



WATER—Gift of Life, Gift of the Spirit

By Sister Amelia Stenger, OSU

Water seems to be on many peoples' minds these days. We hear about the melting ice of glaciers, the lack of water in some areas, and floods in other areas. Have we ever really stopped to meditate on this simple mixture of hydrogen and oxygen? The mixture in itself is a miracle. During the years to come, even more discussion will center on this part of nature as icecaps melt and oceans rise.

Water is a gift. How can we describe this gift? How many times a day does it impact our lives? When we try to describe water, it becomes a very spiritual thing. Water is all around us. It surrounded us in the womb before we were

born. It is in every cell of our bodies. It heals us and cleanses us. It washes our spirit in the sacrament of Baptism. Without it, life would not exist.

Information concerning water and its use is prevalent in articles and magazines, particularly,

Pictured: Various forms of water at Mount Saint Joseph

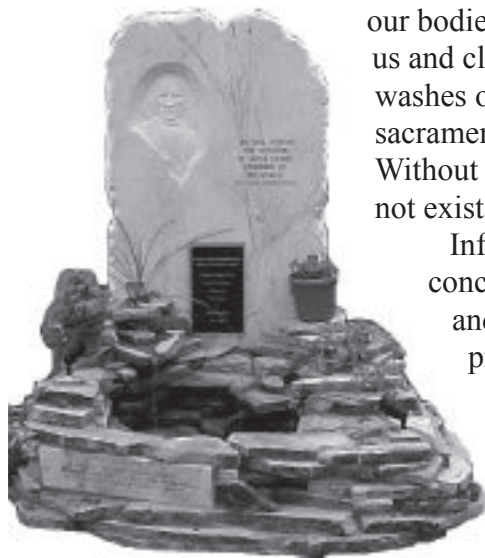


the issue of bottled water. Consumers spend about \$100 billion every year on bottled water thinking that it is better than what comes from the tap. This year, several companies had to change the advertising of their water because they were getting it from the tap in their buildings.

For a small amount of the sum of \$100 billion, everyone on the planet could have safe drinking water and proper sanitation, says an organization in Washington, D.C., called Common Dreams.

Members of the United Nations want to cut in half the number of people who do not have reliable and dependable access to safe drinking water by the year 2015. In order to do this, they will have to double the \$15 billion they spend each year on sanitation and clean water supplies.

“While \$15 or even \$30 billion seems like a great deal, it is a small amount compared to the \$100 billion spent each year on bottled water,” said



Story 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,

Celebrations are wonderful! This 25th anniversary year has already been blessed in so many ways. Many of you have sent greetings. Others have come to visit, and some have enjoyed the 25th Anniversary Gala that was held on April 26. The Gala brought friends from Louisville, Evansville, Owensboro, and Springfield, Ill. The evening was filled with laughter, good food, and great auction items. It truly was a celebration.

The Center has so much to celebrate. One of our greatest gifts is the dedicated staff. The majority has been with us for more than 10 years. Their hospitality and willingness to serve the many guests who come to the Center shows their support of the mission. Our newer staff members are stepping right up to add to that dedicated service.

Over the past 25 years, many Center board members have shared their talents, ideas, and financial support. We are so grateful for the present board members and those who have served over the years. You have helped us grow.

And where would we be without our generous donors! You help us help others. Your support makes the difference. We thank God every day for you and your generosity of time, talent, and treasure. You have made our mission, your mission.

And most of all, we want to thank the Ursuline Sisters of Mount Saint Joseph for continuing their support of the Center. As a sponsored institution, it serves thousands of people each year and helps fulfill the Ursuline mission of proclaiming Jesus through education and faith formation.

During this year, we have had a gala, new programs, an annual fund mailing, and many other activities. We will close our anniversary celebration with a special prayer service, recognition of past directors and sisters who have worked at the Center, recognition of donors, planting of maple trees, and a **Rededication of the Center on Aug. 10, 2008 at 2 p.m. Please mark your calendar. Everyone is invited!** A reception will follow the ceremony.

