

# The Shalom Spirit

A Newsletter from Shalom Spirituality Center

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### 2014 Retreat and Workshop Directors

- Fr. Richard Ament
- Vince Hatt
- Macrina Wiedekehr OSB
- Fr. Diarmuid O'Murchu
- Fr. Norman Comtois OMI
- Helene Cote pm
- Brother Don Bisson FMS, D.Min

### 2013 Shalom Shenanigans Recap

Celebrating 25 years  
1989 - 2014

AND

announcing our NEW name



The Sisters of St. Francis established Shalom Retreat Center in 1989 thanks to the efforts of Marie Therese Kalb OSF (left), and three other hardworking Franciscian sisters. Sister Marie Therese served as director from 1989 – 2001. Margaret Jungers OSF was director from 2001 – 2011. Marci Blum OSF is the current director.



## FROM THE DIRECTOR

Dear friends and benefactors of Shalom,



We treasure your friendship and support in our spiritual ministry to all who enter our doors, and we appreciate your kindnesses extended to us.

Truly this new year brings changes to Shalom in many ways, thanks to your generous spirit to us. Our Center has a **new name**. Shalom

Advisory Board and our Franciscan leadership team approved the change of name from Shalom Retreat Center to Shalom Spirituality Center. In discussion and discernment, the board and staff thought the word, "spirituality" describes our ministry in the 21st century. We are a spiritual center offering programs with a focus on a wholistic spirituality of mind/heart/body/spirit. We offer retreats and more.

You will see our posted signs and letterheads saying Shalom Spirituality Center with our **new logo** signifying "shalom." Shalom is a Hebrew word in Scripture that means "peace." May our guests find a peaceful atmosphere at Shalom.

2014 is a significant year for us, as Shalom as a retreat center was established on January 4, 1989. Our 25th anniversary includes all kinds of celebrations and programs. Below is a list of events.

SHALOM'S 25 <sup>TH</sup> ANNIVERSARY EVENTS
<b>25<sup>TH</sup> ANNIVERSARY KICK-OFF MASS</b> with Archbishop Jackels, social following Sunday, Jan. 12, 3:00pm
<b>Sunday Souposiums</b> - Soup/bread/reflection by speaker Sundays, Mar. 9, 16, 23, 30, April 6, 13, 5:00 - 6:30pm
<b>Vince Hatt</b> - Experiencing the God of Our Longing Retreat Saturday, April 26, 9:00am - 3:00pm
<b>Dubuque Old House Enthusiasts Tour</b> at Shalom Saturday & Sunday, May 17 - 18, 10:00am - 5:00pm
<b>"Shalom Comes to Your Neighborhood"</b> Wednesday, August 13, 6:30 - 8:00pm
<b>Shalom Peace Musical Concert</b> with dinner Monday, Sept. 22, 6:00 - 9:00pm
<b>Franciscan Pilgrimage</b> with Fr. Tom Hartl OFM Monday, Sept. 29 - Wednesday, Oct. 8
<b>11th Annual Shalom Shenanigans</b> Friday, Oct. 24, 5:30 - 9:00pm
<b>Canticle of Creation</b> by the Franciscan Charism Team Monday, Nov. 10, 6:30 - 8:30pm
<b>Advent/Christmas Musical Night</b> with dinner Monday, Dec. 15, 6:00 - 9:00pm

We now have the ADA accessible front door with push button for our guests to enter our building. This is much needed for those with disability to safely and comfortably enter our doors.

Last year we were able to install **central air-conditioning** in 37 bedrooms on 2nd and 3rd floor northwest wing. And, to date, we have replaced 63% of our 100+ year-old windows. It was due to you, our benefactors. In 2014 we are planning to install central air to 15 bedrooms, two conference rooms, small chapel and hallways as well as a new fire alarm system.

Many have asked about wireless at Shalom so we have now **expanded wireless access** to more areas of our building.

At Shalom we focus on spiritual ministry, yet we need to provide a comfortable environment for our guests. We are grateful for the blessings we have received. A closing thought from St. Francis of Assisi, "*Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.*"

Shalom and all good,

*Sr. Marci*  
Sr. Marci Blum, Director  
and the Staff of



## TAIZE PRAYER

1<sup>ST</sup> THURSDAY EACH MONTH • 7:00 - 8:00pm  
in the beautiful Shalom Chapel

**Monthly Musicians:** Jim Brimeyer, Carol Hemesath OSF and Marie Therese Kalb OSF. Guest musicians TBA.

Thursday, Jan. 2	"New Beginnings"
Thursday, Feb. 6	"We Are All God's People"
Thursday, Mar. 6	"Jesus Send Us"
Thursday, April 3	"Behold the Wood (Lent)"
Thursday, May 1	"Sing Praises All You People"
Thursday, June 5	"Come Spirit of God"

Includes sung repetition of short refrains centered around a monthly theme, a Scripture reading, intercessions and shared silence around the cross. People of all faith traditions are invited.  
**Registration not required. Free will offering.**

## CENTERING PRAYER

Mondays, Jan. 20, Feb. 17, Mar. 17, April, 21, May 19, 7:00 - 8:00pm

**Facilitator: Marilyn Dansart**  
Join others in quiet, meditative prayer, discussion and support.  
**Registration not required. Free will offering.**

## Winter 2014 Programs & Retreats

### JustFaith MINISTRIES:

#### Engaging Spirituality Leadership Training

Saturday, Jan. 11,  
9:00am - 3:00pm

**Presenter: Susie Paloma, JustFaith Ministries Board**

**Member & Regional Animator**

This day is a regional training session for all those interested in learning more about the JustFaith Ministries Engaging Spirituality program. In the morning, Susie will lead an Engaging Spirituality session and answer questions about the program. The afternoon will be dedicated to those interested in co-facilitating an Engaging Spirituality group in your parish, congregation, or other group.

