Villa Maria
Education & Spirituality Center

A Sacred Place Where God’s Abundant Life Unfolds

2020

A sponsored ministry of the Sisters of the Humility of Mary
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Visit our website at [www.vmesc.org](http://www.vmesc.org) or call 724-964-8886

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For over 150 years the Sisters of the Humility of Mary (HMs) have opened the sacred space of Villa Maria to those who seek to share in God’s abundant life. Villa Maria Education and Spirituality Center (VMESC) was incorporated in 2005 to carry on the mission of the Sisters by serving the educational and spiritual needs of children, youth, adults and their families.

**Our mission:** Villa Maria Education & Spirituality Center provides and promotes educational and spiritual experiences in a unique setting for people of all ages, faiths, and economic status.

**Our vision:** Villa Maria Education & Spirituality Center is a sacred setting where God’s grace is nurtured and abundant life unfolds. We seek to inspire lifelong learning and growth through relationships with God, others, self, and Earth.

**Our guests are encouraged to feel at home and make use of our facilities which include:**

- Magnificat Chapel, aesthetically beautiful, with seating for up to 400 people
- Overnight accommodations for up to 200 people (bed linens and towels provided)
- Onsite food service provides well-balanced and nutritious meals and adjusts to special diets and needs
- A variety of meeting spaces with seating ranging from 5-250
- Smoke free campus
- Handicapped Accessible Buildings and Rooms
- Indoor Heated Pool
- Library
- Nature Trails
- Farm Market
- Art House

This brochure contains our upcoming programs for 2020. Come and experience the beauty, peace, and opportunities for spiritual growth at Villa Maria Education and Spirituality Center!

Villa Maria Education and Spirituality Center is located on the picturesque grounds of Villa Maria Community Center, between New Castle, Pennsylvania and Youngstown, Ohio. The woodlands, meadows, pond, outdoor shrines, nature walkways, herb garden, and the lived faith of the resident sisters provide a setting where the whole person, body-mind-spirit, can be nourished.

**Ministry Team**

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Exploring the Foundations of Contemplative Living in the Midst of the World: A silent contemplative retreat

Presenters: James Finley, PhD (Via Skype) and Cheryl Rose, HM

In our time together James Finley will be with us in three live streamed video sessions assisted on site by Sister Cheryl Rose. Together they will help us explore ways to live a more contemplative way of life in the midst of today’s world. We will begin by paying close attention to fleeting moments of contemplatively resting in God’s presence in the midst of nature, in marital love, in solitary silence and other realms of human experience. We will see how fidelity to prayer and meditation can help us to live in more daily abiding awareness of the depths so fleetingly glimpsed and how this awareness spills over in to more compassionate and loving ways to be with others day by day.

Time will be given for shared sessions of silent meditation and discussion of the themes presented.

7:00 p.m. Friday, May 1 to Noon Sunday May 3, 2020

Registration Due April 17, 2020

Cost: $215.00 (Includes Retreat, Lodging and Meals from Light Supper on Friday to Lunch on Sunday)

James Finley, Ph.D. lived as a monk at the cloistered Trappist monastery of the Abbey of Gethsemani in Kentucky, where the world-renowned monk and author, Thomas Merton, was his spiritual director. James Finley leads retreats and workshops throughout the United States and Canada, attracting men and women from all religious traditions who seek to live a contemplative way of life in the midst of today’s busy world. He is also a clinical psychologist in private practice with his wife in Santa Monica, California. James Finley is the author of: Merton’s Palace of Nowhere, The Contemplative Heart and Christian Meditation: Experiencing the Presence of God.

Cheryl Rose, HM has always been drawn to the mystery of the human encounter with God and engaged in ministry in the area of spirituality and personal growth all along, even as a high school teacher of chemistry and physics. She has taught courses on prayer and the spiritual journey, directed retreats for youth, school staffs, non-profits, and parishes. She has been doing spiritual direction and retreat work for many years. As a trained spiritual director and certified Enneagram teacher, Sr. Cheryl offers a variety of workshops for groups in Ohio, Pennsylvania, and elsewhere.
Conference Retreats

Surprise, Shock, and Gospel: The Parables of Jesus
Presenter: Rev. George Smiga, S.T.D.

Jesus preferred to teach in parables. The gospels are filled with these images and stories that are both elusive and powerful. They engage, delight, and disturb those who hear them. This series of lectures will explore what parables are, how they work, and what Jesus’ parables reveal about the Kingdom of God.

