



IMMACULATE HEART RETREAT CENTER

HOPE

PEACE

HEALING

"I really didn't know what to expect. I thought it was going to be very religious, and I knew it was going to have spiritual renewal," began Tyler Stratton, when sharing his experience about a Youth retreat he recently attended. For Tyler, a 16 year old high school student, a retreat experience that begins as a journey into the unknown, quickly turns out to be a reawakening of God, spirituality, and learning the value of taking responsibility in one's life.



Tyler Stratton

Tyler's background and lifestyle is unique for a student his age. Having lived in Newport, Washington with his parents most of his life, Tyler now resides with his grandmother in Spokane to further his educational goals. "I wanted a better education and more opportunity. Newport has only 2,400 people. My new school is three times as large."

Moving to Spokane brought hardships that Tyler had not factored in. "It has been rough adjusting to a new school, and I was having trouble making friends. Staying with my grandparents is wonderful, but leaving my parents was really hard, and

not having my mom around is tough."

The Youth retreat helped Tyler to overcome his feelings of loneliness. "I was sure people didn't want to talk to me because I was new. During the group sessions, I discovered more people cared than I had figured."

Tyler goes on to discuss how the retreat helped him to go back into his memories of childhood and reconnect in the relationship he had with religion and his spirituality. "I used to be very religious when I was younger, and I started to lose this. Between the ages of 5 and 11, I attended a non-denominational youth group that met at our local Baptist Church. I remember accepting Jesus as my Savior. The Youth retreat helped me to start thinking about religion again and my spirituality."

When Tyler began to focus on how the Youth retreat helped him reconnect with God, he speaks more about the retreat

process, and how the Immaculate Heart Retreat Center facilitates this process. "We took a step back from everything. There were no electronics or outside distractions. We began to look at how God is active in our lives, and I began to realize how much God played a part in my everyday life. When my new friends and I took a break, we went walking the trails and taking pictures. The leaves were falling from the trees, and it was so peaceful and calm."

Upon asking Tyler if there was anything else that came up for him in the retreat process he replied, "I think about my actions more carefully. Now that I am more conscious about religion, I learned you can't hide from problems or situations. You have to confront them."

In conclusion Tyler says, "There was definitely a lot of love on this retreat. People being there for one another. I think the biggest thing I can do for others is provide a shoulder to cry on and recommend they go on a Youth retreat."

Give a Gift That Gives Again

Sponsors Club is an association of benefactors who provide assistance to youth retreatants and to those less fortunate. Your donation of \$120.00 a year will sponsor someone who needs to benefit from the retreat experience.

Spiritual Gifts

"There are different kinds of spiritual gifts but the same Spirit; There are different forms of service but the same Lord." 1 Corinthians 12: 4-5



Two wonderful events presided over by Bishop William Skylstad and hosted by Immaculate Heart Retreat Center, bring to life the Scriptural passage of 1 Corinthians 12: 4-5. Dedicated to honoring Vocations, the **Sister's Dinner with Bishop**, kicked off Sunday, January 21st with a lovely, Liturgical service in the Main Chapel, followed by a full service cocktail hour and fine dining. 64 Sisters from our Spokane Catholic Diocese attended and a 7 volunteer wait-staff exclaimed they had the best time serving this fun crowd.



After serving a large crowd of retreatants during Ash Wednesday's Day of Prayer, IHRC hosted Serra Club's, annual **New Member Induction Ceremony**. Attended by 50 Serrans, the evening began with an exquisitely

Experience the Immaculate Heart of Mother Mary.
Gather your family. **Dine** with us.

IMMACULATE HEART RETREAT CENTER



ANNUAL MOTHER'S DAY CHAMPAGNE BRUNCH

Sunday, May 13 th
9:00 am – 2:00 pm

Enjoy All You Can Eat Bountiful Feast

- ♥ Assortment of delicious Pancakes
- ♥ Roast Beef and Honey Glazed Ham
- ♥ Spanish Omelet Casserole
- ♥ Delightful desserts

Adults \$20.00 Children 12 & Under \$6.00.
Phone for Reservations 509-448-1224

prepared salmon dinner, followed by Mass and Induction service in the Main Chapel. Bishop William Skylstad, celebrant and leader, blessed Serra Clubs' new members, before graciously completing the evening with a one hour spiritual presentation and open forum discussion.





