



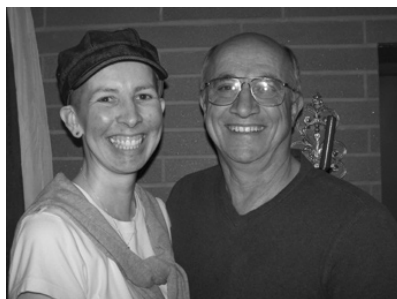
IMMACULATE HEART RETREAT CENTER

HOPE

PEACE

HEALING

This is the story of Carla Marratt as told by Carla and her husband Jess. Together they attended the Grief Retreat with Fr. Stan Malnar, where Carla was able to move beyond her grieving process and open up to receive God's hope and healing in her life.



Carla and Jess Marratt

Before coming to the Immaculate Heart Retreat Center, Carla experienced many tragic circumstances one right after the other. Her counselor observed that she was suffering from chronic grief. When a person can't process and integrate the feelings that surface from one tragic circumstance to the next, chronic grief is often diagnosed.

Carla's tragic set of events began at the birth of her second son during the year of 1990.

"I guess you could say I didn't have such a good existence at the time. My youngest son had been born premature with lungs not fully developed and had to spend one month in the NICU. When I was able to bring him home, I started taking special care of him by administering oxygen. His father was pretty much absent, as he was always doing drugs

and drinking alcohol. Against the advice of a priest, I couldn't take being married to him any longer, so I filed for divorce just one year after my stepfather's death in 1992.

My stepfather passed away suddenly without warning from a massive heart attack. It was night and there was a heavy snow storm in his home town of Tensed, Idaho. We called an ambulance and tried to get my father to a hospital but traffic was at a creep, and we never made it past Rockford.

As the years ensued, my mother never fully recovered from the death of my father. She continued to grieve especially around the holidays. It was painful being a witness to her suffering.

May 21st 2008 my life really made a turn for the worst. I was diagnosed with stage four lung cancer in both lungs. The doctors labeled me as terminal, non-curable but treatable. Two days after my diagnosis I was blasted with heavy chemo. My treatments lasted one full eight hour day, every three weeks, for

four and half months. Needless to say that year I spent Thanksgiving in the hospital recovering from surgery after having 45% of my right lung removed.

I managed to get through one year without further treatments until one beautiful fall day in October 2009. I was having trouble getting my hands and right arm to function. The doctors found the cancer had metastasized to my brain, spine and right femur. Within a few days I was back in treatment which included whole brain radiation and 8 weeks later I was being inundated with a new procedure called Gamma Knife radiation.

By this time I was experiencing my second hair loss, which proved to be much harder to deal with the second time around. First I was told I am terminal. Then I lose all my hair and that was traumatic enough. But the second time...it's so difficult.

During cancer support counseling sessions, the counselor identified I was experiencing chronic grief symptoms. I discovered the lung cancer re-invigorated the grief I felt surrounding my father's death and all that had happened in-between. I wasn't processing my feelings. Most of the time I felt numb just trying to cope with daily crisis and the medications side effects. If I wasn't numb I was functioning at the other end of the spectrum crying and hurting inside.

Fate turned into destiny when I received my Immaculate Heart Retreat Center newsletter. The listing for the grief retreat

Continued on page 7....

DEVELOPMENT

There are not enough words to express my many thanks for the generosity of Immaculate Heart Retreat Centers' benefactors and all the parishes for your support towards funding the new drainage field. As we await news of the matching grant, it is because of your generous gifts the retreat apostolate will continue as a vibrant and living ministry for many more years to come.

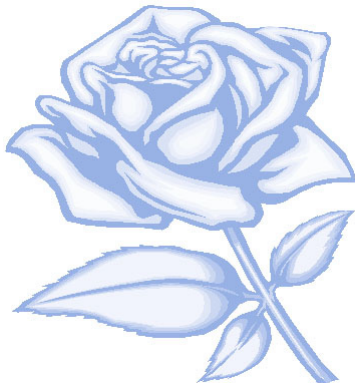
This fall season we will celebrate once again two wonderful traditions, as well as a new beginning. Mark your calendars for Saturday, October 9th at 1:00 p.m. for Diocesan Mary Days. The Most Reverend Blase J. Cupich, S.T.D., will be leading us in the renewal of consecration of the Spokane Catholic Diocese to the Immaculate Heart of Mary, as well as in the rosary procession and crowning of Our Lady of Fatima.

