



SAN DAMIANO RETREAT

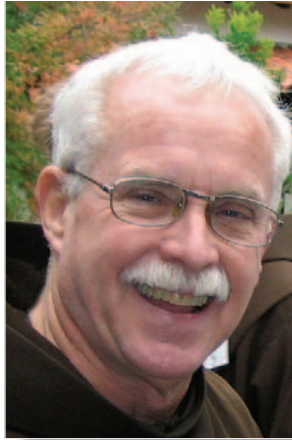
Summer/Fall 2012

“The flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtledove is heard in our land.”

Song of Songs 2:12

EMBRACING SUFFERING

FR. RAYMOND BUCHER, OFM, DIRECTOR



It was a different kind of New Year's Eve party! I guess that's to be expected when one lives in a retreat house. This past New Year, the very capable Fr. Rusty and I presented a year-end retreat. We invited our retreatants to survey the past year, identify the high points (both stellar and challenging), and render thanks or forgiveness depending on the situation.

The issue of suffering framed my focus. With the help of Kateri and the New York Times, I created a PowerPoint presentation illustrating the year's major catastrophes. As we viewed this litany of suffering, almost unbearable when so telescoped, we acknowledged how prevalent pain had been. The experience evoked the Scriptural message that if you want to follow Jesus, you must be willing to suffer - even more, you must be willing to "embrace" suffering (Luke 9:22). For most of us this presents a scary and intimidating directive. It's hard enough not to run from suffering, let alone welcome it.

This theme of embracing suffering has been revisited throughout Lent, and especially during Holy Week. Once again I marveled at the power of Good Friday's liturgy, especially during the veneration of the cross. At those moments I sensed a strong connection with Eastern Christians who treat their icons with such reverence and feeling. Indeed, how can I ever be sufficiently grateful to "... the Son of God who has loved me and given himself up for me" (Gal. 2:20).

There is the passage from Luke that explicitly calls us, his disciples, to embrace suffering. This translation is contemporary and remarkably clear in its demand:

"Then he (Jesus) told them what they could expect for themselves: 'Anyone who intends to come with me has to let me lead. You're

not in the driver's seat - I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What good would it do to get everything you want and lose you, the real you?' " (Luke 9:22-25).

These are really tough words and spell out the cost of discipleship. If you're like me, you know the urge to sidestep suffering. I find William Barclay's insights helpful, "...suffering can show us, as nothing else can, the essential kindness of others, as well as the comforting compassion of God."

On this theme of suffering, Richard Rohr's comments are insightful, "...suffering seems to be the only thing strong enough to destabilize our arrogance and our ignorance." He adds, "...if we do not transform our pain, we will most assuredly transmit it."

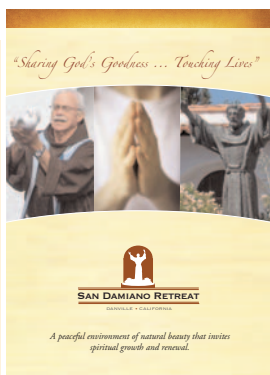
Let me conclude with these words from the letter of Peter:

"He suffered in silence, content to let God set things right. He used his servant body to carry our sins to the cross so we could be rid of sin, free to live the right way. His wounds became your healing." (1 Peter 3:23-24).

His wounds added to your wounds make for strength. Though you are just two, you make a majority. The theme of that New Year's retreat (resisting the tendency to sidestep suffering) should be reflected upon - and appreciated - year round. Such reflection is a great aid in helping us to fulfill the law of Christ: a willingness to carry one another's burdens.

Paz Y Bien,

A handwritten signature in black ink that reads "Fr. Ray Bucher OFM".



CAPITAL CAMPAIGN UPDATE

Thank you to all who have made our Capital Campaign, "Sharing God's Goodness ...Touching Lives," so successful. Here are some of our accomplishments thanks to your generous support in 2010/2011.

- Higher Profile/Recognition of San Damiano Retreat Center
- A warm reception for preaching at ten parishes here in the East Bay
- Generous support from our Secular Franciscan Fraternities
- A very generous gift from the Wayne and Gladys Valley Foundation
- And most importantly, a new HVAC system which now has a thermostat in every bedroom

The true ongoing goal of the campaign is the Retreat Center's sustainability and renewal. Rehabilitating the facilities of the Retreat Center is essential if San Damiano is to continue to serve all those who desire its unique appeal. We are so grateful for your generosity. You have raised not only our room temperature this winter, but our spirits as well.