PROGRAM GUIDE

RETREATS

TESTIMONIAL

LIVING THROUGH GRIEF

Facilitated by Stan Malnar and Team

A series of weekend retreats that will help you discover how to move through the grieving process and receive Gods' gifts of forgiveness, reconciliation and healing.

Join Fr. Stan Malnar, his team of physicians, chaplains and end of life practitioners as they facilitate the **Living Through Grief** Retreat series. Workshops will include presentations and discussions on "Meeting our Grief – Calling out the Collective", "Biology of Grief", "Forgiveness", "Hope for Tomorrow" and more.

April 27 – 29 June 1-3

Facilitators

- *Fr. Stan Malnar – Sacred Heart Hospital Physician & Catholic Priest
- *James Shaw, MD – Providence Center for Faith and Healing, Medical Director
- *Gina Drummond – Hospice of Spokane, CEO
- *Ann Hurst, MA – Hospice of Spokane, Chaplain Manager
- *Sheryll Shepard - Hospice of Spokane, Staff Chaplain
- *Pierre Soffe, MD – Hospice of Spokane, Medical Director
- *Diane Hermanson, JD, MSW, LICSW – Hospice of Spokane, Director of Admissions and Social Services
- *Deacon John Ruscheinsky - Hospice of Spokane, Volunteer Chaplain

Generally, my life is fairly positive. I came to the **Living Through Grief** Retreat hoping to help my daughter, who is in the midst of a painful divorce.

I was looking for useful techniques that could help her cope, and learn how to help others in a crisis situation. From the grief panel, I definitely found what I was looking for.

I learned I can help others have **Hope** by just being present, willing to listen and not being judgemental. I now understand there is always **hope**, even if a problem can't be fixed. I know I can't fix my daughter's problem, but I now have **peace** knowing she is in God's hands

Anonymous

Sponsorship Applications

Full or partial sponsorships are available for any scheduled retreat courtesy of our Sponsors Club members. For more information or to receive an application call (509)448.1224.

You are welcome to attend a single retreat or all three.
Cost for each retreat is \$130 per person, including lodging and three meals per day.

LITURGICAL SERVICES

Holy Week Services

Holy Thursday

"Mass of the Lord's Supper"
7:00 pm

Good Friday

"Stations of the Cross"
2:30 pm

"The Passion of Our Lord"
3:00 pm

Easter Sunday

Mass 8:00 am

Rosary 7:30 am, Daily

Mass 8:00 am, Daily

Eucharistic Adoration

Every Thursday

9:00 am – 5:00 pm

First Friday

9:00 a.m. - 3:00 p.m.

Followed by Divine Mercy
and Benediction



May 4-6

Engaged Encounter

offers couples time to question, examine and deepen their relationship with each other and God. Various aspects of married life are examined with the aid of married couples and clergy.
Contact: (509) 475-5223

**Spiritual Direction
is available by
appointment.**

Rev. Msgr. William Van
Ommeren

Deacon John Ruscheinsky
509.448.1224

RETREAT SCHEDULE

Days of Prayer

A Day of Prayer is offered each month and is an excellent opportunity to come away from the hectic schedule of our everyday life and reconnect with God, in an atmosphere of prayer and reflection. Day of Prayer begins with the Rosary, followed by two conferences, confession, lunch and ends with Mass. A private room is included for reflection, prayer and solitude. Day of Prayer begins at 9:00 am and ends at 1:45 pm. Cost is \$30 per person.

May 10, 2007

**Harnessing Great Desires:
Mission Strategy of St. Francis Xavier"**
Fr. Ignatius Ohno, SJ

June 13, 2007

St. Anthony of Padua
Fr. Dan Wetzler

July 26, 2007

Jaochim & Ann as Grandparents
Fr. Rory Pitstick

August 10, 2007

St. Lawrence the Martyr
Fr. Steve Warner and
Deacon John Ruscheinsky

September 13, 2007

St John Chrysostom
Fr. Patrick MacMahon

October 4, 2007

St. Francis of Assisi
Fr. Victor Blazovich

Upcoming Retreats

June 1-3

**Spiritual Transformation:
Love in Suffering
Understanding the problem of the cross**
Sr. Mary Matthews and Kathy Moore

Join Sr. Mary Matthew, CSJP and Kathy Moore as they lead us toward an understanding regarding the problem of the cross. They will use the reflections of saints such as St. Therese, St. John of the Cross, and St. Theresa of Avila as sources for inspiration.

