



Sometimes all we need is peace, quiet, and prayer

By Sister Amelia Stenger, OSU

We are living in a very interesting time. The stock market is down. People are out of work. Businesses are failing. Climate is changing so rapidly we may see the end of Arctic ice in just a few years. Many people in the United States are homeless and many in other countries are starving. What can we do? Is there hope? Can we make a difference? Why should we continue to believe?

Maybe it is time to start remembering what has happened time and time again during history—people prayed for deliverance and used the minds God gave them. In almost every book of the Old Testament, we have prayers begging for God's help. In Exodus, Moses prayed for safety for the people of Israel and they passed through the sea unharmed. They prayed for food and they received quail and manna. Moses prayed for water and it came from the rock. They called upon God to help them and God took care of them.

King David wrote his prayers for help and consolation. He says in Psalm 118, "I seek you with all my heart...I meditate on your precepts and consider your ways." And in Psalm 120 he says, "I call on the Lord in my distress, and he answers me." God listened to David even though he was a sinner.

In the New Testament we find Jesus praying in the garden at the most difficult time of his life. "My prayer is not that you take them out of the world but that you protect them from the evil



Sister Mary Matthias Ward, OSU, far left, leads a prayer during the Nov. 21-23, 2008 Thomas Merton "Bridges to Contemplative Living" retreat at the Center.

one...Sanctify them by the truth...May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me."

These words give us the consolation we need during these times of difficulty. God is with us. We have become a very 'satisfied' people, however. We have everything we need—plenty of food, water, clothing, coal, oil, land to grow our food, landfills to bury our trash. We don't have one brand of car to choose from if we want a new one, we have dozens. A simple toothbrush won't do, we have to have one with batteries to brush for us. Not that any of these things are bad, progress and abundance are wonderful things, but maybe we have so much that we simply take God for granted and forget to place our trust in God. We

Continued on page 3

MISSION

Mount Saint Joseph Conference and Retreat Center offers and hosts programs in a rural environment of tranquility for people of all ages and faiths to nurture spiritual and personal growth, advance the arts, and promote lifelong learning.

Dear Friends of the Center,

We hope you had a blessed Christmas and we wish all of you a wonderful New Year. May it be filled with many blessings and good health for you and your family.

The Center will be working on a number of programs this year. The staff is planning some new retreats and the Spiritual Direction Institute will continue. The evaluations of the participants of our programs give us much encouragement. They are always so positive and inspiring. They give us the incentive and courage to continue even in a time when the economy is not very good and people make difficult choices to come to the Center for a retreat. Our participants know that the peace, quiet, and prayer they find here will help them as they return to their work and family.

We are also working on a number of other programs in the areas of the arts and environment. We received a grant for an Agri-Eco Camp that will give children an experience of nature and the farm. Many children never have the opportunity to experience life on a farm. Many do not know where they get their food. It is hard to believe, but some have never seen a live cow or pig. They will get this opportunity in June when 40 of them will work with teachers, assistants, and our staff to plant gardens, help with new calves, test water in our lake and creeks, study the constellations, count birds, and much more. It will be an exciting time. We hope to make this an annual activity. Support for the program will come from grants and sponsorships. If you are interested in sponsoring a child, please call.

We hope to bring music back to the Mount with a new music program entitled Arts at the Mount—Music and Nature. The outline for the program is in process and grants are being written. We want the participants to experience the music in nature and learn to create their own music and instruments. Please pray for the success of this program. It has such great potential.

Prayer, nature, and music have been a part of the Center since it began 25 years ago and many years before when it was an academy for girls. Our spiritual retreats help people find God through prayer. Our buildings and grounds give a sense of peace and tranquility that aid in prayer and restfulness. The music of nature is in the sound of the breeze through the pines and the birds in the cedars. We have much to share. Please come to the Center and experience the peace and quiet for yourself. Private retreats and a spiritual director are always available.

We thank you for your continued support of the Center and our retreats and programs. We could not have these wonderful activities if it weren't for people like you who share your resources. You help us make a difference in people's lives. God bless each of you and your family during this new year.

Sister Amelia Stenger, OSU

Sister Amelia Stenger, OSU, Director



Sister Jean Gertrude Mudd, left, and Sister Amelia Stenger, right, pose with Santa during his visit to the Mount Saint Joseph Book and Gift Shop Dec. 4, 2008. Sister Jean Gertrude taught Sister Amelia in first and second grades.

