



# Homecoming

Bethany Retreat House

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## Sr. Joyce Diltz Completes Dream Leader Training

by Mary Wysock

For the past two years Sr. Joyce has been traveling to North Carolina to attend the Haden Institute Dream Leader Training Program. In early December she completed her sixth and final intensive session and graduated, receiving her certificate in Dream Leader Training.



Sister Joyce Diltz, PHJC

Working with dreams has been an important part of Sr. Joyce's own spiritual path and of her ministry at Bethany Retreat House. Sr. Joyce was first introduced to dream work in her early 30s by Sr. Lois Dideon, RC, with whom she made several annual directed retreats. Later, while working at the Crozier Center in Ft. Wayne, she met Jody Butler who conducted dream groups and who encouraged Sr. Joyce to take her first class in Jungian psychology and dreamwork. From there Sr. Joyce has continued to work with dreams and further her studies in dream work, often using her learnings in spiritual direction sessions as well as in dream groups that she leads at Bethany and at Catholic Theological Union in Chicago.

"For the past 20-plus years dreams have been the 'scriptures' of my annual retreat, providing the invitations to prayer and inner work for each day," she says. "Outside of retreat, my dreams are frequent indicators of how I am being invited to ongoing growth and wholeness."

As part of the training at Haden Institute, Sr. Joyce appreciated the lectures and the extensive reading in Jungian psychology and has come away with a keener sense of Jung's concept of the Self and of archetypes in the dream world. She cites Carl Jung, Ann Ulanov, Jeremy Taylor, and John Sanford as some of her favorite writers on the subject of dreams. The training provided an opportunity to get more

*See Dreams p. 2*

## Advent is for Dreamers

by Joyce Diltz, PHJC

Advent/Christmas is a season for dreamers. The Christmas story is full of dreams. One night Joseph was encouraged in a dream to take Mary as his wife, despite the questionable circumstances in which he found her pregnant. Another night he is told in a dream to take his young family and flee into Egypt for protection from Herod's killing rampage on infant boys. And the visiting magi were warned in a dream not to go back to Herod on their return trip after seeing the holy child.

We can imagine these astrologers dreaming daydreams as they searched the skies and toyed with making their trip to find the king of the Jews. And pregnant Mary must have dreamed day and night of her child and what his life would be like. And Joseph must have had day dreams of taking Mary into his home and building a life with her.

Jesus' choice to enter the human experience is part of God's dream for us – to show us how to live with God's values and in God's way that we have come to call the reign of God.

Isn't Advent also about dreaming – for a world of peace, for lives of wholeness and meaning, for an end to suffering and death? Carl Jung, a Swiss psychiatrist who died in the 1960s, said that if enough people do their inner work, the world can be saved. As we long for God's coming in fulness among us in this holy season, we listen to carols and ponder scripture stories that help us catch God's dream for us. This year may our collective dream of peace and love move our world closer to their becoming a firm reality in our midst.

### One-Day Christmas Sale!

Bethany Retreat House Bookstore

Friday, December 18, 2009, 10:00 a.m. - 8:00 p.m.

Printery House greeting cards 20% off  
All books by Henri Nouwen, Joyce Rupp,  
and Joan Chittister 20% off  
Select music CDs \$8 and \$10  
Children's books 20% off  
And more!

*Markdowns on in-stock items only*

All guests are entered in a \$20 gift certificate drawing.

# From the Director's Chair

by Joyce Diltz, PHJC



Included with this newsletter is a copy of our new brochure. We think it captures in pictures the peaceful atmosphere of the retreat house and the welcoming space we provide for prayer and inner work. Please feel free to share the brochure with someone who might like to learn about the opportunities Bethany provides. We would like to spread the brochures far and wide, so if your church or work place has space for displaying them, please call our office and request as many brochures as you can use.

We also want people to know that our Scholarship Fund is available to assist those who have difficulty paying the full stipend for retreat and spiritual direction. Please help spread the word about this as well.

We find ourselves once again in Advent, the season of longing for God's kingdom to come among us in fulness. May this longing feed us with hope and joy as we live the days of Advent and prepare for Christmas.

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published four times a year at  
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Bethany Retreat House  
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Poor Handmaids of Jesus Christ  
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### With Heartfelt Thanks To Our Recent Donors:

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*A special thank you to Judy Nies,  
who helped so generously with the Autumn Tea.  
Regretfully, we missed her name last time.*

We are very grateful to all our donors and we apologize if we may have inadvertently omitted someone's name.



### In Memory of . . .

Andrew & Marie Lindstrom  
by Lynn Bawcum



### Dreams *cont. from page 1*

immersed in the dream world, Sr. Joyce's personal goal in enrolling in the program.

As the facilitator of dream groups at Bethany Retreat House, Sr. Joyce finds it touching to see how well the members of a group work together, helping one another discover insight and meaning in their dreams. These groups use an association method of dream work where the group works gently with the dreamer to ask about and tease out associations to the various dream images. It is always the dreamer who decides what the dream means. At the same time, the various dream images touch each individual's life experience, thus enriching the group members as well as the one who shares a dream.

Bethany Retreat House has had an ongoing Dream Group facilitated by Sr. Joyce for the past four years. This fall a second dream group was started and there is room to develop a third on Wednesday evenings once a month if there is enough interest. Contact the retreat house to request a dream group brochure or to get more information at 219-398-5047 or [bethanyrh@sbcglobal.net](mailto:bethanyrh@sbcglobal.net).