7:00 p.m. Thursday, June 25 to Noon Sunday, June 28, 2020
Registration Due June 11, 2020
Cost: $325.00 (Includes Retreat, Lodging and Meals from Light Supper on Thursday to Lunch on Sunday)

Rev. George M. Smiga, S.T.D. is a nationally known author and lecturer in scripture and homiletics. A priest of the Catholic Diocese of Cleveland, he serves on faculty of St. Mary Seminary and Graduate School of Theology in Wickliffe, Ohio. He is author of Pain and Polemic: Anti-Judaism in the Gospels published in 1992 and The Gospel of John Set Free: Preaching Without Anti-Judaism published in 2008 (both by Paulist Press). He has contributed to Pondering the Passion: What’s at Stake for Christians and Jews (Sheed & Ward, 2004) and Mel Gibson’s Bible: Religion, Popular Culture, and “The Passion of the Christ” (University of Chicago Press, 2006). His article on “Caravaggio” is published in The Oxford Encyclopedia of the Bible and Art (2015). In 2009 he was the Walter and Mary Tuohy Professor at John Carroll University in Cleveland. He writes a monthly column for Living With Christ (Bayard) and contributes regularly to Give Us This Day (Liturgical Press). His website is buildingontheword.org.

The Spirituality of Drawing
Presenter: Paulette Kirschensteiner, HM

Learning to see more carefully through certain exercises with pencil on paper, we will learn to access our right brain, the same part of our brain with which we pray.

No drawing experience is needed to participate.
All supplies will be provided.

7:00 p.m. Sunday, July 5, 2020 to Noon Thursday, July 9, 2020
Registration Due June 22, 2020
Cost: $335.00 (Includes Retreat, Lodging, Supplies and Meals from Light Supper on Sunday to Lunch on Thursday)

Paulette Kirschensteiner, HM leads retreats incorporating art and prayer. Her undergraduate degree is in Art Education and her graduate degree is in Fiber Arts and she has taught art classes from kindergarten through college. She has exhibited her work throughout the country and has works installed in Ohio, Illinois, Massachusetts, and Florida. She is certified to teach Drawing on the Right Side of the Brain, and is a Certified Zentangle Teacher.

Visit our website at www.vmesc.org or call 724-964-8886
Using media, music, film and scripture, this guided retreat (one conference each day with optional evening films) will trace the life journey of Ignatius of Loyola. It will explore the dynamics of his Spiritual Exercises and the call to live as contemplatives in action. Conducted in an atmosphere of quiet, there will be ample time for personal prayer and celebration of the Eucharist each day.

7:00 p.m. Sunday, July 26 to Noon Friday, July 31, 2020

Registration Due July 13, 2020

Cost: $420.00 (Includes: Retreat, Lodging and Meals from Light Supper on Sunday to Lunch on Friday)

Carolyn Capuano, HM currently serving as the Vice President of Mission and Ministry at Mercy Medical Center, Canton, OH, has over 25 years of experience in retreat (both directed and preached) and spiritual direction ministry. She holds master’s degrees in the biological sciences (Cleveland State University) and in theology (Weston Jesuit School of Theology/ Boston College STM) and received her retreat/spiritual direction training at Jesuit Renewal Center, Milford, OH and at Weston Jesuit. She has offered retreats at Villa Maria Retreat Center, Eastern Point Jesuit Retreat House, Jesuit Renewal Center, Jesuit Retreat House (Parma), and St. Francis Retreat Center, (Lansing, MI).

Melinda Smith, MD a Clinical Professor of OB/GYN for the Northeast Ohio Medical University and has been serving the Youngstown area as an obstetrician/gynecologist for over 25 years. Originally from North Dakota, she holds a bachelor’s degree in biology (Creighton University), a M.D. (Univ. of North Dakota School of Medicine) and received her retreat/spiritual direction training through the Ignatian Spirituality Institute at John Carroll University. She has offered workshops on a variety of Ignatian topics and on the intersection between health and spirituality.
Hidden Wholeness
Presenters: Jan Novotka & Marie Larkin

There is a hidden wholeness in the Universe that penetrates all that is. Within every moment, within each person, creature, cell, and landscape is a wholeness waiting to be discovered. The amazing thing is to encounter this wholeness which opens us to our innate hidden wellness. During this silent retreat let us journey into the mystery of wholeness and wellness as we let ourselves relax and fall into the Great Communion at the heart of all that is.

