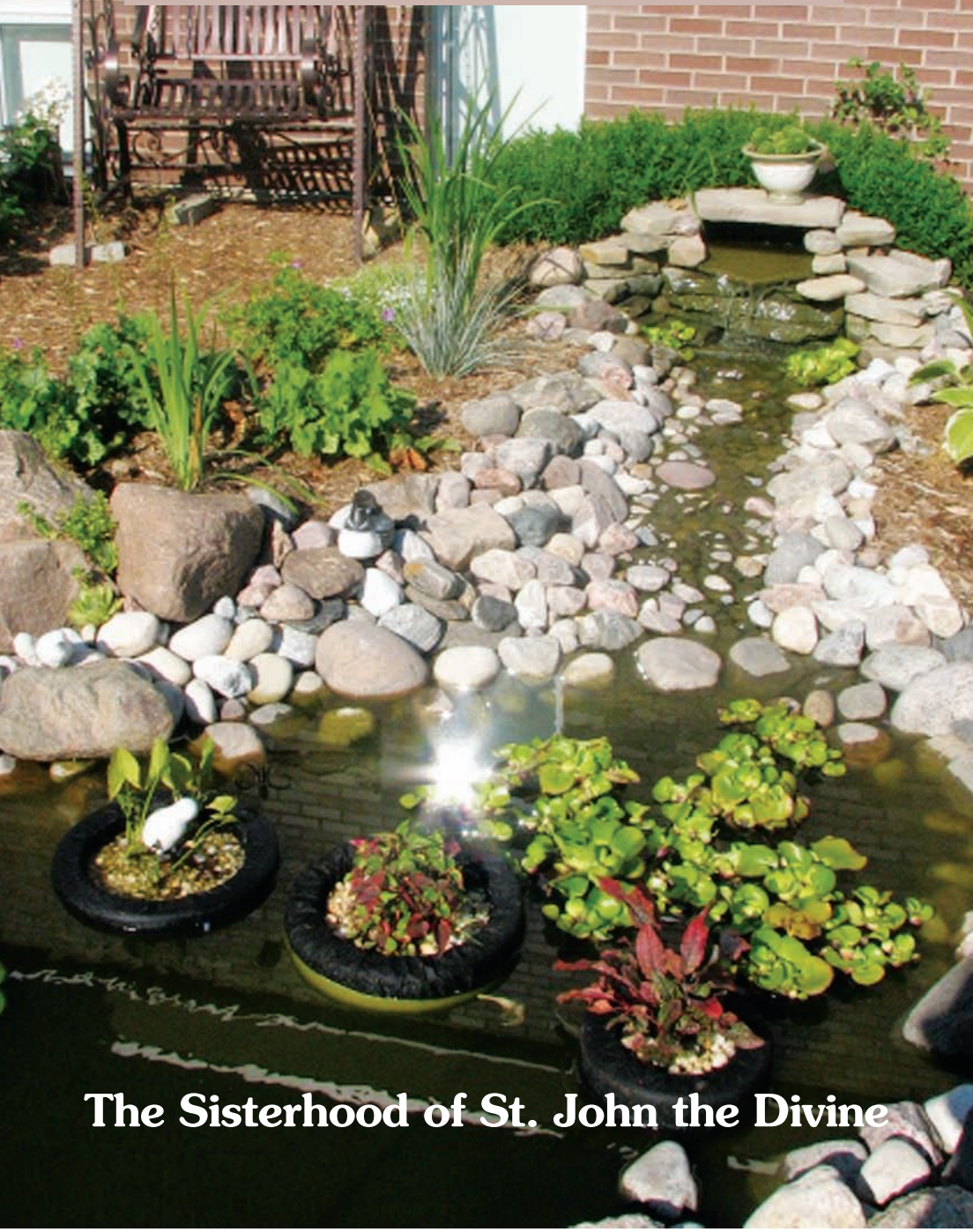


Food for the SOUL 2011 - 2012



The Sisterhood of St. John the Divine



FOOD FOR THE SOUL

2011 — 2012

The Sisterhood of St. John the Divine

Quiet Garden Days

June 11, July 9, August 6, 2011

Inspired by the Quiet Garden Trust in England, these are days to relax, renew, and rest in the beauty of God's outdoors, as well as to enjoy the Sisters' chapel and library. In case of rain, there is plenty of space indoors to wander, sit, dream, and pray. We begin with a brief time of prayer; then a Sister will offer suggestions on how to use the day. The rest of the morning is yours. The Eucharist is celebrated at noon, followed by dinner, and the afternoon is again free, with a brief gathering at 3 pm when we will have a closing time of prayer, and the option of sharing the fruits of the day. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. **Fee:** \$20 if you bring a bag lunch (+ \$15 if you wish a hot meal)*