**Offering: Morning only (no lunch): \$15;  
Morning & afternoon, including lunch: \$40**

*Register/prepay by Wednesday, Jan. 8.*



### SHALOM'S 25<sup>TH</sup> ANNIVERSARY SUNDAY MASS

Sunday, Jan. 12, 3:00pm

Archbishop Michael Jackels will be the presider and homilist at our kick-off event to celebrate Shalom's 25th anniversary. The 3:00 p.m. Sunday Mass on January 12 will be in the large chapel with a social following. All are welcome to celebrate Shalom's 25th!  
*Registrations are requested by Wednesday, Jan. 8.*

### HONORING THE LEGACY OF MLK JR.

Tuesday, Jan. 21, 7:00 - 8:30pm

**Presenters: Pat Farrell OSF & Mary Sawyer**

This week as we honor the memory of Martin Luther King Jr., let us gather to reflect on his legacy of non-violence and look at how we can practice active non-violent resistance in our world today.

Our evening's presenters have had considerable personal experience in the area. Mary initiated and taught African American studies at Iowa State University where she also focused a great deal on the legacy of MLK Jr. Pat experienced living in Chile under the violence of the Pinochet dictatorship there, and also experienced the civil war in El Salvador where she exercised non-violent resistance. She has since given numerous workshops on non-violence.

**Offering: \$10. Register/prepay by Friday, Jan. 17.**

## WRITING LIFE STORIES

Mondays, Jan. 27, Feb. 10, 24, Mar. 10  
2:00 - 4:00pm

**Instructor/Facilitator: Eileen Miller OSF**


Designed to remember and record life stories 1) for the fun of it, 2) for the enjoyment of posterity, and 3) to reflect on what has shaped one's life thus far, the series offers direction and tips for writing life stories. This writing is different from journaling and does not constitute an entire autobiography, although the writing is autobiographical in nature. It is do-able by anyone, with or without writing experience. Anyone who can tell a story can write a story. Guaranteed to be enjoyable - and a little work!

**Offering: \$40/series.**

*Register/prepay by Wednesday, Jan. 22.*

## READING THAT MATTERS

**Book Discussions** - We continue our discussions on books that can impact how we look at our world and the people in it. All are welcome to join us in reading and discussing the following books over a cup of coffee.

 **GIRL IN TRANSLATION** by Jean Kwok  
Tuesday, Jan. 28, 7:00 - 8:30pm  
**Facilitator: Eileen Miller OSF**

Jean Kwok was born in Hong Kong and as a child immigrated to Brooklyn, where she worked with her family in a sweat shop. This novel is based on that experience. It has been called a "heart-wrenching look at the challenges of immigrant life and family interactions." Told from the perspective of a young girl, the reader begins to understand the reality of immigrants' dreams lost (or deferred) and of the responsibilities felt by a child who is the sole English speaker in the family.

**Offering: \$6. Register by Monday, Jan. 27.**

**Note:** Another Reading That Matters book discussion is set for March 18. See details on page 5.

## FAITH SHARING - Bridges to Contemplative Living (8 weekly sessions)

Thursdays: Jan. 30, Feb. 6, 13, 20, 27,  
Mar. 6, 13, 20, 2:00 - 3:30pm

**Facilitator: Marci Blum OSF**

We will engage in faith-sharing, using the book *Bridges to Contemplative Living with Thomas Merton*. Through reflection on our ordinary experiences with the writings of Thomas Merton, prayer and quiet, we will focus on living contemplatively in the midst of our busy and active lives. We begin with the topic "Becoming Who You Already Are."

**Offering: \$40 for 8-session weekly series. Includes the book, beverage & snacks. Register by Friday, Jan. 24.**



## Spirituality of Presence Retreat (#1 of 4)

### INSPIRATION:

#### A Blend of Yoga and Meditation

Saturday, Feb. 1, 9:00am – 3:00pm

**Presenter:** Deb May, well-known Dubuque area yoga instructor with over 13 years of experience.

Experience meditative body practices with presentations and exercises.

**Offering:** Commuter – \$40, includes lunch.

**Overnight stay available for \$32 per night.**

*Register/prepay by Monday, Jan. 27.*



#### VALENTINE EVENING FOR MARRIED COUPLES

Love, Love and Love Some More!

Sunday, Feb. 9, 6:00 – 8:00pm  
Mass at 5:00pm

**Presenters:** Kevin & Valorie Schmitt

It's the season to celebrate your love! Join other couples in the Shalom dining room for our annual Valentine candlelight dinner. We promise wonderful food and a good time. Following dinner, Kevin and Val will reflect with you on one of their favorite topics: Love! For those who wish to attend, the 5:00 Sunday Eucharistic Liturgy will include an opportunity to renew your loving commitment to your spouse.

