



Monte Alverno Retreat & Spirituality Center

The Digest

Transforming the world through reverence

montealverno.org (920) 733-8526

Spring/Summer, 2010

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What are the Franciscan helps for our journey? Read about them on pg. 2.

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Retreatants share their thoughts. Read the comments on pg. 2.

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A Woman's Journey To God

Special evening for women being offered. Read the side article on pg. 3 for the topic and dates.

"Thank you!"

Be sure to read Fr. Keith's "Last Word" on pg. 3.

If you or anyone you know wants to become a Capuchin, visit this website:
capuchinfranciscans.org

Summer: Rest! Relax! Retreat?

When you think of summer, what comes to mind?warm weather....fewer clothes....smell of freshly cut grass....time off to just do nothing....picnics....family reunions....walks outdoors...retreat?

Have you ever thought of summer as "sabbath"? Usually we think of "sabbath" as Sunday, our day of rest and going to church. Sabbath is a time to rest in God and a time to find inner peace. We do that when we just sit in the shade, take a walk through the woods, go for a bike ride or watch kids play ball. During these times we often look at our lives and reflect on where they seem to be going. Often taking that time out helps us to look at where God is in our lives.

How about taking some time to consider your direction with God? Summer is a slower time at Monte Alverno Retreat & Spirituality Center as well. It is a time many of the staff

take time to refresh themselves as well. The Center becomes the ideal spot for Sabbath time because of the pause in activity.

Sabbath time does not need to be a specific day of the week or time or length.

As you are thinking about your plans for this summer, why not think about setting aside some time to re-connect at Monte Alverno. A 24-hour period of Sabbath time or an hour or two in the morning or afternoon are available most days. The labyrinth and walking paths are always available here.

As you see the snow disappear and you consider what you will do when it is really gone, why not spend some time here? Suggested offerings vary depending on the time scheduled. Contact Jane at 920-733-8526 to set aside your Sabbath time to rest in the Lord.

Widows' Retreat: September 10-12, 2010

Theme: "God as Mystery and Our Response of Faith"

Presenter: Fr. Roch Niemier, OFM

This special retreat is open to all women. It begins with check in on Friday night and concludes with the noon meal on Sunday. Contact Mary Reardon, 920-733-2652, for further information on this spiritual opportunity. The suggested offering is \$160.00 per person.

Preaching Staff

Fr. Keith Clark, OFM Cap,
Director

Fr. Adrian Staehler, OFM Cap

Sr. Marlene Weber, FSPA

All of the preaching staff are available for spiritual direction as well as private directed retreats. Br. Rob Roemer, OFM Cap is also available for spiritual direction. Contact Monte Alverno Retreat & Spirituality Center for more information.



If Monte Alverno Retreat & Spirituality Center has enriched your life or the life of someone close to you, please consider remembering Monte Alverno Retreat & Spirituality Center in your will.

Your generosity in this manner will enable the Center to be available to many more people for years to come.

Franciscan Retreat Theme

As part of the discussion around what ideas people would most like to hear about, it occurred to the staff that there is a Franciscan tradition that needs sharing. Thus arose the theme, **When the Going Gets Tough: Franciscan Helps for the Journey.**

What are those “helps”? To us they are prayer, poverty or simplicity, and reverence.

Saints Francis and Clare of Assisi centered their lives on the cross of Christ. Clare, in her writings on prayer, invited people to gaze, to meditate, to contemplate, and to imitate Christ.

When we are stressed our tendency is to go searching for

anything that will bring some relief. Often those are material things that don’t last. The Franciscan way invites us to consider simplicity as a way to an uncomplicated life.

The final help invites you into the sister-brotherhood of all creation. St. Francis appreciated the fact that all things and every person came from the hand of God. Adopting Francis’s view of things and people can change our attitudes and make us more comfortable in our modern world.

Do these thoughts intrigue you? Come on over to a weekend or one day retreat on these ideas.

Retreatants’ Comments

- “I enjoyed the unstructured time to walk or read or just relax. I especially liked walking the path in the woods alongside the river.”
- “The guided prayer and the healing service really spoke to my heart and some things that have been troubling me.”
- “Every year somehow you hit the nail on the head. Everything just seems to be exactly what I need.”
- “I enjoy it here. I am not Catholic but all of the staff I encounter are open with me and welcome me wholeheartedly.
- “The Healing Service really felt like a burden was lifted.”
- “As my first silent retreat, this has exceeded my expectations. I know it won’t be my last.”
- “I look forward every year to this weekend of spiritual needs and a piece of sun and warmth in the cold winter months.”
- “I love the timing of the retreat. After the hustle and bustle of the holidays, it’s both physically and psychologically important to ‘be still’ and listen to God.”