CONFERENCE AND RETREAT CENTER BOARD OF DIRECTORS

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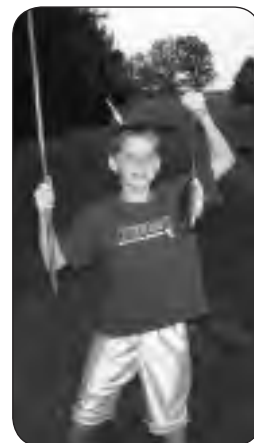
Michael Moran, C.P., a Brother of the Eastern Province of the Passionist community, poses beside two of his religious paintings. He is chaplain of the Supportive Care Program of St. Vincent's Hospital in New York City. Brother Michael will be leading a retreat at Maple Mount March 6-8.



Sister Evelyn Craig, IHM, right, posed with 6th graders from Breckenridge County after their Oct. 6-7, 2008 fall break weekend of fun and learning at Maple Mount, which included fishing (below left) and basketball (right).

Heart of Creativity Retreat March 6-8

Hearth of Creativity: Contemplation and Art Mystery is the title of a retreat scheduled for Friday-Sunday, March 6-8 at Mount Saint Joseph Conference and Retreat Center. This retreat presents to participants a method of meditation that can enable them to develop a contemplative stance toward life. Attendees will explore correct looking as a form of prayer; the place of surrender in prayer and the Christian life; “wounds of the heart” that may arise in meditation; the mystery that surrounds us, and the Christ we encounter in prayer. The retreat is appropriate for first-time attendees as well as those who attended the 2008 Heart of Creativity retreat. The retreat director is artist Brother Michael Moran. The retreat fee is \$175 (room for two nights, materials, meals) or \$120 for commuters. A 10 percent discount is offered if the cost is paid in full by Feb. 6. Some scholarships are available. For information, contact Kathy McCarty at 270-229-0200, ext. 413 or e-mail kmccarty@maplemount.org.



Peace *From front page*

forget where all of our abundance came from in the first place. We forget that God is with us.

Maybe these scary times will bring people back to God and what is really important—prayer, sharing, simplicity, creativity, stewardship, caring, and generosity. Maybe this is God’s way of calling us to a simpler life. Just maybe it is time for us to get on our knees and pray that God will help us use our minds and hearts to help others and ourselves. It is time to give peace, quiet, and prayer a chance. ■

Next spinning day is Saturday, Feb. 7

Whether you are an experienced spinner, knitter, or a beginner, you are welcome to attend the new Arts at the Mount quarterly spinning gatherings at Mount Saint Joseph Conference and Retreat Center. Enjoy the fellowship of those who appreciate this traditional skill.

Sessions begin at 10 a.m.
Lunch is available for \$10.

The group plans to “spin, knit, and talk until we’re done!”

Future dates: May 9, Aug. 8, Nov. 14.
Contact Kathy McCarty to register:
270-229-0200 ext. 413

Peace, Quiet, Prayer...



Mark Slaughters, right, music minister at First Baptist Church in Owensboro, directs the music group Access Assured at a Nov. 3-4, 2008 retreat.



Sister Amelia Stenger shares a discussion with Nobel Laureate Al Gore at the Oct. 8-10, 2008 The Climate Project Faith Community Training in Nashville, Tenn. The training resulted in the addition of 135 new TCP volunteer presenters.



The Angela's Ark flatboat was used to recreate Ursuline Sisters' journey on the Ohio River from 1803 to Owensboro in August. The flatboat was sold in August, 2008. The flatboat was built by Bob Cooper to commemorate the 200th anniversary of the journey.



Members of the Black Expo planning committee met at the Center on Nov. 1, 2008 to outline their work for the next Expo.



Sister Alies Therese and Fr. Vic Subb share a laugh in the courtyard during the Oct. 7-9, 2008 retreat for Glenmary priests, brothers and friends, who joined together for theological reflection.

Attendees enjoy and are inspired by the Nov. 14-16, 2008 Mount Hope Weekend for cancer survivors.



Youths and staff from St. Mary Parish in La Center, Ky., attend an Oct. 17-19, 2008 retreat prior to their Confirmation.



Participants at a Sept. 19-21, 2008 Yoga and Meditation retreat learn about Qi Gong, which focuses on air and energy.



Regina H. Education spoke to p Owensboro.



Presenter Ruth Gordon posts notes during the Sept. 18-21, 2008 retreat for spiritual directors. She discussed how to draw from the right side of the brain.