**Offering:** \$46/couple.

*Register/prepay by Wednesday, Feb. 5.*

#### DAYS OF QUIET & PRAYER (4 monthly sessions)

**BOOK – Immortal Diamond by Richard Rohr**

Wednesdays, Feb. 12, Mar. 12, Apr. 9, May 14  
9:30am – 2:30pm (9:15am – continental breakfast)

**Facilitator:** Eileen Miller OSF

*Immortal Diamond* explores the deepest questions of identity, spirituality and meaning. Someone has said that reading Richard Rohr is like sitting around the tribal fire, listening to the village elder give words to that which we've always known to be true but didn't know how to articulate. This book is profound, intelligent, wise and passionate, continuing Rohr's great work in showing us what vibrant, Jesus-centered faith looks like. Although it is not necessary to have read one to appreciate the other, if you liked his *Falling Upward*, you will love this book.

**Offering:** \$80/4-session monthly series. Includes book, program, materials, lunch & private room.

*Register/prepay by Friday, Jan. 31.*

#### EMBRACING LIFE After the Death of a Spouse or Significant Other

Saturday, Feb. 15; 8:00am – 3:30pm

**Team:** Barbara Meloy Callahan, Diane Fasselius, Pat Pierce, Jim Swenson and Marci Blum OSF

Gather with others who have lost a spouse and share experiences of loss, grief and healing. Topics include: coping with loss, making adjustments, dealing with fears, surviving and thriving.

**Offering:** \$40. Includes continental breakfast and lunch. *Register/prepay by Monday, Feb. 10.*

#### LUNCH & LEARN:

##### Yoga to Relieve Low Back Pain

Wednesday, Feb. 19, 12:00 – 1:00pm

**Presenter:** Deb May, Certified Yoga Instructor

Join us for a nutritious lunch, and learn chair yoga practices that will give your lower back some nourishing attention to relieve pain and tightness. Yoga helps to build strength and improve mobility.

**Offering:** \$13. *Register/prepay by Monday, Feb. 17.*



#### ST. CATHERINE OF SIENA AND GOSPEL POVERTY

Tuesday, Feb. 25  
7:00 – 8:30pm

**Presenter:** Most Rev. Archbishop Michael Jackels

Archbishop Jackels was installed in April 2013 to lead the Archdiocese of Dubuque, having served as bishop of Wichita.

In light of Pope Francis' call to poverty and the spiritual Franciscan heritage of Shalom, Archbishop Michael Jackels, Archbishop of Dubuque, will present on St. Catherine of Siena in living her value of gospel poverty (shared life). St. Catherine, a Dominican tertiary, is one of the two patron saints of Italy, together with St. Francis of Assisi.

**Offering:** \$10. *Register/prepay by Friday, Feb. 21.*

#### HOW TO REGISTER

- Send check made payable to Shalom Retreat Center and include the event title, attendee(s) name, address & phone to: Shalom Retreat Center, 1001 Davis St., Dubuque, IA 52001.
- Pre-register by calling 563/582-3592, via email to: [info@shalomretreats.org](mailto:info@shalomretreats.org), or by clicking and completing the pre-registration link online at [www.shalomretreats.org](http://www.shalomretreats.org). Then mail your payment.
- **Note:** Your registration is not confirmed until payment is received. If you register after the deadline, a \$5 late fee will be assessed for events that include a meal. (\$2 late fee for breakfast programs.)



#### Sundays of Lent • 5:00 – 6:30pm

Each Sunday evening will begin with a simple SOUP/BREAD supper. It will be followed by some food for thought and discussion – based on values that begin with a specific letter of the word “SHALOM.”

**Free will offering.**

**Presenters/Leaders, Soup and Bread Makers are as follows:**

**S** “The Biblical meaning of the word SHALOM” – Shalom’s roots run deep  
Sunday, March 9 • Fr. John Haugen

**Soups:** Jan Cody and Dee Maahs – Beef Barley & Turkey Noodle. **Bread:** Sr. Bertha Kruse.

**H** “Shalom – A Place of Outrageous Hope”  
Sunday, March 16 • Sr. Nancy Schreck  
**Soups:** Gwen Nilles and Family – Minestrone & Chicken Vegetable. **Bread:** Sr. Marian Klostermann.

**A** “Shalom: Announcement in Word and Action”  
Sunday, March 23 • Deacon Jim Thill

**Soups:** Marge Huber and Frank Miller – Chicken-Rice & Bean Soup with Ham.  
**Bread:** Mary Anne Miller.

**L** “ShalLom: Life, Longing, and Love”  
Sunday, March 30 • Amanda Osheim  
**Soups:** Srs. Dolores Ullrich and Theresa Jungers – Italian Potato & Sausage & White Chicken Chili. **Bread:** Sr. Marci Blum.

**O** “The Circles of our Lives: A Meditation in Photography and Words”  
Sunday, April 6 • Sr. Margaret Wick and Sr. Phyllis Manternach

**Soups:** Srs. Eileen Miller and Pat Doody – NY Clam Chowder & African Peanut. **Bread:** Sr. Marge Staudt.

**M** “Shalom: The Mystery and the Mission”  
Sunday, April 13 • Dave Cushing  
**Soups:** Margie Gassman – Tortellini & Bean;  
**Bread:** Margie Gassman

#### ASH WEDNESDAY RETREAT DAY

Wednesday, Mar. 5, 9:00am – 4:00pm

**Director:** Fr. Richard Ament

Turn to page 10 for complete details.

#### USING LECTIO DIVINA WITH THE LENTEN GOSPELS

Thursdays, Mar. 6, 13, 20, 27, April 3, 10, 17  
7:00 – 8:00am

**Facilitator:** Marci Blum OSF

Lent is a special time for spiritual reflection. On Thursdays, 7:00 – 8:00 a.m., we will gather for Lectio Divina. Lectio Divina is reflecting and praying with the Bible, using the Sunday Lenten Gospels. Bring your Bibles. Participants can choose one or all sessions of this series.