Summer / Fall Newsletter

SAVE THE DATE



Fourth Annual Fall Fundraiser Auction and Dinner

This year we will hold our fundraiser on Sunday, Sept. 16 at 3 pm. The afternoon begins with refreshments and beverages as you enjoy wandering through the silent auction items, meeting friends and

making new friends. The evening brings a festive dinner prepared by our staff, followed by the Live Auction.

Please support San Damiano by:

- Donating items or services for the auction
- Sponsoring a \$1000 Premier Table for Ten
- Making a donation by check, credit card or on our website

We are very grateful for each of you who support our mission!

PERSONAL GROWTH WORKSHOPS WITH OPTIONAL CE UNITS



You have seen these workshops announced often in our newsletters. Each year we schedule about 5 of them and hope that all of you are able to take advantage of these knowledgeable presenters and current themes and issues for your personal

and/or professional growth. Six continuing education units are optional but available for RN's, LVN's, MFT's and LCSW's.

- Saturday, Sept. 8 with Shoshana Kobrin, MFT, "Transforming Addictions"
- Saturday, Oct. 6 with David Richo, Ph.D., "The Serenity to Accept"
- Saturday, Nov. 3 with Peter Coster, Ph.D., "A Procrastinators Guide to Better Living"

Call, email, or check our website retreats calendar for information and registration.



JOYCE RUPP: THE INSTITUTE FOR COMPASSIONATE PRESENCE

October 14 - 18, Sunday - Thursday

This weeklong retreat, offers an intensive format in which Sr. Joyce and the participants explore both the theoretical and experiential dynamics of compassion. Content of the week includes an in-depth view of compassion, relational skills, self-care, loss and suffering, compassion in the workplace, and other associated topics. Participants will be invited to ponder their personal and professional experiences of compassion, to reenergize their ability to offer loving kindness, and to go forth with a renewed commitment to be a compassionate presence. Space is limited to 50 so call, email, or check our website retreats calendar for information and registration. Here is Sr. Joyce's website link for information: <http://www.joycerupp.com>.



BLESSING OF THE ANIMALS

Saturday, October 6, 2012

Saturday, October 6 at 2 pm by the Statue of St. Francis, bring your four-legged, furry, and feathered friends to a special blessing in honor of the Feast of St. Francis of Assisi, our patron saint.

All are welcome, no charge!



CANTICLE GARDEN NEWS

“The kiss of the Sun for pardon, the song of the birds for mirth, you're closer to God's heart in the garden than anywhere else on earth.” So reads the wrought iron sign at the entrance to our new healing garden located in the Canticle Garden next to the Labyrinth. You may sit at the feet of the Good Shepherd surrounded by blossoms and healing herbs, hummingbirds, and butterflies; here is refreshment for your spirit, the breeze a gentle massage for a worried mind while colorful flowers lift a heavy heart.

Discover it on your next visit to San Damiano!
- Lois McWhorter, *Gardener Extraordinaire*

SPECIAL THANK YOU

We are indebted to the Wayne and Gladys Valley Foundation for their donation of \$150,000 for the new heating and cooling system in the bedrooms. From the Franciscan friars, staff, past & future retreatants: **WE ARE GRATEFUL!**



MARK YOUR CALENDAR

Grief Retreat

NOV. 30 - DEC. 2, 2012

Fr. Aidan McAleenan

Silent Advent Weekend

DEC. 7-9, 2012

Fr. Tom West, OFM

New Year's Retreat

Dec. 30 - Jan. 1, 2013

Fr. Patrick Foley

SR. MACRINA

WIEDERKEHR, OSB

April 19-21, 2013

Fr. Kenan Osborne, OFM

APRIL 26-28, 2013



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San Damiano
Fall 2012

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SAN DAMIANO RETREAT



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Summer / Fall Newsletter

JUNE 1-3, 2012

THE WAY OF COMPASSION THE PASSION OF JESUS ACCORDING TO LUKE

Fr. Thomas P. Bonacci, CP

More than any other Gospel, Luke emphasizes the compassionate nature of Jesus. The compassion of Jesus expresses itself beyond the limits of empathy or legitimate boundary. Our weekend retreat will explore this compassion of Jesus in the context of the Passion Narrative (Luke 22-23) as we reconsider the "meaning" of his death on the Cross.

