**Prayer Leader:** Sister Roseann Gaul, CSJ
724-888-6809

‘Listening to the Spirit’ Retreat Days for Young Adults
The high school and college years present so many important decisions. Many voices offer their wisdom and their advice. How do we know what is best? What might God want me to do with my life? This retreat day, with an optional overnight, is for young men and women. Discernment is the kind of decision-making that serves these deep questions. In a prayerful, retreat-like setting, this day of reflection will combine input with quiet time and one-on-one spiritual direction.

**Date:** November 16 (with an optional overnight to November 17) from 10 AM to 5 PM
February 29 (with an optional overnight to March 1) from 10 AM to 5 PM

**Cost:** $10 to cover food (additional $5 for overnight)

Introduction to Christian Meditation
Be still and know that I am God. - Ps 46:10

This six-week introductory course provides an opportunity for those interested in exploring Christian meditation, experiencing the practice in a small group, learning about its origins, and discovering its relevance as a form of prayer for the contemporary world.

**Dates:**
March 2 - What is Christian meditation?
March 9 - John Main
March 16 - The roots of the tradition
March 23 - The wheel of prayer
March 30 - Leaving self behind
April 6 - The fruits of meditation

**Time:** 6:30-8:00 PM

**Cost:** $120 for the six-week series

**Presenter:** Sister Cynthia Comiskey, CSJ, LCSW, is a member of The World Community for Christian Meditation. She has conducted workshops across the country on Christian meditation and teaching Christian meditation to children.

Advent Day of Reflection
Following a brief prayer service together, you will have the option of private reflection or time to enjoy music, wine and cheese while you prepare your Christmas cards. Christmas cards designed by the Sisters of St. Joseph will be available for purchase. There’s no fee – our Christmas gift to you, but registration is requested.

**Date:** Sunday, December 1

**Time:** 1:00-4:00 PM

Spring Women’s Retreat
This weekend retreat promises to renew and refresh you. Associates of the Sisters of St. Joseph will provide a theme, a speaker, and space for personal quiet time as well as social time together.

**Dates and Time:** Friday, March 22, at 7:00 PM through Sunday, March 24, at noon

**Cost:** $140 includes meals, lodging and materials.

**Presenters:** Cathy Ciccone, CSJA, and Chris Didio, CSJA
Ignatian Spirituality

St. Ignatius Loyola, the founder of the Society of Jesus (Jesuits), developed his Spiritual Exercises to help people – lay people, in particular – deepen their relationship with Christ and to give a structure to each person’s prayer and inner spiritual life. These “Exercises” consist of a set of meditations, prayers, reflections and considerations, and are grounded in Sacred Scripture.

In his practical wisdom, St. Ignatius understood that such an undertaking (originally designed to be done as a 30-day retreat away from one’s daily life) might be difficult for those engaged in a busy lifestyle. Therefore, he suggested a variety of ways one could “make” the Spiritual Exercises. At St. Joseph Spirituality Center, we offer options for individuals as well as groups.

Ignatian Spirituality in group settings

The Spiritual Exercises of St. Ignatius: The 19th Annotation Form

The “19th Annotation” is a version of the Spiritual Exercises designed for people who cannot be away for 30 days to do the Exercises as they were originally practiced. Most of the time, this “retreat in everyday life” is done by people who have daily commitments, but who feel called to deepen their spiritual lives. The Exercises are extended over several months and the retreatants commit to weekly prayer practices, readings and meditations.

Often, the 19th Annotation is done in small groups. The group will meet weekly to receive new material from the leader, share how the Exercises are going for them, and explore prayer practices together. Each person in the group will also see a spiritual director for the duration of the retreat.

Dates: Every Tuesday from 1:00-2:15 PM from September 10, 2019 - May 12, 2020

Cost: $500

Retreat Directors: Sister Catherine Higgins, CSJ, and Father Philip Fogarty, SJ

Eight-Week Ignatian ‘Retreat in Everyday Life’

The Ignatian Eight-Week Retreat in Everyday Life mirrors the Spiritual Exercises of St. Ignatius of Loyola, but in an abbreviated format. Retreatants go about their everyday life, but commit to pray each day, following a guided structure of readings and reflections. We will gather weekly for these eight weeks to share the fruit of each one’s prayer.

