



RETREAT NOTES

Promoting a deeper spiritual life among God's people



Sponsored by the Carmelite Sisters of the Most Sacred Heart of Los Angeles

Sacred Heart Retreat House | St. Joseph Campus | Mount Carmel Retreat Center

RETREAT NOTES

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Sacred Heart Retreat House

920 East Alhambra Road
Alhambra, California 91801-2799
Phone: 626-289-1353
Toll Free: 866-598-4389
Fax: 626-281-3456
www.sacredheartretreathouse.com

St. Joseph Campus

of Sacred Heart Retreat House
507 North Granada Avenue
Alhambra, California 91801-2799
Phone: 626-289-1353, ext. 302
Fax: 626-289-8949
www.sacredheartretreathouse.com

Mount Carmel Retreat Center

39501 180th Street East
Palmdale, California 93591
Phone: 661-264-5959
Fax: 661-264-5962
www.mtcarmelinthedesert.com

Carmelite Sisters Motherhouse

920 East Alhambra Road
Alhambra, California 91801-2799
Phone: 626-289-1353
Toll Free: 866-598-4389
www.carmelitesistersocd.com

*“Who, more than Mary,
could be a star of hope for us?
With her ‘Yes’ she opened
the door of our world
to God Himself.”*

Pope Benedict XVI



Dear Friends,

A Blessed New Year of 2012!

Thank you for the ways you have taken the opportunity to grow in your spiritual life at our retreat centers: *Mount Carmel in the Desert Retreat Center* and *Sacred Heart Retreat House Main Campus* and *St. Joseph Campus*.

2012 promises many inspiring and life-changing retreats, pilgrimages, conferences and workshops. *There is something for everyone!* Enjoy this edition of our Retreat Notes. It will take you through eight months of retreat opportunities and a special *10th Anniversary highlight of Mount Carmel in the Desert*.

May Mary, Queen and Beauty of Mount Carmel, be your intercessor and guide as you strive to live more fully the life of faith and love for God. We are here to support you in a deeper search for God in your lives and look forward to seeing you soon!

In the Hearts of Jesus and Mary,

***Your Carmelite Sisters
at Mount Carmel in the Desert and Sacred Heart Retreat House***

Our retreat captains expressed a desire for our 2012 retreat theme to be focused on Our Blessed Mother. After reading the writings of Blessed Pope John Paul II and Pope Benedict XVI, and knowing the special needs within each woman's heart, our 2012 Retreat theme took shape as

"Mary, Model of Womanhood."

You are welcome to join these retreats even if you are not from one of the parishes listed. To make your reservation for either the full weekend or as a one-day commuter, call the District captain listed for that weekend.

JANUARY 20-22, 2012 (Women)

Call June Schwarz
District Captain (626) 961-8622
St. Christopher, West Covina
St. John Vianney, Hacienda Heights
St. Joseph, La Puente
Rev. Angelus Shaughnessy

JANUARY 27-29, 2012 (Women)

Call Shu-Hwei Zimmerman
District Captain (805) 373-1099
St. Augustine, Culver City
St. Catherine of Alexandria, Riverside
St. Eugene, Los Angeles
St. Gerard Majella, Los Angeles
St. Jude, Westlake Village
St. Mark, Venice
Rev. Bob Lombardo, CFR

FEBRUARY 3-5, 2012 (Women)

Call Mary Jo Schiltz
District Captain (951) 369-5788
St. Francis de Sales, Riverside
St. Hilary, Pico Rivera
St. Peter & Paul, Alta Loma
San Secondo d'Asti, Guasti
Rev. Bruce Nieli, CSP

FEBRUARY 10-12, 2012 (Women)

Call Donna Phillips
District Captain (562) 212-2045
Holy Family, Wilmington
Holy Redeemer, Montrose
Holy Trinity, San Pedro
Mary Star of the Sea, San Pedro
SS. Peter & Paul, Wilmington
St. Martha, Murrieta
Blessed Teresa of Calcutta, Winchester
St. Denis, Diamond Bar
Sacred Heart, Palm Desert
Rev. Thomas Wilson

FEBRUARY 17-19, 2012 (Women)

Call Louise Damp
District Captain (562) 429-3177
Holy Family, Seal Beach
Our Lady of Refuge, Long Beach
St. Cornelius, Long Beach
St. Cyprian, Long Beach
St. Maria Goretti, Long Beach
St. Pancratius, Lakewood
Rev. Brian Mullady, O.P.

FEBRUARY 24-26, 2012 (Women)

Gloria Rivera
District Captain (909) 899-6115
Immaculate Heart of Mary, Los Angeles
Assumption of the BVM, Pasadena
Holy Family, South Pasadena
Sacred Heart, Rancho Cucamonga
Ss. Felicitas & Perpetua, San Marino
Rev. James Kubicki, SJ

MARCH 2-4, 2012 (Women)

Call Diane Mc Nall
District Captain (818) 709-5560
St. Euphrasia, Granada Hills
St. John Baptist de la Salle, Granada Hills
St. John Eudes, Chatsworth
Our Lady of Grace, Encino
St. Cyril of Jerusalem, Encino
St. Catherine of Siena, Reseda
Rev. Andrew Apostoli, CFR

MARCH 9-11, 2012 (Women)

Call Rosalie Palacios
District Captain (626) 599-5723
Annunciation, Arcadia
Epiphany, South El Monte
Holy Angels, Arcadia
Immaculate Conception, Monrovia
Nativity, El Monte
St. Andrew, Pasadena
St. Dominic, Los Angeles
St. Francis of Rome, Azusa
St. Luke, Temple City
St. Bede the Venerable, La Canada
Rev. Andrew Apostoli, CFR

MARCH 16-18, 2012 (Women)

Call Maria Valenzuela
 District Captain (323) 254-8007
 Holy Family, Glendale
 Incarnation, Glendale
 Our Lady of Guadalupe, La Habra
 Sacred Heart, Altadena
 St. Charles Borromeo, North Hollywood
 St. Elizabeth, Altadena
 St. Jane Frances de Chantal, N. Hollywood
Rev. Richard Castro, MC

MARCH 23-25, 2012 (Women)

Call Yolanda Onopa
 District Captain (323) 726-7292
 Blessed Sacrament, Westminster
 Our Lady of Perpetual Help, Los Nietos
 Our Lady of the Miraculous Medal, Montebello
 St. Alphonsus, Los Angeles
 St. Anthony, Upland
 St. Francis of Assisi, La Quinta
 St. Justin Martyr, Anaheim
Rev. James Livingston