Sister Evelyn Booms, IHM, talked about working with dreams in spiritual direction at the Building Contemplative Communities retreat in September.



Lesa Matthers of Illinois and Joan Abell of Kentucky participated in the September Runaway.



boat, which the first five rney down Louisville ust, 2004, 008. The Capt. John rate the 130th rney.



Sister Rose Karen Johnson leads the Rosary after a procession to the Shrine of Our Lady of Prompt Succor during the Oct. 31-Nov. 2, 2008 Marian Retreat.



Easie Cecil welcomes quilters to the Sept. 23-26, 2008 Runaway Quilters retreat.



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Janice Moore and Judy Mason, both from Evansville, Ind., enjoy yarn spinning day Nov. 1, 2008.



Priests of the Owensboro Diocese pray the Liturgy in the Center chapel at their Oct. 27-31, 2008 retreat.



aney from the National Catholic Association in Washington, D.C., principals and board members of the ro Catholic School System Oct. 4, 2008.



The Center had a booth at Reid's Apple Festival Oct. 18-19, 2008.



Several priests enjoyed a brunch before returning to their parishes after their October retreat.



nois, left, and sky, sew during the Quilters retreat.



Several couples attended the Aug. 29-31, 2008 Marriage Encounter weekend at the Mount.

Participants smile during the Nov. 14-16, 2008 Scrapbook Swarm retreat. The many attendees enjoyed sharing ideas with others while spending time on a fun, favorite hobby.



MOUNT SAINT JOSEPH CONFERENCE AND RETREAT CENTER IN MAPLE MOUNT, KENTUCKY

CALENDAR OF EVENTS JANUARY-MAY 2009

January 2009

- 9 First Baptist Church Staff Day
 9-11 St. Francis de Sales High School Youth
 9-11 Grayson County Women's Associate Retreat
 16-18 Retrouvaille
 17 Sts. Joseph and Paul Catholic Church Women's Retreat
19-23 Spiritual Direction Institute Week 2
 24-25 Owensboro United Methodist Ministers
 26-29 RiverValley 4 Day Workshop
 30 GRADD Workshop
 30-31 First Christian Church Retreat
 31 Associates and Sisters Winter Retreat Day

Center-sponsored programs are **bold**.
 To register or schedule an event, contact
 Kathy McCarty 270-229-0200, ext. 413
 E-mail kmccarty@maplemount.org

February 2009

- 6-8 Catholic Engaged Encounter
7 Yarn Spinners
 20-22 St. Joseph Parish of Central City Senior Retreat Day
27-1 Women's Retreat

March 2009

- 6-8 Heart of Creativity Retreat**
10-13 Mount Saint Joseph Conference and Retreat Center Quilter Friends
 13-15 Catholic Engaged Encounter
20-22 Centering Prayer - Beginners
 22 Our Lady of Lourdes RCIA
 24-27 Quilt Guild - Paducah
 27-3 St. Meinrad Retreat Week

**April 2009**

- 3-5 Christian Women's Retreat
 6-7 4-H Youth Retreat
 14-16 Theological Reflections Glenmary Associates
 17 Leadership Development Workshop
 17-19 Catholic Engaged Encounter
 18 Our Lady of Lourdes Confirmation Retreat
 20-24 **Spiritual Direction Institute Week 3**
 24-25 Scrapbooking
 27-30 RiverValley 4 Day Workshop

May 2009

- 1-3 Retrouvaille Training Weekend
9 Yarn Spinners
9 Mount Saint Joseph Conference and Retreat Center Fund Raiser Dinner
 16-17 Mount Saint Joseph Academy and Junior College Alumnae Reunion Weekend
 23 Private Wedding Reception

**Looking for the perfect location for your retreat, reunion, or other social or business gathering?
 Please consider Mount Saint Joseph Conference and Retreat Center.**

Visit the Retreat Center online! www.msjcenter.org

WOMEN'S RETREAT

Weekend of Feb. 27-March 1, 2009

Presenter:

Sister Cheryl Clemons, OSU



Join us for this spiritual and companionable retreat



Residents: \$175 (includes: retreat, materials, meals, snacks, social, overnight accommodations)

Commuters: \$120 (includes: retreat, materials, meals, snacks, social)

Take 10% off the total if paid in full by Jan. 27
 Partial scholarships, based on need, are available from the Msgr. Bernard Powers Retreat Fund.