SPECIAL OPPORTUNITY: RETURN OF JOHN BELL

Renewing the Song of God's People

June 21 - 23, 2011

An opportunity to reflect on the place and purpose of the church's song, and how its vitality can be recovered, especially for clergy, church musicians and others who love to sing their prayer. **John Bell** of the Iona Community is an inspiring speaker and the composer of much well-known and loved contemporary Christian music used in the Iona Community and around the world. Begins 4 pm Tuesday; ends 1:30 pm Thursday. **Fee** is \$250 with a \$50 deposit.

Discovery Days: Windows into a Monastic Community

Sept 10, 2011 & Feb 11, 2012

Visit the Sisterhood of St. John the Divine and discover what George Carey, 103rd Archbishop of Canterbury, described as “the best-kept secret in the Anglican Communion.” Join us for a tour of the Convent, multi-media presentation, a window into one Sister’s journey, Holy Eucharist, and an opportunity to chat with the sisters over lunch. No charge, but please reserve a space at least one week in advance.

Fully Alive: a Christian Meditation and Yoga Retreat

September 16 - 18, 2011

For many people, yoga is just a popular fitness routine. However, from its very beginnings, yoga was a spiritual path with the "still centre" as its goal. Christians are discovering that the ancient practice of yoga can greatly enrich their prayer life. Built around the themes of Awakening the Heart, Befriending the Body and Honouring the Sacred, the retreat will allow participants to more fully experience their bodies and develop an awareness of the present moment as sacred. Beginners welcome. Led by **Casey Rock** who has been practicing yoga and Christian meditation for twenty years. She is a certified Kripalu yoga instructor and has a Master of Divinity from the University of St. Michael's College. *Begins 4 pm Friday; ends 1:30 pm Sunday. **Fee** is \$200; the deposit is \$35.*

Jesus was a Carpenter: the Benedictine Spirituality of Work.

September 17, 2011

Can you envision the work you do as a holy task? The Rule of St. Benedict calls us to handle the tools we use with the same reverence and respect as the vessels of the altar. So, too, we must reverence and respect the whole of our lives – prayer, work, rest, and recreation. Work seems especially hard to integrate into our life of faith and often is something we have to do in order to earn a living and to enjoy more fully the other parts of our lives. On this quiet day we will grapple with the questions that will help us, like the Shakers, to put “hands to work and hearts to God.” Led by **Sr. Elizabeth Ann**, The Rev. Mother of the Sisterhood of St. John the Divine. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. **Fee:** \$25 (\$15 for Associates and Oblates) if you bring a bag lunch. A hot meal is an additional \$15.*

Living the Beatitudes

October 28 - 30, 2011

An exploration of the riches of the Beatitudes as a source for Christian living; will include reflection on scripture, meditation, and various practices of breath and movement. Led by **The Rev. Kevin Flynn**, director of the Anglican Studies Program, Saint Paul University, Ottawa. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200; the deposit is \$35.*

A Mosaic of Colours

November 5, 2011

Discover your creativity and enjoy the challenge, fun and fellowship of making colour-dyed silk scarves as Christmas gifts for yourself or others. Led by **Sr. Jessica, SSJD**, our sacristan and Sister in charge of the infirmary. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$40 if you bring a bag lunch (\$30 for Associates and Oblates) Includes silk fabric and dyes. A hot meal is an additional \$15.*

Healing Relationships — With God, Self, Others and Creation – the Medicine Wheel Teachings.

