“Contemplative spirituality invites us to fall deeply into the spaciousness of God’s presence within us and from that place of one’s truest self to put on the mind of Christ and actively ‘see’ in new ways.”

Nancy Sylvester, IHM

The development of new spirituality programming is ongoing; check https://ihmsisters.org/calendar/ for the most up-to-date list of offerings.

For general questions, please contact the program director at spirituality@ihmsisters.org or at 734-770-0078.

The IHM Spirituality Centers are a ministry of the Sisters, Servants of the Immaculate Heart of Mary
610 W. Elm Ave.
Monroe, MI 48162
IHM Spirituality Centers

Urged by Love
The Spirituality Centers of the IHM Sisters welcome all seekers and their quest for God. We stand in solidarity with people craving safe, hospitable spaces where they can be themselves. We provide respite and encouragement for justice and peace workers, educators, caregivers, people who are suffering and those who need a place of quiet and beauty to rest, renew and rejoice. We are present with people right where they are, even if that means on the edges. Urged by the love of God, we are all invited to give and to receive, to enrich and to be enriched, to share and to grow together.

Join us at our four spirituality centers as well as our spirituality institute, each with a variety of programs and services. We offer spiritual direction, days of reflection, spirituality and theology workshops and retreats. We offer spiritual guidance and peaceful, beautiful spaces in which to rest and fall into the loving embrace of God. Our centers are available to groups who wish to rent our facilities for their own retreats, programs or meetings. They also are available for day use; additionally, two of our centers – Maxis Center and River House – have rooms for overnight stays. Please note: River House and Visitation have stairs and are not accessible.

Registration and Contact Information
To register or to find out more about each center, contact the center or institute directly using the information below. For general questions, please contact the program director at spirituality@ihmsisters.org or at 734-770-0078. Thank you!

Retreat: Praying the Joyful Mysteries in Times of Struggle
Friday–Sunday, May 29–31, 2020
Maxis Center, Riverview
Beginning at 5 p.m. on Friday and ending at 1 p.m. on Sunday
With Lynne Moldenhauer, IHM, and Julie Vieira, IHM
This retreat is an invitation to share your life with God in a beautiful space for prayer, quiet and reflection. Daily common prayer and conference sessions offer a fresh, relevant look at the joyful mysteries in the life of Mary of Nazareth within the context of our own call to joy even in times of great struggle. Retreatants have many ways to enter the quiet through the nature trail, outdoor labyrinth and sitting areas, a beautiful chapel and many inspiring artful rooms throughout the center.

Suggested offering is $200 and includes meals and accommodations ($50 due at registration).
➢ To register, call 734-250-8314 or email maxiscenter@ihmsisters.org.
➢ Registration deadline is May 22, 2020. Limit 8.

Four-Week Series: Mindfulness: The Path to Living Compassionately
Thursday, June 4–25, 2020
6:30–8 p.m.
River House, Monroe
With Judith Bonini, IHM, and Julie Vieira, IHM
Mindfulness is a way of being aware of and awake to the present moment so that we can live compassionately and with acceptance. It is a way to cultivate peace and spaciousness, even when faced with the challenges of life. Throughout the sessions we will practice techniques and apply our learnings to everyday life including how mindfulness can be a form of healing in our communities and world.

Suggested offering is $40.
➢ To register, call 734-240-5494 or email riverhouse@ihmsisters.org.
➢ Registration deadline is June 1.
Retreat: Embracing Struggle: Walking in Hope with Teilhard de Chardin
Sunday–Friday, May 10–15, 2020
IHM Motherhouse, Monroe

With Kathleen Duffy, SSJ, PhD
The call to embrace struggle is not an act of resignation but a commitment to life in its fullness. In this retreat, we walk with Teilhard de Chardin – Jesuit, scientist, mystic – and explore the struggles he faced, especially in the world and Church, and prayerfully reflect on our own life experiences. More information about the retreat sessions will be forthcoming.

Suggested offering is $275 and includes lunches ($50 due at registration).
➢ To register, call 734-240-5494 or email riverhouse@ihmsisters.org.
➢ Registration deadline is April 23.

Note: Reasonably-priced overnight accommodations are available across the street at River House and other nearby locations. Please ask for assistance when registering.
Ongoing Programs

Weekly Series

**RH  Scripture Study**
Held every Wednesday, September–May
10:30 a.m.–noon
• River House, Monroe
• Free-will offering
• No registration needed

**MH  Sunday Eucharistic Liturgy**
Celebrated every Sunday
10–11 a.m.
• IHM Motherhouse, Monroe
• Check the website for the Mass schedule as occasionally the Sunday liturgy is celebrated on Saturday evening.
• No registration needed

Monthly Series

**V  Film Series: Finding God in the Dark**
Held the first Sunday of each month
2–4 p.m.

*With Kathie Budesky, IHM*
When we watch a film, we are not just being entertained; we are exposing ourselves to narratives that define what is possible for us, and we often incarnate those possibilities.
• Visitation, Bloomfield Hills
• Free-will offering
• No registration needed

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**MBI  Presentation: Emerging Spirituality in a Chaotic World**
Saturday, May 9, 2020
IHM Motherhouse, Monroe
3–4:30 p.m.

*With Kathleen Duffy, SSJ, PhD*
The universe we live in is dynamic, creative, and beautiful. Steeping ourselves in its dynamism, sensing its evolutionary direction, and sinking into its beauty, we come to know a divine immanent presence alive and active in the universe as well as a divine transcendent presence drawing us ever into the future. In our time together, we will consider what the universe reveals about our creator God and how we can become continually more conscious of our part in its ongoing evolution.

