

Loretto Maryholme Retreats

Do you ever long to get away to pause, to reflect on where life is taking you, or to discover where God is for you?

Our mission at Loretto Maryholme is to encourage individuals and groups to explore and restore the energies needed for personal and communal transformation. We invite you to come away and try one of our retreat offerings. These range from a Lenten supper reflection to 8 days in silence with lots of variety in between.

What can you expect?

Days of reflection:

Some spiritual input, time to pray, and to rest in sacred space indoors and out, perhaps some group reflection. Meals provided.

See March 23-24

Guided retreat:

Daily input from a facilitator to expand on the theme of the retreat, silent time for prayer, rest, relaxation, an evening guided reflection. Meals provided.

See June 24-29

Directed Retreat

Time for individual prayer, guided by a spiritual director. Opportunity for an evening reflection. Meals provided. 3-8 days in length. Silent atmosphere. See August 16-24



Individual Retreat

Time to pray, read, walk, write, listen to music, be still. Spiritual direction is available if desired. Self-catered.

Call to make arrangements.

Facilitated Retreat

Reflection days and retreats can be planned and facilitated especially for your group. Call to arrange a date and mention you want our input.



Maryholme Update

LORETTO MARYHOLME

Inside this issue:

Carbon neutral? We need trees!	2
Earth Day	2
New Staff member	2
Summer Fest	3
Anniversary Lecture series	3
Work Day	4
Help Wanted	4

Special points of interest:

- *Retreats*
- *Mar 22 World Water Day*
- *Apr 26 Focus on Water lecture*
- *May 19 Work Day*
- *May 22 Listening to the Earth*
- *June 21 Summer Solstice*
- *July 22 SummerFest*

Environmental action— We need trees!

Is your concern for our planet Earth demanding that you do something?

Here's a plan that's good for you, for us and best of all for the environment. Go **carbon neutral**.

Join the Bare Naked Ladies (Canadian band) and many other groups who are making the effort to offset the carbon emissions created by driving, flying and using fossil fuels.

Go to www.treecanada.com; www.zerofootprint.com or www.terrapass.com to calculate how much carbon you and your family use and then purchase something good for the planet to balance your use of carbon. Sounds like a good idea, right?

However, this idea is actually far more complicated than it first appears. A [New Internationalist](#) article of last July makes 10 very good points about why carbon offsets let us off the hook too easily and without the real result of reducing carbon in our precious atmosphere. Check out the article if you can.

www.newint.org/features/2007/07/01

But then again **you might like to spend your carbon neutral funds on trees for Loretto Maryholme**. Trees are important for the microclimate and naturalization process of Maryholme. Transforming our woodland into a mixed forest of native species will require over 2000

tree saplings. So we can use all the help we can get. Even if we are able to secure funding from grants, only about half the costs are eligible. We would be delighted to receive your donations for trees. The saplings will cost about \$20 each. Think about how your tree will bring cooling shade to all, food and shelter for wildlife and more birds to enjoy as you walk the labyrinth. You might donate one for every member of your immediate family, or for a loved one as a living remembrance, or to offset some of the carbon you need to use to live in our world, or just because you like the woods and want them to be healthy. **Thanks!**

Earth Day Events

Thursday, April 19—Loretto Maryholme **Plant** small saplings in our reforestation project. A joint project with Our Lady of the Lake Women's group. 7—9 pm

Thursday, April 26- Loretto Maryholme Looking at water, Living by a lake

Drink it. Swim it. Fish it. Love it.

Annabel Slaight, co-founder of Ladies of the Lake. The See 60th anniversary **lecture** on page 3.

Friday Apr 27—**Tour** the new St. Gabriel's Church with the architect Roberto Chiotti. See how ecological principles serve a worship space. Meet at the water feature at 11:30 am. 1 1/2 hours

Call 905 476 4013 to register for any of



Welcome Sr. Yvonne

We are delighted to announce a new staff member at Loretto Maryholme in the person of Sr. Yvonne Steffler. Yvonne will begin by helping us in matters financial and general help. She brings great support for our team and enthusiasm for our mission.

The Georgina Lakers are a local group taking on eco action projects that focus on water, waste, transportation, food and energy. It is a simple program to help you save energy and money.

For information and outlines to do this yourself or in a group, go to www.ecoactionprojects.com



When? July 22 1-4 pm

Did you enjoy our anniversary day last summer? Come join us to enjoy Loretto Maryholme on a summer Sunday.

Music on the hill and under the oak trees,

good food and perhaps

a craft marketplace.

Why?