November 12, 2011

This Quiet Day will be based on the medicine wheel and the spiritual significance of the land and all that dwell in God's creation. We will learn and sing a (short) drum song and end with a short story. This will be led by **Esther Wesley**, Coordinator of the Anglican Healing Fund (since 2000) which takes her across Canada, including the Arctic. The healing fund provides financial support to groups working to overcome the legacy of the residential school system and other assimilation practices. She also works on the Truth and Reconciliation Commission. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$25 if you bring a bag lunch (\$15 for Associates and Oblates). A hot meal is an additional \$15.*

Loving Intent—Deep Listening—Compassionate Action

November 25 - 27, 2011

In this retreat we will look at the heart of the spiritual journey: to have a loving intent toward ourselves, our friends and our neighbours; to practise deep listening to the voice of the Spirit within ourselves, within others, and in the many ways we experience God; and to act compassionately toward ourselves and others. Led by **Sr. Elizabeth, SSJD**, Assistant to The Rev. Mother and Novitiate Director. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200; the deposit is \$35.*

Waiting for God: Advent Quiet Day for Associates, Oblates and Friends

December 3, 2011

Advent is a time of waiting in expectation for God to be born—in our hearts, in the church, in our world. We wait eagerly to celebrate the anniversary of the first coming of Christ, and we wait (with less eagerness because we so easily lose hope) for the second coming of Christ into our world, longing to celebrate the consummation of creation. But we seldom think of God also waiting for us. In this Quiet Day we will reflect on how God waits for us, and how we may respond. Led by **The Rev.Sr. Constance Joanna, SSJD**, assistant priest at Church of the Incarnation in Toronto, teacher at Wycliffe College, and Pastoral Co-ordinator of the Guest House. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. **Fee:** \$25 if you bring a bag lunch (\$15 for Associates and Oblates). A hot meal is an additional \$15.*

Christmas Retreat

December 23-26, 2011

Celebrate Christmas with the Sisters, enjoying the pre-Christmas and Christmas liturgies, with time for both quiet reflection and festive celebration. **Sisters of SSJD** will lead participants in a daily reflection, with opportunity to express their creativity in decorating the Guest House as well as joining in the singing and celebrations of Christmas. *Begins 4 pm Friday; ends 1:30 pm Monday. **Special holiday rate** of \$210 for this three-day retreat; the deposit is \$35.*

Celebrating the Past, Visioning the Future

December 31, 2011 - January 1, 2012

Tired of New Year's Eve parties? Consider spending 28 hours (or more if you wish) at the Convent, celebrating the New Year in an environment of peace and quiet fellowship. Enjoy a candlelight labyrinth walk (weather permitting), festive food, and a new creative way of beginning the new year.

Sisters of SSJD will guide participants in reflecting on the blessings and challenges of the year past, and envisioning God's invitation to each person in the new year. *Begins 9 am Saturday; ends 1:30 pm Sunday. **Fee** is \$100; the deposit is \$20.*



The Word Discerned and Embodied: A Discipleship of the Land

January 20 - 22, 2012

As we move into a post-Christian world two things are necessary and primary to our future: a recovery of discipleship as the basic model for Christian life and a reconnection of our moral life to our ecological existence. John the Baptist and the Blessed Virgin Mary are the two primary windows or icons of this way of life. Led by **The Rt. Rev. Mark MacDonald**, the Anglican Church of Canada's first National Indigenous Bishop and formerly Bishop of the U.S. Episcopal Diocese of Alaska. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200; the deposit is \$35.*

Baking Bread and Discipleship

January 28, 2012

Making heart-bread and helping others make heart-bread. In the mixing, kneading, and rising, bread making has a language of its own, and is an apt metaphor of our spiritual journey. This will be a reflective day of bread making and sharing a centuries-old practice of discovering how to take in love from the day's nourishing moments and how to heal the hurtful moments that take life away. Jesus, the Bread of Heaven, always brings us back to earth and a commitment to loving the world as God does. Led by **Sr. Beryl and Sr. Doreen, SSJD** who both enjoy cooking, especially baking bread. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$25 if you bring a bag lunch (\$15 for Associates and Oblates). A hot meal is an additional \$15.*

Discovering God in the Dark

February 3 - 5, 2012

For St. Ignatius, the most important thing in a person's life is to find God. Everything else is secondary. There is no end to God's love, and no end to our journeying ever deeper into that love and into the community created by that love. You are invited to deepen your relationship with God through reflecting on 2 or 3 films which will be shown during the retreat and discovering parallels in your own life. This retreat will help those who attend to develop their spiritual intimacy with the Beloved. Led by **Monty Williams, SJ**, a member of the faculty at Regis College and director of the joint "Internship Program in Spiritual Direction" with Loyola House Retreat Centre in Guelph. He is also the author of *Finding God in the Dark*. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200; the deposit is \$35.*



Healing and Hope

February 17 - 19, 2012

Stephanie Ozorio and her team of experienced facilitators will lead a weekend of renewal for persons who are widowed, separated or divorced. The program is designed to help participants begin their journey of spiritual and emotional healing and to discover themselves in God's plan.