**Offering:** \$4/session.

*Register by noon the day prior to each session.*

#### AN IRISH CELEBRATION

Irish Identity: Past, Present and Future

Tuesday, Mar. 11, 6:30 – 8:30pm

**Presenter:** Dave Cochran

Soon it will be St. Patrick's Day, so join us for this early celebration of Irish food and heritage! Our dietary department will provide us with a wonderful Irish dinner. We may even throw in a few Irish tunes to enhance your dining experience! Following dinner, Dave Cochran, who is involved in Irish programming at Loras College, will speak on “Irish Identity: Past, Present and Future.” It promises to be a good time for all those of Irish descent as well the Irish wannabes among us!

**Offering:** \$23. *Register/prepay by Thursday, Mar. 6.*

#### READING THAT MATTERS Book Discussion

*I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban*

by Malala Yousafzai and Christina Lamb

Tuesday, Mar. 18, 7:00 – 8:30pm

**Facilitator:** Eileen Miller OSF

Malala is an extraordinarily intelligent and talented girl with a passion for learning and a deep compassion for others. Published in late 2013, this is her story as well as that of her loving family, especially her father, an educator and activist dedicated to the betterment of his community. In addition, the book includes a view of the Pashtun people from the Swat Valley of Northern Pakistan, their culture, their religion, their politics, their values, and the geography of the land on which they live. A must-read for those interested in cultures and values beyond our own.

**Offering:** \$6. *Register by Monday, Mar. 17.*



## SHALOM SPRING BREAKFAST And Wisdom Played...

Wednesday, Mar. 19, 7:00 – 8:00am  
Mass at 8:15am

**Presenter: Meg Gemar OSF**

It's almost spring and time to "dance in the meadow and play in the fields!" But before you do that, come for a delicious, nutritious breakfast and reflect with Meg on the idea of "Wisdom playing" – no doubt with a touch of the cosmology and spirituality that is her passion.

**Offering: \$9.** Register/prepay by Monday, Mar. 17.

## MAY THE SPIRIT BE PRESENT & ACTIVE! A Reflective Day of "Art Making"

Saturday, Mar. 29, 9:00am – 3:00pm

**Presenter/Instructor: Jo Myers-Walker**

Creativity is how we live our lives, not so much about what we paint, sing, dance or write. "Art making" is a waterway to awaken our truth, our dreams. Through it, we find a different point of view regarding who we are. Jo says, "Leaving our busy lives for a day, we will allow the Spirit to flow through our journal making, using watercolors, pencils, markers etc. We will play with symbols, words and colors." Art supplies will be provided, and participants will leave with several pages filled with Spirit-filled creativity.

**Offering: \$70. Includes class, art supplies and lunch.** Register/prepay by Tuesday, Mar. 25.

## T'AI CHI CHIH CLASSES

Wednesdays, April 2, 9, 16, 23, 30, May 7  
8:30 – 9:15am

**Instructor: Marian Klostermann OSF**

T'ai Chi Chih is a series of 20 movements that are slow, gentle, and easily done by anyone regardless of age or physical condition. By circulating and balancing the "chi" or vital energy within us, the T'ai Chi movements promote physical, mental, emotional and spiritual harmony and wellbeing. Marian has practiced and taught T'ai Chi for more than 25 years. T'ai Chi Chih is a modified form.

**Offering: \$45 for six sessions.**

Register/prepay by Friday, March 28.

### RESERVATION & REFUND POLICY

Refunds will be given only if requested, provided the refund request is received three days before the event. Refunds are subject to a \$5 handling charge for costs incurred (clerical, postage, etc.).

**Note:** Retreats require a non-refundable deposit, which is credited to the retreat offering.

## ST. FRANCIS & POPE FRANCIS

Tuesday, April 1, 7:00 – 8:00pm

**Presenters: Ginny Heldorfer OSF & Lisa Schmidt, Members of the Dubuque Franciscan Charism Team**

Pope Francis is like St. Francis of Assisi in more than name. Ginny and Lisa have woven together a program comparing the values, actions and life-styles of these two very influential men, one from the 13th century and the other from the 21st century. Their presentation is both refreshing and inspirational.

**Offering: \$10.** Register/prepay by Monday, Mar. 31.

## LUNCH & LEARN

### Yoga – Relief for Neck and Shoulders

Wednesday, April 2, 12:00 – 1:00pm

**Presenter: Deb May, Certified Yoga Instructor**

Many people carry their tension their neck and shoulders. Come, learn some gentle, effective yoga stretches to ease that tension and help improve range of motion. And, of course, also enjoy a tasty lunch!

**Offering: \$13.** Register/prepay by Monday, Mar. 31.

## SHALOM'S ANNUAL ADMINISTRATIVE PROFESSIONALS LUNCHEON

Wednesday, April 23, 11:30am – 1:00pm

**Presenter: Paul Hemmer**

Bring your office staff to our annual salute to the wonderful people who are really the heart and soul of what happens within your organization. Let us honor these good folks with a scrumptious lunch, followed by a tribute to them given by Dubuque's own Paul Hemmer.

**Offering: \$11.** Register/prepay by noon, Friday, April 18.



### Retreat Day

## EXPERIENCING THE GOD OF OUR LONGING

Saturday, April 26

9:00am – 3:00pm

**Director: Vince Hatt** – Vince Hatt has been a spiritual director, program presenter, and retreat director for 50 years. He was

on staff at Shalom Retreat Center from 1991–1993. He retired as Director of Franciscan Spirituality Center, La Crosse, WI in 2011 after 18 years on the staff and continues to do spiritual direction and facilitate men's groups.