7:00 p.m. Sunday, August 16 to Noon
Friday, August 21, 2020
Registration Due August 3, 2020

Cost: $465.00 (Includes Retreat, Lodging and Meals from Light Supper on Sunday to Lunch on Friday)

Jan Novotka, is an internationally known retreat facilitator and song writer who is sought out for her gift of crafting contemplative rituals for a variety of gatherings. She is committed to the evolutionary shift occurring at the level of consciousness. Jan holds a Master’s degree in Religious Education from Fordham University, is certified in Earth Literacy, and is an organic gardener.

Marie Larkin, born and raised in Clonmel, County Tipperary, Ireland. Marie Larkin’s simple yet profound approach is the right blend to open and move groups in unexpected and creative ways. She brings with her years of working as an art teacher (Manchester, England) and working with the homeless as an Art Therapist. Marie is certified as a spiritual director and has taught “Art and Spirituality” for The Institute for Contemporary Spirituality in Scranton, PA.

Weekend Opportunities

Self-Care Retreat for Caregivers
Presenters: Dena Deluco & Maureen Lauer-Gatta

Caregivers can become so involved in helping others that they neglect their own health and well-being. The demands of caring for loved ones can be overwhelming. Caregiver Burnout is a state of mental, physical and emotion exhaustion. If left untreated, it can bring on feelings of fatigue, depression, anxiety and even physical symptoms. This is for you if: you are a caregiver to family or friends, you are a nurse, doctor, massage therapist, counselor, chiropractor, energy worker, hospice worker or participate in other ‘healing arts’ (as work or as a volunteer), you facilitate mind-body work (such as yoga or meditation), you are a Life coach, spiritual counselor/healer, or the ‘go-to’ person for your family or circle. At this retreat you will learn how to take time for yourself (without guilt, shame or blame), simple meditation/easy yoga, aligning your values, taking responsibility for your own happiness, reclaim your social life, learn compassionate communication, realize it’s okay to take a break (no, really!) and find the skills to BEST care for your loved one.

7:00 p.m. Friday, January 24 to Noon
January 26, 2020
Registration Due Jan 10, 2020

Cost: $225.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Sunday)

Dena Deluco is certified as a Hypnotherapist and an NLP Life Coach (Neuro Linguistic Programming). She has been a LIFECOACH long before it was an occupation.

Maureen Lauer-Gatta has a knack for creating a comfortable, calming atmosphere for people to heal and grow whether it is through yoga, workshops, retreats or drum circles she facilitates.
Neuroscience and Well-Being: How Spirituality Affects Our Health and DNA

Presenter: Anne Kertz Kernion

Our spiritual habits affect our physical and emotional health in a variety of ways. We'll explore recent findings in neuroscience and positive psychology, showing how practices such as Mindfulness, Meditation, Gratitude, Compassion, and Community slow aging in our cells, keep our brains healthy and nimble, reduce stress, and bring more health and happiness into our lives. We will also look at other habits that support brain health and keep our telomeres, the end caps of our chromosomes, from prematurely fraying. This multimedia presentation aims to educate and entertain.

We will incorporate these spiritual practices into our days, along with discussion and activities, allowing us to share and experience some of their benefits. Time for personal reflection and quiet will be provided, as well.

7:00 p.m. Friday, March 20, 2020 to Noon Sunday, March 22, 2020

Registration Due March 6, 2020

Cost: $215.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Sunday)

Anne Kertz Kernion, is the owner/artist of Cards by Anne, an inspirational greeting card company founded in 1986. Anne’s cards, hand-designed in calligraphy and ink, are available online and in hundreds of stores. For 14 years, Anne taught Cross-Cultural Understanding of Religious Meaning at Carlow University; for seven years, she was an adjunct professor at the Community College of Allegheny County in Pittsburgh, teaching courses ranging from Chemistry, Environmental Science, and Nutrition, to World Religions and Ethics. Her book, A Year of Spiritual Companionship was published by SkyLight Paths in 2016. Currently, Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the US and Australia. Anne teaches a weekly yoga class at a local retreat center, and enjoys biking and hiking. She and her husband Jack have 3 grown children and 5 grandchildren. Anne has a BS in Environmental Engineering, Penn State, 1981, MA in Theology, Duquesne University, 1990, Certificate in the Science of Happiness, UC Berkeley, 2017 & Current graduate student in Positive Psychology, U. of Missouri.
Wisdom of the Soul – Weekend Writing Retreat

Presenter: Dena Deluco

Connection. Imagination. Intuition. Your heart is the doorway through which your intuition speaks. Imagine your life if you could open this doorway and trust it, wholly and completely. No Previous Writing Experience Needed! As we share this sacred time together, you will learn easy ways to open this door and allow the wisdom of the soul to flow into your awareness... and capture it ... on paper.

