



Homecoming

Bethany Retreat House

Volume 15, Number 1

March 2011

Can Understanding Your Personality Preferences Help You Pray?

Sister Annemarie Kampwerth, PHJC, will facilitate a workshop Saturday, July 9, from 9:30 a.m. to 3:30 p.m. at Bethany Retreat House to help individuals understand the Myers-Briggs Type Indicator and its implications for one's life. Spend a day gaining insight into your own preferences and the ways your personality type affects how you pray and grow spiritually.

The Myers-Briggs Type Indicator builds on the personality theory of Carl Jung and is an instrument that helps you understand normal personality differences. Using this knowledge can help you understand yourself and learn how to make your spirituality more satisfying. Participants will take and score the MBTI during the workshop. Cost for the day is \$60 and includes lunch and the Meyers-Briggs Type Indicator. Space is limited, so register early. For more information, call 219-398-5047 or visit www.bethanyretreathouse.org.

Garden Day Set for May 7

We welcome veteran and new volunteers to join us for our annual Garden Day, scheduled from 9 a.m. to 2 p.m. Saturday, May 7.

Come enjoy a day in nature, working with good people to spruce up the gardens for summer retreatants. Pitch in to spread mulch, dig, rake, weed, clip, clean up, and plant. No previous gardening experience is necessary. Lunch is provided.

Bring garden tools if you have them – gloves, rakes, wheelbarrows, trowels, shovels, etc.

Call the office to let us know you are coming. Your doing so helps us organize the work and have enough food for lunch.

Lent Calls Us to Ongoing Conversion

by Rev. Michael J. Hoffman

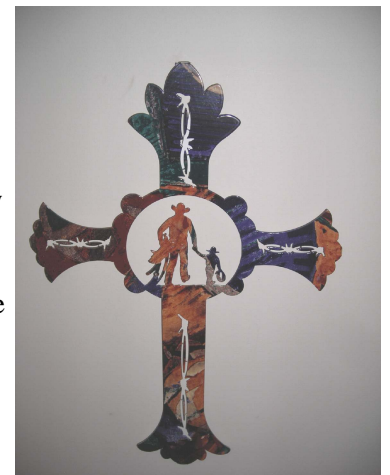
“Remember you are dust and to dust you shall return.” The Order of Prayer for the Diocese of Gary comments on the readings for the first three weeks of Lent, saying they are meant to bring us to compunction, “to puncture” our self-inflated egos and to trouble us to confront our illusions about ourselves. At times when the scripture readings do challenge us to examine our lives and call us to conversion, I get complaints that people come to Church not to be confronted but to be comforted. Lent is the time to listen to the call to conversion to the life that the Gospels call us. It is a time to be confronted and to be troubled.

A few years ago I traveled to Taos, New Mexico, with my son. We flew in a hot-air balloon and descended down to the Red River. The next day we hiked with llamas to the canyon floor where we ballooned into the day before. A bonus of the trip was a few days in Santa Fe. There we visited the Loretto Chapel, where an architectural miracle exists – the mysterious staircase.

A story of conversion comes to mind from this visit – a story of my own conversion as I visited the gift shop at the chapel. My son lived in San Antonio for five years. I teased him about his Texan years. In the gift shop I saw a cross and commented to him that this was a Texan cowboy cross. I was sarcastic, but his words converted me so I could see what he saw. He told me: “Dad, that is not a cowboy cross; it is a Father and Son cross.”

He saw what I could not. Jesus could not be on the cross without the love of his Father. The cross, although I thought it was overpriced, now hangs across from my chair next to the door where I always see it, especially when someone enters my office.

For all of us, even the most righteous need conversion, growth, challenges that we do not know or understand to better serve God and be God's loving presence to others. Lent is a time for deflation.



From the Director's Chair

by Joyce Diltz, PHJC



It's wonderful how spring and Lent coincide in our American experience of the seasons. Besides being a time for penance and deflation, as Fr. Michael Hoffman writes, Lent is also called the springtime of the soul. It is a time for us to look at our lives to see what gets in the way of God's living more deeply in us; it is a time to see what gets in the way of our hearing and responding to God's presence and invitations in our lives and in the life of the larger world. True penance, then, is to address what gets in the way so we can be more receptive to God and more willing to let God work in and through us.

Spring, a time of renewal and greening, happens then in our depths and our relationships as well as in the world around us.

With spring comes our annual Garden Day. Please consider joining us to help spruce up the gardens for summer retreat guests. We depend on the generosity of volunteers for this project. At the same time, everyone who joins in seems to enjoy the outdoors and the other good people who make up the day.

I awoke a couple weeks ago to the startling sight of a section of our back cedar fence around the meditation garden coming down, and another several sections bowing badly. A combination of age (since 1998) and wind and snow are the culprits.