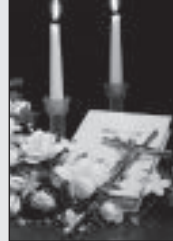
To register or for information, contact Kathy McCarty
 (270) 229-0200, ext. 413 • kmccarty@maplemount.org

Center Wish List

- 32 new bedspreads for rooms in St. Ann—\$69 each
- New carpet in hallway of St. Ann—\$3,000
- Replace air conditioning unit—\$3,459

Your support with any of the items on our list would be appreciated!

Partners in the Mission



A memorial gift or bequest offers two opportunities. First, it allows you to create a new gift or continue an important ministry through the work of the Mount Saint Joseph Center. Secondly, your bequest can honor a loved one with a permanent memorial. A memorial

gift is the simplest gift you can make. It allows you to involve many family members in the charitable act and to leave a legacy that continues to work. We pray for you every day. Please pray for the work of the Center.

Making your will is the most important way you can ensure that the people and causes you care about are the beneficiaries of your assets. We hope you will consider designating Mount Saint Joseph Conference and Retreat Center as one of your beneficiaries. Your gift will help the Center continue its mission of service in spiritual and educational growth. All such deferred gifts to us are fully deductible for estate tax purposes.

Center receives national honor



Mount Saint Joseph Conference and Retreat Center was honored in June, 2008 as Kentucky's representative in the Sierra Club's National

Faith in Action Report, which highlights one exceptional faith-based environmental initiative from each of the 50 states.

The Center hosts more than 500 schoolchildren each year to tour the 750-acre farm to see how crops and livestock are used in food production. The Center will host its third GREENing Western Kentucky Expo in July, 2009.

The Center is also raising funds to build Casa del Sole ("House of the Sun") near a lake on the Ursuline Sisters of Mount Saint Joseph Motherhouse grounds. The home will be built with all renewable, reused or recycled material, and will be used as an educational tool to display energy-efficient products and procedures available for homes and businesses.

CENTERING PRAYER FOR BEGINNERS



Centering prayer is the opening of mind and heart and our whole being to God. Centering Prayer is a method designed to facilitate the development of contemplative prayer. This beginner's retreat will provide background on Centering Prayer within one's spiritual life, an introduction to the actual method, and an opportunity to experience Centering Prayer within a group setting.

March 20-22, 2009

Presenter: Mary Ann Flanagan, IHM, and PH.D.

Retreat fee: Residents (programs, meals, room, and materials) \$175

Commuters (programs, meals, and materials) \$120

***10% off full cost if paid in full a month before Retreat**

WEEK-LONG CENTERING PRAYER RETREAT: JULY 19-26, 2009

RESIDENT: \$450. COMMUTER: \$275. GET A 10% DISCOUNT IF PAID BY JUNE 19.

To find out more about these events, contact Kathy McCarty (270) 229-0200, ext. 413 • kmccarty@maplemount.org
www.msjcenter.org

*Come and pray at the Rosary Walk
Remember your loved ones with bricks or beads*



Yes, I/We want to support the mission of the center and the effect the retreat ministry has on the lives of those who attend by contributing to the Memorial Rosary Walk. I/We want to support this ministry by contributing:

- \$ 500 to sponsor a bead
- \$ 125 to sponsor a brick
- \$ _____ Other

If donating \$125 or more, please fill in the blocks with the name of the person or persons to be inscribed on the brick, stone or bench. One letter, comma, period or space must go in each box (15 maximum per line up to 3 lines):

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____ Email _____

Please make checks payable to: Mount Saint Joseph Center
c/o Rosary Walk, 8001 Cummings Rd., Maple Mount, KY 42356-9999

Credit Card: Visa Mastercard
Card # _____
Expiration Date _____
Signature _____

Please mail this ad with your contribution to help complete the Memorial Rosary Walk. For further information about sponsorship opportunities, please contact Sister Amelia Stenger, OSU, at (270) 229-0200, ext. 401 or e-mail astenger@maplemount.org



Mount Saint Joseph

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GREENING Western Kentucky Expo

Saturday, July 25, 2009 • Brescia University

Booths • Workshops • Giveaways



Lunch available for purchase.

To sign up for an exhibit booth or to learn more about sponsorship opportunities, contact Sister Amelia Stenger 270-229-0200, ext. 401 astenger@maplemount.org www.msjcenter.org



www.greeningwesternkentucky.org