



Singing is praying twice – Taizé



Left: Young choir members practicing at Mount Saint Joseph. Below: The Ursuline Sisters sing in celebration of electing new leadership in December 2009.



By Sister Amelia Stenger, OSU

Singing is one of the most important elements of worship and prayer. When we attend the Liturgy or a worship service that has good music, we feel a part when we can sing along. One kind of meditative song is that which is done in the style of Taizé.

Taizé is a community of religious Brothers in France that uses this style of meditative prayer at least three times a day. Short songs, repeated again and again, give it a meditative character. Using just a few words can express a basic reality of faith that people can pick up quickly to sing along. As the words are sung over many times, this reality gradually penetrates the whole being. It becomes a way of listening to God as well as praying to God. Psalms and readings from the New and Old Testaments are interspersed with the songs. There is also a time for quiet meditation. Very often the chapel or prayer room is lit with candles and the atmosphere is very calm.

Sometimes an instrument accompanies the music but most often it is done alone. There are beautiful organs and other instruments to help us in our liturgical music, but nothing can replace the beauty

of human voices united in song. Through these short songs, we find an inner unity with God. We can continue to sing them during our work or during other quiet times.

Many young people visit Taizé to pray with the brothers. Sometimes there are hundreds at a time who sit quietly and join in the songs and quiet time. The brothers say they are impressed

by the ability of the young people to remain in the church, sometimes for hours, in silence or supported by meditative singing. What seems to touch the young people in Taizé is the sense that the brothers strive to make the expression of faith a simple act of praise without watering it down.

The concern to make the inner experience of prayer accessible to a large number of people is the reason why the community developed a way of praying with simple and meditative songs. The Taizé chants are written in a monastic tradition. Many are based on a simple line from the Psalms. After singing the chant a couple of times, copies of the words and music are not needed.

Mount Saint Joseph Conference and Retreat Center is planning a series of Taizé prayer experiences that will be open to the public during the coming year. The introductory retreat will begin on a Friday evening, March 12 and end after lunch on Sunday, March 14. There will be follow-up evenings during the coming year to utilize this

Continued on page 3

OUR 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,

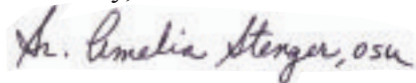
The New Year has dawned and a new decade begins. We have so much to be grateful for as we remember the past 10 years. We have served an average of 5,000 people each year. The retreats, workshops, environmental programs, and youth camps have opened the hearts, souls and minds of all ages and faiths. Jesus gave us the example of being servants to all and Saint Angela, our Ursuline founder, gave us the example of spirituality and hospitality. They and You have helped us serve each person who came through our doors. Now we begin a new decade.

During the coming year, we are planning many new retreats and programs. A retreat for caregivers of the dying, a Taizé retreat, a retreat centered on Fr. Paul Joseph Volk, and a retreat centered on caring for creation are but a few of the new ones to be offered. The Discover Music, Discover Nature Camp will be the first week of June. We are already getting calls about it. We need your help to continue this wonderful service to God's people.

We hope you have a wonderful new year filled with many blessings. During the year give yourself a gift and come for one of our retreats or just come to get some peace and quiet. I recently received a donation and a letter from a participant of a program. It said, "My stay was very peaceful and quiet. The food was great and all the staff felt like family." She is anxious to visit again.

God Bless You for your support. Pray for us. You are included in our prayers every day.

Sincerely,



Sister Amelia Stenger, OSU



Sister Amelia, Scott Mandrell, and Capt. John Cooper, who built the boat



Angela's Ark, a 30-foot flatboat used by the Ursuline Sisters in 2004 to re-enact their first trip down the Ohio River in 1874, was used by Scott Mandrell and his crew Sept. 4-18 to float the Mississippi from St. Charles, Mo., to Memphis to re-enact the last trip of Meriwether Lewis.