Dates: Wednesday afternoon session 1:30-3:00 PM or evening session 6:30-8:00 PM

Fall Retreat: September 25 through November 13

Lent/Easter Retreat: March 4 through April 22

Cost: $75

Retreat Director: Kathy Fletcher Wray

Fall and Spring Ignatian Directed Retreat Weekends

This weekend retreat is based on the spirituality of St. Ignatius Loyola. We will provide scriptural-based prayer in a contemplative mode in an atmosphere of silence and quiet prayer. Your retreat will include daily liturgy, and you will have the opportunity for daily individual retreat direction.

Dates: Fall retreat weekend begins Friday, October 4, at 7:00 PM and concludes on Sunday, October 6, at noon

Spring retreat weekend begins Friday, March 6, at 7:00 PM and concludes on Sunday, March 8, at noon

Cost: $140 includes meals, lodging and individual direction.

Retreat Directors: Sister Catherine Higgins, CSJ, and Father Philip Fogarty, SJ
Five-Day Directed Retreat

This five-day directed retreat, based on the spirituality of St. Ignatius Loyola, is an opportunity for Scriptural-based prayer in a contemplative mode. The atmosphere is one of silence and quiet prayer. This retreat will include daily liturgy and daily individual retreat direction.

**Dates:** Friday, June 19, beginning at 7:00 PM through Tuesday, June 23, at noon

**Cost:** $375

**Retreat Directors:** Staff of St. Joseph Spirituality Center

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**Ignatian Spirituality** *private, directed retreats*

**Eight-Day Directed Retreat**

This silent, individual retreat is for the guest who stays for eight days in one of our retreat suites and commits to a week of silence and prayer. In addition to a few periods of intentional prayer each day, the retreatant can rest, walk, journal, etc. Each day the retreatant meets with an experienced spiritual director to share the fruit of prayer and how God is speaking deeply to him or her.

**Dates:** Retreat weeks for individuals are available most months

**Cost:** $500 includes lodging, meals and stipends

**Retreat Directors:** Sisters and staff members as available

**19th Annotation of the Spiritual Exercises – ‘A Retreat in Everyday Life’**

Please see description on Page 6. This format is available to individuals who are able to meet at the St. Joseph Motherhouse weekly from September to May.

**Cost:** $500

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**The 30-Day Retreat: The Spiritual Exercises of St. Ignatius**

This month-long individually directed retreat is for those who wish to deepen their relationship with Jesus Christ through the full-time experience of the Spiritual Exercises. It is important that the individual who undertakes a retreat of this magnitude is ready for and committed to the process, the time and the energy. Daily Eucharist is available. Individuals interested in making this retreat are expected to have experience with at least one Ignatian directed retreat and to be committed to daily prayer and meditation and regular spiritual direction. A simple application, including a reference from a spiritual director, is required. Please contact the Spirituality Center for more information and availability.

**Cost:** $1,000 includes lodging, all meals and director’s stipend.
Exploring Mindfulness and the Enneagram: Tools for Awareness and Healing

Mindfulness and the Enneagram are ancient tools that have come from the observations and spiritual wisdom of many different traditions. They have been rediscovered and developed in modern psychology into useful guides for self-understanding and compassion. For those in the helping professions, understanding and practicing these tools can aid in understanding and motivating clients and directing therapy. This workshop will interweave practice and training in mindfulness practice along with scientific evidence for the beneficial effects. It will also include an introduction to the Enneagram and its application for psychology and spirituality.

This workshop offers six Continuing Education Credits for mental health and health care professionals.

Date: Friday, October 11, 2019
Time: 9:30 AM-4:30 PM
Cost: $100 includes lunch and refreshments; $30 for credits

Presenters: Maria Hoober, MD, is a primary care physician who is believes in and works for whole person health and wellness. She trained in internal medicine at UPMC and has practiced medicine for over 25 years. She is currently in a Mindfulness/Meditation Teacher Training under Tara Brach and Jack Kornfield.