Sr. Mary Matthew and Kathy Moore are members of the St. Joseph Prayer Ministry, Anacortes, Washington, founded in 1976 by Fr. Neil Thomas

June 18-23

Contemplation in Action
Bishop Thomas Connolly

Mornings will be spent completing much needed improvements to our facility. Your afternoons will be spent in silent retreat and reflection with two to three prayerful conferences given by Bishop Thomas Connolly on the Luminous Mysteries of the Rosary. All meals and accommodations are supplied for your hard work. It is required that each person is able-bodied, as tasks include lifting, pushing, pulling and bending. No office work will be available.

Cost: No charge, just your time and hard work. Call for an application and reservation.

RETREAT REGISTRATION

Retreat Name/Date_____

Name_____

Address_____

City _____ State _____ Zip _____

Phone _____ Parish _____

I need a room on the first floor ___yes ___no

My \$25.00 (non-refundable) deposit is enclosed__

HEALING

"My Higher Power is Christ"

When asked to describe their retreat experiences, retreatants often use phrases like 'spiritually enriching', 'spiritual renewal' or 'a healing journey with Christ'. After attending the Serenity Retreat, a retreat provided for those in a recovery process, Bob May, a participant, stepped forward to share with us his spiritually enriching, retreat journey. By presenting simple, practical, prayerful steps, Bob provides us an insightful glimpse into how Serenity Retreats, at the Immaculate Heart Retreat Center, facilitate his healing journey with Christ.



Bob May

my sobriety and Jesus. Without one, I don't have the other. I ultimately seek what is God's will for me."

"What is really important in my life is to get away from everyday distractions, attend a Serenity Retreat and focus more on recovery work. Recovery work is learning how to take spiritual inventory by reviewing my character defects that displace Christ from my life. With the environment, so quiet and absent from distractions, the Immaculate Heart Retreat Center is an excellent way for me to get in touch with my spirituality and be in closer contact with God."

Bob suggests attending a Serenity Retreat, during a hectic time of year, can better facilitate one's spiritual renewal and the healing experience through Christ. "Right before Christmas and the Holidays is a great time to get in touch with Christ. At the retreat, I begin by focusing on what is the real meaning of the Holidays. Understanding my higher power is Christ, I then move into deeper prayer and meditation, centering on my priorities, which are

As Bob moves through the retreat experience, he shares the importance of working towards being spiritually disciplined before, during and after the retreat process. "I begin each day, as I do at home, reciting a third step prayer. 'God, I offer myself to thee; To build me and do with me as thy will; Relieve me of the bondage of self, that I may better do thy will, etc.'" Bob goes on to say, "At this point, I begin to take spiritual inventory, reminding myself to take one day at a time, and allowing more prayer and meditation to help me stay sober. Before going to bed, I take another spiritual inventory, remembering I am not seeking perfection, rather focusing on progress."

As Bob reflected further on the Serenity Retreat, he states, "Soon after the retreat started, I knew this was the best retreat I had ever attended, and everyone thoroughly enjoyed it. I'm ready to be bombarded by anything I met after this experience. It has made my life with Christ even stronger."

When asked what Bob can give back to others from this retreat experience he says, "Since I work with several men in recovery from alcoholism, I can pass on how wonderful are spiritual retreats and talk about ideas for future retreats. I can also remind others to keep things simple. My recovery and my faith is simple."

Prayer for those in Recovery

"God, I offer myself to Thee, to build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life.

May I do Thy will always.

Amen.

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SEEKING PEACE & HOPE SOCIETY

The **Seeking Peace & Hope Society** actively supports increasing the awareness and the mission of the **Immaculate Heart Retreat Center**.