Bits and Pieces

- For those of you coming for programs or retreats at Monte Alverno you will remember Br. John Kocian. Br. John developed some problems with his hip that will require hip surgery. He will be gone from the Center until at least June. Mail to him can be sent to St. Paul's Home, Room 28 B, 316 E 14th St., Kaukauna, WI 54130. He would appreciate your prayers.
- Do you have a computer at home or work? Would you like to receive the Digest and any flyers on our day or evening programs (e.g. Advent & Lenten Reflection times) in electronic form? If your answer to both of those questions is YES, send us your email address & we will include you in the listing of those receiving electronic news from Monte Alverno.
- Would you like to have a Mass intention offered for someone during the week or on a weekend? Monte Alverno would be happy to offer Mass for any of your intentions, for a deceased person or for a sick person. The recommended offering for each Mass is \$10. Simply mail us your requests and we will respond.

Special Evening Program for Women

"A Woman's Journey to God: The Early Church & the Roles of Women"

The women followers of Jesus and His disciples provided for them out of their resources. After the Resurrection of Jesus and the Pentecost event, the women and men together formed the Church based on Jesus' teachings and actions. Our evening together will explore some of the roles the women had and how they ministered with and to the people.

Date: Tues., April 20, 2010

Time: 5:30-9 pm. (Begins with supper.) Call Monte Alverno, 920-733-8526, to reserve your spot. Future date: Tues., Oct. 19, 2010.

The Last Word

For over a month I have been reminded that it is time to think about what I want to say to the friends of Monte Alverno in this column. The deadline is today. This morning I said to myself, "What is it that I really want to say to our friends?". And I answered, "Thank you".

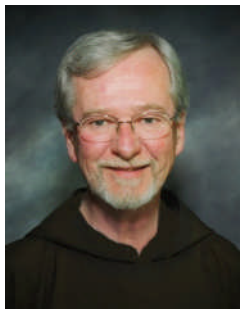
Many of you use the services which Monte Alverno offers by making a retreat, by attending one of our Lenten or Advent days or evenings of reflection, by coming to the book study, by taking part in our evenings for women, by seeking spiritual direction from our staff and by coming as individuals or groups to be quiet for awhile. I thank you for that. By participating in the programs we offer or by making use of our facilities for your own prayer and reflection you fulfill our purpose of being here. And we are grateful for that.

Many of you respond to my appeal for financial support. It's your generosity which allows us to continue to be available as a spiritual resource for those who come for programs or private quiet time. Thank you for that.

Many of you pray for God's continued blessing on the ministries at Monte Alverno. And God has continued to bless us. We appreciate your prayers for us.

Many of you volunteer your time and energy to help us in times of need. Without our volunteers our expenditures would be much greater. We are grateful for all the services people give us.

I continue to be grateful for my being here. I have been allowed into the lives of some wonderful people. To all those wonderful people who have touched my life I say, "Thank you!".



Fr. Keith Clark

Suggested Offerings for 2010

Weekend/Midweek (2 nights, 5 meals)	\$ 160.00
Evening Program with meal	\$ 25.00
Evening Program without meal	\$ 18.00
Day Program with dinner	\$ 30.00
Private Retreat (24 hours) (overnight & 3 meals)	\$ 60.00
Directed Retreat (24 hours) (overnight & meals)	\$ 75.00
“At Home” Retreat	\$ 100.00
Preached Retreats (6 day)	\$ 420.00
Directed Retreats (6 day)	\$ 450.00

Group rates per day available by contacting the office.

Participants are asked to invest in Monte Alverno’s future. Pricing does not reflect actual costs. Scholarships are available.

Reservations for any program can be made by completing the application form included, or calling Monte Alverno at (920) 733-8526, or registering through the Center’s website: www.montealverno.org.

Monte Alverno Retreat & Spirituality Center Application Form

1000 N. Ballard Rd, Appleton, WI 54911-5198

Attached is my offering of \$20.00 for my retreat Reservation
on _____ (This amount will apply to the total for my retreat).
Date

Name: _____
First Name Last Name

Spouse's Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____

Parish: _____

Is this your first retreat here? Yes [] No []

Make check out to: *Monte Alverno Retreat & Spirituality Center*