\$235/\$205

JUNE 8-10, 2012

DREAMS WORKSHOP DREAMS AS A PATHWAY TO PEACE

Dr. Jeremy Taylor

Dr. Taylor will offer ways to understand and decode messages from the unconscious. We'll work in a large group, and then break into smaller groups, facilitated by experienced dream workers. Only you can truly know what your dreams mean, but working with others puts us on a "fast track" to understanding. When we work the dreams of others we have a chance to learn about ourselves.

\$235/\$205

JUNE 11-15, 2012

SILENT CONTEMPLATIVE REJOICING ALL THE WAY HOME

Sr. Ishpriya

These retreat days will help us to gather the Courage and Insight needed to live a Life of Joy in the midst of the crisis and challenge of every day. We will look at ways to re-awaken our capacity for wonder, our freedom to choose and hope. Silence, presentations, and nature will lead us as we reflect on our spiritual lives. **\$360/\$300**

JUNE 15-17, 2012

HENRI NOUWEN & SPIRITUAL POLARITIES

Wil Hernandez, Obl. OSB, Ph.D.

The reality of our spiritual journey is such that it is endowed with mystery and thus breeds tension in our experiences. Henri Nouwen exemplified for us how to navigate our way through tension and creatively embrace the "spiritual polarities" in life. During this retreat, we will confront and befriend tensions in a way that works for us instead of against us. **\$225/\$195**

JUNE 29 - JULY 1, 2012

RECOVERY RETREAT FINDING JOY AS WE TRUDGE THE ROAD

Sr. Briegeen Moore, OSC

As we TRUDGE the road to recovery, there are times when we find it necessary to emerge from the land of the "GLUM LOT!" Our initial zest and enthusiasm for the program wanes and we need an

energy boost. We will explore these topics: Balance, Priorities, Gratitude, Maintaining a Sense of Humor, Basic Recovery Tools and, above all, Faith in our Ever Faithful Higher Power! **\$225/\$195**

JULY 22-27, 2012

5-DAY SILENT CONTEMPLATIVE WE ARE GOD'S CHILDREN NOW

Fr. Dan Riley, OFM

Our five days of blessed silence on the beautiful, peaceful San Damiano mountain will open us to gratitude, freeing us from fear. The focus will be in finding our way to the peace that abides within each of us now. Wednesday will be a "hermit day." **\$385/\$300**

JULY 27-29, 2012

SILENT CONTEMPLATIVE WEEKEND THE UNIVERSAL CALL TO CONTEMPLATION

Fr. Cyprian Consiglio, OSB, Cam.

Fr. Cyprian bases his presentations and prayer time on his book: [Prayer in the Cave of the Heart, The Universal Call to Contemplation](#). You will have an opportunity to awaken to your true nature in Christ while drawing new insights about the interior way from Jesus, St. Paul, and the desert fathers. **\$225/\$195**

AUGUST 3-5, 2012

WOMEN'S RETREAT HUNGERING FOR PEACE

Sr. Fran Ferder, FSPA, Ph.D., D. Min.

The evangelists remembered Jesus as a person who felt an urgent longing for peace. He spoke of it often, he preached it, he lived it. It was his most fervent prayer, his last gift to his disciples. In this retreat we will reflect on the biblical meanings of peace—peace in the cosmos, peace in our relationships, peace in the human heart. **\$225/\$195**

AUGUST 3-5, 2012

40 HOURS OF ADORATION RETREAT CELEBRATING THE PRESENCE OF THE EUCHARIST

Fr. Ray Bucher, OFM & Fr. Evan Howard, OFM

On this weekend in the spirit of Devotion and Contemplation, we will center our attention on the night before Jesus' death. The weekend will be devoted to praying before the Blessed Sacrament. **\$220/\$195**