Saturday November 6th at 10:00 a.m. the Hope, Peace and Healing fundraising breakfast, held on premises, will feature two outstanding guest speakers, Carla Marratt, whose story is included on the front cover of the newsletter and Mr. Steve Blewett, a long time retreatant and supporter.

With new beginnings, it is with great pleasure I will have the opportunity to introduce to you a new development assistant. I know Our Blessed Mother has called me to further her Son's mission by assisting in the Queen of Peace cemeteries efforts.

I look forward to seeing everyone through the Thanksgiving and Christmas season. God Bless to all and may the peace of Christ be with you always.

Aileen Fields, Development



DIOCESAN MARY DAY

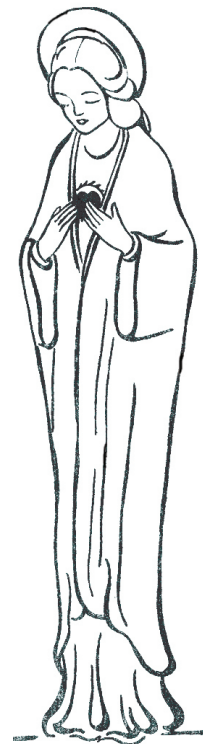
Saturday,
October 9th , 2010

Immaculate Heart Retreat
Center

1:00 p.m. Procession,
Consecration and Crowning
-Rosary Garden
1:30 p.m. Reception
-Dining Room

Presiding:
Most Reverend
Blase J. Cupich, S.T.D.

Sponsored in part by
Queen of Peace Cemetery
www.cathcem.org



HOPE ❀ PEACE ❀ HEALING

Fundraising Breakfast
Saturday, November 6th
10:00 a.m. - 11:00 a.m.

Immaculate Heart Retreat Center

Learn about the Retreat Mission

Listen to retreatants as they share their stories of Hope, Peace and Healing.

Explore the retreat centers' programs.

Hope, Peace and Healing fundraising breakfast is Immaculate Heart Retreat Center's mission based fundraiser.

No minimum and no maximum gift is required
For reservations phone 509.448.1224 ext. 103



PROGRAM GUIDE

Sister Says...



Sr. Mary Eucharista

Margerie glanced up at the tabernacle to stop the hurt. It felt like a load of rocks formed her heart, and her depression was still running at a low ebb even though she had worked with counseling and was on pills for the darkness she felt. She and her husband had hoped that this retreat would bring them the comfort that nothing else had.

“Time heals all wounds,” she remembered from her childhood, and yet it had been a few years since she first felt the raw pain of her child’s death by suicide. “In all of God’s green earth, how could this have happened to our family?” she thought. What had they done wrong? How could their baby have committed this violence against herself? Did people think they were to blame? Who cared, anyway?

Margerie caught herself on these last words. What had the retreat director said in the last session? “Remember, elements of hope and goodness can come from this tragedy. We will use the tools of prayer, reflection and deep contemplation to process through and decipher the anguish, and then reframe and refocus...” These words began to calm her as she sat in the chapel. To reframe this and refocus had not really happened to her in a spiritual context, even though she thought she had done it. Margerie sighed and slowly relief began to pour into her spirit.



Anguish and grief need to be processed in our lives as we move through the pain of loss to gain healing. Our selection of retreats with Healing for Women, Suicide Survivors, Living with Grief, and Serenity for AA recovery are all geared towards helping retreatants process their grief and loss, and move into healing so they can begin living with renewed focus and energy.

Join us as we continue the ministry of over 50 years of retreat work in the Diocese of Spokane. The retreatant is our concern. We welcome you and delight in your continued connection with us. Peace and blessing be yours this autumn and winter season!