Most of us grew up with an "elsewhere God." God was somewhere out there. Our lives have been a journey to find this elsewhere God. Where are you, God? Often the response is silence. The day includes discussion, reflection and sharing.

**Offering: \$25, includes lunch and snacks.**

Register/prepay by Tuesday, April 22.



## SHALOM'S ANNUAL CELEBRATION OF GERMAN FOOD & MUSIC

Tuesday, April 29, 6:30 – 8:30pm

**Musicians: Dave Overby & Friends**

Once again our dietary department will be cooking and baking those mouth-watering foods, preparing to serve you a German-style feast. And also once again, Dave Overby and his friends will be on hand with their wonderful, lively, toe-tapping music. Don't miss it! This event tends to fill quickly, so register early.

**Offering: \$23.** Register/prepay by Thursday, April 24.

### Spirituality of Presence Retreat (#2 of 4)

## MANDALAS: Mirror to Your Soul

Saturday, May 3, 10:00am – 4:00pm

**Presenter: Mary Hauber OSF** – Mary, a Dubuque Franciscan, has been drawn to mandalas as a creative form of prayer for over 30 years. Mary is a creative piano teacher in the Waterloo area and is a native of Dubuque.

Mandalas are an expression in art as one meditates on their spiritual journey. Join her in discovering your God and yourself in this spiritual adventure.

**Offering: Commuter-\$40, includes lunch.**

**Overnight stay available for \$32 per night.**

Register by Tuesday, April 29.



## SHALOM'S ANNUAL MOTHER/ DAUGHTER EVENING:

### From Generation to Generation

Thursday, May 8, 6:30 – 8:30pm

**Presenter: Jayne Schuster**

Invite your mother, daughter(s), or anyone who fills those roles in your life to our annual pre-Mother's Day celebration of the generations! As always, we will begin with a lovely dinner. Following the meal, Jayne will reflect on how, through their experiences and values, women from generation to generation shape one another's lives.

**Offering: \$23/adults, \$12/girls age 12 and under.**

Register/prepay by Monday, May 5.

## RETREAT DAY FOR 7<sup>TH</sup> & 8<sup>TH</sup> GRADE BOYS

Saturday, May 10, 10:00am – 4:00pm

**Director: Jim Swenson**

Spend a day sharing games, food, stories, fun and spirituality. There will be trivia contests, social competitions and open-ended discussions about what life means to this age group. Though structured to a point, the students will have a say in how the day progresses.

**Offering: \$40.** Register/prepay by Wednesday, May 7.

## FAITH SHARING – BRIDGES TO CONTEMPLATIVE LIVING

Mondays, May 12, 19, 26, June 2, 16,  
July 14, 28, Aug 11, 7:00 – 8:30pm

**Facilitator: Marci Blum OSF**

We will engage in faith-sharing, using the book *Bridges to Contemplative Living with Thomas Merton*. Through reflection on our ordinary experiences with the writings of Thomas Merton, prayer and quiet, we will focus on living contemplatively in the midst of our busy and active lives. We will use the booklet "Living Your Deepest Desire."

**Offering: \$40/8-session weekly series includes the booklet, beverage & snacks.**

Register by Tuesday, May 6.



## DUBUQUE OLD HOUSE ENTHUSIASTS TOUR

Saturday, May 17 & Sunday, May 18  
10:00am – 5:00pm each day

Shalom has been selected to be one of the historic sites in Dubuque. The 1881 Shalom building has interesting "nooks and crannies" to explore and the tour guides will lead throughout the building, giving an historic memory walk of groups occupying the building. All are welcome.

**Tickets: \$12.** For tickets or more information, call 563-599-9486 or email: [katherine.kluseman@gmail.com](mailto:katherine.kluseman@gmail.com).

## SHALOM'S ANNUAL PICNIC ON THE HILL

Thursday, May 22, Serving: 11:30am – 12:30pm  
Enjoy your lunch in our dining room or outside on our beautiful patio or deck.

**MENU:** Hamburgers, Brats, Baked Beans, Potato Salad, Cookies & Ice Cream, Lemonade, Ice Water and Coffee.

**Offering: \$9/adults, (\$4 for children age 10 & under accompanied by an adult).**

Register/prepay by Monday, May 19.

## SHALOM SUMMER BREAKFAST Summer Fun in Jesus Time?

Wednesday, June 4  
7:00 – 8:00am, Mass at 8:15am

**Presenter: Ann Wertz**

Ann's gentle and playful spirit (perhaps enhanced by the Loras students with whom she works?) leads her to wonder what Jesus may have done for warm-weather fun and relaxation. Join her for breakfast as she takes a look at the history of the time and muses on the possibilities!

**Offering: \$9.** Register/prepay by Monday, June 2.



## Spirituality of Presence Retreat (#3 of 4)

### WALKING THE LABYRINTH

Saturday, Aug. 9, 9:00am - 3:00pm

Presenter: Marci Blum OSF

The labyrinth, an ancient medieval practice of prayer, is a walking meditation. Walking the labyrinth clears the mind and gives insight. We will walk the labyrinth inside the building. Day includes presentation, opportunity to walk the labyrinth, quiet prayer and group sharing.

Offering: Commuter - \$40, includes lunch.

Overnight stay available for \$32 per night.

Register/prepay by Wednesday, Aug. 6.