Stephanie Ozorio has led "New Beginnings" workshops for the Archdiocese of Toronto for many years. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200; the deposit is \$35.*

Called to Serve

March 10, 2012

Lenten Quiet Day for Associates, Oblates and Friends

Jesus said to his followers: "If any want to become my followers, let them deny themselves and take up their cross daily and follow me." (Luke 9:23)

The path is not easy. All of us who choose to follow Jesus through service to God and one another, will discover the importance of being present to God in the present moment, so as to allow God's transforming power to change us as we open ourselves to God through prayer. Led by **Sr. Elizabeth, SSJD**, Assistant to the Reverend Mother and Novitiate Director. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$25 (\$15 for Associates and Oblates) if you bring a bag lunch. A hot meal is an additional \$15.*

Journey into Meditation through Visual Art

March 23 - 25, 2012

The link between art and spirituality is explored with the intention of deepening our personal prayer practice through guided meditation and creativity. We will explore our own voice by enjoying "hands on" experiences, which encourage experimentation with line, colour, shape, texture and composition. Participants are invited to use simple materials to make a piece of art which expresses something of personal significance, relating to their experience of prayer. Along the way, we'll have the opportunity to look at and respond to paintings, be a part of a communal visual art expression, and listen to beautiful music. Led by **Carol Knowlton-Dority, B.A., B.Ed.**, a visual artist with considerable experience in teaching art as meditational prayer and enabling others to create mindfulness through visual art. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$200 + \$10 for supplies; the deposit is \$35.*



Holy Week in the Steps of Jesus

April 4 - 8, 2012

Experience the life and landscape of the Bible and the culture of the Middle East through illustrated reflections and praying the scriptures, looking at the land and the culture that gave us the patriarchs, the prophets, Jesus, the Christian Church, and the present-day state of Israel. Led by **The Rev. Canon Susan Sheen**, retired priest at St. John's, Bowmanville and group leader of a pilgrimage to Israel in 2011, and by **Sr. Beryl, SSJD** who accompanied Susan on this pilgrimage. Begins 4 pm Wednesday; ends 1:30 pm Sunday. **Special Holy Week fee** of \$300; the deposit is \$50.

Drawing Spirituality with Celtic Knots

April 21, 2012

This is a hands-on workshop about a design that has captured the religious imagination of humanity since 6000 B.C.E. and has decorated Gospel manuscripts and Christian churches from 400 C.E. to the present day. Anyone who can draw a dot and a line has already learned the basic key to knotwork. The authentic method of drawing knots is surprisingly simple and accessible. Absolutely no "artistic" experience or special aptitude is necessary. The workshop will teach you how to draw knots, and will open you to an appreciation of their meanings and use as spiritual meditations that are easy, playful, and thoughtful. Led by **The Rev. Brian Dench**, author of the *The Knotty Book*, and a graphic designer and former president of the Calligraphic Arts Guild of Toronto. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$25 (\$15 for Associates and Oblates) if you bring a bag lunch. A hot meal is an additional \$15.*



SPECIAL OPPORTUNITY: DIARMUID O’MURCHU

Developing an Adult Faith for the 21st Century

May 4 - 6, 2012

Many contemporary Christians seek articulations and mediations of faith that call forth, challenge and honour the adult in all of us. This retreat, based on O’Murchu’s most recent book *Adult Faith*, will explore the nature of this challenge. Diarmuid O’Murchu, a member of the Sacred Heart Missionary Order, and a graduate of Trinity College, Dublin, Ireland, is a social psychologist. Most of his working life has been in social ministry, predominantly in London, UK. In that capacity he has worked as a couple’s counsellor, in bereavement work, AIDS-HIV counselling, and with homeless people and refugees. He has written many books including *Quantum Theology*, *Catching Up with Jesus*, and *Ancestral Grace*. *Begins 4 pm Friday; ends 1:30 pm Sunday. Fee is \$250; the deposit is \$50.*

Gospel Empowerment for Your Time

Special Public Lecture with Diarmuid O’Murchu

Sunday, May 6, 2012

7:00 p.m.