They are people who are passionate believers in the Retreat ministry, and they look for opportunities that will engage more people to volunteer and experience the benefits of a retreat.

A special thank you to all of our members:

Mrs. Mary Helen Black, Mr. & Mrs. Phil Brennan, Mr. D. Joseph Brown, Mr. & Mrs. Dan Brown, Mr. & Mrs. Jim Carollo, Mr. & Mrs. John Clark, Mr. & Mrs. Floyd Lee, Mr. & Mrs. Dave McGann, Mr. & Mrs. John McLaughlin, Mr. & Mrs. Achim Moesges, Mrs. Jan Prawdzik, Ruth Pearson, Rev. Mr. & Mrs. John Ruscheinsky, Rev. John Sand, Colleen Stevens, Julenne Triplett, Rev. Msgr. William Van Ommeren, Mr. & Mrs. Norm Vanderlaag, Richard & Maria Waitt.

PROTECTING THE FUTURE

Free Estate Planning Workshop

Saturday, June 23rd 2007

10:00 am – 11:30 am

Immaculate Heart Retreat Center
Bishops Conference Room

Meet **Mr. Thomas Kendall**, Registered Financial Representative and Registered Investment Advisor with **Richards, Merrill & Peterson, Inc.** and **Brian P. Knopf, P.C.**, Attorney and Counselor at Law, for an interactive workshop on Wills, Trusts, Financial Planning and Charitable Intentions.

Whether you are putting your estate plans together for the first time or reviewing ones you already have in place, the **Free Estate Planning Workshop** will cover the necessary tools for qualified 'Estate Planning' and 'Investing in an Uncertain Market'.

For more information and reservations, please call Immaculate Heart Retreat Center 509.448.1224 ext. 103



Mr. Thomas Kendall, Registered Financial Representative and Investment Advisor with **Richards, Merrill & Peterson, Inc.**, is a current member of the Board of Trustees of the Catholic Foundation. He is also a member of its Finance Committee and a member of the Finance Committee of Our Lady of Lourdes Cathedral. Tom and his wife Gayla are members of the Spokane Club and enjoy outdoor recreation and traveling.



Mr. Brian P. Knopf, P.C., is an attorney/CPA and specializes in individual, corporate and partnership planning, including tax planning, elder law planning, probates and representation before the IRS and Washington State agencies. Brian was born and raised in the Pacific Northwest and earned his J.D. from Gonzaga University School of Law, a B.S. in Accounting from University of South Florida and a B.S. from Mississippi State University.

Messages from Our Lady of Fatima

"Pray the Rosary everyday, in order to obtain peace for the world and the end of the war."

May 13, 1917

"Are you suffering a great deal? Don't lose heart. I will never forsake you. My **Immaculate Heart** will be your refuge and the way that will lead you to God"

June 13, 1917



**“And the word became flesh
and made his dwelling among us.”**

John 1:14

Each year during the Christmas season, we request that you fill out your personal, prayer intention on an IHRC ornament, mail the ornament back to us, where we hang it on the prayer intention tree, located in the Main Chapel. By doing this, all who come to Eucharist are reminded to pray for your intentions during the Christmas season. This year we decided to keep your ornaments and publish them. Now we can pray for your special intentions all through the New Year. Here are a select few of your prayer intentions.

For these we pray to the Lord:

- *For all cancer victims that they may come to experience the healing power of Christ.
- *I pray that my children will find and follow Jesus.
- *A quick and fair resolution to the diocesan problems.
- *Please pray for the safety of our soldiers at home and abroad.
- *The return of my sister and brother to the Faith
- *Norm, my beloved husband, may his immortal soul truly be at peace for all eternity.
- *The conversion of sinners and an end to abortion.
- *For a recovering family member of alcoholism.
- *Healing and forgiveness for the broken hearted and emotionally wounded in the Church.

For **Hope**, World **Peace**, World **Healing** and Family **Unity**.

Lord hear our prayer!

MEMORIAL CORNER

“Happy Happy, Joyful Soul”

“When I think of Ozzie, my father, I think of prayer, reverence and holiness. When he passed away in October, I thought of Immaculate Heart Retreat Center’s Prayerwalk Memorial Tiles, and the beautiful, Holy Grounds.