MARCH 30 – APRIL 1, 2012 (Women)

(Palm Sunday)
 Call Barbara Liggins
 District Captain (323) 293-9138
 Holy Spirit, Los Angeles
 St. Bernadette, Los Angeles
 St. Cecilia, Los Angeles
 St. Louis of France, La Puente
 St. Mary Magdalene, Los Angeles
 Transfiguration, Los Angeles
Rev. David Kueter, OMV

APRIL 13-15, 2012 (Women)

(Divine Mercy Weekend)
 Call Irene Creason
 District Captain (562) 865-2823
 Holy Family, Artesia

SS. Simon & Jude, Huntington Beach
 St. Elizabeth Ann Seton, Rowland Heights
 St. John Neumann, Irvine
 St. Anne, Seal Beach
 Our Lady of Lourdes, Northridge
 TBA

APRIL 20-22, 2012 (Women)

Call Louise Seltzer
 District Captain (818) 365-5150
 Blessed Junipero Serra, Lancaster
 Our Lady of the Desert, Little Rock
 Sacred Heart, Lancaster
 St. Didacus, Sylmar
 St. Mary, Palmdale
 TBA

APRIL 27-29, 2012 (Women)

Call Josie Scheel
 District Captain (310) 513-0580
 American Martyrs, Manhattan Beach
 Maria Regina, Gardena
 Nativity, Torrance
 St. Anthony of Padua, Gardena
 St. Catherine Laboure, Torrance
 St. Philomena, Carson
 St. John the Baptist, Baldwin Park
 St. Joseph, Hawthorne
Rev. John Henry Hansen, O Praem

MAY 4-6, 2012 (Women)

Call Kathleen Brooks
 District Captain (702) 254-9119
 District of Nevada Parishes
 TBA

JUNE 1-3, 2012 (Women)

Call Cathryn Wallace
 District Captain ((714) 969-0934
 St. Vincent de Paul, Huntington Beach
Rev. Gerard Gonda, OSB

WEEKEND RETREAT RATES

Weekend Retreat Rates

Private Room (1 room/private bath) \$250

Semi-Private (2 rooms/shared bath) \$230

Suite (3 private rooms/1 shared bath) \$195

Double Room (2 single beds/1 bath) \$170

Begins at 5:00 p.m. on Friday - Ends at 12:30 p.m. on Sunday - 2 NIGHTS, 5 MEALS

Commuter for entire weekend

Returns home each night: \$120.00 - Saturday only: \$45.00

Weekend Retreat Commuter Rates includes breakfast, lunch and dinner.

For more information, please call our Retreat Coordinator at 626-289-1353, ext. 204

or visit our website at www.sacredheartretreathouse.com.

Heart of Mary: A Women's Fellowship Group

Our Heart of Mary series for women is beginning its second year. We cordially invite you to attend one or all of our special presentations. Join other women who gather together to listen to the speaker of the month, spend some time together in discussion and prayer on different aspects of *"Emulating Mary in the 21st Century,"* and enjoy a delicious supper together.

2012 Dates:

Thursday, January 12

Thursday, February 9

Thursday, March 8

Thursday, April 12

Thursday, May 10

2:30 p.m. – 3:00 p.m.

3:00 p.m.

4:00 p.m. – 4:30 p.m.

4:45 p.m. -- 6:00 p.m.

6:00 p.m.

Registration in Retreatants' Library

Presentation in Mater Dei Hall

Group Discussion

Holy Hour with the Sisters

Dinner in the Retreatant's

Dining Room

Visit our website for monthly themes and speaker presentations:

www.sacredheartretreathouse.com.

Cost: \$20 per event | Reservations: Call 626-289-1353 ext. 204

Retreats and Events for Religious Sisters:

8-Day Silent Retreat for Sisters

June 6-14, 2012

July 6-14, 2012

August 5-13, 2012

For more information or to make a reservation, call 626-289-1353, ext. 204.

Retreats and Events for Men

Men's Retreats

A Presentation and Discussion of Men's Spirituality

The weekend will include: Holy Mass, spiritual conferences, spiritual direction, time for personal prayer, and the opportunity to receive the sacrament of confession. We invite all men spend a weekend with us and be strengthened in living your Catholic faith.

- ✓ *How to grow in prayer*
- ✓ *How to be the spiritual leader*
- ✓ *How to center one's life on God*

Upcoming Men's Retreats

January 13 – 15, 2012

Retreat Master: **Rev. Bart Reynolds**

August 24 – 26, 2012

Retreat Master: **Rev. Larry Richards**

Weekend retreat rates can be found on page 5. For more information or to make a reservation, call 626-289-1353, ext. 204.

Ash Wednesday Day of Recollection (*English - For Men and Women*)



Ash Wednesday, February 22, 2012

9:00 a.m. – 3:00 p.m.

Cost \$45 (Includes Continental Breakfast and Lunch)

Holy Mass, Conferences, Opportunity for Confession,
Stations of the Cross, Rosary

For more information or to make an individual or group reservation, call 626-289-1353 ext 203.

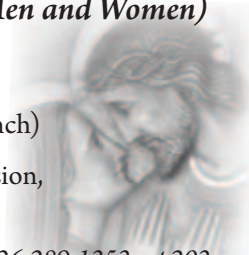
Spanish Day of Recollection in Holy Week (*For Men and Women*)

April 4, 2012

9:00 a.m – 3:00 p.m.

Cost \$40 (Includes Continental Breakfast and Lunch)

Holy Mass, Conferences, Opportunity for Confession,
Stations of the Cross, Rosary



For more information or to make an individual or group reservation, call 626-289-1353 ext 203.

Contemplative Retreat

April 30 - May 3, 2012

Rev. Bryce Sibley

This retreat is for anyone who desires to spend an extended time in prayer and reflection. Each day includes a spiritual conference, Holy Mass, the opportunity for confession and/or spiritual direction.

Private Room (1 room/private bath) \$400

Semi-private (1 room/private bath) \$320

The retreat begins at 7:00 p.m. with registration on Monday night, ends with lunch on Friday.

For more information or to make a reservation, call 626-289-1353 ext 204.