*Kathleen Duffy, SSJ, PhD, is Professor Emerita of Physics at Chestnut Hill College, Director of the Institute for Religion and Science at Chestnut Hill College. She has also written extensively on topics related to the life and work of Teilhard de Chardin, SJ.*

*Presented by the Margaret Brennan IHM Institute for Spirituality, Church and Culture*

Suggested offering is $10.
➢ To register, call 734-240-5494 or email riverhouse@ihmsisters.org.
➢ *Registration deadline is April 23.*
**Four-Week Series: Lent: How Simplifying Can Lead to Transformation**

Wednesdays, March 4–25, 2020
6:30–8 p.m.
Maxis Center, Riverview

*With Julie Vieira, IHM, and Lynne Moldenhauer, IHM*

Does it spark joy? This question may be very familiar today in popular culture as people seek to declutter their closets and cabinets. But simplifying and living mindfully both in our homes and in our inner lives is essential to spirituality and faith. Lent is a wonderful season of the year to look with God at our lives and to see what truly sparks joy and what can be let go so that we can live more freely. This transformation invites us then to be a spark of joy, healing, and peace for others.

Suggested offering is $40
➢ To register, call 734-250-8314 or email maxiscenter@ihmsisters.org.
➢ **Registration deadline is Feb. 26, 2020.**

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**Three-Week Series: Spirituality and the Twelve Steps**

Thursdays, March 5–19, 2020
6:30–8 p.m.
River House, Monroe

*With Diane McCormack, IHM*

The spirituality that is foundational to the Twelve Steps provides opportunities for healing, self-discovery and spiritual growth. It is a way to face our pain and to move step-by-step more fully into authentic living. Participants need not be familiar with the steps or addiction to benefit from this series. For those familiar with the Twelve Steps, this series can enhance your own experience of living the steps.

Suggested offering is $30.
➢ To register, call 734-240-5494 or email riverhouse@ihmsisters.org.
➢ **Registration deadline is Feb. 27.**

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**Prayer Conversations**

Held the second Monday of each month
11 a.m.–noon
With IHM Spirituality Centers Staff

Join us for a new theme about prayer every month. The hour consists of a short presentation, conversation and time of prayer and reflection based on the theme.

- River House, Monroe
- Free-will offering
- No registration needed

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**Praying with IHMs**

Held the second Tuesday of each month
6:30–7:30 p.m.

Prayer includes quiet reflection, prayerful song, scripture readings and intercessions. All faith traditions welcome as we come together with our common desire for peace, justice and harmony in our world today.

- IHM Motherhouse, Monroe
- No registration needed

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**Musing over Mugs**

Held the first Saturday of each month, September–May
10 a.m.–noon

With Marie Miller, IHM

Over a cup of coffee or tea, women explore the blessings and challenges of their lives looking through the eyes of faith.

- Visitation, Bloomfield Hills
- Free-will offering
- No registration needed
Retreat: Discerning God’s Call to Hope  
Friday–Sunday, Jan. 17–19, 2020  
Maxis Center, Riverview  
Beginning at 5 p.m. on Friday  
and ending at 1 p.m. on Sunday  

With Candyce Rekart, IHM, and Julie Vieira, IHM  
Are you yearning for a new moment in your life? Do you feel called into discernment? Do you desire to respond more fully to God’s invitation to be a person of hope? We invite you to join us for a restful, creative and prayerful weekend of discerning God’s call. The retreat will include personal and community time, prayer, input and engagement around discernment and opportunities for next steps to help retreatants to tap into their hearts’ desires.  

Suggested offering is $200, including overnight accommodations and all meals ($50 due at registration).  
➢ To register, call 734-250-8314  
or email maxiscenter@ihmsisters.org.  

Day of Reflection on Being Artisans of Hope  
Saturday, Jan. 25, 2020  
10:30 a.m.–3:30 p.m.  
IHM Motherhouse, Monroe  

With Leara Glinzak  
Art opens us to appreciate hope in new and sometimes surprising ways. How are we each an artisan, a person who uses our own gifts of creativity to behold the world? How are we called to be artisans of hope in our world? Join us for an experiential approach to deepening our spirituality and our commitment to care for others, the world and our own lives through both art and spirituality.  

Leara Glinzak is a registered art therapist with expertise in art therapy programs, advocacy, education and research.

Suggested offering is $60 and includes lunch and basic art materials.  
➢ To register, call 734-240-5494  
or email riverhouse@ihmsisters.org.  
➢ Registration deadline is Jan. 11, 2020.

Retreat: Joyfully Serving a Bountiful God  
Wednesday–Sunday, Feb. 26–March 1, 2020  
IHM Motherhouse, Monroe  
Beginning at 6:30 p.m. on Wednesday  
and concluding at 3:30 p.m. on Sunday  

With Rev. Gil Enderle, CSSR  
As we begin this Lenten season, we enter together into a wonderful time of prayer and reflection. In this retreat we look to Scripture and the spirituality shared by the IHM and the Redemptorist communities as we create more expansiveness in our own lives and deepen our relationship with God.  

Suggested offering is $250 and includes lunch ($50 due at registration).  
➢ To register, call 734-240-5494  
or email riverhouse@ihmsisters.org.  
➢ Registration deadline is Feb. 11.

Note: Reasonably-priced overnight accommodations are available across the street at River House and other nearby locations. Please ask for assistance when registering.