### SHALOM COMES TO YOUR NEIGHBORHOOD

Wednesday, Aug. 13, 6:30 - 8:00pm

Let's have a party! Shalom Spirituality Center will be coming to your neighborhood with an ice cream party! Fun and licks for everyone! Join us on Kniest Street - the grassy area between East 21st and East 22nd Street. We'll have a sweet time!

Registration not required.



### CELEBRATE! CELEBRATE! DANCE TO THE MUSIC!

An Evening of

Musical Prayer and Spiritual Readings to Celebrate the 25th Anniversary of Shalom Retreat Center

Monday, Sept. 22, 6:00 - 9:00pm

Presenters: Carol Hemesath, OSF and Shalom Musicians "over the years"

Come join in a musical highlight celebration of the 25 years of Shalom's faithful service of calling people to God and to fullness of life. The evening will pay tribute to founders, leaders, and volunteers who have made Shalom a sacred place in a peaceful environment offering hospitality and hope, inspiration and challenge. This evening of celebration will praise God for His wonderful blessings to Shalom and all those connected with Shalom.

Offering: \$23, includes dinner and program.

Register/prepay by Thursday, Sept. 18.

### FRANCISCAN PILGRIMAGE IN ITALY



Monday, Sept. 29 -

Wednesday, Oct. 8, 2014

Fr. Tom Hartl OFM will be leading a group to Italy Sept 29-Oct 8, 2014. We fly from Chicago to New York City and arrive at Flumicino Airport in Rome. We will leave for Assisi to visit Francis of Assisi and Clare of Assisi's places of San Damiano, Basilica of St. Francis, the Portizuncola, the caves where Francis prayed in, La Verna, Basilica of St. Clare, Greccio and other places where Francis and Clare lived. We celebrate Mass daily at one of the sites. We will return to Rome to visit the Vatican and tour Rome. On the 10th day we depart for USA. Estimated cost of the land trip is \$1700 plus travel. More information forthcoming with flier.



### 11TH ANNUAL SHALOM SHENANIGANS

Friday, Oct. 24, 5:30 - 9:00pm

Mark your calendar and plan to join us for a delightful evening of food and fun.

Tickets: \$50. Register/prepay by noon, Friday, Oct. 17.

## Spirituality of Presence Retreat (#4 of 4)

### CENTERING PRAYER AND VISIO DIVINA

Saturday, Nov. 1, 9:00am - 12:30pm

1:00 - 3:00pm

Presenters: Marilyn Dansart: Centering Prayer (morning); Marci Blum OSF: Visio Divina (afternoon) Marilyn's presentation on Centering Prayer will include an explanation of the history, benefits, and the "how to" of Centering Prayer. Time will be given to a group experience of Centering Prayer followed by the opportunity to reflect on and ask questions regarding this prayer experience. Use of Scriptural images and stories will show the appreciation of contemplative prayer forms such as Centering Prayer.

Visio Divina, offered in the afternoon, will focus on "looking" at St. John's Collegeville Bible pictures. While lectio divina is a way of praying with Scripture, visio divina (Latin for "divine seeing") is a way of praying with images. This is a day for meditation, quiet time, praying with a Scriptural image from St. John's College Bible pictures and group sharing.

Offering: Commuter-\$40, includes lunch.

Overnight stay available for \$32 per night.

Register/prepay by Tuesday, Oct. 28.



### CANTICLE OF CREATION

Monday, Nov. 10, 6:30 - 8:30pm

Presenters: Ginny Helderfer OSF and

Lisa Schmidt, Franciscan Charism Team

Watch for details in our Fall newsletter.



### ADVENT/CHRISTMAS MUSICAL NIGHT with Dinner

Monday, Dec. 15, 6:00 - 9:00pm

Watch for details in our Fall newsletter.

### LIKE US ON FACEBOOK/ SHARE YOUR EMAIL ADDRESS



- Like us at:

<https://www.facebook.com/shalomretreats>

- Stay in touch by signing up to receive a

monthly e-newsletter. Send email to:

[kknepper@shalomretreats.org](mailto:kknepper@shalomretreats.org) OR

sign up via the "Contact Us" page on

Shalom's website: [www.shalomretreats.org](http://www.shalomretreats.org)

### SCAN SHALOM'S QR CODE

Scan this code with your smartphone to go directly to Shalom's website.



### THANK YOU!

Raising over \$34,000 and awareness of Shalom's mission, our 10th Annual Shalom Shenanigans was a great success. This October 25 event, which was held at Shalom, featured amazing silent and super silent auction items, a delectable dinner and delightful entertainment by the *JustVoices* a cappella singers.

Thanks ever so much to all benefactors and volunteers for your efforts in making this a fun and exciting celebration.

Be sure to mark your calendar and plan to attend our 11th Annual Shalom Shenanigans. This awesome event will be held on Friday, October 24, 2014 at Shalom.