Annual Mothers' Day Celebration (*May Crowning*)

Sunday, May 13, 2012

The Carmelite Sisters of the Most Sacred Heart of Los Angeles invite you and your family to join us in honoring Our Blessed Mother and our earthly mothers in prayer at our annual Rosary Procession and Crowning of Our Blessed Mother at Sacred Heart Retreat House.

10:00 a.m. Rosary Procession - 10:35 a.m. Holy Mass - Followed by light refreshments.

For more information, contact Sister Grace Helena, 626-289-1353, ext 240.

A Free Will Offering will be gratefully accepted.



Married Couples' Retreat

May 18-20, 2012

Retreat Master: **Msgr. Eugene Morris**

Nourish and refresh the sacred vows made on your Wedding Day during a retreat together, enjoying a time of quiet and prayer.

This weekend includes Holy Mass, and ample opportunity for confession and/or spiritual direction. Msgr. Morris will present two spiritual conferences daily.

The Retreat begins on Friday night at 5:00 p.m. with registration, followed by 6:00 p.m. dinner and ends with lunch on Sunday at 12:30 p.m.

For more information or to make a reservation, at 626-289-1353 ext. 204. Cost is \$315 per couple

June 25-28, 2012

Mother/Daughter Retreat

"Sharing in the Spirit of Carmel with the Carmelite Sisters"

For Mothers and Daughters (ages 13-17)

The beauty and balance of prayer, work, and recreation in the spirit of Carmel is a source of blessing and inspiration for all who attend this special retreat. We invite you and your daughter to take some time away to deepen your relationship with the Lord and one another.

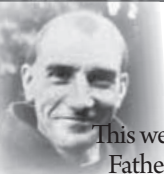
We invite you to give us the privilege of being able to serve you through:

- Faith formation with conferences on our Catholic Faith,
- times for personal prayer and reflection, a deepening awareness of the dignity we have as children of God,
- special time set aside for mother/daughter sharing,
- an opportunity to meet and spend time with many of our Sisters,
- praying, working and recreating with the Carmelite Sisters,
- opportunities to share with other families and to build lasting friendships,
- participation in the sacraments of Holy Mass and Reconciliation.



The graces of this week, we hope, will strengthen the bonds between mothers and daughters and become a source of many blessings for your entire family.

To make a reservation or for more information, please contact Sister Grace Helena, OCD at 626-300-8938 | vocations@carmelitesistersocd.com



Carmelite Spirituality Retreat (Open to both men and women)

August 17-19, 2012 Retreat Master: **Reverend Stash Dailey**

This weekend is for all who are interested in learning more about Carmelite Spirituality.

Father Dailey will present the life and spirituality of a contemporary Carmelite, Pere Jacques, O.C.D., whose cause for canonization was opened in 1990. The retreat conferences will show each of us, through the true life example of Pere Jacques, what it means to be a

"Contemplative in Action."

The Retreat begins on Friday night at 5:00 p.m. with registration, followed by 6:00 p.m. dinner and ends with lunch on Sunday at 12:30 p.m.

For more information or to make a reservation, at 626-289-1353 ext. 204. Cost is \$315 per couple

Luck of the Irish

To Benefit Sacred Heart Retreat House

Sunday, March 11, 2012

Cathedral of Our Lady of the Angels

Our 2012 "Mother Luisita Award" honorees are:



Devoted Benefactors:
JOHN & PALMA
VINCENTI



Dedicated Volunteer:
JULIE LANGARD



Spiritual Support:
MONSIGNOR
SAL PILATO

3:30 p.m. Holy Mass
5:00 Cocktails
6:00 pm Dinner/ Silent and Live Auction/ Raffle Prizes

For more information call 626-289-1353, ext. 200



Fall Family Festival and Boutique

Thank you to all who made our 2011 Fall Family Festival and Boutique such a wonderful day. The Carmelite Sisters thank all of our staff, donors, volunteers, and participants who made the day such a successful one. Because of your support, we will be implementing the following capital projects: New carpets in the buildings, repainting of buildings, and refurbishing of the library. God reward each and every one of you!



PETRUS Youth (Teens) & Families on the Rock (Family Faith Formation) Nights

THEME for 2011-2012:
Who Do YOU Say that I AM?

**2nd Saturday of the Month,
6:00 p.m. – 9:00 p.m.**

January 14: Petrus & vision – “My B.F.F.” (Jesus, My Best Friend Forever)

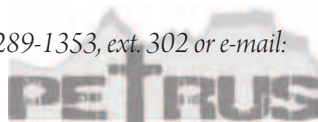
February 11: Petrus & Vision – “How Am I Doing Coach” (Jesus, the Teacher)

March 10: Petrus & Vision – “Jesus Offers the Ultimate Sacrifice” (Jesus, the High Priest)

April 14: **Families on the Rock** – “A Radical Life of Love” (Jesus, the **REVOL**utionary of LOVE)

May 12: Petrus & Vision – “Who Are My Mother and My Brothers” (Jesus, My Brother)

For more information, please contact St. Joseph Campus at 626-289-1353, ext. 302 or e-mail:
petrusyouth@carmelitesistersocd.com



Source and Summit (an evening for Young Adults)

**1st Saturday of each Month
6:00 – 9:00 p.m.**

Join us for an amazing evening
with Catholic speakers,
live praise and worship, and fellowship
with other young adults.

For more information, visit

www.sourceandsummitla.com.



National Evangelization Team



NET MINISTRIES

(for 8th Grade Students)

**March 27-29, 2012
9:00 a.m. – 3:00 p.m.**

This retreat addresses our need for a
relationship with God and how prayer is
the path for that relationship. We will look
at communication in our world today and
what relationships can tell us about the Lord.

Through a relationship with the Lord,
we can have an abundant life,
not just lives of mediocrity.

YOUTH LEADERSHIP CONFERENCE

**“LEADERSHIP TRAINING FOR LIFE:
Challenging Youth to Transform Their World”**

COST \$25
(Includes Meals)

Chris Stefanick, Youth Director from the Archdiocese of Denver will be the keynote speaker.

Additional workshops will be offered throughout the day along with

The Carmelite Sisters and others (TBA) will present leadership workshops.

We welcome juniors and seniors in high school to join us for this special event!

November 11, 2012, 9:00 a.m. – 5:00 p.m.