Whether you’re a writer or simply someone who loves to write, you will find the opportunity to take a deep dive into the creative, intuitive nature of the Soul. This retreat is not for you if: You want a class on how to write a book (yet it can be the spark that gets you moving) Need therapy (although it can be extremely therapeutic, we are not counselors) This retreat is for you if you are looking to: Find your inner voice, write from your heart, strengthen trust in yourself and your path, awaken/fuel the mission of your soul, open the doorway to your intuitive faculties, find your soul tribe. No writing experience needed! As we write together, we connect with our own Personal Heart as well as form a Collective Heart. The beauty and creativity which happen in THIS space is breathtaking!

Together, we set a safe and sacred space, simple guided meditations to connect you into your Sacred Heart, intuitive writing prompts to take you from head to heart, free stream of consciousness writing, powerful ‘anchors’ (think, breadcrumbs to find your way back), Share your writing (always optional).

7:00 p.m. Friday, October 2 to 4 p.m. Saturday, October 3, 2020

Registration Due March 6, 2020

Cost: $130.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Saturday)

Dena Deluco has been leading women in Writing Circles for over 7 years with life changing results.

She is an Author, Speaker, NLP Success Coach, Hypnotherapist and Hypnotist Trainer (International Hypnosis Federation). The Founder of Evolving Door (NE Ohio), Dena’s focus is on helping her clients break free of imagined limitations (think... “there is no box!”). In a rich and powerful way, Dena’s superpower is holding space for you to take a gentle step or (if you’re ready) a deep dive into the ‘great within’ to catch a glimpse of your next giant step (or leap) forward! There are countless ways to unlock your genius... why not let it be easy, graceful, joyful & fun? In a world where we are taught to find our happiness ‘out there’ maybe it’s time to ‘go inside’ and find the magic and beauty within.
Learning to Love the Whole  
**Presenter: Ilia Delio, OSF**

The separation of science and religion as independent domains of knowledge has contributed to the fragmentation of the world. The Church has played a key role in this separation, although the core doctrine of Christian faith is incarnation—wholeness and union. Here we will explore Teilhard de Chardin’s insights on the God of evolution and the meaning of Christogenesis in a world that seeks its completion and wholeness up ahead.

7:00 p.m. Friday, October 23 to 4 p.m. Saturday, October 24, 2020

Registration Due October 9, 2020

Cost: $185.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Saturday)

Ilia Delio, OSF holds the Josephine C. Connelly Endowed Chair in Theology at Villanova University. Her area of research is Science and Religion with interests in artificial intelligence, evolution, quantum physics and the import of these for Christian doctrine and life. She holds a doctorate in Pharmacology from Rutgers University, Graduate School of Biomedical Sciences and a doctorate in Historical Theology from Fordham University. She is the author of twenty books including *Making All Things New: Catholicity, Cosmology and Consciousness* and *The Unbearable Wholeness of Being: God, Evolution and the Power of Love*, for which she won the 2014 Silver Nautilus Book Award and a 2014 Catholic Press Association Book Award in Faith and Science. Her latest book, *Birth of a Dancing Star*, recounts her spiritual journey into a new vision of the universe.

Yoga Retreat Coming Home  
**Presenter: Maureen Lauer-Gatta**

This partial silent retreat will be an opportunity to unplug and reconnect with one’s own being and lessen the noise and distraction of our everyday lives. Through mindful movement and stillness our practice will be the foundation for us to come back to ourselves, our home and move from that with greater kindness, clarity and understanding of oneself and others. This retreat is perfect for brand new to seasoned practitioners of yoga.