### CONGRATULATIONS RAFFLE WINNERS

1st Prize - \$500: Kevin Casel

2nd Prize - KwikStar Gift Cards & Elite Car Wash gift cards valued at \$240: Kenny Nauman

3rd Prize - \$100 Theisen's Home · Farm · Auto gift card: Joanne Huss

Shalom Gift Basket (Highlighted Auction Item Raffle) - Terry Hilkin

## YOGA FOR HEALTH & WELL-BEING

Deb May, CYI, over 13 years experience

NEW students - First class is FREE

### YOGA - MIXED LEVEL *Beginners welcome!*

#### WEDNESDAYS, 9:30 - 10:30am

Jan. 8 - 29, 4 classes, \$32

Apr. 2 - 30, 5 classes, \$40

Feb. 5 - 26, 4 classes, \$32

May 7 - 21, 3 classes, \$24

Mar. 5 - 26, 4 classes, \$32

#### WEDNESDAYS, 4:30 - 5:40pm or 6:00 - 7:10pm

Jan. 8 - 29, 4 classes, \$36

Apr. 2 - 30, 5 classes, \$45

Feb. 5 - 26, 4 classes, \$36

May 7 - 21, 3 classes, \$27

Mar. 5 - 26, 4 classes, \$36

#### FRIDAYS, 9:30 - 10:30am

Jan. 10 - 31, 4 classes, \$32

Apr. 11 - 25, \* 2 classes, \$16

Feb. 7 - 28, 4 classes, \$32

May 2 - 23, 4 classes, \$32

Mar. 7 - 28, 4 classes, \$32

\* No class Apr. 4, No class on Apr. 18, Good Friday

### YOGA FLOW - Basic yoga experience required.

#### MONDAYS, 9:30 - 11:00am

Jan. 6 - 27, 4 classes, \$40

Apr. 7 - 28, \* 3 classes, \$30

Feb. 3 - 24, 4 classes, \$40

May 5 - 19, 3 classes, \$30

Mar. 3 - 31, 5 classes, \$50

\* No class April 21



### TO REGISTER

email: [yogacaredbq@gmail.com](mailto:yogacaredbq@gmail.com)

or call Deb at 563/556-7141

[www.yogacare.net](http://www.yogacare.net)

## Shalom Shenanigans

### GOLD Sponsors

Janann Manternach Donald Strausse

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Msgr. Francis Friedl Fr. Paul McDonald

Archbishop Daniel W. Kucera OSB



### SILVER Sponsors

Dubuque Bank & Trust, Dubuque Stamping & Manufacturing, Inc., Gretchen Fuerste & Fuerste Eye Clinic, Robert & Marilyn Hoefler, Kane, Norby & Reddick PC, Fr. Mark Nemmers, US Bank, David & Nancy Wahlert, Robert & Donna Wahlert, Weber Paper Company

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## 2014 RETREATS & WORKSHOPS

Cool Comfort – now offering zoned central air conditioning

TO REGISTER, send deposit to Shalom Retreat Center. This secures your reservation and is credited to the offering for the event.

### TOWARDS A HEALTHY CHRISTIAN SPIRITUALITY: Seven Sure Steps

Ash Wednesday, Mar. 5, 9:00am – 4:00pm



Fr. Richard Ament

Begin Lent with a preached retreat, time for reflection and quiet and participation in the Eucharistic liturgy. Fr. Dick Ament spells out how to live a Christian spiritual life using the word “healthy.” This leads us on our spiritual journey throughout Lent and beyond Lent in our lives. Note: Remember to bring along your Bible or a copy of the New Testament.

**Offering: \$40, includes lunch.**

Register by Wednesday, Feb. 26.

### EXPERIENCING THE GOD OF OUR LONGING

Saturday, April 26, 9:00am – 3:00pm



Director: Vince Hatt, former Shalom staff member

This retreat is one of many Shalom 25th anniversary events – see retreat details on page 6.

### ABIDE:

#### Keeping Vigil with the Word of God

Monday, June 9, 5:30pm –

Friday, June 13, 9:30am



Macrina Wiederkehr OSB

Our quest for God is daily in our ordinary lives. Macrina opens fresh ways of perceiving tradition. She moves beyond our yearning for God to ways to deepen our relationship with the Divine. This involves a respect for the mysteries of God, the practice of deep listening, and opening your heart to guidance. Daily Eucharistic liturgy.

- Benedictine monastic of St. Scholastica Monastery in Arkansas
- Author of many spiritual books
- Retreat director and spiritual guide

**Offering: Overnight \$450, Commuter \$430.**

**\$25 early bird discount if registered by May 9.**

*\$75 DEPOSIT.*

### WORKSHOP: The Changing Nature of Contemporary Spirituality

Monday, June 30, 9:00am –

Wednesday, July 2, 3:00pm



Fr. Diarmuid O'Murchu

In this workshop, Diarmuid O'Murchu will explore the changing nature of today's spiritual landscape, the new challenges that ensue, and the relationship between spirituality and religion in our time.

- Member of the Sacred Heart Missionary Order in England
- Social psychologist
- Social ministry in London as counselor
- Workshop leader and group facilitator
- Ministered in Europe, USA, Canada, Australia, India, Africa

**Offering: Overnight \$240, Commuter \$160.**

**\$10 early bird discount if registered by May 30.**

*\$50 DEPOSIT.*

### FRANCISCAN MYSTICISM and the New Cosmology

Sunday, July 6, 5:30pm –

Sunday, July 13, 9:00am



Fr. Norman Comtois OMI

The retreat will integrate the mystical insights of Francis of Assisi with new scientific theory and ecological understanding including our current environmental crisis. Participants will explore Francis' love of creation and its implications for our lives today. Thomas Berry and Brian Swimme's research will be integrated with Francis of Assisi's Cantic of Creation and Peace Prayer as guides.

Daily Eucharistic liturgy.