Our annual summer daytime group retreat takes the form of a workshop this year. Join us to learn how knowing your Myers-Briggs personality preferences can inform your spirituality. See page 1 for details.

We hope you will find your way to Bethany Retreat House during Lent and in the summer season to take advantage of our many offerings!

This is What We Offer at Bethany Retreat House

Frequently we encounter people who are not familiar with Bethany Retreat House, so we would like to share our purpose and offerings with you, our readers.

Bethany Retreat House serves as a quiet place in the midst of demanding lives where people can find both space and resources for prayer and reflection. Rooted in the mission of Jesus Christ and the tradition of Blessed Catherine Kasper, Bethany is dedicated to help individuals nurture their inner life and respond to the God who dwells within (*Mission Statement*).

Our Facility

- an inviting split level house in the quiet Prairie Park neighborhood in East Chicago, Indiana;
- a silent environment for prayer and reflection;
- chapel, spiritual reading library, meditation garden, and bookstore.

What We Offer

- *silent space* for personal retreats which are individually scheduled to accommodate the needs of each person:
 - " *individually directed retreats* with daily spiritual direction
 - " *private retreats* (include room and meals without spiritual direction);
 - " *ongoing spiritual direction*, usually a monthly hour-long session;
 - " *dream work* individually in retreat and spiritual direction or communally in a dream group;
 - " *monthly ongoing reflection groups*
 - " dream groups
 - " women's spirituality group
 - " ministry reflection group for people in full-time ministry
 - " peer supervision group for spiritual directors;
 - " *annual summer daytime group retreat/workshop*.

Homecoming

a newsletter of Bethany Retreat House
published four times a year at
2202 Lituanica Avenue
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

Bethany Retreat House
is a ministry of the
Poor Handmaids of Jesus Christ
(Ancilla Domini Sisters, Inc.)
congregation of women religious.

Our Authors

Joyce Diltz, PHJC, is a spiritual director, dream worker, and the director of Bethany Retreat House. She enjoys quilting, reading, and time visiting with friends.

Michael J. Hoffman, a Roman Catholic priest of the diocese of Gary, Indiana, is associate pastor at St. Paul Church, Valparaiso. He is an avid reader and enjoys biking, theater, and time with his family.

Deb Szrom Steppe lives in Milwaukee, Wisconsin, with her husband, Mike, and two sons. She is a social worker by training and is a 1st degree black belt in Tae Kwon Do.

Mary Wysock is assistant to the director at Bethany Retreat House. A working artist, she shows her jewelry in juried shows. Mary lives in Munster, Indiana, with her husband, Mark. They have two adult sons.



BRH Bookshelf



Field of Compassion: How the New Cosmology Is Transforming Spiritual Life

by **Judy Cannato**

Ave Maria Press, 2010, paper, 200 pages, \$15.95

Reviewed by Deb Szrom Steppe

I find it easy to fall into a short-term awareness of life. I can let teenagers, bill-paying and laundry kinds of things consume my attention. Reading *Field of Compassion* led me out of my short-term myopic attention span to see a much larger, grander, cosmic view of life.

In this work, Judy Cannato offers the reader a view of the world that brings faith and science together without conflict. The Universe story (the collection of scientific discoveries from the Big Bang through the present) and the Christian story are not separate according to Cannato and others. While employing different languages, the message is the same with the Universe story and the Christian story. Both are rooted together in the creative impulse at the “heart of the cosmos.”

This cosmic view of spirituality requires a new vocabulary, primarily using the term “morphogenic fields” developed by British biologist Rupert Sheldrake. Sheldrake assumes that genetic material alone cannot account for all of the advanced development of living systems. There has to be something more. That something more is the idea that non-visible fields carry information from one generation to the next – morphogenic fields.

The concepts and terminology in the book could be difficult to understand, but the author uses stories and examples to make the concepts feel like common sense. I found this to be very helpful.

This cosmic view of spirituality is more than just an intellectual exercise. A main focus of the book is that we are still developing. We have the ability to be intentional about creating a new morphogenic field – a new something more in our evolution. This morphogenic field to which the author refers is characterized by love and defined as a Field of Compassion.

There is a lot of material in this book. While some of the concepts were completely new to me, others made perfect sense as if I knew them all along. Naming the Holy Spirit as the pressure we have within us to evolve and to change for the good is one example of this.