Fee: \$25

Merton’s Messages for Us Today

Saturday, May 26, 2012

Thomas Merton was a multi-faceted soul, whose writings continue to be a resource to an increasing number of enthusiasts. Diarist, poet, teacher, photographer, social critic, essayist, nature-lover, letter writer, artist are some of the descriptions of a Trappist monk who desired to live in solitude, yet was—and still is—an outstanding communicator. His messages are “sound” for us today. Led by **Mary L. (Bunny) Stewart**, Oblate SSJD, a long-time, relaxed, slow-paced (non-academic!) reader of Merton. Along with attending a number of Merton conferences, she has also facilitated reflective workshops on Merton in Britain and North America and is co-ordinator of the Toronto Merton Group. *Begins 9:30 am with gathering for coffee; ends 3:30 pm. Fee: \$25 if you bring a bag lunch (\$15 for Associates and Oblates). A hot meal is an additional \$15.*

Spirituality in Focus: Recognizing the Sacred through Your Camera Lens

June 1-3, 2012

We will explore the link between the photographs we take and our spirituality. This interactive, hands-on retreat will open opportunities for you to reflect on your own photographs and those of others. Open to anyone who has a passion for photography, both experienced and amateur photographers. A working knowledge of your own camera is useful. An expensive camera is not needed, but a digital camera would be helpful for the downloading and sharing of photos. Remember: it's not the camera that captures the image; it's the eye that beholds it; the spirit that is attracted to it; the heart that experiences the beauty. Led by **Mark Kinghan**, Associate SSJD, incumbent of St. Mary's, Richmond Hill, a keen photographer and participant in photography / spirituality workshops at Kanuga Retreat Center in North Carolina and Ghost Ranch in New Mexico. *Begins 4 pm Friday; ends 1:30 pm Sunday. **Fee** is \$200; the deposit is \$35.*

For Women Seeking Direction in Their Lives

Women at a Crossroads

June 29 - July 22, 2012

This 3½ week program, held each summer, is for women who are intentionally committed to seeking God's guidance in living out their baptismal call — in business or professional careers, in homemaking or lay careers, in the church, in ordained ministry or life in a religious community, or in the many other ways in which we may serve God.

You may be called to participate in this program if you are interested in:

- sharing in an intentional Christian community
- learning how to live a balanced life of prayer, work, study, rest and recreation
- engaging in classes and discussions about Christian life and vocation
- receiving personal guidance in deepening your prayer life

There is no fee for room and board, but participants contribute to the life of the Community by sharing in the Sisters' work. A monetary contribution (tax deductible) may be made to the Sisterhood.

PREVIEW FOR FALL 2012

- Next SSJD Discovery Day** **Sept. 15, 2012**
- The Universe Story and Awakening the Dreamer**
Grant Jahnke **Sept. 28 - 30, 2012**
- Cosmos and New Life in the Spirit** **Oct. 13, 2012**
Eileen Beatty, SSJD Associate
- Humour, Hope and Healing** **Oct. 26 - 28, 2012**
Kathleen McAulay
- A Day with the King (Elvis) for the Kingdom of God** **Nov. 17, 2012**
Sr. Doreen, SSJD
- Singing in the Night:
Giving Voice to Our Hope** **Nov 30 - Dec 2, 2012**
The Rev. Barbara Liotskos and The Rt. Rev. Gordon Light
- Associate Advent Quiet Day** **Dec. 15, 2012**
The Prophets call us to Discover God's Plan for Creation
The Rt. Rev. Michael Bird
- Christmas Retreat** **Dec. 23-26, 2012**
Sisters of SSJD
- Celebrating the Past, Visioning the New**
Sisters of SSJD **Dec. 31, 2012 - Jan. 1, 2013**

FOOD FOR THE SOUL: OPPORTUNITIES AND FEES

Theme Retreats: These overnight retreats focus on a particular theme and include four or five talks over the course of two days, with ample time for personal reflection, reading, walking, and prayer. Participants are invited to join the Sisters for chapel services. Meals are eaten in silence, and the Guest House is a place of silence during the retreat. The fee and (nonrefundable) deposit is listed under the description for each retreat. Commuters are welcome if there is space. The fee is 55% of the overnight fee, and the deposit is the same as listed.

Quiet Saturdays: These are one-day retreats, beginning with coffee and conversation at 9:30 am and ending by 3:30 pm. Each focusses on a particular theme, and the retreat leader gives two or three short talks during the day, leaving ample time for participants' prayer and personal reflection. There is an opportunity for quiet conversation over a bag lunch or for an additional fee a hot (silent) dinner in the Refectory with the Sisters. Fees are listed under the description for each Quiet Saturday. No deposits are required for Quiet Saturdays.

