



I am interested in joining a  
**D r e a m G r o u p**  
 dates to be determined

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

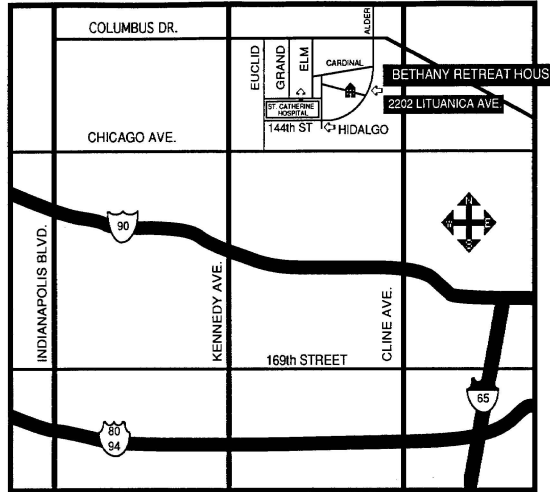
Phone: day (\_\_\_\_) \_\_\_\_\_

night (\_\_\_\_) \_\_\_\_\_

cell (\_\_\_\_) \_\_\_\_\_

Additional groups may form if interest warrants.

**Bethany Retreat House**  
 2202 Lituanica Avenue  
 East Chicago, IN 46312  
 219-398-5047  
 bethanyrh@sbcglobal.net  
 www.bethanyretreathouse.org



*From I-80/94 & I-90 in Indiana*

Take Cline Ave. north  
 Take Columbus Drive exit. Turn Left  
 Left at 2nd light (Alder St.)  
 Right at 2nd stop sign (Lituanica Ave.)

*From Chicago*

Take Skyway to Indiana Toll Road  
 Take Toll Road exit #10, Gary airport/Cline  
 North on Cline Ave.  
 Take Columbus Drive exit,  
 Turn left onto Columbus  
 Left at 2nd light (Alder St.)  
 Right at 2nd stop sign (Lituanica Ave.)

*From Chicago Avenue*

North onto Euclid  
 Right onto 144<sup>th</sup> Street  
 Left onto Hidalgo (1 block past hospital)  
 Right onto Lituanica

*From Indianapolis Blvd.*

East onto Columbus Drive.  
 Right onto Alder  
 Right onto Lituanica (2<sup>nd</sup> stop sign)

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Join a  
**D r e a m**  
**G r o u p**  
 at  
**Bethany Retreat House**

Suppose someone told you there was something that spoke to you every night. It always presented you with truth about your own life and soul, was tailor-made to your individual needs and particular life-story, offered to guide you throughout your lifetime and connect you with a source of wisdom far beyond yourself – and is absolutely free! That’s exactly the way it is with dreams. To live paying attention to dreams is to live as a person who is under instruction.

John A. Sanford  
*Dreams and Healing*

Life constantly strives to bring about unique and new forms. In the heart of the unconscious lies the deep instinct to bring about a unique, whole personality in each of us. Carl Jung called this the urge to individuation. Contemporary Christians recognize this movement as the Holy Spirit within, guiding us each to wholeness. Dreams are an important and reliable way to be in touch with the unconscious and the invitations of God in our life.

Dream work is a process of attention to a dream. The trouble with dreams is that the truths they offer come to us in symbolic language. Dreams need to be tended and worked with till they reveal their meaning. The Bethany dream group will give participants a way of doing dream work 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.

Regular and consistent participation in the group is important for the integrity of the group and for building the trust required for shared dream work.

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

A Jewish Sage

## Details

Date: To be determined

Time: 6:30-8:30 p.m.

Fee: \$20 per session

Facilitator: Sister Joyce Diltz, PHJC

Sister Joyce Diltz, PHJC, director of Bethany Retreat House, has been working with dreams for 30+ years, both in her own life journey and in the ministry of spiritual direction and retreats. She has studied dream work with Fred Maples, Jeremy Taylor, Dean Franz, and Patricia Brockman and is a graduate of the Haden Institute Dream Leader Training Program.

Sister Joyce welcomes dreams as gifts of God through the unconscious to guide us to wholeness and to holiness. To benefit from the dream, we need to be attentive to it, tending it gratefully and letting it guide our daily living. In doing so, we grow in relationship with God who loves and guides us each uniquely through our dreams.

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. Dream work 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 Retreat House

Christians know Bethany as the home of Martha, Mary, and Lazarus, a place of hospitality where Martha served Jesus with care and devotion. Away from the demands of public life, Bethany was a place of intimacy where he and his friends could share their faith, their dreams. In Bethany Mary enjoyed sitting at Jesus' feet and was, as woman, called a disciple. In Bethany Jesus raised Lazarus to new life. To Bethany Jesus went for comfort and friendship before his passion.

Like its namesake, Bethany Retreat House is a place apart for intimacy with Jesus. It offers hospitality and nurture, wholesome food for one's body-person, beauty to nourish one's spirit, and encouragement of and careful listening to one's inner self. Bethany is a place of new life where wounded parts of ourselves are cared for and where discipleship is nurtured and affirmed.

The foundress of the sisters of the Poor Handmaids of Jesus Christ lived her life guided by and in communion with the Holy Spirit whom she called “the voice within.” Blessed Mary Katherine Kasper's attentiveness to this inner voice led her to build a “little house” as a place of prayer and Christian service. In the Poor Handmaid tradition of simple, caring presence, Bethany Retreat House is a “little house” in the city where people find quiet space and help in learning to recognize and respond to the “voice within.”

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