7:00 p.m. Friday, November 6 to 2:00 p.m. Sunday, November 8, 2020

Registration Due October 23, 2020

Cost: $215.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Sunday)

Maureen Lauer-Gatta is an entrepreneur, visionary, teacher and speaker. She has a knack for creating a comfortable, calming atmosphere for people to heal and grow whether it is through yoga, workshops or retreats. She is skilled at meeting people where they are and showing them how they can incorporate these practices into their life, home and work with a sense of lightheartedness, ease and accessibility. She has taught thousands of children practices of yoga, meditation and mindfulness since 2010 and is currently a part-time adjunct professor of Mindfulness at Youngstown State University and owner of The Yoga Room in Niles, Ohio. Maureen has participated in classes and workshops with teachers such as Jon-Kabat Zinn, Saki Santorelli, Sharon Salzberg Swami Dharmakirti, Swami Muktibodhanda, Lama Tsultrum Allione, Mindful Schools and more. She currently studies and practices with her teachers Karres Cvetkovich from Youngstown, Ohio and Dawa Tarchin Phillips from Santa Barbara, California.
The Enneagram is a personality theory combining the insights of modern psychology with proven wisdom of ancient philosophies. Each participant is led to discover her/his type and investigate some of the implications for building better relationships. In addition, insights gained from the Enneagram can assist in the process of spiritual growth and personal transformation.

6:30 p.m. Friday, November 13 to 5:00 p.m. Saturday, November 14, 2020
Registration Due October 30, 2020
Cost: $135.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Saturday)

Cheryl Rose, HM has always been drawn to the mystery of the human encounter with God and engaged in ministry in the area of spirituality and personal growth all along, even as a high school teacher of chemistry and physics. She has taught courses on prayer and the spiritual journey, directed retreats for youth, school staffs, non-profits, and parishes. She has been doing spiritual direction and retreat work for many years. As a trained spiritual director and certified Enneagram teacher, Sr. Cheryl offers a variety of workshops for groups in Ohio, Pennsylvania, and elsewhere.

Empty Bowl: Anything Other Than God: A Retreat on the Longing for God
Presenter: Cheryl Rose, HM

In this Empty Bowl retreat, we will consider the soul’s journey towards God, and the process of moving from the False Self to the True Self, spurred by love.
(It is not necessary to have attended any of the previous Empty Bowl retreats to participate in this weekend.)

7:00 p.m. Friday, December 11 to Noon Sunday, December 13, 2020
Registration Due November 27, 2020
Cost: $195.00 (Includes: Retreat, Lodging, and Meals from Light Supper on Friday to Lunch on Sunday)
Weeklong Individually Directed Retreats

Sunday, June 14 to Sunday, June 21, 2020  (Registration Due June 1, 2020)
Directors: Ardath Blake, HM; Carol Creek; Peggy Duffy, OSU; André Feulner, SSJ; Dave Roncolata; Peggy Schmidt, IHM

Sunday, September 20 to Sunday, September 27, 2020  (Registration Due September 14, 2020)
Directors: Ardath Blake, HM; Carol Creek; Peggy Duffy, OSU; André Feulner, SSJ; Catherine Higgins, CSJ; Rosemary O’Brien, SSJ; Peggy Schmidt, IHM

Individually Directed Retreats begin at 7:00 p.m. on Sunday and conclude the following Sunday at 10:00 a.m.
Cost: $565.00  (Includes: Daily Sessions with a Spiritual Director, Lodging, and Meals from Light Supper on Sunday to Breakfast on Sunday)

Weekend Individually Directed Retreats

Friday, October 2 to Sunday, October 4, 2020  (Registration Due September 18, 2020)
Cost: $175.00  (Includes: Daily Sessions with a Spiritual Director, Lodging, and Meals from Light Supper on Friday to Lunch on Sunday)

Spiritual Direction Formation Program

Sunday, July 5 to Saturday, July 11, 2020
Faculty: Ardath Blake, HM; Mary Ann Spangler, HM

VMESC offers a three-year formation program in spiritual direction. This program is designed to accommodate those who cannot afford the time for a lengthy residential program, yet desire time to explore the dimensions of this ministry and to discern their call to the ministry of spiritual direction. In addition to a one week resident week each of the three years, participants are asked to write four short reflection papers each year and participate in experiences which are part of the spiritual direction ministry. More details are available on our web site.
Cost: $1400.00 for 2020 Resident Week

Sabbath Time

Come away to the peaceful atmosphere of Villa Maria and the surrounding area to renew your heart and soul. We welcome those who seek a quiet place for prayer, reflection and rest away from the stress of their everyday lives to spend an afternoon, a day or an overnight at our center. Call the VMESC office to make arrangements.