AUGUST 10-12, 2012

LATINO RETREAT HAZME UN INSTRUMENTO DE TU PAZ

Padre Oscar Mendez Guzman, OFM &

Padre Martin Carbajo, OFM

"Hazme un instrumento de tu paz", es el tema del retiro latina de este año; exploraremos la

oracion de San Francisco y como la podemos aplicar para nuestra vida diaria. Tendremos tiempo para compartir y orar. **\$180/\$150**

SUNDAYS, AUG. 12 & OCT. 21, 2012

DAYS OF DIALOGUE FOR GAY, LESBIAN, BI-SEXUAL, AND TRANSGENDERED PEOPLE

"You are also a child of God, gifted and called for a purpose in God's design." [Always Our Children, USCC, 1997/98, page 4] This is an afternoon for shared stories and community. Family members and friends are welcome.

1:00 — 5:00 pm. **No Cost**

AUGUST 24-26, 2012

YOUNG ADULTS RETREAT LETTING LIFE PRAY THROUGH US

Fr. Rusty Shaughnessy, OFM & Paula Jenkins

Through presentations, prayer, and reflection, come spend a weekend with other young adults, in their 20's and 30's, to explore faith and relationship to God, ourselves, and others. Paula, Fr. Rusty and the serene grounds of San Damiano will facilitate these days. **\$220/\$190**

SEPTEMBER 7-9, 2012

REST & REFRESHMENT FOR FRIENDS & FAMILIES OF ALCOHOLICS

Fr. Tom Weston, SJ

Join us for some time of prayer, reflection, quiet, and conversation, and some talks focusing on the steps and tools of recovery. Open to family members (adult children, spouses, parents/grandparents of alcoholics and addicts) and their friends. Meet some old friends. Meet some new friends. Help us become friends, companions, and allies as we live our lives in recovery. **\$225/\$195**

SEPTEMBER 7-9, 2012

SPIRITUAL GROWTH RETREAT PONDERING THE SACRED WITHIN

Nancy Burchett, Rena Grant, & Kathy Miranda

Each of us has a sacred story that has been unfolding throughout our lives. Come, take time in this beautiful setting, to recognize, ponder, and savor graced moments that have had meaning and will continue to do so. Prayer, ritual, scripture, creative expression, journaling, and time for reflection will be woven into our time together. **\$225/\$195**

**SATURDAYS - SEPTEMBER 8,
OCTOBER 6 & NOVEMBER 3, 2012**

PERSONAL GROWTH (CE UNITS OPTIONAL)

Shoshana Kobrin, MFT — Sept. 8:

Transforming Addictions

David Richo, Ph.D., MFT — Oct. 6:

The Serenity to Accept

Peter Coster, Ph.D., MFT — Nov. 3: Getting Unstuck:
A Procrastinators Guide to Better Living
6 CE Units available for MFT, LCSW, RN, & LVN's.
Check-in at 9:00 am, 9:30 am — 4:00 pm, lunch
included. **\$85/\$105 for CE units**

SEPTEMBER 14-16, 2012
SILENT MEDITATION RETREAT
FIRST SIGHT: THE EXPERIENCE
OF FAITH

Fr. Laurence Freeman, OSB

Faith is the highway of the spirit. Every act of Faith we make is an uncovering of the labyrinth of Spirit. Fr. Laurence will lead the weekend in the spirit of silence and mindfulness, giving daily conferences and leading meditation. **\$250/\$220**

SEPTEMBER 18-20, 2012
MID-WEEK RETREAT
TAKING THE FURTHER JOURNEY

Paula D Arcy

Faith is the first step, then, a greater invitation unfolds asking us to belong, with great fidelity, to something that calls from deep within. What are we being called to embrace, and, who might we become if we actually open our hearts? The sacred space of San Damiano can help open us to honestly journey toward the answers to these questions. **\$240/\$210**

SEPTEMBER 28-30, 2012
MARRIED COUPLES RETREAT
THE GIFTS OF MARRIED LOVE

Fr. Evan Howard, OFM, Gloria & Chuck Blay

On this weekend, we will invite married couples to rediscover the gifts of the Sacrament of Matrimony. There will be time to share with your spouse and gain wisdom from the sharing of other couples. It will include time to rest, pray, and a chance to renew your vows.
\$310 per couple