New! Check out our website for our new upcoming Summer Events for TEENS and CHILDREN.

www.sacredheartretreathouse.com, St. Joseph Campus

CMSWR Regional Workshops

Spanish - February 4, 2012

"Praying with St. Teresa of Avila - The Virtues Necessary for a Deep Prayer Life"

Presented by: **Sister Isabel Ordoño, S.T.J.** Society of St. Teresa of Avila

English - February 5, 2012

"Interior Freedom and the Second Yes"

Presented by **Mother Regina Marie, O.C.D.** Carmelite Sisters of the Most Sacred Heart of Los Angeles



Day Retreats

All one-day Carmelite Sponsored Retreats are 9:00 a.m. – 5:00 p.m.

These retreat days, open to anyone interested in a deeper spiritual life will include:

Spiritual Talks, Holy Mass, Lunch, and WHEN possible Confessions, also.

The cost is \$35 or "pay what you can."

For more details, go to:

www.sacredheartretreathouse.com/StJoseph

Conferences

March 24, 2012 – **Men's Conference**

April 21, 2012 – **Contemplative Prayer of Carmel**

May 19, 2012 – **The Dignity and Vocation of Woman (Conference for Women)**

May 25, 2012 – **Principles of Discernment (Ignatian Spirituality)**

For more details, go to:

www.sacredheartretreathouse.com/StJoseph

Special Events

Old Testament

Tuesdays from January 10 – Mar 27, 2012, 7:00 p.m. – 9:00 p.m.

Join Sr. Jeannine Marie, O.C.D. for a Scripture course on the Old Testament.



Soup and Scripture

Fridays from February 24 – March 30, 2012, 6:30 p.m. – 8:00 p.m.

Join the Carmelite Sisters during the Fridays in Lent. The evening will include a presentation on the Lenten liturgical readings, soup and fellowship.

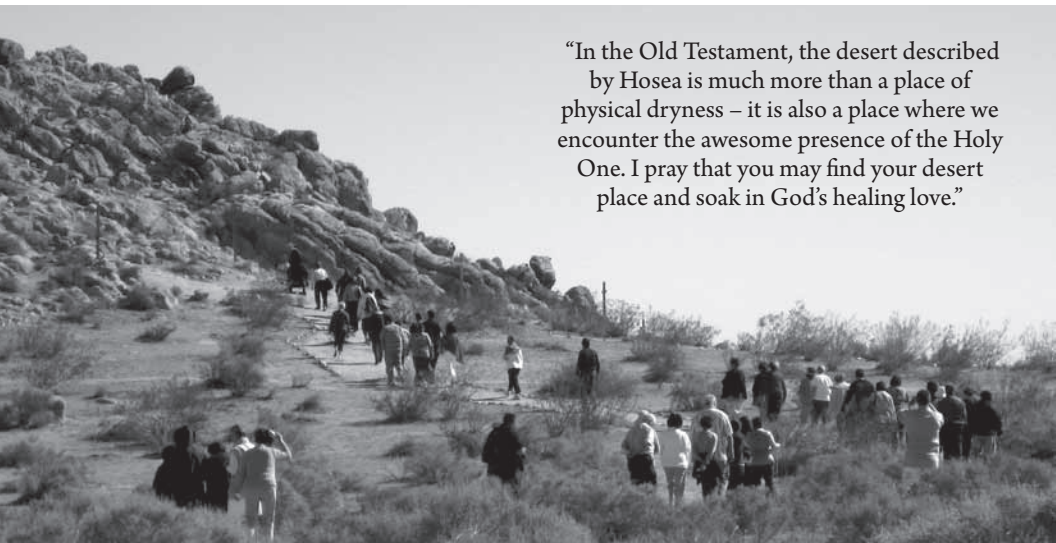
Breath of Spring Luncheon

SAVE THE DATE

**May 5, 2012,
10:00 a.m. – 2:00 p.m.**

For more information on any events found on pages 10-11, or to RSVP, contact St. Joseph Campus: 626-289-1353, ext. 302 or email sjprogcoordinator@carmelitesistersocd.com.

HAPPY TENTH ANNIVERSARY MOUNT CARMEL!



“In the Old Testament, the desert described by Hosea is much more than a place of physical dryness – it is also a place where we encounter the awesome presence of the Holy One. I pray that you may find your desert place and soak in God’s healing love.”

“Some men visited a Desert Father and saw him praying in the wilderness. They asked, ‘What do you do here, old man?’ To which the Abba replied, ‘I am a shepherd.’ Looking around in the distance, the men said, ‘But there are no sheep.’ ‘I shepherd my thoughts,’ was his reply. We shepherd our thoughts, keeping watch over what the Lord has entrusted to us, and leading all to Him. This is most true in the case of the heart, for all shepherding of thoughts is directed toward purity of heart, so that we might see God.”



“It takes my whole strength to pull myself away from my responsibilities as wife, mother, businesswoman and artistic director, to make the trip to the hermitage. Some hope in me dares to believe He is calling me out of the marketplace into the desert, to find rest in his regenerative Love. And so, I go.”

From the book *In the Silence of Solitude: Contemporary Witnesses of the Desert* (Alba House 1995)

From Those Who Have Experienced a Day or More at Mt. Carmel...

"Thank you for the opportunity to come to this special place to heal and to rest in God's love."

"The gospel of Luke reminds us to consider the sparrows, for they neither sow nor reap. Yet, Luke tells us that God takes care of them. We busy ourselves every day trying to take care of others and ourselves. In the quiet reflection at Mount Carmel, we are reminded of God's care for us. Viewing a soaring raven or seeing a fleeting jackrabbit in a place where all seems barren reminds us that even when we feel lost there is hope, and when we feel full, there is rejoicing. Great peace; quiet presence; fully embraced.
That's Mount Carmel."

"Experience was awesome!"

This is a very prayerful place of connecting with
God the Father, His Son, Christ Jesus, and the Holy Spirit."

"This was our first time at Mount Carmel... It won't be our last!"

If there is any time that I feel the nearness of God in my life, Christ Jesus standing beside me, talking to me through the Holy Spirit, guiding me to do His will, it is in contemplative prayer, outside in God's Garden of Mount Carmel."

"Sisters in Christ, you far exceeded my expectations. You, your kind hospitality, and your retreat center are all superb. I will be back soon."

"My day at Mount Carmel was a truly awesome respite from the hectic pace and stress of my regular routine. Strange how a parched landscape wound up watering my soul."

