

Make a Retreat in Your Own Living Room?

Cenacle Offers 'New' Program For Those 'Too Busy to Pray'

By John Dash
It's not exactly a new development, as spiritual growth movements go. But a program spearheaded by the Religious of the Cenacle will demonstrate this Fall what may be a new idea: going on retreat isn't a luxury, a holy holiday for the leisure class.

Now, with the "At Home Retreat," a program so novel it's copyrighted, people with responsibilities that consume most of their time, can go on retreat in their own living rooms.

And, they may well find that their friends are among those leading the event.

The At Home Retreat, according to Ruth Page, a lay retreat director, is an attempt to "solve the dilemma of lay people who are hungry for the Lord yet cannot get away for a retreat because of their spouses, jobs, children. So we take the Lord to them. We let them receive Him in the context of their own homes."

The retreat is based on the spiritual exercises developed by St. Ignatius Loyola, and runs for two hours each week for 13 weeks. It is led here by

a team of a woman religious and a lay person.

Diocesan participants this Fall will be married and single women, though the retreats have been given to clergy, religious and lay men and women from all walks of life. More than 10,000 people in seven countries and 25 states have enrolled in an At Home Retreat since 1972.

This weekend, the Cenacle will play host to a special workshop to train At Home Retreat leaders. The workshop will be given by Sister Mary Sullivan, RC, and Mrs. Dot Horstman, a mother of three.

The two women founded the At Home Retreat program, incorporating it in 1974.

Another feature of the retreat is that followup is always available.

Miss Page said, "When a person is first growing in relationship with the Lord he or she is less able to make provisions for such activities as a retreat. The At Home Retreat begins that process, and continued growth is available. It's not just a once

in a lifetime thing, but an introduction."

Sister Anna Louise Staub, SSJ, a retreat team leader with Mrs. Kathy Murty of St. Monica's Parish, indicated that the next step might be a more intensive Ignatian retreat, offered by several diocesan houses of prayer.

Sister Winifred Corrigan, RC, the congregation's At Home Retreat coordinator here, listed the Mercy Prayer Center, the Cenacle, and McQuaid Jesuit community, as sources for longer retreats based on the Jesuit founder's exercises.

A typical At Home Retreat session consists of a group discussion on prayer, what a daily period of prayer has meant to each of the retreat participants; a time of teaching a special theme for the retreatants to meditate on and pray over during the course of the following week, and a time for refreshments.

Sessions take place once a week for exactly two hours, during either the day or evening; and participants must commit themselves to attending all sessions.

At Home Retreats, Sister Winifred said, are not Bible study programs, are not open to observers, and are not suitable for persons in crisis situations.

Nor are they intended for persons seeking novelty in religious experience, Miss Page said, "but for those people hungry for a deeper relation with the Lord especially through prayer."

Mrs. Murty observed that the retreat occasions a benefit for the whole house of the participant. "The people at home see its effects in the personal development of the one on retreat," she said, "and they recognize that they are the recipients of that grace too."

The At Home Retreat, she said, helps lead the retreatant to see that "life at home is a



Rochester's At Home Retreat leaders are, left to right, Sister Winifred, Sister Anna Louise, Mrs. Murty and Miss Page.

Grace-filled life." either Miss Page or Sister Winifred at the Cenacle further information on At Home Retreats may contact 8755.

Women's Clubs Plan Tea

The Rochester Federation of Women's Clubs will launch its 1983-84 program and their Rochester 150 celebrations with a President's Silver Tea from 1 to 4 p.m., Thursday, Sept. 8, at the Susan B. Anthony House, 17 Madison St.

According to president, Mrs. Terri Robach, the tea will commemorate the adoption of the adoption of the 19th Amendment, women's suffrage, 64 years ago.

All members are invited to tour the historic site; many will be in period costumes from the 1800s through the 1920s. Lee Longo and Company will entertain at 2 p.m. with a one-act play, "Together Again."

Freeze Walk

A meeting to organize a Nuclear Weapons Freeze Walkathon, slated for Oct. 1, will be held 7-9 p.m., Sept. 27, in the USC Lounge of the Genesee Co-op, 713 Monroe Ave. The local effort is part of a national demonstration. Further information is available by calling 461-1631.