Days of Prayer

Women As Types of Christ: Traditions of the Church Fathers

September 15, 2010

Dr. Catherine Tkacz of Gonzaga University will explain for us through meditative typology, the profiles of eight different women in the Old and New Testaments as types of Christ. Since all are called to become Christ-like and holy, it is important and fascinating to recognize what the Church distinguishes in the truth that Scripture clarifies.

PR4:

Prayerful, Practical Preparation for Proclamation

Fr. Rory Pitstick

Saturday, October 2, 2010

Do you want to become a better lector? This Day of Prayer will assist participants to grow in knowledge and familiarity with the Sacred Scriptures, reflect on the privileged role of the lector in proclaiming anew the Word of the Lord, recognize and capitalize on resources God provides to help reverently incarnate His Word, and learn effective techniques from practical experience. Come to Father’s expert instructional conference for lectors!

“Come to the Stable!”

Msgr. James Ribble

December 8, 2010

Join Msgr. Ribble as he helps us to understand our involvement in this beautiful season and carry the joyful expectation of Advent into the ecstatic joy of Christmas. He asks three questions for which we will have answers by the end of the Day of Prayer:

- * When Shall I Go?
- * What Should I Bring?
- * What Will I Find?

Come away from daily life to enter the calmness of a Day of Prayer which begins with the rosary, continues with two conferences, and includes lunch along with Mass and the sacrament of reconciliation. All are welcome! The cost of the Day of Prayer is \$30 per person, with an additional \$10 charge if one wants a bedroom for the day.

RETREAT SCHEDULE

Restoring Hope: A Weekend Retreat for Women September 10 – 12, 2010



Thea Loughery and Sarah Compton join us again in another Elijah House Ministries / IHRC healing connection. Last year's popular Women's Healing Retreat brought wholeness to many. The combination of the Sacraments and the Scriptural keys for healing, brought through the help of these experienced Elijah House speakers, resulted in hearts being healed and set free.

This retreat offers spiritual and emotional healing for all women in any walk of life, healing and hope for the weary, the broken and the hurting. The cost of the retreat is \$170 or \$100 for commuters. Register at (509) 448-1224 or www.IHRC.net.

Retreat for Suicide Survivors Beauty for Ashes: Transforming Loss Anne Cronin Tyler / C. Karen Covey Moore, D. Min. November 12 – 14, 2010

The devastating impact of suicide can re-define one's relationship to self, others and God. Using Isaiah 61: 1 - 5 as a foundation for the weekend, this retreat is an invitation to explore the grief that comes from losing someone to suicide and discover the gifts that are contained in the ashes and enter the transformation that is offered to us by God. Join Anne and Karen, experienced retreat directors and survivors of relatives who have committed suicide, as they assist retreatants to gain peace amid the grief of this great loss, and to empower survivors to move forward with courage, confidence and strengthened faith, integrating pain with joy.



The retreat cost is \$170 for the weekend, couples \$270, commuters \$100. Register at (509) 448-1224 or www.IHRC.net.

Living through Grief Retreat November 19 – 21, 2010

Immaculate Heart Retreat Center is pleased to welcome back Father Stan Malnar, MD as facilitator for the Living through Grief Retreat. Everyone is faced with grief in life. Sometimes restlessness is an unsolved grief that needs to be processed to find the Paschal Mystery within the pain. How does one find a way to his or her grief in order to resolve it?



This retreat will give the opportunity to move beyond the grieving process to open up to receive hope and healing in life. Come to this retreat, and bring one item to include on the memory table. The retreat cost is \$170 for the weekend, couples \$270, commuters \$100. Register at (509) 448-1224 or www.IHRC.net.

Serenity Retreat December 3 – 5, 2010 "How Big Is Your God?" Sister Mary R. Schumacher, RSCJ, LPC

"Who am I? Where have I come from? Where am I going? What do I want?" These are questions that require answers as participants take a new look at recovery in daily life. Sister "Shu," an over 21 year veteran of sobriety and licensed professional counselor at Betty Ford Center, addresses such issues as trauma and grief.