Personal Retreats

Scheduled on a year-round basis Cost: $65.00 per person/per night  (Begel); $70.00 per person/per night  (Potier); $75.00 per person/per night  (Marian). Cost includes overnight accommodations and meals; spiritual direction available for an additional fee. Special pricing is available for stays of 5 days or longer or Monday thru Thursday.

Spiritual Direction

Spiritual Direction provides an opportunity to reflect, in a prayerful context, on one’s life in relationship with self, others, and God. Call to schedule an appointment with one of our spiritual directors.
Special Featured Presentation

Contemplative Reflection on “The Universal Christ”
Presenter: Ellen S. Ford

THE UNIVERSAL CHRIST
HOW A FORGOTTEN REALITY CAN CHANGE EVERYTHING WE SEE, HOPE FOR, AND BELIEVE
RICHARD ROHR

Join us for contemplative reflection on Fr. Richard Rohr’s newest book, The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For and Believe. Drawing on scripture, history, and spiritual practice, Fr. Rohr articulates a transformative view of Jesus Christ as a portrait of God’s constant, unfolding work in the world. “God loves things by becoming them,” he writes, and Jesus’ life was meant to declare that humanity has never been separate from God – except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize the Creator’s presence all around us, and in everyone we meet. Read chapters prior to each session so you are prepared to participate in group and pair sharing, solo reflection, reflective Lectio practice and contemplative sit. Ellen Ford will serve as facilitator and will follow The Universal Christ Companion Guide for Groups to explain the practices, keep time, guide group sharing and answer questions about the group process and practices.

Eight Sessions:
6:00-7:30 p.m.
Tuesday, March 3
(90 minutes first session only)
6:00-7:00 p.m. on Tuesdays,
March 10, 17, 24, 31
and April 7, 14 and 21
(60 minutes)

Group limited to 12 participants.

Prior to the first session, purchase and read the first two chapters of The Universal Christ which can be purchased at the Villa Gift Shop or through Amazon or another book seller.

There is no charge to attend but a free will offering in support of the Villa Maria Education and Spirituality Center would be appreciated.

Cost: Free Will Offering

Ellen S. Ford, RN, BSN, M.Ed., CHES is a certified community health education specialist, currently serving as Manager of Community Health Education at Mercy Health Youngstown, where she also serves as faculty for the RISEN Program, a program that helps staff to nurture their spiritual skills and professional development. Ellen has a passion for health and wellness, including spiritual wellness and enjoys providing programs and resources to help people live full, healthy lives. She is also a Certified Advanced Yoga Teacher from the Kripalu Yoga and Health Center of Lenox, Massachusetts.
One Day Opportunities

Essential Oils: From Basics to Beyond
Presenter: Maureen Lauer-Gatta

Creating and enhancing a healthy body, mind, soul and home. This workshop is beneficial for everyone from those who’ve never used essential oils to those that have been using them for years. During this workshop: You will learn simple yet effective ways to use essential oils for your inner and outer health on the levels of your body, mind and soul. How to use the oils effectively and properly. How to skillfully and effectively use essential oils aromatically, topically and internally. How to reference what oil is needed for different ailments with ease and clarity. How to reference essential oils for emotional and spiritual support. How to use and incorporate essential oils simply into your daily routine at home, driving, at work and to live a balanced life. Make a special gift for you to take home and start implementing these oils into your daily life.

Saturday, April 4, 2020
10:00 a.m. – 4:00 p.m.

Registration Due March 20, 2020

Cost: $30.00 (Includes Program, Lunch and Refreshments)

Maureen Lauer-Gatta is an entrepreneur, visionary, teacher and speaker. She has a knack for creating a comfortable, calming atmosphere for people to heal and grow whether it is through yoga, workshops or retreats. She is skilled at meeting people where they are and showing them how they can incorporate these practices into their life, home and work with a sense of lightheartedness, ease and accessibility. She has taught thousands of children practices of yoga, meditation and mindfulness since 2010 and is currently a part-time adjunct professor of Mindfulness at Youngstown State University and owner of The Yoga Room in Niles, Ohio. Maureen has participated in classes and workshops with teachers such as Jon-Kabat Zinn, Saki Santorelli, Sharon Salzberg Swami Dharmakirti, Swami Muktibodhanda, Lama Tsultrum Allione, Mindful Schools and more. She currently studies and practices with her teachers Karres Cvetkovich from Youngstown, Ohio and Dawa Tarchin Phillips from Santa Barbara, California.
Praying with Color
Presenter: Paulette Kirschensteiner, HM

Using watercolor, we will explore our relationship to God, others and ourselves. No art experience is needed to participate. All supplies are provided. Bring your self, an open mind and heart.