God has truly blessed us with good friends like you. We ask you to pray for us and for the work of the Center. We will continue to pray for you.

Sister Amelia Stenger, OSU
Sister Amelia Stenger, OSU, Director



Mount Saint Joseph Conference and Retreat Center Staff:
Front row, l-r: Sister Mary McDermott, Trena Goetz, Sheila Blandford, Sister Amelia Stenger, Diane Dodson, Beverly Byrne, Sister Evelyn Craig. Back row: Juanita Cessna, Kathy McCarty, Elaine Foster, Merritt Hobbs, Larry Hermann, Jennifer Byrd.

Plan to attend the second
**GREENING
Western Kentucky
EXPO**
Saturday, July 19, 2008
Brescia University
Booths • Workshops • Giveaways
www.greeningwesternkentucky.org

CENTER BOARD OF DIRECTORS

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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

Water *From front page*

Environmental Protection Initiatives researcher Emily Arnold. She continues by saying, "Although in the industrial world bottled water is often no healthier than tap water, it can cost up to 10,000 times more." At \$1.50 a bottle in many places, a gallon of water would cost about \$12. Why do people complain about paying over \$3 for a gallon of gas and will pay so much more for bottled water?



To add to the problems of bottled water is the plastic bottle itself, the oil it takes to make it, and all the gas it takes to move bottles from place to place. Some water is shipped all the way from the Figi Islands in the South Pacific to stores in Kentucky. Then there is the problem of discarding the bottles. If they are not recycled they will stay in landfills for up to 1,000 years.

You may be thinking, "Why should a retreat center be talking about something as simple as water? Shouldn't they be thinking about spiritual retreats and theological discussions?" Yes, retreat centers should have spiritual retreats and programs, and we do.

But part of the mission is to help people touch and feel the spirit of God's creation. Retreat centers have the responsibility to help people discern their roles as seekers of justice and partners in protecting all creation. Every creature has a right to water. We cannot live without its sustenance, nor can we live without its beauty. Who has not been inspired by the power of the ocean or a raindrop sitting on the petal of a rose? Without the gift of water, our spirits would not be satisfied.

So, as we look out our windows during a rainstorm and watch the earth drink, or sit beside a lake and watch the sun sparkle on the ripples, or take part in the simple act of drinking a glass of fresh water, let us thank God for this gift of life and allow God to touch our spirit through it.

For more information on environmental retreats and activities at the Center, please visit the Web site at www.msjcenter.org or contact Sister Amelia Stenger at astenger@msjcenter.org. ■

SPIRITUAL DIRECTION TRAINING PROGRAM

2008-2010

Registration is now open for the next program, which begins in October.



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. Participants will meet for eight weekly sessions over a two-year period.

TOPICS AND DATES	
Spirituality	Oct. 13-17, 2008
Spiritual Direction	Jan. 19-23, 2009
The Inner Journey	April 20-24, 2009
Prayer and Scripture	July 27-31, 2009
Theology Update	Oct. 12-16, 2009
Supervision	Jan. 18-22, 2010
Ethics of Spiritual Direction ...	April 19-23, 2010
Case Studies and Retreat	July 5-9, 2010

Each weekly session will be led by a team of trained spiritual directors. Presence at all sessions is required to receive a certificate.

To register or for more information, contact

Kathy McCarty

270-229-0200 Ext. 413

kmccarty@maplemount.org

A brochure can be found at www.msjcenter.org



Mount Saint Joseph
Conference and Retreat Center

25th Anniversary Gala Dinner

April 26, 2008



Lee Dew, Aloma Dew, Sister Amelia Stenger and Al Mattingly smile for the camera during the Center's 25th Anniversary gala dinner in the Mount Saint Joseph gymnasium on Saturday, April 26.



Sister Pam Mueller and Karen Siciliano ask Joe Young to take part in the Heads & Tails game at the gala.

