

## **34<sup>th</sup> ANNUAL WHOLISTIC RETREAT FOR WOMEN**

**August 5 – 9, 2019**

Villa Maria del Mar - 21918 East Cliff Drive  
Santa Cruz, California 95062

### **Theme: Trusting and Listening to God as a Wholistic Woman**

We invite women of all ages to the 34th Wholistic Retreat for Women to pray, reflect, relax, and deepen your spiritual journey. A major behavior in any relationship is the ability to listen, to listen with a loving body, mind, spirit and heart. Listening and trusting is essential to the development and deepening of a relationship with any human being, and so too, with God. God desires to speak to you and listen to you. The focus of this retreat is to deepen the relationship with your God through listening to one's body, mind and spirit with trust.

In a beautiful setting this retreat offers time and space for solitude, private prayer, group prayer, meditation, dance/movement, qi gong (a form of Chinese breathing exercises with simple movement), music, and massage. As a retreat team these are the experiences we provide you to integrate your spiritual, emotional, physical and relational life with God and yourself. This retreat will emphasize and sharpen our listening skills to hear the divine within.

#### **Trusting and Listening to God with our Body**

Every religion or spiritual practice throughout the ages has promoted the teaching that God/the Divine speaks to us and listens to us. The eternal God has many ways to call us to a closer relationship. Scripture, art, human relationships, dance/movement, the earth, prayer, and the joys and struggles of life are opportunities to grow in self-acceptance. As women we will learn to listen to God with our bodies, our minds and our hearts.

For centuries many religions have taught women to be ashamed of their bodies. We believe women's bodies are holy and a source of wisdom to hearing the Divine within us. Using stories of sacred women who listened to their bodies to hear God, you too are invited to dialogue with your God, through prayer, through the spoken and written word as well as through simple gestures and movement.

#### **Trusting and Listening to God with Integrity**

The concept of dualism has taught us to separate our bodies and minds. This idea has roots in both traditional theology and philosophy. Of particular harm to women, is the notion that the female body is a source of temptation and evil. Women's spirituality responds to this dualistic and negative image of woman by promoting the principle of integration and wholeness. Women's experience is

a source of moral and religious authority. Through guided meditations, dance and movement the retreat team will provide examples of powerful women who used their mind and body to listen to God and proclaim their spiritual truth despite great obstacles.

### **Trusting and Listening to God with our Heart**

At a young age we learned to listen with our hearts. From our parents, grandparents or relatives by blood or bond, to listen is to learn to respect another. Doing the retreat, we will re-visit experiences of listening that nurtured us and those experiences that still need to be healed. Of special importance is listening to God who offers us the opportunity to listen deeply to our own spirit. Much time will be given for solitude and private prayer for you to experience your God. Using music, poetry, song, movement, humor, and group sharing, we will experience the communal dimension of God's listening love to our lives.

For five days and four nights, from August 5 to 9, 2019, the team of Susan Maloney, SNJM, and Stella Matsuda, will provide guided meditations, movement/dance, music, group prayer and rituals that will facilitate you in connecting with yourself and your God. These days are for you surrounded by a community of supportive women each on her path toward God.

### **Members of the Retreat Team:**

**Susan M Maloney**, SNJM, PhD, has led retreats for women for over 35 years. As a writer, teacher and scholar, Susan was Chair of the MA Program in Feminist Spirituality at Immaculate Heart College Center and taught for years in the Religious Studies program at the University of Redlands. She has published widely on women and religion and lectures on women and spirituality. She currently is writing a biography of Anita M. Caspary, IHM.

**Stella Shizuka Matsuda**, B.S. in Dance, UCLA; M.A., CLU. She is the Founder and Director of Alleluia Dance Theater (1977- present). She is a Dancer/Choreographer/Teacher/Leader in dance for many organizations throughout U. S., Professor Emeritus of Dance at Moorpark College, past President of Sacred Dance Guild, International. She currently teaches tai chi, qi gong and dance in her local community of Thousand Oaks, California

**DATES: Begins Monday, August 5, 2019, at 5 pm**

**Ends Friday, August 9, 2019, after lunch**

**COST:** \$695 for Single room; \$665 for Double room. Cost includes housing for four nights, all (12) meals, snacks, retreat materials, and tuition.

**DEPOSIT:** A non-refundable deposit of \$100 must be submitted with your registration and postmarked no later than Wednesday June 26, 2019. Registrations postmarked on/ or after June 27, 2019, must add a \$25 late fee to the cost.

**Balance of payment due by Friday July 19, 2019**

**CANCELLATION POLICY:**

Balance, less \$100 deposit, is refundable until June 27, 2019.

Refunds less \$250 from June 28, 2019 until July 23, 2019.

No refunds after July 23, 2019.

**MASSAGE (optional):** The additional massage fee will be collected during the retreat.

**MORE INFO:** email: [ssssmaloney@gmail.com](mailto:ssssmaloney@gmail.com) or [stella@rejoiceADT.org](mailto:stella@rejoiceADT.org)

**LOCATION WEBSITE:** Villa Maria del Mar [www.villamariadelmar.org](http://www.villamariadelmar.org)

**REGISTER NOW: SPACE IS VERY LIMITED – Registration form below**

The fee for the five-days and four nights includes all meals, materials, tuition, guided meditation, movement/dance, group sharing, time for solitude, walks on the beach, reading and journaling.

**Please send registration form AND check to Susan Maloney**

**MAIL REGISTRATION FORM AND CHECK TOGETHER**

**PRINT AND CLEARLY FILL IN ALL INFORMATION**

## Complete this Registration Form and Mail with Check

Make check payable to: SISTERS OF THE HOLY NAMES

MAIL TO: SUSAN MALONEY, SNJM  
4579 Ambrose Ave #5  
Los Angeles, CA 90027

*(DO NOT mail your registration to Villa Maria del Mar.)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

Home phone (\_\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_ Enclosed is my \$100 non-refundable deposit

\_\_\_\_\_ Enclosed is my check for \$ 695 for *single room*, meals, and tuition

\_\_\_\_\_ Enclosed is a check for \$ 665 for a *double room*, meals, and tuition

\_\_\_\_\_ Name of roommate \_\_\_\_\_ \*

\_\_\_\_\_ \$25 additional for late fee (on/or after Thursday, June 27, 2019)

\_\_\_\_\_ Enclosed is a donation to the scholarship fund

\_\_\_\_\_ Enclosed is the balance of payment (*due by Friday, July 19, 2019*)

- We do not match you up with a roommate. Invite a friend!
- A follow-up letter on “what to expect and bring” after registration.