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Diocesan Calendar of Events

Continuing Education for Religion Teachers (CERT)

| Region/Diocese | Topic | Place | Time |
|--|---|--|---|
| BRUNSWICK/SCHUYLER Oct. 26, Oct. 3, 10, 17, 24 | I A Basic Program 1,2,3,4,5 II C Sacraments 1,2,3,4,5 | St. Mary, Elmira St. Mary, Elmira | 7:30 p.m. 7:30 p.m. |
| EVINGSTON Oct. 6 Oct. 15 Oct. 20, 27, Nov. 3 Oct. 20, 27, Nov. 13 | I A Methodology 1 I A Methodology 2,5 II B Advanced Methods 1,2 II B Advanced Methods 3,4,5 I B Basic Doctrine 1,2,4 | St. Mary, Genesee St. Mary, Genesee St. Mary, Genesee St. Mary, Genesee | 7:30 p.m. 9:15 a.m. 9:15 a.m. 7:30 p.m. 7:30 p.m. |
| HELENSBURGH Sept. 15, 22, 29, Oct. 4, 11 Sept. 8, 15, 22, 29, Oct. 6 November (Saturday) | I B Basic Doctrine 1,2,3,4,5 II B Church 1,2,3,4,5 II A Scripture | Cohocton St. Patrick, Corning Campbell | 7:30 p.m. 7:30 p.m. |
| ROMPERS/TIOGA Oct. 14 | I A Methodology, The Ministry of Religious Education II D Christian Moral Life and Social Justice | Holy Cross, Dryden | 9:30-11:30 a.m. |
| Oct. 21 Oct. 22 Oct. 29 | 1 2,3 4,5 | St. Catherine, Ithaca St. Catherine, Ithaca | 7:30-9:30 p.m. 8:30 a.m.-12:30 p.m. 8:30 a.m.-12:30 p.m. |
| FINGER LAKES Sept. 12, 19, 26, Oct. 3, 12, Sept. 17 | I A Methodology 1,2,3,4,5 I A Methods 1-3 I B Doctrine 1-3 II A Scripture 1-3 I A Methods 1-3 I B Doctrine 1-3 II A Scripture 1-3 I A Methods 4,5 I B Doctrine 4,5 II A Scripture 4,5 I A Methods 4,5 I B Doctrine 4,5 II A Scripture 4,5 | St. Patrick, Seneca Falls St. Francis, Geneva | 7-9 p.m. 9 a.m.-3 p.m. |
| Sept. 24 | I A Methods 1-3 I B Doctrine 1-3 II A Scripture 1-3 | St. Anne, Palmyra | 9 a.m.-3 p.m. |
| Oct. 22 | I A Methods 4,5 I B Doctrine 4,5 II A Scripture 4,5 | St. Stephen, Geneva | 9 a.m.-1 p.m. |
| Oct. 29 | I A Methods 4,5 I B Doctrine 4,5 II A Scripture 4,5 | St. Anne, Palmyra | 9 a.m.-1 p.m. |
| Sept. 18 Sept. 19 Sept. 21, 22 Sept. 20, 27, Oct. 4, 11, 18 | I B Basic Doctrine 1,3 I B Basic Doctrine 2 I B Basic Doctrine 4,5 II B Church 1,2,3,4,5 | Sacred Heart, Auburn | 2:30-5:30 p.m. 7-9 p.m. 7-9 p.m. 9:30-11:30 a.m. |
| Oct. 11, 18, 25, Nov. 1, 18 Sept. 12, 20, 27, Oct. 4, 11 | II C Sacraments 1,2,3,4,5 II D Christian Moral Life and Social Justice 1,2,3,4,5 | St. Patrick's School of Religion Victor St. Joseph, Weedsport St. Mary, Auburn | 7:30-9:30 p.m. 7:30-9:30 p.m. |
| MONROE COUNTY Sept. 10 Sept. 17 Sept. 10 Sept. 14, 21 | I A Basic Program I A Basic Program I A Basic Program 1-3 I A Basic Program 4,5 | St. John, Greece St. John, Greece St. John, Humboldt St. St. John, Humboldt St. | 9:30 a.m.-3 p.m. 9:30 a.m.-1 p.m. 9:30 a.m.-3 p.m. 9:30 a.m. |
| Oct. 15 Oct. 29 Sept. 29, Oct. 6, 13, 20, 27 Sept. 29, Oct. 6, 13, 20, 27 | I A Basic Program I B Basic Doctrine I B Basic Doctrine II C Sacraments 1-3 II C Sacraments 4,5 | St. Christopher North Chili Guardian Angels St. Cecilia St. Christopher | 9 a.m.-3 p.m. 9 a.m.-1 p.m. 9:30 a.m. 7:30 p.m. 9 a.m.-3 p.m. |
| Oct. 29 Oct. 4, 11, 18, 25, Nov. 1 Nov. 2, 9, 16, 30, Dec. 7 | II D Christian Moral Life and Social Justice I A Experienced Catechist - Scripture | North Chili Holy Family St. Lawrence St. John, Humboldt St. St. Joseph, Penfield | 9:30-11:30 a.m. 7:30-9:30 p.m. 9:30 a.m. 9:30 a.m. 7:30 p.m. |

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