Above right: Sister Ann Patrice Cecil, Sister Mary Irene Cecil, Sister Rose Marita O'Bryan and Sister Annalita Lancaster have a discussion at their dinner table.

Right: (Left to right) Sister Mary McDermott, Trena Goetz, and Sheila Blandford – all Center staff – serve dinner guests at the buffet table.



Above: Chef Merritt Hobbs, Center staff, carves prime rib for dinner guests.

Right: Paula Hayden, chairperson of the Center's board of directors, takes a turn at auctioning off a quilt during the gala dinner. Mick Ford holds up the quilt as she takes the bids.



Above: Msgr. Bernard Powers, right, chats with Linda and Charlie Kamuf during the gala.

Left: Bishop John J. McRaith, left, was one of the guest auctioneers at the dinner. Mick Ford stands by to help.



Right: Jennifer fills out an auction form while Scott McCain, a Center board member, and his son, Carter, enjoy the festivities.

Below right: Sister Emma Cecilia B... enjoys the company of Ursuline Association member Gloria Cecil.

Below: Center board member J. Todd Inman





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MARIAN RETREAT

Oct. 31-Nov. 2, 2008

Led by Msgr. Bernard Powers

Our Lady of Prompt Succor
Maple Mount, Ky.



In light of Pope John Paul II and Pope Benedict XVI's call for Christians to become more distinguished in the art of prayer, our Marian Retreat will take us to "Mary, a genuine school of prayer." We will go to Mary to learn prayer in a better way and to pray in a deeper way.

Msgr. Bernard Powers has served God and God's people as teacher, pastor, retreat director, and spiritual director. From 1985-2001, he was associate director of Mount Saint Joseph Conference and Retreat Center. He has a master's degree in spirituality from Duquesne University.

Cost: \$165 includes retreat, materials, meals, snacks, socials, overnight accommodations.
Commuter: \$115 includes retreat, material, meals, snacks and socials.

To register for events, contact Kathy McCarty at 270-229-0200 ext. 413

Arts at the Mount: Weaving Workshop July 31-Aug. 2, 2008

LEARN HOW to weave from start to finish...
spinning wool, weaving an article, etc.

Cost: \$195 (Commuters: \$150)



Celebrating a quarter century



Everyone is invited to
Mount Saint Joseph Conference and
Retreat Center's
25th Anniversary Celebration

Sunday, Aug. 10, 2008
2 p.m.

- Prayers • Free plantings • Gift Shop Open
- Come and walk around the campus.
No reservations needed.

For more information, call
270-229-0200

"Give peace, quiet, and prayer a chance"

MOUNT SAINT JOSEPH CONFERENCE AND RETREAT CENTER IN MAPLE MOUNT, KENTUCKY CALENDAR OF EVENTS JUNE-SEPTEMBER 2008

June 2008

- 7 Private Wedding Reception
- 10-11 Icons: An Open Window to Joseph and Mary Retreat**
- 13-15 Seeing God's Creation with Artists' Eyes: Landscape Painting en Plein Air Weekend**
- 20 Mount Hope Retreat Day/Reunion
- 22-27 Christian Leadership Institute
- 30-1 Daviess County High School Youth Leaders Weekend

July 2008

- 6-12 Conference and Directed Retreat for Women Religious**
- 9-10 Riney, Hancock & Co., PSC Workshop
- 16-18 Ursuline Sisters of Mount Saint Joseph Community Days
- 19 Associates and Sisters Day
- 19 GREENing Western Kentucky Expo at Brescia University**
- 20 Ursuline Sisters of Mount Saint Joseph Jubilee Celebration
- 20-27 Centering Prayer Retreat**
- 28-1 Spiritual Direction Institute Week 8**
- 31-2 Sheep to Shawl Workshop

August 2008

- 1 Saint Ann Interparochial School of Morganfield Faculty and Staff Day
- 1-2 Opportunity for Life Training
- 5-7 Acculturation Workshop
- 8-10 Catholic Engaged Encounter
- 10 Mount Saint Joseph Conference and Retreat Center 25th Anniversary Celebration**
- 15-17 Retrouvaille
- 21-23 Diocese Musicians Gathering



Center-sponsored programs are **bold**. To register or schedule an event, contact Kathy McCarty 270-229-0200, ext. 413 E-mail kmccarty@maplemount.org
Looking for the perfect location for your retreat, reunion, or other social or business gathering? Please consider Mount Saint Joseph.