Sister Amelia Stenger met author Wendell Berry, left, when both of them spoke at the Healthy Foods, Local Farms Conference on Nov. 7, 2009 at the University of Louisville. Sister Amelia spoke about the relationship of religion and the environment. She talked about God's wonderful gift of creation and how everyone should do his or her part to be good stewards of this creation. More than 250 people attended the conference.

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The Center News is published three times a year by
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Mount Saint Joseph Conference and Retreat Center is a sponsored ministry of the Ursuline Sisters of Mount Saint Joseph in Maple Mount, Kentucky

**Schedule your next event at the Center!
Call 270-229-0200**

Discover music, nature, Maple Mount camp for children in June



Children ages 10-12 will study music and explore nature at the second annual Discover Music, Discover Nature, Discover Maple Mount camp taking place Tuesday-Saturday, June 1-5, at the Center. Children will learn about music native to Kentucky, take elective classes, go on nature walks, and listen to musical performances by musicians leading the camp.



A typical day will start with breakfast at 8 a.m., then a core curriculum class, lunch, a gathering of all campers, elective class, snack, a nature session, supper, and a performance by one of the artist presenters.



Elective classes include Cherokee dance, Appalachian clogging (a Kentucky dance tradition), scrapbook/journal making, group song writing, shrinky-dink jewelry, basic shelter building, fire making with a bow drill, finding and preparing drinkable water, fiddle music, mandolins, recording songs on your computer, edible plants, how to make a rope, tree identification, constructing a fish basket and a hand drum, and Native America traditions and lore.

The cost for campers is just \$195 each. This cost includes meals, overnight accommodations, and all scheduled activities. Visit www.discovermaplemount.org. To register, call Kathy McCarty: 270-229-0200 ext. 413 or e-mail kathy.mccarty@maplemount.org.

TOP: Instructor Philip Silverthorn and his students paint the drums they made during the June 8-13, 2009 Discover Music, Discover Nature, Discover Maple Mount camp for ages 10-12.

ABOVE: Instructor Randy Lanham shows a 2009 camper how to play a musical instrument.

TOP RIGHT: Andrew Bentley, a clinical herbalist, points out a tree at the Mount as he discusses edible trees and plants at the 2009 camp.

RIGHT: Happy campers!

Sing From front

wonderful prayer form. Dates will be published on the Web site. For information on this program and the other programs offered at the Center, please go to www.msjcenter.org.

Information for this article came from information found on the Taizé Web site. ■

Correction: The names of donors Patrick and Gianina Hagan were misspelled in the Sept. 2009 Center News. We are sorry for our error.

Next spinning day is Saturday, Feb. 6

Whether you are an experienced spinner, knitter, or a beginner, you are welcome to attend the 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 1, Aug. 7, Nov. 13
Contact Kathy McCarty to register:
270-229-0200 ext. 413
kathy.mccarty@maplemount.org

Yarn Spinners Weekend Retreat
March 12-14
Please join us!
Registration and fees required.

Center Wish List

- New bedspreads
- New twin sheets
- New pillows

Your direct donation or monetary support for any of these items would be greatly appreciated!

MEETINGS



Lee Dew, coordinator of Watershed Watch, speaks to the group's members Nov. 12 at a meeting at the Center.



Members of the Owensboro Community & Technical College planning committee met Nov. 13 to update plans for the coming year.



Evansville in the beautiful outdoors meditate and...



LEFT: Members of the McLean County Leadership Coalition met Sept. 28 at the Retreat Center.

BELOW: Leadership McLean County met Sept. 18-19.



LEFT: Cursillo Leaders from the Region 5 Dioceses of Knoxville, Tenn.; Evansville and Indianapolis in Indiana, and Owensboro, Louisville, and Lexington in Kentucky met Oct. 30-Nov. 1 to plan next year's conference.

LEFT: The Runaway Quilters socialized while sewing Sept. 22-25. They regularly gather at the Center to sew and to attend sewing workshops.