On-going recovery is a continued conversion process that includes many spiritual awakenings.

Old timers and newcomers most welcome. The retreat cost is \$170 for the weekend, couples \$270, commuters \$100. Register at (509) 448-1224 or www.IHRC.net.

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 \$140.00 a year will sponsor someone who needs to benefit from the retreat experience.

Calendar

September

- 3 First Friday Adoration
- 10 – 12 Women's Healing Retreat
- 14 IHRC Auxiliary Luncheon
- 15 Day of Prayer (Dr. Catherine Tkacz)
- 17 – 19 Frayed Edges
- 17 – 19 Engaged Encounter
- 24 – 26 Secular Carmelites
- 28 Catechetical Evening of Prayer (Fr. Darrin Connall)

October

- 1 First Friday Adoration
- 2 Pr4 - Lector's Day of Prayer (Fr. Rory Pitstick)
- 8 – 10 Marriage Encounter
- 8 – 10 Scrapbooking Retreat
- 9 Diocesan Mary Day
- 12 IHRC Auxiliary Meeting and Lunch
- 12 – 13 Catholic Church Extension Society Mission Committee
- 15 – 16 DPC
- 15 – 17 Youth Retreat
- 22 – 24 WSU Search
- 26 Catechetical Evening of Prayer (Fr. Charles Skok)
- 29 – 31 Friends of Quilters

November

- 5 First Friday Adoration
- 5 – 7 Beginning Experience
- 5 – 7 Hen House Sewing Retreat
- 6 Hope, Peace & Healing Fundraising Breakfast
- 9 IHRC Auxiliary Meeting and Lunch
- 12 – 14 Suicide Survivors Retreat
- 19 – 21 Grief Retreat
- 19 – 21 Engaged Encounter
- 30 Catechetical Evening of Prayer (Sr. Mary Garvin, SNJM)

December

- 3 First Friday Adoration
- 3 – 4 DPC
- 3 – 5 Serenity Retreat
- 8 Day of Prayer (Msgr. James Ribble)
- 10 – 12 Youth Retreat
- 14 IHRC Auxiliary Meeting and Lunch
- 17 Appreciation Dinner
- 28 Catechetical Evening of Prayer (Fr. Kenny St. Hilaire)
- Dec 31 – Jan 2 Friends of Quilters

January

- 7 First Friday Adoration
- 14 – 16 Scrapbooking Retreat
- 21 – 23 K of C Couples' Retreat
- 28 – 30 Marriage Retreat

IHRC Auxiliary Fall Luncheon & Card Party

Tuesday, September 14th 12:00 p.m. - 4:00 p.m.

Tickets are \$10.00 per person.

Lunch, Cards, Mah Jongg & Raffle

Raffle Items include:

Starbucks Coffee basket, Wine & Cheese basket, Bath & Beauty basket, Mystery basket, handmade items & many more.

Raffle tickets: \$1.00 each or 6 for \$5.00.

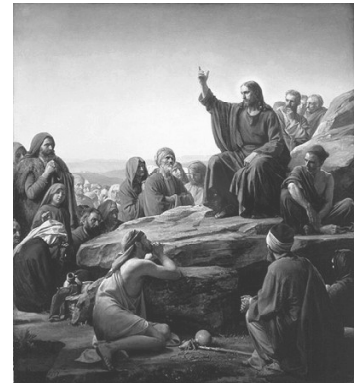
Purchase tickets in advance by calling Jan Stripes (509) 327-6715

All are welcome.

Reservations: Ethel Bowen (509)328-0592

Catechetical Evening of Prayer Series

We never stop learning about the truths of our Faith. Our popular Catechetical Evenings of Prayer are generating high interest on the last Tuesday of each month with a focus on the Catechism (from the United States Catholic Catechism for Adults – USCCB approved). The evenings begin at 5:00 p.m. with Mass, dinner and two conferences, ending at 9:00 p.m. The Evening of Prayer cost is \$35.