Saturday, June 13, 2020
10:00 a.m. to 3:00 p.m.
Registration Due May 29, 2020
Cost: $45.00 (Includes Program, Lunch and Materials)

Paulette Kirschensteiner, HM leads retreats incorporating art and prayer. Her undergraduate degree is in Art Education and her graduate degree is in Fiber Arts and she has taught art classes from kindergarten through college. She has exhibited her work throughout the country and has works installed in Ohio, Illinois, Massachusetts, and Florida. She is certified to teach Drawing on the Right Side of the Brain, and is a Certified Zentangle Teacher.

Zentangles
Presenter: Paulette Kirschensteiner, HM

The Zentangle method is easy to learn and easy to do. It enables you to easily access your intuition and develop your creativity. It enables you to deliberately relax, change your perspective, and focus your attention. These are important life skills. The slogan for Zentangle is “Anything is possible, one stroke at a time.” No art experience is needed to participate. All supplies will be provided.

Saturday, September 19, 2020
10:00 a.m. to 3:00 p.m.
Registration Due September 4, 2020
Cost: $45.00 (Includes Program, Lunch and Materials)
On-Going Series

Coffee and Contemplation:
This opportunity provides participants with input from a presenter and a time for personal prayer as well as group interaction. **9:30 a.m. to 11:30 a.m. Cost: $7.00; Optional lunch an additional $5.00**

**Tuesday, January 21, 2020**
*Barbara O’Donnell, HM:* Deepening Awareness of God in Our Lives

**Tuesday, February 18, 2020**
*Mary Stanco, HM:* Loving Winter Solitude

**Tuesday, March 17, 2020**
*Ardath Blake, HM:* Lent—a Time to “See”. To “Respond”!

**Tuesday, April 21, 2020**
*Barb Lenarcic, HM:* What the Resurrection Means for Us

**Tuesday, May 12, 2020**
*Janet Burkhart, HM:* St. Kateri Tekakwitha, First Native American saint: Keeping Our Eyes on God

Taizé Prayer:
This Christian interdenominational prayer form includes music, scripture, and silence.
**7:30 p.m. Magnificat Chapel Cost: No Cost**

**Thursday, March 12, 2020** — Lent

**Thursday, May 7, 2020** — Easter

Guided Labyrinth Walks:

**Sunday, May 24, 2020**
2:00 p.m. to 4:00 p.m.

**Wednesday, June 17, 2020**
6:30 p.m. to 8:30 p.m.

**Wednesday, July 15, 2020**
6:30 p.m. to 8:30 p.m.

**Wednesday, August 19, 2020**
6:30 p.m. to 8:30 p.m.

**Wednesday, September 16, 2020**
6:30 p.m. to 8:30 p.m.

**Sunday, October 11, 2020**
2:00 p.m. to 4:00 p.m.
Jewish / Christian Studies

Torah Studies for Christians

Presenter: Rev. George Balasko Co-Sponsored by Jewish/Christian Studies Youngstown, OH and the B’nai B’rith Guardian of the Menorah

Torah Studies for Christians: This Bible education series is an opportunity for Christians to reflect on the Scriptures using video resources from various scripture scholars. Working closely with the biblical text, we will explore the methods and insights of the sages of the Jewish tradition, their love for Torah, their eye for detail, their incisive questions, debates, and creative storytelling (midrash). In this way we will deepen our appreciation of a Torah tradition that is at the core of Jewish life, which formed Jesus as a Jew, and which is the root of our biblical heritage as Christians. Join us in this fascinating journey of biblical and spiritual enrichment.

January 15, 2020
Crusades and the Jews

February 19, 2020
Jewish Culture/Kabbalah

March 18, 2020
Medieval Anti-Semitism

April 15, 2020
16th Century Dated

May 20, 2020
European Jewry

Time: 1:00 p.m. to 3:00 p.m.

Please note: The May 20, 2020 session will be held in the Conference Center.

Cost: Free Will Offering

Rev. George Balasko is the co-creator of Jewish/Christian Dialogue with the late Rabbi Samuel Meyer of Temple El Emeth in Liberty. Through his many ecumenical programs, Rev. Balasko is well-renowned and highly regarded in the local Jewish community. He is the founder, general editor, and producer of a continuing education program in cooperation with Abba House Communications, and for more than 20 years has served as host and producer of the “Jewish/Christian Dialogue” network television series which airs in several markets around the world. Rev. Balasko resides in the apartments at Villa Maria.

