



Homecoming

Bethany Retreat House

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Easter Springs Anew

by Joyce Diltz, PHJC

In her wisdom, the Church places the feast of Easter in the season of spring to give us nature's living images of the paschal mystery we celebrate. How our hearts soar with the first green shoots that pop through brown soil and leftover snow! And how we welcome colorful spring bulbs after a long, drab winter! With each spring we know again that life abounds – that early darkness gives way to longer daylight, that dull landscape wakes again to greens and yellows and purples, that dead-looking trees testify again to the life that hibernates unseen in their roots.



So it is with the deep meaning of this Easter feast in which we celebrate God's triumph over death. Jesus' physical body, once so mutilated and lifeless, bursts forth from the tomb, vibrant and radiant. Suffering and diminishment are transformed into fulness of life. Death does not have the last word but gives way to life. In this story we claim our salvation by Jesus' faithfulness to his father, to his mission, to love.

And the Easter story continues on in our lives and gives meaning to our human experience. We have seen this recently in the news coverage of natural disasters in Chile and Haiti, where in the midst of terrible devastation love abounds and triumphs. We know the deep meaning of the paschal mystery in our relationships when trust and forgiveness rise out of experiences of hurt and pain. We know God's transforming power when illness and diminishment open us to trust and love rather than to hopelessness and bitterness.

In these and so many other ways, God continues to do Easter "work" among us, inviting us to know in our lives and relationships God's power to transform us, to draw us ever deeper into fulness of life, no matter what the circumstances in which we find ourselves. In this Easter season, may we give God room to work in our lives the transformation God dreams us for each of us!

Bookstore Holds Treasures

Bethany's bookstore holds many treasures for those who love to read and are thirsty for "soul food." We highlight two sections of the bookstore for your personal growth.

The bookstore stocks books in dreamwork and Jungian psychology to introduce people to inner work through dreamwork and to support and give resources for continued growth as they explore their dreams, either in dream groups that meet at Bethany, in retreat and one-on-one spiritual direction, or in other ways. **The dreamwork section** currently includes 20 titles on a variety of aspects of dreamwork by authors prominent in the field. *Dreams and Spiritual Growth* by Savary, Berne, and Williams (Paulist, 1984, \$18.95) and *Dreams as Metaphor: The Power of the Image* by Ann Sayre Wiseman (Ansayre Press, 1987, \$21) offer hands-on exercises for working with individual dreams.

Dreams and Healing by John Sanford (Paulist, 1978, \$14.95), *Dream Language: Self-Understanding through Imagery and Color* by Robert Hoss (Innersource, 2005, \$20), and *The Wisdom of Your Dreams* by Jeremy Taylor (Tarcher, 2009, \$16.95) serve as a good introduction to dreamwork and give helpful background information.

Other books focus on specific areas of interest to dreamers: *Families and the Interpretation of Dreams* by Edward Bruce Bynum (Paraview, 2003, \$19.95), *See Bookstore, p. 2*

Garden Day 2010

All hands on deck for Garden Day 2010, Saturday, May 1, 9 a.m. to 2:00 p.m.! (Rain date: May 8.) Plan to join this twelfth annual volunteer effort to get the meditation gardens spruced up and growing for the summer retreat season.

No gardening experience is needed. Come join the fun digging in the earth, communing with nature, and meeting good people as we plant flowers, spread mulch, and do general clean-up. Please RSVP ahead of time through Bethany's office (219-398-5047) to help us organize the work and have enough lunch for everyone.

We welcome your presence and energy in this important annual venture!

From the Director's Chair

by Joyce Diltz, PHJC



What a joy it is to welcome spring these days after a long winter! And how good to celebrate the Easter triduum again! Our lives are rich with meaning and blessing, even as we struggle with personal issues and with this difficult economy.

In this issue of **Homecoming** we highlight some of the resources available here at Bethany Retreat House. Our bookstore is full of treasures waiting to be discovered, and here we tell you about the enneagram and dream sections.

In our announcement of a new dream group forming, we share reflections from some current members. I think you will enjoy these, whether or not you have interest in joining the new dream group.