CRAFTS



ABOVE: A Runaway Quilter pins a fabric sample to a board.

LEFT: Sherry Moody joined other spinners, knitters and crocheters on Nov. 14 for a quarterly spinning day.



A retreat visitor in October looks at items available for sale in the Mount Saint Joseph Book & Gift Shop.



Donna Joy Peck holds a copy of her book "The Keeper," during the Hope October...

RETREATS



Yoga and Meditation group took time in the beautiful surroundings of the Mount to rest and relax Sept. 18-20.



Participants from Hospice have a discussion at a Nov. 6-7 retreat. The group gathered to rest, renew, and brainstorm ideas.



Mary Margaret Drury and Kris Weise lead the rosary at the Rosary Walk on Oct. 4. Every year in October, the Center begins the month of the rosary by inviting everyone to pray the rosary.



ABOVE: Guest speaker Jaime Rafferty, left, talks to a Mount Hope member at its Oct. 16-18 retreat.

RIGHT: The Cursillo group sings during prayer at its Oct. 30-Nov. 1 event.



Terri Ord leads the T.O.P.S., Take Off Pounds Sensibly, group in discussion about exercise and healthy eating during an Oct. 2-4 retreat.



Glenmary priests pray and reflect during their Sept. 14-18 retreat at the Center.

Find more photos
on the Web
www.msjcenter.org

RIGHT: Priests gather for prayer in the Retreat Center chapel during their Oct. 26-30 retreat.



Mr. Larson holds a book, "My God and the Mount" during the Mount event.



Msgr. Bernard Powers led an Advent Day of Prayer retreat at the Center Dec. 9.

RIGHT: Msgr. Powers distributes Communion to the Marian Retreat participants. This Oct. 9-11 event, led by Msgr. Powers, focused on the rosary.



FAITH

MOUNT SAINT JOSEPH CONFERENCE AND RETREAT CENTER IN MAPLE MOUNT, KENTUCKY
CALENDAR OF EVENTS JANUARY-JUNE 2010

January

18-22 Spiritual Direction (Week 6)
 22-24 United Methodist Retreat
 29-30 Henderson Presbyterian Church

February

5-6 First Baptist/Celebration Choir
6 Yarn Spinners (open to all)
12-14 Women's Retreat with Sister Cheryl Clemons: Loved into Life-Becoming a Reed of God
 22-25 MSJ Center Quilting Friends

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

March

5-7 Catholic Engaged Encounter
12-14 Gathering-Yarn Spinners
 16-19 Paducah Quilt Guild
 19-26 St. Meinrad Retreat Week
 31 Reitz Memorial High School Juniors Retreat

April

8 Reitz Memorial High School Seniors Retreat
 13-15 Theological Reflection - Glenmary
 16-17 ICSC Confirmation Youth Retreat
 16-18 Christian Women's Retreat
19-23 Spiritual Direction (Week 7)
24 Center Annual Fundraiser Dinner - Hawaiian Luau
 30-1 Pleasant Hope General Baptist Church Women
 30-1 Yoga Retreat

May

1 Yarn Spinners (open to all)
 15-16 Mount Saint Joseph Academy Alumnae Reunion
 20-23 Spinners Guild

June

1-5 Discover Music, Nature and Maple Mount Camp for ages 10-12
 5 Private Wedding Reception
 6-19 Writers Retreat Workshop
 20-25 Christian Leadership Institute
 25-27 Private Family Reunion
 28-29 Daviess County High School Panther Leaders



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



YOU ARE INVITED TO A HAWAIIAN LUAU

Mount Saint Joseph Conference and Retreat Center Annual Dinner

SATURDAY, APRIL 24

LIVE AUCTION • RAFFLE • HAWAIIAN-THEME DINNER

Doors open at 6 p.m.



RAFFLE GRAND PRIZES:

A trip to Hawaii! Includes 2 Round-trip Airline Tickets and a Condo!