Quiet Garden Days: The standard fee is \$20 including coffee breaks, \$5.00 of which goes to help support the Quiet Garden Trust. Bring a bag lunch; coffee and tea provided. (A hot meal is available in the refectory for an additional \$15.00.) No deposit required.

Personal Retreats: Schedule your own retreat or come with a friend. Standard fee is \$75 per night, including three meals. If you would like to have individual spiritual direction during your retreat, the cost is \$25.00 per session.

Seniors and Student Rates: A reduction of \$10 per night is offered for seniors and full-time students.

Bursary Assistance: No one is turned away from a retreat because of inability to pay. Please let us know if you cannot afford the full cost of a retreat (even at senior / student rates). We can assist with a special bursary fund supported by donations for this purpose.



DESIGN YOUR OWN PROGRAM

See our website or contact the Guest House for information on the following:

- Personal retreats scheduled to suit your timetable, for a day, a week, or longer
- Group retreats, quiet days, and workshops scheduled to suit your church or fellowship group. Bring your own leader or ask for a Sister to lead.
- Personal sabbatical time: come for a month or longer and enjoy the prayerful, peaceful environment of the Convent chapel, library, and gardens as well as comfortable accommodation and delicious meals.

CUSTOMIZED SABBATICAL PROGRAMS

Do you have some sabbatical time coming up? Consider spending all or part of it at St. John's Convent Guest House, and making use of our varied resources:

- our library of over 30,000 volumes, which includes an excellent collection on spirituality, theology, church history, and scripture study, as well as good recreational reading
- easy access to the Toronto School of Theology and its varied denominational colleges
- availability of all the cultural resources of the Greater Toronto Area
- the option of participating in any or all of the Food for the Soul programs while you are here
- the availability of spiritual direction at the Convent
- the opportunity to join the Sisters, as desired, for the daily celebration of the Eucharist as well as sung Morning Prayer, Evening Prayer and Compline
- comfortable rooms, lounges, and pantries, with the option of a room with ensuite bath (depending on availability)
- a peaceful, relaxed environment both inside and out, with beautiful gardens and walks
- option of taking a bag lunch if you are going out for the day
- free parking and laundry facilities
- easy accessibility to public transit

Special monthly rates are available.

Contact the Guest House for details.

**Summary of Retreats/Quiet Days
June, 2011 - June 2012**

Theme Retreats

2011

Renewing the Song of God's People	June 21-23
Fully Alive: A Christian Meditation and Yoga Retreat	Sept 16-18
Living the Beatitudes	Oct. 28-30
Loving Intent—Deep Listening—Compassionate Action	Nov 25-27
Christmas Retreat	Dec 23-26
Celebrating the Past, Visioning the Future	Dec 31, 2011-Jan 1, 2012

2012

The Word Discerned and Embodied: A Discipleship of the Land	Jan. 20-22
Discovering God in the Dark	Feb. 3-5
Healing and Hope	Feb 17-19
Journey into Meditation through Visual Art	Mar 23-25
Holy Week in the Steps of Jesus	Apr 4-8
Developing an Adult Faith for the 21 st Century	May 4-6
Spirituality in Focus: Recognizing the Sacred through Your Camera Lens	June 1-3

Quiet Saturdays

2011

Jesus was a Carpenter: the Benedictine Spirituality of Work	Sept 17
Mosaic of Colours	Nov. 5
Healing Relationships — with God, Self, Others and Creation	Nov. 12
Waiting for God: Advent Quiet Day for Associates, Oblates and Friends	Dec. 3

2012

Bread Baking	Jan. 28
Called to Serve: Lenten Quiet Day for Associates, Oblates and Friends	Mar 10
Drawing Spirituality with Celtic Knots	Apr 21
Merton's Messages for Us Today	May 26

Discovery Days

Sept 10, 2011 & Feb 11, 2012

Quiet Garden Days

June 11, July 9, Aug 6, 2011

Special Evening Lecture

Diarmuid O'Murchu
Gospel Empowerment for Your Time

May 6, 2012



TO REGISTER FOR ALL FOOD FOR THE SOUL EVENTS:

Please fill out a registration form and mail it to St. John's Convent with your deposit. Registration forms can be downloaded from our web site at www.ssjd.ca or can be requested from the Guest House office (416-226-2201, ext. 305 or guesthouse@ssjd.ca).

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