**"A dream unexamined is like a letter  
unopened."**

A Jewish sage

# BRH Bookshelf



## Top Ten Recommended Reading List

We offer the following as some very worthy resources for your spiritual reading, reflection, and gift giving:

### *Have a Little Faith*

by Mitch Albom

Hyperion, 2009, hardcover, 249 pages, \$23.99

Reviewed by Deb Szrom Steppe

*Have a Little Faith* is the second nonfiction work by Mitch Albom. His first, *Tuesdays with Morrie*, was very well received – it was a best seller and was made into a TV film.

This book begins when the rabbi Albom knew growing up asks him to give his eulogy. Albom who wasn't even religious at the time feels unworthy, ill-prepared, and terribly reluctant. Nevertheless, he agrees and arranges a few visits to get to know the rabbi again. A few visits turn into many over the course of eight years – visits filled with stories, debates, old sermons, and lots of questions.

Woven with the story of the visits to the rabbi is Albom's connection to a Christian minister in Detroit. In some ways this man is completely different than the suburban rabbi. He is a former drug dealer and a convicted felon. What pulls the story together and draws Albom to both men is the faith each has. Both men are unflinching and unwavering in their faith as one faces his own death and the other tries to keep a congregation afloat while feeding and housing the homeless in one of the poorest areas of the country.

I found much wisdom in these pages – in the lives of the minister and the rabbi and in Albom's honest responses to what each man has before him. I found it easy to relate to Albom. I too have often felt reluctant and unworthy at the beginning of a journey. The journey told in this book is a holy one and one that is well-worth reading.

This and many other fine books can be purchased through Bethany Retreat House bookstore: 219-398-5047.

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### Newsworthy Note

Bethany Retreat House is grateful to announce its recent receipt of a grant for \$2,309 from the Foundations of East Chicago to assist with newsletter printing and mailing costs for 2010.

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1. *Walking the Sacred Path* by Dan Schutte. New London, CT: Twenty Third Publications, 2009, 124 pages, paper, \$12.95.
2. *The Wisdom of Your Dreams* by Jeremy Taylor. New York: Penguin, 2009, 334 pages, paper, \$16.95.
3. *Have a Little Faith* by Mitch Albom. New York: Hyperion, 2009, 254 pages, hardback, \$23.99. CD, \$29.99.
4. *How Big is Your God?* by Paul Coutinho, SJ. Chicago: Loyola Press, 2007, 161 pages, hardback, \$18.95.
5. *The Naked Now* by Richard Rohr. New York: Crossroad Publishing, 2009, 187 pages, paper, \$19.95.
6. *Retreat in the Real World* by Andy Alexander, Maureen McCann Waldron, Larry Gillick. Chicago: Loyola Press, 2009, 308 pages, paper, \$14.95.
7. *Say You're One of Them* by Uwem Akpan, SJ. Back Bay Books, 2008, 360 pages, paper, \$14.99.
8. *A Simple Guide to the Spiritual Life* by Mark Kurowski. Munster, IN: My Spiritual Advisor.com, LLC, 2009, 65 pages, paper, \$6.95.
9. *Traveling With Pomegranates* by Sue Monk Kidd & Ann Kidd Taylor. New York: Viking Penguin, 2009, 282 pages, hardback, \$25.95. CD \$34.95.
10. *From Religion Back to Faith* by Barbara Fiand. New York: Crossroad Publishing, 2006, 197 pages, paper, \$16.95

God saw the world falling to ruin because of fear and immediately acted to call it back with love. God invited it by grace, preserved it by love, and embraced it with compassion.

Peter Chrysologus  
fifth century



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As part of your Advent season,  
consider spending some retreat time  
at Bethany  
for a day or two away  
to be scheduled at your convenience.

Gift certificates are available for  
Christmas giving – for the bookstore and  
for retreat and spiritual direction,.

Call 219-398-5047 for details.

## Volunteer Corner by Mary Wysock

Toni Heinzman has graced Bethany Retreat House with her warmth and generosity for many years. She has helped with everything from office work to gardening, but recently you may have seen her helping out at a Bethany Retreat House book sale.



**Toni Heinzman**

needed volunteers. She has been volunteering here ever since.

Toni started out as a volunteer while living in Hammond, but she now lives in Mishawaka. She was raised in Mishawaka and returned there ten years ago to be closer to her aging

Toni first heard about the retreat house in 1995 from a co-worker when she worked at U.S. Reduction in Chicago. She was going through a difficult time in her life and made a day retreat at Bethany. It was a great experience for her, and when leaving she asked Sr. Joyce if she ever

parents. Despite the distance, she continues to drive the hour and a half back to volunteer for weekend book sales that the retreat house holds at various locations in the area.

Toni says she enjoys the book sales because she likes going to the different parishes and conferences and meeting people. She also likes getting a firsthand look at the new books. Sr. Joyce greatly appreciates Toni's dedication and says, "It's nice to have someone to take such an interest in the book sales and do them regularly because she really knows what's going on and is familiar with the process."

Volunteering helps Toni put her faith into practice. She considers herself more of a spiritual person than a religious one, but she has a strong belief system. Bethany Retreat House is an important place to Toni, and volunteering here feeds her faith. She also considers Sr. Joyce to be one of her best friends and enjoys spending time with her.

"To me, Bethany was just God working in my life," she shares. "When I was in a low spot it was introduced to me through a friend and became a wonderful and significant place in my life." You, Toni, have become a wonderful and significant person in our lives. Thank you for all you have done to support the efforts of Bethany Retreat House. We are blessed to know you!