The current dream groups have been enjoying a new addition to our library, some CDs on dreamwork topics which are available for borrowing. See page 3 for the story. It is worth mentioning that Bethany's library is available for your use. Those who come here for retreat and ongoing spiritual direction and groups have easy access to pick up something for reading or listening. For others, we invite you to make an appointment to come and use the library. For Bethany patrons, use of the library is free. For others, there is a \$10 annual fee to use library materials. We invite you to explore both the library and bookstore offerings!

We welcome your help for Garden Day May 1 if you can join us. We depend on volunteers to ready the yard for summer guests. It is always a positive experience of good people having a good time together.

May you know abundant blessings in this holy season!

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East Chicago, IN 46312
219-398-5047
fax 219-398-9329

Website: www.bethanyretreathouse.org
E-mail: bethanyrh@sbcglobal.net
editor: Joyce Diltz, PHJC
assistant: Mary Wysock
editorial advisor: Linda M. Diltz

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Bookstore, cont. from page 1

Dreaming Beyond Death: A Guide to Pre-Death Dreams and Visions by Kelly Bulkeley and Patricia Bulkeley (Beacon, 2005, \$14), and *Aspects of the Feminine* and *Aspects of the Masculine* by C. G. Jung (Princeton, 1982 and 1989, \$19).

The **enneagram section** currently contains 21 titles to assist people in their use of this ancient personality theory for their own growth and transformation and as a tool in understanding relationship dynamics.

The bookstore carries these basic primers on the theory: *Personality Types* by Riso and Hudson (Houghton Mifflin, 1996, \$15) and *The Enneagram* by Helen Palmer (Harper One, 1988, \$16.99). A simpler presentation of the system can be found in two cartoon books by Renee Baron and Elizabeth Wagele: *The Enneagram*

Made Easy (Harper One, 1994, \$18) and *Are You My Type, Am I Yours?* (Harper One, 1995, \$16.95).

Books that explore spirituality and the enneagram include Suzanne Zuercher's *Enneagram Spirituality* (Ave Maria, 1992, \$14.95) and *Using the Enneagram in Prayer* (Ave Maria, 2008, \$11.95); Sandra Maitri's *The Spiritual Dimension of the Enneagram* (Tarcher 2001, \$15.95); and Geoffrion and Nagel's *The Labyrinth and the Enneagram: Circling into Prayer* (Pilgrim, 2001, \$15).

Helen Palmer's *The Enneagram in Love and Work* (Harper Collins, 1995, \$16.95) explores intimate and business relationships through the enneagram lens. Parenting and the enneagram is explored by Janet Levine in *Know Your Parenting Personality* (Wiley, 2003, \$16.95) and Elizabeth Wagele in *The*

Enneagram of Parenting: The 9 Types of Children and How to Raise Them Successfully (Harper One, 1997, \$15.99).

These titles are but some of the many available in these two sections of Bethany's bookstore. We hope you'll come in and browse the shelves to find something to feed your soul and help you in your ongoing spiritual growth. For those at a distance, we are happy to help you select something by phone or e-mail and ship it to you – unless you would consider coming to Bethany for retreat and a personal visit to the bookstore!

In an effort to conserve resources, please let us know if we could send our newsletter electronically by e-mailing us: bethanyrh@sbcglobal.net.

BRH Bookshelf



Come Home: A Prayer Journey to the Center Within

by Marie Schwan, CSJ

Ave Maria Press, 2010, paper, 119 pages, \$12.95

Reviewed by Deb Szrom Steppe

There is something sacred about the idea of coming home. Marie Schwan uses the concept of home to describe our center where God dwells. It is where we know ourselves as true and good and beautiful where “no man or woman, no demon or angel can penetrate.” This book is a wonderful guide to finding and living in that centered space.

Of course, there are many things that pull us off center. We all have tendencies to be bitter or critical or preoccupied with ourselves in an unhealthy way. More difficult things like childhood traumas also take us away from that sense of being grounded in God’s presence. While the author acknowledges that some of the more difficult experiences need therapy for healing, only through prayer does she see it possible to return to that centered place of God’s dwelling within.

The author is a noted spiritual director and has published many other spiritual works. That wealth of experience boldly comes through in this work. While the questions and prayer suggestions at the end of each chapter are challenging, her vision of centeredness in God is comforting and inviting.