- 29-31 Marriage Encounter Weekend
- 30 Private 50th Wedding Anniversary Celebration

September 2008

- 7 **38th Annual Ursuline Sisters of Mount Saint Joseph PICNIC**
- 8-12 Glenmary Retreat
- 12-13 Scrapbook and Consultants Weekend
- 12-14 Healing Retreat
- 18-21 Building Contemplative Community: A Weekend Retreat for Spiritual Directors**
- 20 Introduction to Centering Prayer**
- 23-26 Runaway Quilters
- 26-27 Leadership of McLean County Retreat

Summer Retreats for Women Religious



Vowed: Faithful and Free?

Conference Retreat directed by Barbara A. Metz, SNDdeN

**Participants in the Directed Retreat will meet each day with a spiritual guide:
Sister Mary Matthias Ward, OSU
Sister Helen O'Brien, OSU**

This week-long summer retreat begins Sunday at 6 p.m. and ends Saturday at 9 a.m.

Cost: \$450 residents or \$275 commuters

To register, call Kathy McCarty
270-229-0200 ext. 413 kmccarty@maplemount.org



Sister Barbara Metz

A brochure can be found at www.msjscenter.org

Center Wish List

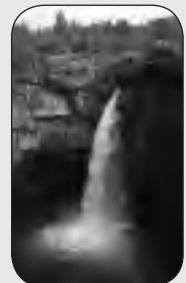
Your support with any of the items on our wish list would be greatly appreciated.

- 32 new bedspreads for rooms in St. Ann—\$69 each
- New carpet in hallway of St. Ann—\$3,000
- Five new quilts and shams for rooms in St. Joseph II—\$99 each
- Replacement air conditioning unit—\$3,459



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.





Mount Saint Joseph Conference and Retreat Center

8001 Cummings Road
Maple Mount, Kentucky 42356-9999
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CENTERING PRAYER RETREAT



The risen Christ addresses us from without in order to teach us to listen inwardly to his spiritual impressions. The contemplative life is to live not only in God's presence, but out of God's presence. We become the word of God through the transformation effected by faith, hope, and divine love. Then we will be witnesses to Christ in our very being.

- Father Thomas Keating

July 20-27, 2008

Retreat Directors:
Sister Mary Otho Ballard, OP
Jean Johnson, SL

8-Day Intensive Retreat or Post-Intensive Retreat

*Retreat fee: Resident (room, meals, program) \$450
Commuter (meals, program) \$275*

SPIRITUAL ACCOMPANIMENT STUDIES OF HENRI NOUWEN

Coming to Maple Mount
OCT. 17-19, 2008



Pictured at left: An Illustration from Henri Nouwen's book, "A Cry for Mercy"

This retreat weekend is for anyone in ministry who would like to learn from the late Henri Nouwen's courage to confront imperfections, in the light of the Gospel, in order to pursue a journey of perfection.

The presenter is Wil Hernandez, Ph.D., of the Leadership Institute in California. Dr. Hernandez teaches and lectures widely on the spirituality of Nouwen, a Dutch Catholic priest who authored over 40 books on spiritual life. Dr. Hernandez has written two books about Nouwen, including, "Henri Nouwen and Soul Care: A Ministry of Integration."

During the retreat, Dr. Hernandez will help participants uncover the spirituality of Nouwen and bring us courage and hope so that we, too, can care for our soul and reach out to others within the embrace of God's love.



Wil Hernandez

To register for these events, contact Kathy McCarty at 270-229-0200 ext. 413 • kmccarty@maplemount.org
More information can be found at www.msjcenter.org