Location and date are flexible. Depart on a Saturday and return the next Saturday.

• Handmade Quilt • Outdoor Patio Set

Only 2,000 raffle tickets will be sold at \$10 each. You do not have to be present to win. Dinner tickets are \$50 per person or \$385 for a table of eight. All proceeds support the Center. For dinner or raffle tickets, contact Jennifer Byrd: **270-229-0200, EXT. 260**

Partners in the Mission



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.

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.

Register for 2010-12 Spiritual Direction

Applications are now being accepted for the next Spiritual Direction Institute, which will begin the week of Oct. 18, 2010. The mission of this program is to prepare people for the ministry of spiritual direction and to enhance the skills of experienced spiritual directors, in the spirit of Saint Angela Merici, founder of the Ursuline Sisters.

- SPIRITUAL DIRECTION TOPICS**
- † Spirituality
 - † Spiritual Direction
 - † The Inner Journey
 - † Prayer and Scripture
 - † Theology
 - † Ethics of Spiritual Direction
 - † Supervision
 - † Case Studies and Retreat



The 2006-08 Spiritual Direction Institute and members of the SDI coordinating team pose for a group photo at the July 2008 certificate ceremony at Mount Saint Joseph Conference and Retreat Center. The 2008-10 class will be having its closing ceremony in July.

The two-year program consists of four weekly training sessions each year. Each session covers a different topic, and attendance is required in order to receive certification as a spiritual director. Spiritual direction means directing and guiding persons to a deeper relationship with God through prayer, meditation, and discernment. It is the art of listening to and supporting others while creating an atmosphere of openness, honesty, and prayer.

The Spiritual Direction training program at Mount Saint Joseph is an opportunity to develop and practice skills necessary for spiritual direction. The rural setting of the center offers a quiet and serene atmosphere for prayer and discernment.

For information, contact Sheila Blandford at 270-229-0200, ext. 427 or e-mail sheila.blandford@maplemount.org by Aug. 31.

*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, contact Sister Amelia Stenger, OSU, at **(270) 229-0200, ext. 401** or e-mail amelia.stenger@maplemount.org



Mount Saint Joseph Conference and Retreat Center

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“Give Peace, Quiet, and Prayer a Chance”

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Feb. 12-14, 2010 Women’s Retreat at Mount Saint Joseph



Retreat Director

**Sister Cheryl
Clemons, OSU**

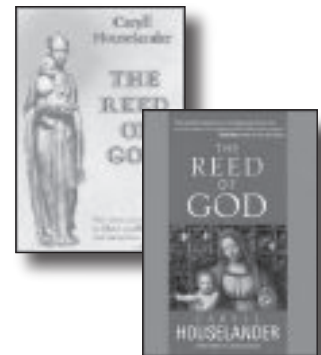


Loved Into Life – Becoming a Reed of God: The Spirituality of Caryl Houselander

The 20th-century English mystic Caryl Houselander’s famous book, *The Reed of God*, offers Mary as the model for all Christians. We, like Mary, are to strive to become hollow reeds in order to be filled with God. Such emptiness draws God to pour out extravagant divine love upon us, a love that we mediate to the world. Houselander, who lived through two world wars, offers profoundly simple advice on becoming holy in the midst of ordinary life.



During this Valentine’s Day weekend, participants will be encouraged to reflect on and experience love at its most profound level — God’s own life within and among us!



Sister Cheryl Clemons, OSU, has taught a variety of theology, liturgy, spirituality, and biblical courses. She holds a doctorate from The Catholic University of America in historical theology—systematics, with minors in women’s theology and medieval church history.

*Retreat begins 6 p.m. Friday
and ends 1 p.m. Sunday*

Fee: \$175 for residents or \$120 for commuters

**To register, contact Kathy McCarty: (270) 229-0200, ext. 413
kathy.mccarty@maplemount.org**