My father was a true prayer warrior all his life. He had a strong love for our Lord; a devotion to the Blessed Mother, Our Lady of Perpetual Help, and his favorite saint, St. Therese the Little Flower. Growing up I remember after dinner we would pray my father’s favorite prayer, the Holy Rosary, and then he would go into his room to continue praying until he went to bed.

As my father began to age, I noticed he had nodules on his knees from all the years of praying. My father’s death was so special and full of many miracles. I realized he died on a Tuesday, St. Therese the Little Flower’s Feast Day and the Novena of our Lady of Perpetual Help. He was buried on the first Saturday of October, the Blessed Mother’s Day and the Feast of Our Lady of the Holy Rosary.

I am so comforted knowing my **‘Happy Happy, Joyful Soul’** is resting in peace with Our Lord. I can think of no better place to pray the Rosary for him than walking along Immaculate Heart Retreat Center’s Prayer Walk Memorial.



The **Prayer Walk Memorial** is a trail that winds through a grove of pine trees. Families can purchase a square with an engraved message honoring their loved one. Tiles cost \$1,200 or \$100 per month for one year.

6910 South Ben Burr Road
Spokane, WA 99223

Phone: (509) 448-1224
Fax: (509) 448-1623
Web page: www.ihrc.net

**Immaculate Heart
Retreat Center,**
grounded in the Catholic
tradition, provides
opportunities for
spiritual growth to all
people on their journey
toward God, in an
atmosphere of prayer
and reflection.



In Memoriam

Margaret Becker
Fr. Leonard Forsmann
Dorothy G. Nauditt
Deacon Walter Weid

Clause for a Christian Will

I give, devise and bequeath in trust, for the benefit and exclusive use of Immaculate Heart Retreat Center, Spokane Washington: [here describe the amount of the gift or the specific item of property]



Join the one hour journey **ROAD TO DISCOVERY**

- ♥ **Explore** our Programs
- ♥ **Share** and listen to stories of Hope, Peace & Healing
- ♥ **Realize** how the facility can meet your needs.

Private and Group Tours Available, (509)448-1224 x 103

FROM THE DIRECTOR'S DESK



"So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God." 2 Cor 5: 20

We have all experienced the pain created by unjust or abusive treatment from others in our lives. Recently, I read the book written by Fr. Amon Tobin, M.A. Formative Spirituality and Pastor for Ascension Catholic Community in Melbourne, Florida titled, **How to Forgive Yourself and Others.** Fr. Tobin describes his literary work as a handbook on how to work through the necessary and painful healing process of forgiveness and reconciliation. He suggests we can exercise three behavioral options, and only one of the three options leads to healing.

Denial: We can choose to deny our pain and abuse.

Rage: We can choose to become enraged and stay enraged.

Forgiveness: We can choose to accept our pain, the offender and the circumstances that led to our painful experience. If we can achieve acceptance, we open ourselves up to receive the loving grace that is given freely from God. By so doing, we take the next step in the healing process with Christ of forgiveness and reconciliation with self and others.

Choosing to deal with life's pain and injustice is one of the most difficult psychological and spiritual works that we can attempt to engage. It is also the most rewarding, in that it frees us from our emotional prison and does transform and restore us to a more joyful, loving and fulfilling life with God.

Thus we understand, 2 Corinthians 5: 20. We see examples of this scriptural passage in action everytime we read the newsletter. Shared stories from our retreatants often describe their courageous, spiritual healing process, and Immaculate Heart Retreat Center is committed to providing the retreat ministry, to all people, who are in need of Christ's healing. 'Men and Women's Holy Week', the 'Healing and Grieving Retreat Series', 'Spiritual Transformation and Love in Suffering' are wonderful examples of healing retreats offered.

To all retreatants and benefactors, I want to remind you that we no longer need to be afraid as we journey through life together. Take time out of your busy schedule to come on retreat, support one another, share your stories and open up to God.

I ask that you continue to pray: May God and His special blessings be always upon the Immaculate Heart Retreat Center and its ministry, and may God bless you with the joys of the Easter season to be forever in your hearts.