September 28 – Father Darrin Connall

Chapter 25 – The First Commandment / Chapter 26 – The Second Commandment / Chapter 27 – The Third Commandment

October 26 - Father Charles Skok

Chapter 28 – The Fourth Commandment / Chapter 29 – The Fifth Commandment / Chapter 30 – The Sixth Commandment.

November 30 – Sr. Mary Garvin, SNJM

Chapter 34 – The Tenth Commandment / Chapter 35 – The Foundations of Prayer / Chapter 36 – The Lord's Prayer

December 28 – Fr. Kenny St. Hilaire

Chapter 31 – The Seventh Commandment / Chapter 32 – The Eighth Commandment / Chapter 33 – The Ninth Commandment

HOPE

My name is Brandon Fuchs, and I am a high school Senior. I was excited to attend my first retreat as my brother, who had attended the program two years ago, still talks about how much he loves it.



Brandon Fuchs

Before the retreat I really needed spiritual renewal. It seemed that with the higher level of responsibilities during my junior and senior year, I had become worn down while living what seemed to be a day in, day out, robotic routine. It had become difficult doing the same old daily grind of going to school and doing the homework. I definitely felt depressed.

During the retreat I began to tap into how much I needed inner refreshment. I started to rejuvenate, becoming more expressive and my self again. I also had a wonderful feeling that I was part of a bigger community. The retreat brings forward the opportunity for everybody to get to know and support one another.

Since the retreat I feel more grown up.

PEACE

HEALING

I have a better sense of self and it's a good feeling that is lasting. I have a better perspective seeing how my whole life experience up to this point leads me into the next stage of my journey. I understand the real purpose of the things I am doing, and I find it reassuring I am on the right track.

The retreat also helped me to increase my spiritual awareness and reconnect with God, as I received a real sense of hope, peace and healing.

For example, hope is the understanding that we are all in this life together and even if you find yourself in a bad situation, someone will always be there. Peace is the experience of taking a step back from the chaos of every day life, and healing comes from the retreatants sharing with one another and being a supportive community.

From this experience I want others to know how important it is to take a step back in their life and analyze what is right for the moment, and it is a must to remember to stop and smell the flowers.

RETREAT REGISTRATION

(OR WWW.IHRC.NET)

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

Relationship Retreats



September 17-19
November 19-21

Engaged Encounter

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:

Ric & Cindy Gaunt
(509) 467-6648



October 8-10

Marriage Encounter

Looking for the perfect weekend? A weekend to bring you and your spouse closer together? A WWME weekend is exactly what you are looking for.

Contact: Ken & Cheryl Nagle
(509)255-6085



November 5-7

Beginning Experience

This weekend program helps grieving single-again persons emerge from the darkness of grief into the light of renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth.

Contact: Marlene Schuster
(509) 230-2091

Carla Marratt

Continued from Page 1

miraculously seemed to jump off the page at me. Knowing I was in crisis and in desperate need of spiritual renewal both Jess and I signed up.

We loved Father Stan Malnar! In an instant our group created a supportive environment, telling one another our stories. We had meaningful, heart-felt conversations. We cried together and could be honest with one another and ourselves. I felt we received more therapy in this retreat than in the setting with our therapist.

The retreat gave me the freedom to get more deeply in touch with God. I was able to reconnect in our relationship, remembering that he loves me and I love him. And I finally had the freedom to grieve.

I was also surprised at how quickly intimate connections were made. A woman named Sarah, whose mother died from breast cancer, gave me a necklace that had been a gift from her mother. The necklace reads 'JOY, JOY, JOY'. It is this very necklace that keeps me connected to my retreat journey and how I am going to get to where I am going.

Since the retreat I have gained relief from a lot of my stress. I can cry and talk, reflect and pray. But most important, Jess and I have come around to thinking about how much time we may have left together. I have made the decision to live the rest of my life in 'JOY, JOY, JOY', and be at the Immaculate Heart Retreat Center more, more and more."