"I was truly moved by the Holy Spirit as I prayed
in the desert at Mount Carmel."

"The desert is the school for a life of prayer. Through silence, solitude, and surrender to God, Mount Carmel in the Desert offers me the profound and humbling experience of Our Lord touching my life through desert prayer and contemplation."



From the Carmelite Sisters

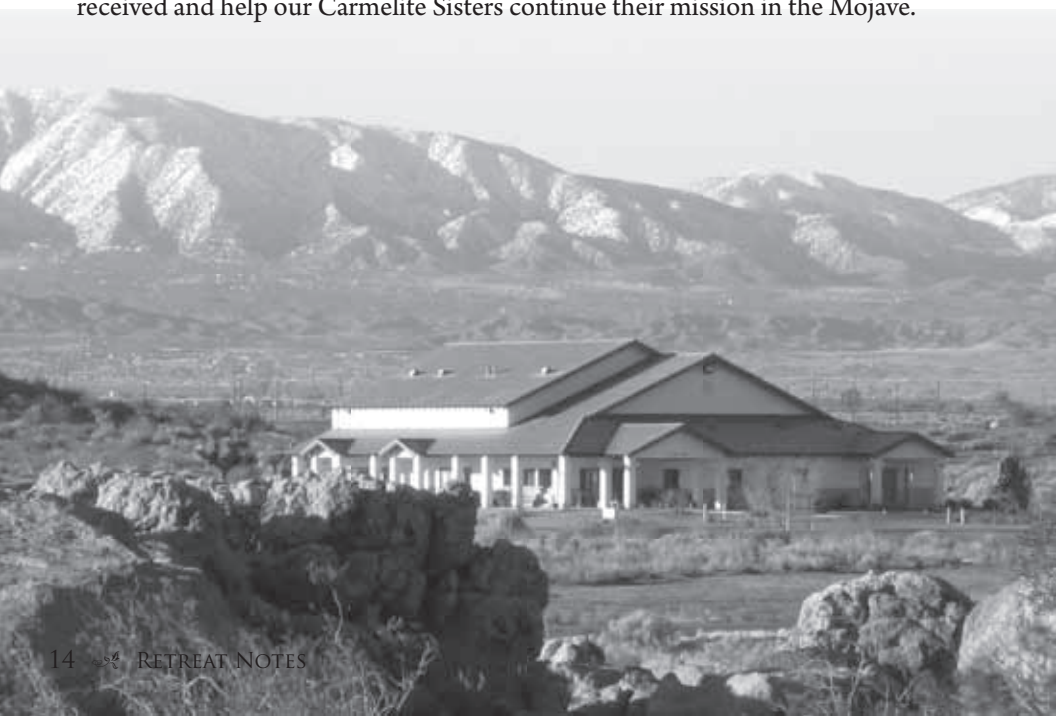
Our “mission in the Mojave” is very much in keeping with our Carmelite charism, for the desert is known as a school of prayer. During any of our one-day prayer pilgrimages to Mount Carmel, it is apparent that we are entering into a simple, more focused time of prayer. On our Mount Carmel Turn Around, we first pass through large cities. Then we begin traveling through small towns. Later on our bus pilgrimage, even the small towns disappear and we come upon small settlements of people. Billboards become fewer and fewer. The smog lessens and lessens until it is completely gone. The air freshens, clean and smog-free. We enter the pristine desert.

As we come to the retreat center, a powerful silence embraces us, an intimate stillness envelops us, and we are moved to pray. This is why we come to Mount Carmel. We come to pray, to have our special rendezvous with God – to rid ourselves of the superfluous, to encounter the clutter of our lives, and to return – simplified and whole.

This is Mount Carmel’s tenth anniversary (2001–2011).

We invite you to make the journey to Mount Carmel, only 85 miles northeast of Los Angeles. It will refresh your soul. For some, it has been life-changing.

An envelope is enclosed with this issue of our Retreat Notes if you would like to give an Anniversary Gift to our Carmelite Sisters at Mount Carmel in the Desert. Consider a donation of \$60 to sponsor a pilgrim or \$600 to sponsor 10! Consider sponsoring a prayer oasis for \$1,000 to provide more places of solitude for our retreatants. Your donation will be most appreciatively accepted and gratefully received and help our Carmelite Sisters continue their mission in the Mojave.



DID YOU KNOW THAT THE SISTERS ALSO HAVE...



The Sisters serve the beautiful children and their families of the Antelope Valley.



Did you know that:

- ✓ 23% of families in this region are below poverty level...
- ✓ 1/3 of our children are provided scholarship funds to attend our program for children ages 2-6....

Your tax-deductible donation could provide early childhood education for a child who may not have this opportunity!

	2 Days	3 Days	4 Days	5 Days
Long Day - (8.5 — 12.5 hours)				
Weekly	\$52.50	\$79.00	\$106.00	\$132.25
Monthly	\$210.00	\$316.00	\$424.00	\$529.00
Full Day - (8.5 — 8 hours)				
Weekly	\$45.00	\$67.00	\$89.25	\$111.25
Monthly	\$180.00	\$268.00	\$357.00	\$445.00
2/3 Day - (4.5 — 6 hours)				
Weekly	\$40.00	\$60.00	\$80.50	\$101.00
Monthly	\$160.00	\$240.00	\$322.00	\$404.00

39501 180th Street East,
 Palmdale, CA 93591-3312
 (Phone) 661-264-5955
 (Fax) 661-264-5948
 www.mtcarmelchildcarecenter.com
 mtcarmelchildcarecenter@yahoo.com

People throughout the Southland are coming to Mount Carmel in the Desert Retreat Center to experience a Desert Day of Prayer. The Pilgrimage includes a spiritual conference on the theme of the day by one of our excellent retreat masters, the Stations of the Cross outdoors or indoors as you prefer, "desert time" for adoration, journaling, walking, reading, reflection, the opportunity for Confession and the Celebration of the Eucharist.

Important Information about our One-Day Prayer Pilgrimages

Bus Information:

Our Pilgrimage bus to your desert oasis departs from most sites at 7:30 a.m. and returns to the same location by 6:30 p.m.

Did You Know?