SATURDAY, SEPTEMBER 29, 2012
JUST FAITH RETREAT
STILL IN THE STORM:
ENGAGING SPIRITUALITY

Joe Grant

This retreat day is based on the Engaging Spirituality program of JustFaith Ministries. We will explore the intersection between Christian spirituality and social engagement while defining the spiritual journey in three dimensions: the Welcoming Way, the Tending Way, and the Blessing Way. Check-in at 9:00 am, 9:30 am — 4:00 pm, lunch included. **\$55**

OCTOBER 5-7, 2012
FRANCISCAN SPIRITUALITY
CREATING A (FRANCISCAN) LIFE

Darleen Pryds, Ph.D.

The Franciscan way of life is one that cherishes all of creation and embraces each step and each breath. Lay people have taken up the Franciscan way as a spiritual path from the time of Francis and they face particular challenges from daily responsibilities. This retreat uses experiential reflections and lessons from the rich legacy of lay people in the Franciscan tradition and includes discussion, reflection, experiential opportunities, and prayer. **\$215/\$185**

SATURDAY, OCTOBER 13, 2012
YOUNG ADULT RETREAT DAY
SPIRITUAL JOURNEYS

Young Adult Leadership Team

This day for young adults in their 20's and 30's will be a time to reflect, pray, and listen to input from the team and one another. The peace and beauty of the grounds and labyrinth will be explored. Check-in at 9:30 am, 9:30 am — 3:30 pm, lunch included. **\$55**

OCTOBER 14-18, 2012
INSTITUTE FOR COMPASSIONATE
PRESENCE

Sr. Joyce Rupp, OSM

Space is limited to 50 so call, email, or check our website retreats calendar for information and registration. Here is Sr. Joyce's website link for information: www.joycerupp.com.
\$495/\$435

SATURDAY, OCTOBER 20, 2012
SPIRITUAL SPA DAY FOR WOMEN
FINDING PEACE IN OUR
HECTIC LIVES

Rena Grant, MA & Kathy Miranda, MA

Take some time away to explore ways to move toward inner peace. There is no better place than San Damiano to facilitate the journey to peace. Check-in at 8:30 am, 9:00 am — 3:30 pm, lunch included. **\$65**

FRIDAY, NOVEMBER 9 &
NOVEMBER 9-11, 2012
SCRIPTURE OFFERINGS

Fr. Garrett Galvin, OFM & Fr. Michael Guinan, OFM
On Nov. 9, Fr. Garrett will present a STUDY DAY for Clergy, Ministers and the Laity on the Gospel of Luke open to people of all faiths. Fr. Garrett and Fr. Michael will team up on the WEEKEND of Nov. 9-11 for "Praying with the Psalms." **Day: \$45, Weekend: \$220/\$190**

NOVEMBER 16-18, 2012
MEN'S RETREAT
NAVIGATING LIVES:
WHITEWATER MOMENTS

Fr. Rusty Shaughnessy, OFM & Rick Barmore
As men, there are moments when we feel overwhelmed with the circumstances of our lives. On this weekend, we invite you to be open to a "guide from beyond." As we travel through life, the way may not be clear. We may need to ask, "Where can I go from here?" Come journey this weekend with other men as we learn how to navigate lifes whitewater moments. **\$220/\$190**

RESERVATION FORM

TO MAKE A RESERVATION:

please send this form & a \$50 deposit per person to:

San Damiano Retreat
Reservations
PO Box 767
Danville, CA 94526-0767

Register Online!
www.sandamiano.org

Deposits are non-refundable, but transferable to a future retreat (within one year) providing cancellation is received at least 7 days prior to the retreat.

Phone: (925) 837-9141
Fax: (925) 837-0522

Name(s): _____ Phone: () _____

Address: _____
Street City State Zip+4

E-mail: _____ Emergency Contact: _____ Phone: _____

Special Needs: _____ All Rooms are Non-Smoking

Room Preference: Private Double Share With: _____

Name of Retreat: _____ Date of Retreat: _____

Dollar amounts for each retreat noted above are donations for "Private Room/Double Occupancy".

Credit Card #: _____ Exp. Date: _____ Charge All Deposit Only

Name on Credit Card: _____ Signature: _____