Timothy St. Onge, PsyD, PhD, has been a professional counselor in private practice, spiritual mentor, and educator on the secondary, adult and college levels for forty years as well as a workshop and retreat leader. Currently, he leads an open meditation forum in his home.

Improving Trauma Diagnoses and Treatment: New Models for Examining Cultural, Recovery, and Spiritual Context for Clinical Settings

Treating trauma requires an understanding of the patient’s social context in the past, present, and future, and can be overwhelming for both patient and clinician. New assessment developments can clarify the effects of the patient’s cultural and spiritual background on their trauma experience and residual symptoms. Dr. Carroll will discuss the implications of addictions and recovery on patients with a trauma history and considerations for treatments like EMDR or CBT. The workshop will identify spiritually integrated trauma treatment models and examine new research that utilizes mindfulness and the patient’s religious or spiritual practices to improve outcomes. Assessment exercises and case studies will help attendees improve the accuracy of their trauma diagnoses and identify appropriate treatment modalities for their patients.

This workshop offers six Continuing Education Credits for mental health and health care professionals.

Date: Friday, March 20, 2020
Time: 9:30 AM-4:30 PM
Cost: $100 includes lunch and refreshments; $30 for credits

Presenter: Stephen Carroll, Ph.D., LCPC, has been a member of the clinical services department at Saint Luke Institute since 2012 and coordinator of the Halfway House program since 2017. Dr. Carroll conducted research for Georgetown University’s Woodstock Theological Center examining the role of spirituality in business leadership and ethics. He has worked extensively in the fields of chemical and behavioral addictions with individuals, family, veterans, and men and women in ministry over the last twenty years.
Spirituality, Ecology and Justice Events

To live as children of God, we know we must care for one another and care for our earth. To deepen that understanding, the ministries of Spirituality, Ecology and Justice of the Sisters of St. Joseph are joining efforts to present seasonal events through the year.

Fall

All Praise to God in Creation: Eucharistic Liturgy, Blessing of Animals and Potluck Dinner

This event for the whole family (and furry friends) will be held outdoors, weather permitting, on the beautiful grounds of the Sisters of St. Joseph. There is no rain date; check our Facebook Page and website for cancellation.

Date: Saturday, October 5

Schedule of events:

4:00 Mass (anticipated for Sunday)  
Please bring lawn chairs!

4:30 Blessing of Animals

5:00 Potluck Supper  
We will provide hot dogs, drinks and dessert. Please bring a side dish to share.

Cost: There is no cost for this event, but registration is requested.

Register: http://sistersofstjoseph.eventbrite.com

Prayers for Healing

This monthly setting of evening prayer will include sung psalms, Sacred Scripture, silence, prayers for petition and a spoken reflection. All are centered on various needs for healing, both individually and as a community of faith. Open to all faith traditions, this prayer will be held in the Motherhouse Chapel.

Dates: First Monday of the month: September 9, October 7, November 4, December 2, January 6, February 3, March 2, (no April), and May 4

Time: 7:00-8:00 PM

Spring

Celebrate Earth Day!

Join the Sisters of St. Joseph for their second annual Earth Day Celebration. We will partner with local scout troops, avid gardeners, and other ecologically minded groups for a fun and festive day for the whole family. Tour our beautiful grounds and gardens, meet our chickens and pet therapy dogs, make an earth-friendly craft, enjoy live music and food trucks. Watch for more details on our Facebook Page and website.

Date: April 25, 2020

Celebrate in Song with Us!

Celebrate the 150-year anniversary of the Sisters of St. Joseph of Baden with a special concert by Dan Schutte, renowned liturgical composer, performer and spiritual director. The concert begins at 2 p.m. in the Sisters of St. Joseph Chapel on Sunday, November 10. A reception of light refreshments will follow in the Dining Room. Tickets, at $25, can be purchased at http://sistersofstjoseph.eventbrite.com or by using registration form on Page 11.
Custom Experiences

In this house, all must be friends, all must be loved, all must be held dear, all must be helped.