A number of persons had to be turned away during our last two Pilgrimage Seasons, which is always a great sadness for us. We suggest that you consider the dates and Retreat Masters below and make your reservation early to ensure that you will not be disappointed – and - you are most likely to find space early in the season. *Let's get Lent started right!*

Important: *Because of meal preparations as well as bus arrangements, register at least 48 hours before the pilgrimage, whether coming by bus or commuting.*

Cost:

The fee provides a continental breakfast upon arrival, coffee and refreshments throughout the day, lunch, and a stipend to the retreat master.

- Cost for Pilgrims coming by bus is \$60.00.
- Cost for commuters is \$35.00.

It is wise to dress in 'layers' to accommodate the change from the cool mornings to the warm afternoons, closed-toed walking shoes are advisable, and a hat or visor.

How to Register for a One-Day Prayer Pilgrimage

Online Registration:

It is easy and fast to register and pay for any Pilgrimage on our secure website: www.mtcarmelinthedesert.com.

Click on "Pilgrimages".

Phone Registration:

To make your reservation by phone, please call Sister Michelle at 661-264-5959. It is best to call in the morning – but if we do miss your call, please leave a message - we will return your call.

Pilgrimage Representatives

A small but growing number of our pilgrims have discovered that being a pilgrimage representative is not difficult and is very rewarding. Pilgrimage representatives are a blessing both to their fellow pilgrims and to the Sisters working at Mount Carmel Retreat Center by making the pilgrimage Day of Prayer available to people from more and more locations throughout Southern California. If you and a friend would like to help organize and promote a Pilgrimage, the two of you can accompany the group free of charge. Mount Carmel Retreat Center can do most of the planning and promotion for you. Please call 661-264-5959 for further information.

2012 Lenten Pilgrimages: The Way of Lent, the Way of the Heart

The 40 days of Lent are a consecrated time of year, leading us to the Paschal Triduum of Holy Thursday, Good Friday and Holy Saturday in preparation for Easter.

The 'Way of Lent' is the way of the Christian's heart. Our Lenten pilgrimage retreats are just one day long, but in the desert - in just one day - it is amazing how far your heart can travel.

Ash Wednesday, Feb. 22, 2012 - Led by **Rev. Michael Carey, O.P.**,

With an extensive background in Christian formation, parish ministry and preaching Father Carey is exceptionally well prepared to help us begin our Lent of 2012 in a balanced and genuinely beneficial way.

Saturday, February 25, 2012 - Led by **Rev. Pat Crowley SS.CC.**

Father Pat Crowley comes to us from Sacred Hearts' House of Prayer in Hemet, CA. He brings a wealth of experience and ministry gifts to this day. A long-time member of the Association of Christian Therapists, he is a retreat director and conference speaker who brings a holistic approach to the healing ministry.

Saturday, March 3, 2012 - Led by **Rev. Jesse Galaz**

Fr. Jesse is pastor of Our Lady of the Rosary Parish, Paramount. Father Jesse is a priest of long and varied pastoral experience who has spent nearly 30 years in the in parish ministry while directing vocations for the diocese and ministering guidance and healing within and beyond the setting of the charismatic renewal.

Saturday, March 10, 2012 - Led by **Rev. Philip Sullivan, O.C.D.**

Father Philip Sullivan, OCD, originally from Long Beach, CA is pastor of St. Therese Church in Alhambra, California and a member of the Provincial Council of the Western Province of Discalced Carmelites. His art/iconography has been featured in the Carmelite Digest.

Saturday, March 17, 2012 - Led by **Rev. Cletus Imo**

Father Cletus writes: "I am particularly interested in the Bible and Prayer as faith instruments for a good quality of Christian life. In the spirit of St. Paul, "I am determined, with such affection for you, to share with you not only the Good News but my entire life as well."

Saturday, March 24, 2012 - Led by **Rev. Mike Barry, SS.CC.**

Father Mike Barry has been active in the Charismatic renewal since 1976 serving as Evangelization Director for San Bernardino Diocese and Director of the San Bernardino Charismatic Prayer Communities from 1980 to 1999. He is the founder of Mary's Mercy Table, a ministry to the poor and Veronica's Home of Mercy, a ministry to women in a variety of crisis situations.

Saturday, March 31, 2012 - Led by **Rev. Claude Williams, O. Praem.**

Father Claude originally met the Carmelite Sisters at Franciscan University in Steubenville, OH. Father Claude is currently Assistant Dean of Students at St. Michael's Preparatory as well as assisting at St. Elizabeth Ann Seton Parish in Irvine.

Saturday, April 14, 2012 (Divine Mercy Pilgrimage) - Led by **Rev. Jerome Cudden, O.P.**

This is the day before Divine Mercy Sunday. Father Jerome is a retreat master with a special gift for imparting the faith and helping people 'make it real' in their lives. Could there be two better reasons to make this pilgrimage?

Join us on the eve of Divine Mercy Sunday!

Saturday, May 26, 2012 (Marian Pilgrimage) - Led by **Rev. Eugene Herbert**

Father Eugene Herbert, a convert to Catholicism and Pastor of Annunciation Church in Arcadia, CA, shares his great love and devotion of Our Blessed Mother and explains the expression "living a Marian spirituality."

Saturday, July 7, 2012 (The Journey In – a Carmelite Day of Prayer) - Led by **Rev. Mark Kissner, O.C.D.** Join us during the Carmelite Novena to Our Lady of Mount Carmel

Father Mark comes to Mount Carmel Retreat Center from El Carmelo Retreat House in Redlands. His emphasis on this day will be on a special love and interest of his: what the Doctor of Prayer, St. Teresa of Jesus, tells us about who we really are – and can be.

Dear Friends,

Our events are blessings in many ways – to participants, to Mount Carmel Retreat Center and to Mount Carmel Child Care Center as well. Each event makes a great occasion for a group of friends to carpool to Mount Carmel for a day of faith formation and fun! If you are acquainted with a club or organization whose members might be interested in one of these events, would you do us the service of spreading the word?

NEW EVENT!

Mother-Daughter Tea

Saturday, May 12, 2012 1:00 p.m. - 4:00 p.m.

Kathleen Beckman will speak on “The Dignity and Vocation of Women.”

Kathleen, a popular, internationally known speaker, is the Western United States Representative and Orange County Diocesan Coordinator for “Magnificat,” and a member of the Magnificat CST Advisory Team.

HONORING: THERESE LARIVIERE

Mothers, daughters, granddaughters, you are all going to be delighted with this beautiful day devoted to the Dignity and Vocation of Women as understood by our beloved Blessed John Paul II – and who better to lead us in this reflection than Kathleen Beckman of Magnificat Ministry to Women?