I found that this book offered me a different prism through which to look at my life – especially those times where I struggle. The chapter on living centered in an uncentered world was especially poignant.

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



Just as I am, without one plea,
But that thy blood was shed for me,
And that thou bidd’st me come to thee,
O Lamb of God, I come, I come

Just as I am, thou wilt receive
Wilt welcome, pardon, cleanse, relieve;
Because thy promise I believe,
O Lamb of God, I come, I come

Charlotte Elliott, Nineteenth century

Haden Dream Lectures Available on CD by Mary Wysock

Have you ever wanted to put your toe in the pool of dream knowledge and test the waters? Well now’s your chance to explore the topic of dreamwork on your own terms. The Bethany Retreat House Library is offering a selection of over 60 dream presentations on CD from the Haden Institute Summer Dream Conferences.

The presentors are faculty from the Haden Institute who bring a wide breath of knowledge and experience to the subject. Included are presentations on beginning your exploration of dreamwork, on specific dream topics like dreams and death or dreams and midlife, on dreams and the church, on dream group work, on Jungian dream theories like archetypes and individuation, on dreams and inner work, and many more.

Current dream group members have been listening and Conchita Bryner, a member of a current dream group, said, “They’re wonderful! I’m learning a lot about dreams through listening to the CDs.”

Another group member, Christine Juscik, shared, “I let the CDs pick me, and they were just right! I wish I had farther to drive so I could listen to more of them in the car.”

Come to Bethany today and start your conscious dream journey. The CDs are available for borrowing.



With Heartfelt Thanks To Our Recent Donors:

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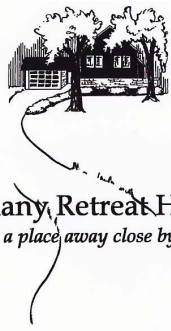
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We are grateful to all our donors and apologize if we have inadvertently omitted someone’s name





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Gift certificates are available.

Call 219-398-5047 for details.

New Dream Group Forms by Joyce Diltz, PHJC

A new dream group is forming for the third Wednesday evening of each month from 6:30 to 8:30 p.m. at Bethany Retreat House.

The Bethany dream group will give participants a way of doing dreamwork in community, with two people each evening presenting a dream for the group to work with. The person who presents benefits from the group's questions and reflections about the dream. Other participants are enriched by hearing and working with dreams other than their own. Everyone in the group learns about dream work by doing it together. Dreams put us in touch with a world larger than our waking life. They can take us on a spiritual journey and put us directly in touch with the energies of God flowing at the depths of our being. Dreamwork increases our openness to God's transforming and healing love, taking us deeper than consciousness to deal with our invitations to growth and transformation.

Bethany currently has two other monthly dream groups. Christine Juscik, a participant from Hammond, reflected, "I didn't realize until one of my dreams was discussed how insightful and helpful the information gleaned from my dream could be."

Rosemary Balczo of Dyer said of her experience in the

group, "I am not sure exactly when it happens – but sometime during the evening amid the dreams and discussions, tea and biscuits, laughter and prayer – I become aware that I have entered (in the words of Irish poet, John O'Donohue) 'an unforeseen sacred place.' I know what I bring to each meeting: my dream journal and a spirit ready to listen to and share dreams. I am never quite sure what I take home – often it is the tiniest thread of an insight or image of another participant's dream that weaves its way into my mind and/or heart –

enabling me to understand myself and my own dreams in a new way. I am unexpectedly surprised how dear this dream group has become to me."

Marcia Smith-Wood of Rennsalaer finds in the group "an atmosphere of gentle encouragement, intelligent inner exploration, joy, trust, and mutual respect among all of us. I look forward to every meeting

as we receive one another's dreams. When it is my turn to share a dream, the other members amaze me with their insights, giving me courage, hope and wonder for my own spiritual journey. Consequently, my own dream life has become more and more vivid, and I have entered a deeper awareness of conversation with my soul."

For more information or to register, please call the office (219-398-5047). Visit our website (www.bethanyretreathouse.org) to download the dream group brochure.

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

Jewish Sage