

## Professional Development

THE JOURNEY INTO SELF DISCOVERY PROGRAM Offers excellent support and resources for the professional in their role as teacher, Chaplain, Minister, spiritual Director. We have more than twenty years of experience as a team of creative facilitators. These Professional Development days are fashioned to bear much fruit and to yield access to the inner landscape of the self. There is a growing awareness that the role and the responsibility of the educator is to provide an essential faith experience of hope, inner maturity and healing.

### Themes for Journey Days

**THE POWER OF SCRIPTURE STORIES**

**RECOVERING OUR FAITH**

**REFRESHING OUR SPIRIT IN THE SPRING OF HOPE**

**EXPLORING THE INNER LANDSCAPE OF THE SELF.**

Journey Days are designed to meet the needs of professional groups. These days provide excellent opportunities for professional people to enjoy a fresh approach and input from an outside professional source. These events may be organized for a single day or for a longer period. Each day is reflective compliment to initiate and stimulate; HOPE, CONFIDENCE, SELF AWARENESS, AND SELF ESTEEM.

For more information contact:

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The Institute for Studies in Psychotherapy and Emotional Bodywork, a division of C.P.E.B. Therapies, Inc., offers a full program of psychotherapy, emotional bodywork, massage and individual sessions, group therapy, and 12 step work. The Centre is a non-residential facility.

By appointment only.

**416-928-9570**

## Loretto Maryholme



Loretto Maryholme is located on the beautiful shores of Lake Simcoe, one hour north of Toronto. This spacious, historic country home is a prayerful place of peace, beauty and serenity. There are lovely gardens, terraced lawns and stunning views of Lake Simcoe.

Comfortable shared accommodations. Lovingly prepared, delicious home-cooked meals and refreshments are provided.

Maryholme is a quiet environment, with nature trails, bird and small wild life habitat, and a labyrinth in the woods. Ideal for meditation, reflection, relaxation, and photography.

### Other Programs

#### Sabbatical Programs

**ON THE ROAD TO EMMAUS  
FOR MEN IN MINISTRY  
JULY 26 TO JULY 31 ,2009**

#### SABBATICAL PROGRAMS

People come from all over the world to Do their Sabbatical Program with us.



Journey Into Self Discovery Program

for

## The Professional

**“Come meet the Woman  
at the Well”**



Explore profession as a life of ministry

### REFRESHING THE PROFESSIONAL:

“Especially for the Hospital, School, Hospice  
Chaplain, Teacher, Spiritual Directors,  
Parish Ministers and Parents

**WITH A COOL DRINK  
OF LIVING WATER**

AN INTERACTIVE RETREAT/WORKSHOP

**July 12 – 17, 2009**

Maryholme Retreat Centre  
Lake Simcoe, Roches Point  
Ontario, Canada

# "Come Meet the Woman at the Well"

An invitation to professional people to explore life as ministry



Participants relaxing and sharing at Maryholme

An exciting invitation to men and women to immerse themselves into the Living Waters of their professional calling. We too, can meet the 'Man' who told the woman 'all about herself'. A five day reflective and interactive encounter for teachers, pastors, chaplains, parish ministers, catechists, counselors, Spiritual Directors and for any dedicated professional who requires a drink of living water from the well.

The powerful energy of the encounter between Jesus and the Woman at the Well propels all of us into the domain of spiritual reality, ministry and transformation.

In today's world it is important for us to make a concrete connection with the self and with the "I AM" of God. When Moses asked God, "Who should I say sent me?" God replied, "Go tell them 'I AM' has sent me to you."

God has sent every one of us into the world to do His will and to build up the kingdom. The "I AM" of God exists within the self of everyone and in all that we do. It is here that the woman at the well and

Jesus meet. When Jesus, a Jew, asks the Samaritan woman for a drink he was seeking to draw her back into the deep human connection of the "I AM", a call to ministry. The woman, like the rest of us, did not understand this at first.

Jesus explains, "The water I shall give will spring up within you and become a living spring inside you. Anyone who drinks the water I shall give will **NEVER** be thirsty again."

The Samaritan woman was so inspired, so revived by the living water that she proclaims: "**COME MEET THE MAN WHO HAS TOLD ME ALL ABOUT MYSELF.**"



The well of Living Water

Making a professional life, **A MINISTRY**, is the courageous act of fully embracing our individual and collective "I AM" in our working life. Come draw the "Living Water" and explore the "I AM" within you and your profession.

In the narrative of the Woman at the Well, we meet Jesus as a public healer, a Man who is also God in our presence. He who is God offers us a way to become truly ourselves. Through compassionate relationship He encourages a woman He meets at the well to give Him a drink of water and to become a resource of faith beyond her own poverty of relationship. We, as professionals, are also challenged to go beyond our difficulties and make life of what we live, a life of faith in ministry.

This workshop/retreat encourages us to draw from

the depth of our own "bedrock of faith" and our belief in our own ability to teach and to teach well and creatively. It is by living steady, rhythmic lives of connection with structure beyond ourselves, we become a 'healer in public life' and support a faith family and a faith filled community in our profession.

## The Process

Our process is interactive and incorporates different modalities such as scripture stories, meditations, proprioceptive writing, dream interpretation; a gentle therapeutic approach that is kind, insightful and healing, suggestions of hope, confidence, self-awareness and self-esteem which empower our soul and our body to heal. Relax, renew and explore a deeper meaning to your whole life, ministry and career.

Therapeutic massage, cranial sacral work, tai-chi, and simple body exercises to relax and revive the body are all available.



A labyrinth in the woods at Maryholme

[Chartres]

Each afternoon there is free time for rest, relaxation, journaling, walks, swimming, exploring the shores of Lake Simcoe and many historic sites in the area.