Cost: \$25. | Must have reservation | Please RSVP by Saturday, May 5, 2012
Call 661-264-5959 for more information or to make your reservation.

Father & Son BBQ

Saturday, June 16, 2012

4:00 p.m. – 9:00 p.m.

Jesse Romero, Catholic Lay Evangelist and Apologist



NEW EVENT!

Calling all men! Be inspired to live united as Fathers & Sons in the faith.

Jesse and his son, Paul, will meet you here for an inspiring evening to build you up in the faith!

4:00 p.m.	Registration
	Presentation
5:30 p.m.	BBQ
6:45 p.m.	Movie Night especially for Fathers and Sons
8:45 p.m.	Night Prayer with the Carmelite Sisters

Cost: \$25 | For more information or reservations: 661-264-5959 | RSVP by Sat., June 9

**Visit our Web site, www.mtcarmelinthedesert.com
for more information.**

4th Annual Iced Tea and Talk

Saturday, August 18, 2012

1:00 p.m. - 4:30 p.m.

*Fun, fellowship and faith sharing
all within a "High Tea" California style!*

"Am I not here, Who Am your Mother?"

*This is a truly inspiring presentation,
especially close to the heart of our 2012 speaker,
Sister Ines, O.C.D.*

Includes special raffles, auction, Gift Shop, and a lot of fun!

*Cost of the Event is \$25. | Must have reservations | Please RSVP by Saturday, August 11
Call 661-264-5959 for more information or to make your reservation.*



DÈCOR CHRISTI CRAFT SHOW



Saturday, September 22, 2012

10:00 a.m. – 3:00 p.m.

Free Admission



Our first Dècor Christi fundraiser filled our hall to capacity with the beautiful work of genuine handcrafters from Wrightwood, Phelan, Pinon Hills, Lancaster and all over the Antelope Valley. Come for lunch and enjoy the exceptional skills on display and shop for the truly unique and one of a kind!

NEW EVENT!

SAVE THE DATE

**Saturday,
October 13, 2012**

Eucharistic Conference

Handmaidens Prayer Group

Theme for 2011-2012: Are We Living for Time or Eternity?

Handmaidens is a faith formation group for single women between the ages of 18 and 35, dedicated to cultivating a deeper relationship with our Lord, as well as a greater understanding and appreciation of the dignity of their vocation as women. Formation and living holiness in the world is supported and nurtured through adoration, prayer and conferences given by the Carmelite Sisters and chosen laity.

Handmaidens Meetings for 2011-2012:

January 21, 2012

February 18, 2012 (1-Day Pilgrimage to Mount Carmel in the Desert)

March 17, 2012

April 28, 2012

May 20, 2012 (Beach Trip with the Sisters from 4:00 p.m. -7:00 p.m.)

Evening Prayer ~ Praise and Worship ~ Potluck Dinner

The evening's schedule:

6:30 p.m. Potluck, 7:30 p.m. Presentation, 8:30 p.m. Adoration



In the silence of your heart, do you wonder if our Lord is calling you? Come and See!

Experience a glimpse into Carmel!

You will have an opportunity to pray, work and recreate with the Sisters.

Carmelite Sisters of the Most Sacred Heart of Los Angeles

Contemplative tradition of Carmel flowing into the works of the apostolate.

Healthcare ~ Education ~ Retreat Work

If you are a single woman, between the age of 18 and 35, and wish to know more about the deep bonds that unite us as a religious family...

to belong completely to Christ...

if the spirit of Carmel resonates in your soul...

To learn more about religious life, Carmel and the Carmelite Sisters of the Most Sacred Heart of Los Angeles join us for our

Come and See in Alhambra, California at our Motherhouse May 21-24, 2012.

Individual visits can be arranged at any time of the year.

For information or to make reservations for any of the events noted on pages 18-19, contact:

Sister Grace Helena, **626-300-8938** or vocations@carmelitesistersocd.com.

Visit our website at www.carmelitesistersocd.com



DĒcor Carmeli (Beauty of Carmel)

LIVING THE JOY OF YOUR FAITH!

What is DĒcor Carmeli... and what will I do as a member?

DĒcor Carmeli means "Beauty of Carmel" which is a title of our Blessed Mother and this title is very special in Carmel. She teaches us how to love Jesus with our whole heart, which makes our soul radiate with love for the whole world to see.

DĒcor Carmeli is a program for young ladies between the ages of 13 and 17 years. As a member, you will share in the works and spirit of Carmel with the Carmelite Sisters of the Most Sacred Heart of Los Angeles. You will have the opportunity to help the Sisters in our various apostolates, learn more about your faith and the joy of living it as a teenager, make lasting friendships, and enjoy opportunities to meet with other DĒcor Carmeli members monthly for social activities and outings with the Sisters.

*Come and spend a day with the Carmelite Sisters in work, prayer, and recreation.
For more information, 626-300-8938 or vocations@carmelitesistersocd.com.*



Family Nights with the Carmelite Sisters

Potluck Nights: *The whole family is invited - all ages - to share in family prayer, a potluck dinner, visiting with the Sisters, and fun & games.*

4:30 p.m. - 7:30 p.m. on Sundays:
January 22, 2012 & March 18, 2012

*For more information
Sister Grace Helena, O.C.D.
626-300-8938*

vocations@carmelitesistersocd.com



JANUARY

- 7 SHRH (SJC): Source & Summit
- 8 MCD: Christmas Pageant
- 8 SHRH (SJC): Woman's Fellowship Group
- 10 SHRH (SJC): Old Testament class
- 12 SHRH: Heart of Mary: A Women's Fellowship Group
- 13-15 SHRH: Men's Retreat (*English*)
- 14 SHRH (SJC): Petrus & Vision
- 17 SHRH (SJC): Old Testament class
- 21 Vocation Office: Handmaidens
- 22 Vocation Office: Family Night Potluck
- 24 SHRH (SJC): Old Testament class
- 31 SHRH (SJC): Old Testament class