Our aim this year is to make it a fun day and a fundraiser too. So, there will be a small entry fee and food will be available for purchase.

Watch for details and save the date!

Volunteers are needed and wanted and hoped for. We can't do it without you. Please call Maryholme to offer your help.

March 23-24

Take time to slow down, relax, reflect, read, pray the labyrinth, rest. Our guest facilitator, Caroline Dawson IBVM, will provide suggestions and times for prayer and reflection. Quiet atmosphere.

Friday, 7:30-9:00pm

Saturday, 9:30—3pm

Full Retreat: \$45 Saturday only: \$35

Overnight: add \$25

Fee includes snacks and meals.

The 60th Anniversary Series: A Sense of Perspective

Looking at water; living by the lake

Thursday April 26, 7:30-9 pm

In this third of our series devoted to this planet we call home, we are inviting you to think about what it means to live beside freshwater. Interactive presentation by **Annabel Slaight, co-founder of Ladies of the Lake**. 7:30-9 pm. Donation



Living with Respect in Creation

Tuesday May 22, 7:30-9 pm

Leader **Marianne Karsh**, founder of **Arborvitae**, is a professional forester and research scientist with a passion to help connect people with the earth.

Join her to walk the property at Loretto Maryholme, explore what creation means to us and our spirituality. Talk about interconnectedness, mutuality, variability, and survival. With increasing anxiety about environmental stress there is a deep need to cultivate our connections to the earth.

Donation

Summer Retreats

Guided Retreat June 24-29

Seeds of Hope: Reclaiming Inner Potential

Our guest facilitator, Patricia Flynn is a Sister of Service and a professional art therapist. With her help we will look at our chosen paths and life influences to reclaim energy and regain hope. No art skills necessary. Quiet atmosphere. Starts 7:30 pm Sunday and finishes after lunch on Friday. Private room \$360; shared room \$300 per person.

Deposit \$50

Directed/Private Retreat

August 16-24

Starts 7:30 pm Thursday and finishes after lunch on the last day.

Private room \$500; shared room \$420 per person. Deposit \$75

Victoria Day Weekend

Friday, May 18-

Monday, May 21

This weekend is reserved for Loretto Sisters, their associates and "Friends of Maryholme"

Arrival: 4 pm Friday

Departure: 3 pm Monday



Lilacs bt the lake

Summer Solstice

Thursday, June 21

6:30 pm potluck supper

7:30 pm, ritual and labyrinth

We celebrate the longest day of sunlight and welcome the season of fullness and growth. Enjoy the friendship of others: share a potluck supper, ritual and walking the

labyrinth.



LORETTO MARYHOLME

Box 1131, 379 Bouchier St
Roches Point ON L0E 1P0

Phone: 905 476 4013

Fax: 905 476 1140

E-mail: maryholme@rogers.com

FOR COMMENTS OR DONATIONS,
CONTACT US

JANE MCDONELL IBVM, DIRECTOR

JANE MALLOY, RESERVATIONS

MARY MALLANY, IBVM EDITOR

We issue official receipts for

Charitable Donations.

*Loretto Maryholme is a **sacred space**.*

*In this place of peace, beauty and contemplative spirit, individuals and groups are encouraged to **explore and restore the energies needed for personal and communal transformation.***

The Loretto sisters, in collaboration with the volunteer "Friends of Maryholme", offer facilities and programs for

- *Community building*
- *Days of reflection*
- *Ecological awareness*
- *Faith development and*
- *Private, directed or guided retreats.*

Work Day

Saturday, May 19

Be a "Friend of Maryholme."

Donate some time and energy to do in or outdoor chores.

Join us to prepare for summer at Loretto Maryholme. Come for a few hours or for the day. Lunch and snacks provided.

9 am—3 pm

Option: come Friday night. \$20 (breakfast included)

Contact Mary Mallany IBVM

905 989 0731. Bring your gloves, boots, and spades.

Outdoor Jobs will include

Tree planting

Labyrinth cleanup

Forest trail maintenance

Dividing perennials in the gardens

Weeding out invasive plants

Indoor tasks available for those who wish.



Help Wanted

- * Do you have **binoculars** that you no longer use? Consider donating it to enhance the visits to Loretto Maryholme. Birds, foxes, and stars are all seen better with the aid of binoculars.
- * Please consider **donating a tree** to help us naturalize the woods.
- * We hope to paint the two sheds. Anyone interested in power washing and/or likes to paint?
- * We'd like to erect a shade shelter in the sunken garden. Any interested carpenters?
- * Like to cook? We need a cook for the June retreat and for the last two weeks in July. Very appreciative eaters provided.