LITURGICAL SERVICES

Rosary 7:30 am, Daily
Mass 8:00 am, Daily

TV Mass
Noon and 5:00 p.m., Sunday
Comcast Channel 14

Devotion to
Our Lady of Perpetual Help
follows Mass on Tuesdays

Eucharistic Adoration
Every Thursday (except week of First Friday)
9:00 am – 5:00 pm
First Friday: 9:00 am – 3:00 p.m.
Followed by Divine Mercy & Benediction

MEMORIAL CORNER

The Retreat Center has been an important place for our family at different times on our spiritual journeys. Purchasing a Prayer Walk Memorial Tile has been a wonderful way to financially support the ministry work of the Immaculate Heart Retreat Center.

I greatly enjoy praying along the Prayer Walk Memorial. It is a privilege, a gift, and a humbling experience to be invited to pray not only for those who have been memorialized there, but also for those who have so honored and provided for them. In some way, these all have been entrusted to our care – our prayer. This is one of the ways we have been able to spiritually support and participate in the prayer ministry of the Retreat Center.

Living my vocation as a wife and mother, I believe one of my greatest duties and responsibilities, but even more so, one of my greatest blessings and honors is to provide for the spiritual well being of my family. In purchasing a prayer tile for my family, it is my hope that others who pray the Memorial Walk will assist me in praying for them.

Ruth Dumais

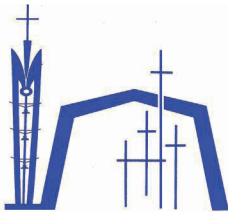


The Prayer Walk Memorial is a trail that winds through a grove of pine trees. Families can purchase a square with an engraved message honoring their loved one. Tiles cost \$1,200 or \$100 per month for one year.

FROM THE DIRECTOR'S DESK

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.**



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]

On July 31 in the midst of summer, the Catholic Church celebrates the Feast Day of St. Ignatius of Loyola. Born in 1491 in the Basque country side of Loyola, St. Ignatius served in the military prior to his conversion of faith, then studied theology in Paris and joined the Society of Jesus in Rome. He is well known for teaching his disciples the spiritual exercises and used his experiences to explain doctrine on the discernment of spirits.

Here at Immaculate Heart Retreat Center we also celebrate the Ignatian tradition from a veteran retreat master, Fr. Armand Nigro, S.J., who provided an 8 day/30 day directed retreat throughout the month of August. The retreat offered guided sessions on the Spiritual Exercises of St. Ignatius, spiritual direction, the Sacraments, Eucharistic Adoration and quiet time. A true retreat experience that could be considered a once in a lifetime for some, became a grace filled moment for all retreatants and staff.

Summer 2010 was a record breaker for the retreat center and its apostolate with over 1200 people attending a



retreat or workshop with in a 60 day period. The retreatants that came to this Holy Ground participated in retreats offered by Elijah House Schools, Jubilate, Quo Vadis Days, Serenity, Sr. Mary Matthew's Healing Retreat, Center

for Spiritual Living, L'Arche, Catechetical Evenings of Prayer and the Presbyterian Pastor's Group. As Immaculate Heart Retreat Center's mission states, *'...serving all people on their journey toward God in an atmosphere of prayer and reflection..'* so people of all faiths and walks of life came to celebrate church together.

When our retreatants leave the center they read the sign that is very meaningful to us all, *'Your Presence is a Grace, Thank you. Please Come Back Soon'*.

As summer has now passed we look forward to serving all the retreatants who will be spending time during the Fall and Winter season at this peaceful place to pray and ponder. Let us continue our faith journey together, sharing in the retreat ministry of God's hope, peace and healing.

A handwritten signature in black ink, which appears to read "John Rusk". The signature is fluid and cursive.

In Memoriam

Bud Hazel
Bert Ewers
Joseph Cavanaugh
Robert F. Blindauer
Emilio Zamora
John G. Rochford
Fr. Joseph Raymond DeJardin
Frank Selzler
Rita Cline
Mary Lou Steinbaugh

Sr. Mary Margaret Koester
Marjorie Bauer
Carol McHugh
E. Dan Pederson
John Bollons Hocking
Carlos Vigil
Mary Dolores Mazurik
Barbara Lapenta
Betty Orvis