- St. Teresa of Avila

Spiritual Direction

The Sisters of St. Joseph have a long tradition of guiding women and men in their desire to deepen their union with God by offering individual spiritual direction, days of reflection and retreat direction.

Spiritual direction is a confidential “companioning” of a person who shares his or her ongoing prayer, spiritual journey in daily life, and relationship with God. Spiritual direction is available to individuals by appointment. Suggested stipend is $50 /one-hour conference.

Let Us Host your Retreat or Conference

The St. Joseph Motherhouse Community is happy to welcome your event to their home. We can accommodate single-day conferences or retreats for up to 100 persons and overnight workshops and retreats for smaller groups. Full catering and dining services are available. Our 80+ acres of contemplative spaces, gardens and a nature trail provide a place for prayer and peace. Contact us at 724-869-6585 and let us help you plan your event.

Programs for Parishes

Are members or groups in your new parish looking for ways to pray together or come together for open conversation in a prayerful, welcoming environment? Or, perhaps, parish leaders need an inviting place for planning. Our meeting spaces, chapel, dining room and lovely grounds can provide the space you need for retreat days or training sessions for liturgical ministers, catechists or pastoral caregivers, or for presentations on spirituality and prayer or Sacred Scripture.

Our staff of spiritual directors, speakers and facilitators can assist you, or bring your own! Weekdays, evenings and weekends are available throughout the year.

Eight-Week Ignatian ‘Retreat in Everyday Life’ in a parish setting

The Ignatian Eight-Week Retreat in Everyday Life mirrors the Spiritual Exercises of St. Ignatius of Loyola in an abbreviated format ideal for parish group settings. Retreatants go about their everyday life, but commit to pray each day, following a guided structure of readings and reflections. Staff of Spirituality Center gather weekly to share the fruit of each one’s prayer.

Date: determined on a parish by parish basis
Cost: $60 per person
Retreat facilitator: Staff of Spirituality Center
Custom Experiences
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Cost: $60 per person
Retreat facilitator: Staff of Spirituality Center

Make check payable to: Sisters of St. Joseph
Mail check and registration form to: Spirituality Center Registration Coordinator
1020 State Street
Baden, PA 15005
724-869-6587

Please check the boxes of the programs for which you wish to register:

Deepening Union with God
- Advent Day of Reflection 12/1
- Introduction to Christian Meditation 3/2
- Spring Women’s Retreat 3/22-24 ($25 non-refundable deposit)
- Retreat Days for Young Adults
  - 11/16-17 from 10 AM to 5 PM
  - 2/29-3/1 from 10 AM to 5 PM

Ignatian Spirituality
- Spiritual Exercises of St. Ignatius: 19th Annotation 9/10-5/12 ($25 non-refundable deposit)
- Fall Eight-Week Ignatian ‘Retreat in Everyday Life’
  - 9/25-11/13 from 1:30 to 3 PM
  - 9/25-11/13 from 6:30 to 8 PM
- Lent Eight-Week Ignatian ‘Retreat in Everyday Life’
  - 3/4-4/22 from 1:30 to 3 PM
  - 3/4-4/22 from 6:30 to 8 PM
- Fall Ignatian Directed Retreat Weekend 10/4-6 ($25 non-refundable deposit)
- Spring Ignatian Directed Retreat Weekend 4/6-8 ($25 non-refundable deposit)
- Five-Day Directed Retreat 6/19-23 ($25 non-refundable deposit)

Professional Workshops
- Exploring Mindfulness and the Enneagram: Tools for Awareness and Healing 10/11 ($10 non-refundable deposit)
- Spring Program 3/20 ($10 non-refundable deposit)

Spirituality, Ecology and Justice
- Blessing of Animals, Liturgy & Supper 10/5
- Celebrate Earth Day 4/25

Special event
- 150th Celebration: Dan Schutte Concert 11/10
Walking with God and Neighbor

Mission
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Help Us Care for Creation
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