FEBRUARY

- 4 SHRH (SJC): Source & Summit
- 4 SHRH (SJC): CMSWR Regional Workshop (*Spanish*)
- 5 SHRH (SJC): CMSWR Regional Workshop (*English*)
- 7 SHRH (SJC): Old Testament class
- 9 SHRH: Heart of Mary: A Women's Fellowship Group
- 11 *Santa Tersita*: Lourdes Day of Prayer for the Sick
- 11 SHRH (SJC): Petrus & Vision
- 14 SHRH (SJC): Old Testament class
- 18 Vocation Office: Handmaidens Lenten Pilgrimage to MCD
- 19 Carmelite Concert at San Gabriel Mission Playhouse
- 21 SHRH (SJC): Old Testament class
- 22 MCD: Ash Wednesday - Pilgrimage
- 22 SHRH: Ash Wednesday Day of Recollection
- 24 SHRH (SJC): Soup and Scripture
- 28 SHRH (SJC): Old Testament class

MARCH

- 2 SHRH (SJC): Soup and Scripture
- 3 SHRH (SJC): Source & Summit
- 6 SHRH (SJC): Old Testament class
- 8 SHRH: Heart of Mary: A

22 ☞ RETREAT NOTES

- 9 Women's Fellowship Group SHRH (SJC): Soup and Scripture
- 10 SHRH (SJC): Petrus & Vision
- 10 *Hayden*: Hayden 5K Run, Family Walk & Roll & Health Fair
- 11 SHRH: Luck of the Irish at LA Cathedral
- 13 SHRH (SJC): Old Testament class
- 16 SHRH (SJC): Soup and Scripture
- 17 Vocation Office: Handmaidens
- 18 Vocation Office: Family Night Potluck
- 18 *Miami*: Friends of Carmel Luncheon
- 20 SHRH (SJC): Old Testament class
- 23 SHRH (SJC): Soup and Scripture
- 24 SHRH (SJC): Men's Conference
- 24 MCD: Open House/ Mini Olympics
- 27 SHRH (SJC): Old Testament class
- 27-29 SHRH (SJC): N.E.T. - National Evangelization Team Retreat (*8th Grade*)
- 30 SHRH (SJC): Soup and Scripture

APRIL

- 7 SHRH (SJC): Source & Summit
- 4 SHRH: Day of Recollection in Holy Week (*Spanish*)
- 12 SHRH: Heart of Mary: A Women's Fellowship Group
- 14 SHRH (SJC): Families on the Rock Night
- 21 SHRH (SJC): Contemplative Prayer of Carmel Conference
- 28 Vocation Office: Handmaidens
- 30-5/3 SHRH: Contemplative Retreat

MAY

- 5 SHRH (SJC): Source & Summit
- 5 SHRH (SJC): Breath of Spring
- 10 SHRH: Heart of Mary: A Women's Fellowship Group
- 12 MCD: Mother-Daughter Tea & Fashion Show
- 12 SHRH (SJC): Petrus & Vision
- 13 Vocation Office: SHRH Mother's

- | | | | |
|-------------|--|---------------|--|
| | Day Rosary Procession/ Mass/
May Crowning | 23 | MCD: Kindergarten Graduation |
| 18-20 | SHRH: Married Couples' Retreat | 24 | Santa Teresita: Corpus Christi
Celebration and Picnic |
| 19 | SHRH (SJC): The Dignity and
Vocation of Women (<i>Conference
for Women</i>) | 25 | MCD: Begin Summer School
session |
| 20 | Santa Teresita: May Crowning | 25-28 | Vocation Office: Mother-Daughter
Week |
| 20 | Vocation Office: Handmaidens'
Beach Trip | 29 | Little Flower: Kindergarten
Graduation |
| 21-24 | Vocation Office: Come and See
(CA) | JULY | |
| 25 | SHRH (SJC): Principles of
Discernment (<i>Ignatian
Spirituality</i>) | 7 | SHRH (SJC): Source & Summit |
| 26 | Avila Gardens: Sereni-Tea | 2-12 | Little Flower: Summer Camp |
| JUNE | | 6-14 | SHRH: Sisters' 8-Day Retreat |
| 2 | SHRH (SJC): Source & Summit | AUGUST | |
| 11-19 | SHRH: Sisters' 8-Day Retreat | 8 | MCD: Carmelite Concert |
| 8 | MCD: Father & Son BBQ | 4 | SHRH (SJC): Source & Summit |
| 16 | Hayden: Hayden Kindergarten
Graduation | 4-12 | SHRH: Sisters' 8-Day Retreat |
| | | 17-19 | SHRH: Carmelite Spirituality
Retreat |
| | | 18 | MCD: 4th Annual Iced Tea |
| | | 24-26 | SHRH: Men's Retreat (<i>English</i>) |

Carmelite Sisters' Apostolate Directory

EDUCATION

Specialized in the Care and Education of children ranging from 6 week old Infants & Early Child Care, through Elementary Education up to High School. The Carmelite Sisters serve in seven Archdiocesan schools across the US, and in three early learning centers.

Early Child Care

Little Flower Early Child Care
Los Angeles - 323-221-9248
www.littleflowerla.com

Mount Carmel in the Desert

Child Care Center
Palmdale - 661-264-5955
www.mtcarmelchildcarecenter.com

Hayden Child Care Center
Duarte - 626-932-3489
www.haydenchildcare.com

HEALTHCARE

Specialized in a Continuum of Care for Seniors that includes: Independent Living, Assisted Living, long and short-term Skilled Nursing, with additional services of Physical Therapy, Occupational Therapy, Speech Therapy, and Hospice care.

Independent Living

Avila Gardens
Duarte - 626-599-2214
www.avilagardens.com

Assisted Living &

Skilled Nursing
Santa Teresita
Duarte - 626-359-3243
www.santa-teresita.org

Skilled Nursing
Marycrest Manor
Culver City - 310-838-2778
www.marycrestculvercity.com

RETREATS

Specialized in Silent Retreats, Directed Weekend Retreats, One-Day Prayer Pilgrimages, Self-Guided Days of Recollection, One-Day Seminars, Lay and Religious Group Events, Workshops, Family Retreats, Youth Retreats, Confirmation and Young Adult Retreats.

Sacred Heart Retreat House
Alhambra - 626-289-1353
Toll Free - 866-598-4389
www.sacredheartretreathouse.com

St. Joseph Campus
at Sacred Heart Retreat House
Alhambra - 626-289-1353

Mount Carmel in the Desert
Retreat Center
Palmdale - 661-264-5959
www.mtcarmelinthedesert.com

Sacred Heart Retreat House
920 East Alhambra Road
Alhambra, California 91801-2799