Joy-Just One Year

The Sisters of the Humility of Mary are offering women a one year immersion in spiritual growth and formation. JUST ONE YEAR is an opportunity to partake in the rich spiritual life found for centuries by seekers who are searching for growth and transformation through prayer, service, and learning.

For more information contact:
Cheryl Rose, HM
440-356-6130; crose@hmministry.org

Visit our website at www.vmesc.org or call 724-964-8886
VMESC offers a variety of Farm-Based Environmental Education programs. Check our website or call the VMESC office for more information.

Opportunities for Youth

On select Saturday mornings and Monday evenings, both Chair and Gentle Yoga Classes are offered. No experience is necessary. Participants are invited to bring a yoga mat or beach towel with them. Call VMESC or visit our website for more information regarding dates, times, and cost.

Yoga

Hosted Groups

We welcome groups who would like to plan their own program and use our facilities. Call us for pricing and to check available dates.

Directions

Use GPS directions: 2067 Evergreen Rd., Pulaski, PA 16143

From Cleveland (and other points West)
- Take Ohio turnpike (I-80 EAST) to Exit 218
- Follow I-80 EAST toward New York and Sharon (road splits: take left fork)
- Exit I-80 at Hubbard, Exit 234A (Route 7 & 62)
- Turn right at stop sign
- Continue across Route 304 (road becomes Route 616)
- Continue on Route 616 to Route 422 intersection (Route 422 is 5.8 miles from I-80)
- Turn left (East) onto Route 422
- Take Route 422 East to the first cross-road past the Pennsylvania state line (Evergreen)
- Turn right onto Evergreen Road (Posted sign indicates Villa Maria one mile)
- Go one mile on Evergreen to Villa Maria

From Pittsburgh
- From PA turnpike (I-76 West) take Exit 10 to Interstate 376 west (formerly 60 North)
- From Pittsburgh airport take Interstate 376 West (formerly Route 60 North)
- Near New Castle, Interstate 376 West and Route 422 merge for approximately one mile.
- Pass Exit for Route 224.
- Take the next Exit and follow Route 422 West toward Youngstown.
- Follow Route 422 West to Evergreen Road. (Approx. 8 miles. If you cross the state line into Ohio you have gone too far.)
- Turn left onto Evergreen Road
- Go one mile on Evergreen to Villa Maria

From Erie, Buffalo (and other points Northeast or East)
- Take I-79 South, to I-80 West (Exit 116 B) to PA
- Interstate 376 East (formerly Route 60 South (4-A)
- Exit Interstate 376 exit 5 at Route 208 West to New Wilmington/Pulaski turn right toward New Bedford
- In New Bedford turn left onto Evergreen Road (continue on Evergreen across Route 422)
- Go one mile on Evergreen after crossing Route 422 to Villa Maria.

Visit our website at www.vmesc.org or call 724-964-8886
Registering for a program at VMESC

Registration Options:
- Register online at www.vmesc.org
- Call 724-964-8886
  *(credit card payments accepted online or by phone)*
- Complete the registration form below and mail with deposit or full payment to:
  VMESC Registration, P.O. Box 424, Villa Maria, PA 16155

Note:
- A non-refundable, non-transferable deposit of $100 is required for weeklong/weekend programs. Full payment is required for one-day programs.
- Program overnight accommodations are for a private room with a private bath in the Potier Center (subject to availability). Double occupancy or other building accommodations are available upon request.

NAME ___________________________ DATE ________________________

STREET ADDRESS _________________________________________________

CITY __________________ STATE __________ ZIP _____________

EMAIL _________________________________________________________

DAYTIME PHONE ___________ EVENING PHONE ___________ CELL ___________

PROGRAM TITLE ___________________________ PROGRAM DATE __________

- I AM INTERESTED IN A COMMUTER RATE
- ENCLOSED DEPOSIT/PAYMENT OF $ __________________
- SPECIAL NEEDS ________________________________________

RETURN TO: VMESC Registration, PO Box 424, Villa Maria, PA 16155
Villa Maria Education and Spirituality Center

A Ministry of the Sisters of the Humility of Mary

Villa Maria Education and Spirituality Center
2067 Evergreen Rd. • P.O. Box 424 • Villa Maria, PA 16155
www.vnesc.org

Return Service Requested.