

Please register me for the
six-session



Journal Group

the third Tuesday of the month
from 9:30 a.m. to 12:30 p.m.

September 15, October 20, November 17, 2015

January 19, February 16, March 15, 2016

Name _____

Address _____

E-mail _____

Phone: day (____) _____

night (____) _____

cell (____) _____

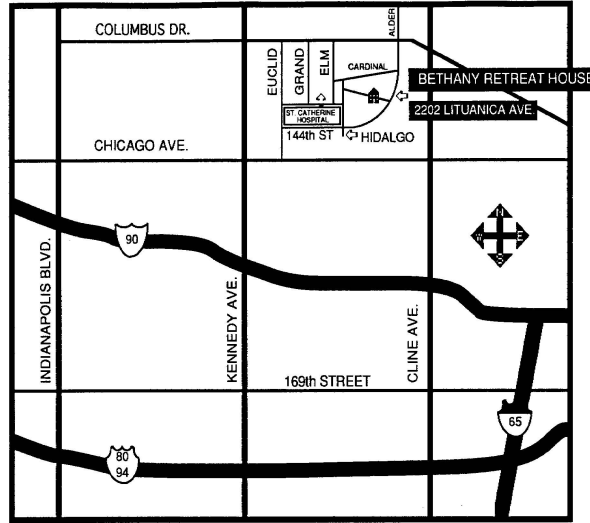
Registration fee of \$10 enclosed,
applicable towards first session.



Bethany Retreat House

2202 Lituania 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 light (Alder St.)

Right at 2nd stop sign (Lituania Ave.)

From Chicago

Take Skyway to Indiana Toll Road. Pay toll.

Take exit #10, Cline Ave. (Do not take exit #3)

Exit Cline Ave. at Columbus Drive

Turn left onto Columbus

Left at light (Alder St.)

Right at 2nd stop sign (Lituania Ave.)

From Chicago Avenue

North onto Euclid

Right onto 144th Street

Left onto Hidalgo (1 block past hospital)

Right onto Lituania

From Indianapolis Blvd.

East onto Columbus Drive.

Right onto Alder

Right onto Lituania (2nd stop sign)

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Join a six-session Journal Group

with

Sister Joyce Diltz, PHJC

at

Bethany Retreat House

September 15, October 20, November 17, 2015

January 19, February 16, March 15, 2016

from 9:30 a.m. to 12:30 p.m.



Journal Writing

The journal is an important resource for spiritual growth. The more we know ourselves, the more we are able to live in freedom, free from compulsions and from inner blindness. Journaling is a prime tool to help us do the reflection that fosters self-knowledge, inner freedom, and conscious living. Journaling helps us discover and embrace God who is present in our human experience.

We come through journaling:

- to know ourselves in new ways
- to ask for help in this new awareness
- to own our weakness/sinfulness and to pray for forgiveness, healing, and integration
- to stand in awe of ourselves and to share God's delight about us
- to awareness of the life that is in us, more deep and rich and beautiful than we could have believed possible

Journal Group

For both beginning and seasoned journal keepers alike, this journal group offers the opportunity to do guided journal writing in a supportive community.

Each session will begin with a check-in of participants followed by a seasonal opening prayer and guided journal exercises. Time will be provided to share one's writing, but no one will be pressured to share beyond what he or she finds comfortable. There will be a short break and refreshments, and the session will close with prayer. The fee for each session is \$20.

Fee: \$20 per session

Registration: Please send registration form and \$10 fee to Bethany Retreat House to reserve your place in the group.

Some partial scholarship assistance is available to help those who would otherwise be unable to participate.

The journal puts us in touch with the mysteries of life, with a dimension bigger than ourselves.

Sr. Joyce Diltz, PHJC

Sister Joyce Diltz, PHJC

A sister of the Poor Handmaids of Jesus Christ since 1965, Sister Joyce is currently the director of Bethany Retreat House. She marvels at the wholeness of life and at God using all of creation and life experience to be in communion with us.



In her work with individuals and with groups, she helps people discover and embrace God present in daily life, drawing from a variety of approaches to do so.

She holds a Masters degree in Christian Spirituality from Creighton University (1977) and a

Doctor of Ministry degree in Spiritual Direction from the Graduate Theological Foundation (1992). She is a graduate of the Haden Institute Dream Leader Training Program (2009). Sister Joyce holds membership in Spiritual Directors International and co-chairs the Michiana Spiritual Directors Network. She has been keeping a journal for 43 years.

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. Specializing in ongoing spiritual direction, daytime silent retreats, dreamwork, and reflection groups, 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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