- Ordained priest for over forty years
- Prison chaplain, pastoral counselor
- Retreat and spiritual director
- Teacher of New Cosmology
- Consultant to the Earth Literacy Program at La Vista Ecological Learning Center

**Offering: Overnight \$480, Commuter \$450.**

**\$25 early bird discount if registered by June 6.**

*\$75 DEPOSIT.*

## 2014 RETREATS & WORKSHOPS – continued

### GROWING IN WISDOM & GRACE: A Spirituality for Every Day Living

Monday, July 21, 5:30pm –

Saturday, July 26, 9:00am



Helene Cote pm

We are invited to imitate Jesus and thus to grow in wisdom and grace. This retreat will focus on how to use the “stuff” of our every day lives to walk faithfully on this journey towards wholeness and holiness, balancing spirituality with psychology. Some of the topics presented will include remembering our blessings, naming our losses, learning to let go, claiming our personal vocation and rediscovering the value of “waiting.” Daily Eucharistic liturgy.

- Sister of the Presentation of Mary
- Educator and congregational leadership positions
- Studied in spirituality at the Pontifical Gregorian University in Rome and at Weston Jesuit School of Theology
- Spiritual director and retreat presenter
- Ministers at a center for healing & several retreat centers

**Offering: Overnight \$480, Commuter \$455.**

**\$25 early bird discount if registered by June 21.**

*\$75 DEPOSIT.*

### DETOXING THE GOD-IMAGE: Learning to Pray

Friday, August 1, 5:30pm –

Thursday, August 7, 1:00pm



Brother Don Bisson FMS, D.Min

In our spiritual life we are invited to let go of our distorted and broken images of God. When we do that, we experience healing and loving more deeply. This silent, guided retreat weaves contemporary psychology and spirituality to help participants love and feel more deeply loved by God. Daily Eucharistic liturgy.

- Marist brother from New York
- Spiritual director, trainer and supervisor of directors
- Graduate degrees in liturgy, spirituality and transpersonal psychology
- D.Min. in Spiritual Direction and Jungian Psychology

**Offering: Overnight \$500, Commuter \$470.**

**\$25 early bird discount if registered by July 1.**

*\$75 DEPOSIT.*

## PRIVATE RETREATS / SPIRITUAL DIRECTION

Private or directed retreats for individuals are offered year-round. The length of the retreat is flexible, and spiritual direction can be arranged.

Shalom provides a comfortable and peaceful setting for **spiritual direction**. Spiritual Directors are available for ongoing spiritual guidance. Suggested Offering: \$30/session. For more information, call Sr. Marci Blum at 563/582-3592.



**3 Licensed & Certified Massage Therapists**

Lisa Schmidt, Sharon Hoppenjan, Sr. Kay Forckenbrock

APPOINTMENTS: 563/690-0506

LOWER LEVEL OF SHALOM



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PSYCHOTHERAPY FOR ADULTS, COUPLES & PROFESSIONALS FACING EMOTIONAL, PHYSICAL & SPIRITUAL CHALLENGES

Many health insurance plans accepted.

## DISCOVER SHALOM'S GIFT SHOP

Shalom's gift shop offers **unique, reasonably priced gifts and greeting cards** for almost any occasion. Gifts include spiritual books by well-known authors, prayerbooks, Franciscan resource books, inspirational music CDs, Trappistine caramels, handcrafted wooden prayer bowls, Franciscan crosses, necklaces with Tau crosses and other crosses, children's books, and much more.



Gift certificates may be purchased and redeemed for Shalom programs or in the gift shop. **If you are looking for a unique gift**, consider purchasing a Shalom gift certificate for a program such as the Valentine Evening for Married Couples, German Celebration, Mother/Daughter Evening, or a seasonal breakfast. Gift Shop Hours: 8:00am – 4:30pm, Monday-Friday. Other times by appointment. Call: 563/582-3592. View online: [www.shalomretreats.org](http://www.shalomretreats.org).



# UPCOMING EVENTS

Your Center for hospitality, prayer, sacred space & spirituality  
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EMAIL: [info@shalomretreats.org](mailto:info@shalomretreats.org)



**A YEAR-LONG CELEBRATION**  
Be sure to turn to page 2 of this newsletter to check out all of Shalom's 2014 25th anniversary events.

- Please send the newsletter electronically.
- Please take me off your mailing list.
- Please note the address change.
- We receive duplicate mailings, please send only one to this address.

You may send this by mail, email: [info@shalomretreats.org](mailto:info@shalomretreats.org)  
or call 563/582-3592. *If mailed, please include your address label.*

## RESERVE OUR FACILITY OR ATTEND PROGRAMS & EXPERIENCE . . .

- Life-giving events & warm hospitality!
- Quiet, peaceful space
- Delicious home-cooked meals!
- Reasonable rates & free Wi-Fi
- 4 conference rooms and several small space meeting rooms
- Opportunities to build relationships with God, self and others
- Programs, retreats and gatherings to support spiritual growth for people of all faith traditions

Shalom's atmosphere of spirituality and peacefulness attracts many religious, non-profit, business, civic and educational groups/organizations.

The facilities, along with the service provided by Shalom's hospitable staff, offer an ideal setting for workshops, meetings, staff/board retreats, group development, quilting groups, spiritual gatherings, funeral dinners and more. Additionally, "Shalom on the Road" outreaching programming is available.

For more information regarding facility rental or outreach programming, call Sr. Marci Blum OSF at 563/582-3592, email: [mblum@shalomretreats.org](mailto:mblum@shalomretreats.org) or visit: [www.shalomretreats.org](http://www.shalomretreats.org).



Pat Doody OSF reflects on the "message" spring flowers have for us at the 2012 Spring Breakfast.



Fr. Don Georgen OP has led many retreats at Shalom. Many well known directors are scheduled to lead retreats at Shalom in 2014.