While this book is not an “easy read,” reading and praying the reflections in it took me to a new awareness of the nature of the universe and my place in it – a most valuable thing.

~~~~~ With Heartfelt Thanks To Our Recent Donors:

Linda Sue Baker • Rosemary Balczo • Nancy Baltrushaitis
Carol Bauer • Suzanne Beard • Christine Beauchamp
Joan Beck • Denise Carrasquillo • Joanne Churilla • Helen Diltz
Julie Dowd • Al & Yolán Fabian • Rev. Leon Flaherty, CPPS
Judy Fidkowski-Tetzlaff • Christine Flum
R. Louie & Martha Gonzalez • Mary Ann Groszek
Susan Gryfakis • Judith A. Hahn • Richard Heide • Tom Jessen
Christine Juscik • Linda & Vitas Kazragys • Janet Koerner
Theresa Kolczak • Sr. Florence Kuhn, PHJC • Dale Law
Pat & Frank Lennon • Aidan & Marie May • Mary McLaughlin
Bishop Dale Melczek • Laura Monteen • Richard Morrisroe
John M. Mroczkowski • Mel & Jeannine Nix
Rev. David Nowak • Joyce Oboy • Maureen O’Hern
Mary Onohan • Karis Owens • Sr. Liz Pardo, IHM
Chuck Pease • Rev. Michael Pennanen • Shirley Phillips
Ann Powen • Deacon Michael Prendergast • Richard Rosinski
Sr. Jeanette Schutte, PHJC • Barbara Schilling
Rev. Gerald Schweitzer • Carol Slager
John & Maryann Slavinsky • Cathy Sutkowski • Rob Szrom
Frances Szymanski • Margie Torres • Phyllis Vauter
David & Sharon Vree • Gwen Walters
Deaconess Louise Williams • Mary Wysock • Frank Zolvinski

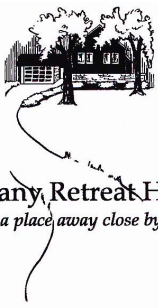
In Memory of . . .

Ann Balczo by Anita & Dennis Freeland,
Meridy & Dave Jackson, Barb & Lynn Mattingly,
Ed & Kay Sarti, Patty & Jerry Wayman
Isabella “Marta” Cicco by R. Louie & Martha Gonzalez
Von Etter by Deacon Jim Etter
Von Etter by R. Louie & Martha Gonzalez
Sr. Emelia Ficker, PHJC, by Joyce Gertz
Catherine Gasior by Nancy Baltrushaitis
Anne Machura by John M. Mroczkowski
Edward & Augusta McLaughlin by Mary McLaughlin
Helen T. Mroczkowski by John M. Mroczkowski
Alfonso Isauro Navarro by Lucia Navarro-Walsh
Maurice & Evelyn O’Hern by Maureen O’Hern
Elizabeth Pallone by Jennifer Pallone
Lottie H. Rajchel by R. Louie & Martha Gonzalez
Mary Alice Rodriguez by R. Louie & Martha Gonzalez

In Honor of . . .

Diane Butler by Pam Butler
Elsie Helzer by Barb Schilling

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



Bethany Retreat House
2202 Lituanica Avenue
East Chicago, IN 46312

Non Profit Org.
U.S. Postage
PAID
Hammond, IN
Permit No. 68

**As part of your Lenten renewal,
consider making a retreat at Bethany
for a day or two away
to be scheduled at your convenience.**

Gift certificates are available.

Call 219-398-5047 for details.

Volunteer Corner

by Mary Wysock

We are happy to welcome a new smiling face, Barb Schilling, to our list of retreat house volunteers. Barb jumped on board last fall when we sent out a cry for help to put out a bulk mailing, and she has been a blessing to us ever since.

Barb met Sr. Joyce Diltz, Bethany's director, years ago at Our Lady of Perpetual Help Parish in Hammond where they are both parishioners. This is where she also learned about Bethany Retreat House and its programs.

Barb lives in Hammond with her husband, Tim, and their very entertaining cat, Max. She has a background in education as well as in managing Borders bookstores.

She shared some of these talents helping Sr. Joyce with several book sales recently. "I thoroughly enjoy helping Sr. Joyce with her book sales at different churches," said Barb.

"She offers the best selection of books and CDs to nourish your spiritual growth!"



Barb is active at Our Lady of Perpetual Help Parish as a member of the Spirituality and Worship Commission of the Parish Pastoral Council. She also serves as an usher with her husband.

At left, Barb is pictured the day before Bethany Retreat House's Autumn Tea fundraiser, where she helped with the set-up and final preparations. Barb brings a friendly, calm manner and get-the-job-done attitude to all her volunteer endeavors at Bethany. "It's a joy even to work inside the quiet, welcoming environment of Bethany Retreat House," she said.

It is a joy for us to be blessed with a volunteer like Barb who shares her time and talents so generously. Thank you, Barb! We are very grateful for all you do to help us to fulfill our mission at Bethany Retreat House.