



# IMMACULATE HEART RETREAT CENTER

## HOPE PEACE HEALING

### Face to Face Spruced Up the Place

If you have visited Immaculate Heart Retreat Center the last few months you might have noticed the freshly painted curbing, the newly landscaped Stations of the Cross courtyard, or the overall sprucing up of the grounds and the center.

they boarded the bus for Spokane. During their stay they developed fellowship by sharing in prayer, liturgy, and charitable works to help the retreat center. In watching them celebrate their faith, share time together in small groups and work together joyfully, it brought to mind the passage from St. Paul's letter to the



We were blessed by the Spirit in late July when a group of young Catholic men and women, and their leaders from Face to Face Ministries, came to our house from Saskatchewan, Alberta. They had come to Spokane to attend the Steubenville conference and then stayed for a retreat here at Immaculate Heart Retreat Center. As Deacon John reflected, "They came here as individuals and left united in a community of faith."

These young Catholics from a variety of communities in Saskatchewan first met when



Philippians. "Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." Phil: 4-7.

When they weren't working on projects here at IHRC and volunteering time at other Catholic entities, playing together, and having meals together, they would spend their time in reflection and sharing. This time was shared together in small groups where they talked about their relationship with God. They were reaching out to each other and sharing their own experiences and challenges in life.

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### Board of Directors

- Ann Marie Byrd
- Bob Boehme
- John Clark
- Bishop Blase Cupich
- Deacon Tom Heafey
- Mother Kathryn Joseph, SMMC
- Jeff Kolcum
- Fr. Robert McNeese
- Deacon John Ruscheinsky
- Michelle Wheatley

Deacon John noted, "How they lived the Faith fully here and showed it to me and the staff. We witnessed something beautiful happening to them and to us." They shared with staff how blessed we were to have the facility, grounds and such a beautiful and prayerful place here in our diocese, and how they wished they had such a place in their communities.



On the final day they celebrated Mass in the IHRC chapel. These young adults participated fully in the Mass: playing and singing music, bringing up the gifts, proclaiming the word and giving the general intercessions. Deacon John reflected, "You had a sense that they were on fire in their faith and that they loved the Catholic Church. It was a refreshing experience...it personally helped my faith walk to witness young people so in love with their God and the respect they had for each other and our staff."

What happened? It's that the Holy Spirit helped them on their journey at the retreat center by their becoming a community when at the beginning of their journey they did not know each other.

"This was the first time in my years as a director, that I received 55 hugs from one group of retreatants. The staff and I were drawn in by their show of faith and enthusiasm to live life and no longer were just observers, but were also renewed and touched by their embodiment of the Holy Spirit," said Deacon John.

The Holy Spirit is at work here at Immaculate Heart Retreat Center. Come and visit this New Year and share time with our Lord during our Ash Wednesday Day of Prayer and our Holy Week Retreats for Men and Women. We have many upcoming retreats, Days of Prayer and events planned that will rekindle in your hearts the fire of the Spirit that these young Catholics embodied and shared here at Immaculate Heart Retreat Center.

As Deacon John stated when they left, "We were graced by these young people."



## Hope Peace & Healing 2013 Thank You!

We want like to thank everyone who attended our 8th Annual Hope, Peace, and Healing Event on November 2nd. We offer a warm and special thank you to Fr. Rick Ganz, SJ for his humorous and inspiring talks.

We also want to acknowledge our Table Captains who were so vital to this event's success they were:

Bob & Diana Boehme, Eric & Julie Olson, Tammy Cloke & Ken Warty, Sheryll Shepard, Penelope Klaue, Greg Thomas, Aileen Fields, Jan Prawdzik, Andy Robideaux, Sister Mary Eucharista, Myrna Larson, Toni Ganey, Georganna Clifford, Liz Morris, Andi McGoran, John & Shirley Clark, Michelle Wheatley, Deacon Tom Heafey, Dave McGann, Bobbie League, & Maureen Branstetter Thank you one and all!

### A Recipe to Warm the Soul and Nourish the Body

We asked our Master Chef Gerry Klumb, to share one of his famous recipes with our readers to warm them during these cold winter months. Bon appetite... Enjoy! If you have a favorite recipe you would like to share, send your recipe to [gklumb@ihrc.net](mailto:gklumb@ihrc.net)

Vegetarian, Gluten Free, Low in Fat to the best of my knowledge, a very healthy dish: You won't even miss the meat. Corn bread, chips and salsa make great sides.

#### Chili

Ingredients: ½ cup small diced carrots, 1½ water, 1½ cup diced white onion, 1 cup diced celery, ½ cup diced green bell pepper, 2 seeded, diced, fresh jalapenos, 3 cups red spaghetti sauce, 3 15 oz cans of black beans (with the juice), ½ cup cilantro chopped (find this by the parsley in the store), 2 tbsp. cumin, 1 tbsp. chili powder ½ tsp. crushed hot-chili peppers (dried) 1 tsp. salt

Directions: Boil carrots, then add the rest of the veggies and cook until tender. Add rest of the ingredients and simmer uncovered 2 hours and serve. I have only made very large batches, but my best guess is that this will feed 4-6 people. If too thick, add water; if too thin, simmer longer. Scared of scorching... put it in a double boiler.

By Gerry Klumb, IHRC



## PROGRAM GUIDE

### Sister Says...



*Sr. Mary Eucharista*

Pope Francis has been making a mark on our world, not only in Catholic circles, but also in the secular marketplace and on the ecumenical front. After my giving a presentation at an Interfaith Service on Thanksgiving Day, the Baha'i leader gave me a heartfelt compliment on "your pope!"

Each of us gets a chance to present our Faith in a highly-charged religiously-critical atmosphere today. An important question arises, Are we ready to meet our counterparts who are waiting to hear Christ's message from us?

Immaculate Heart offers several programs to meet this need. Bishop Emeritus, William Skylstad is starting off the New Year with three events to help: a special breakfast program in **January (The Francis Effect)** and **February (The Joy of the Gospel)**. Also in January, he will lead off another series in our **Coffee and Contemplation** (a program welcoming those of other beliefs, to socialize and pray with a leader who speaks on a topic of spiritual interest to all) with the topic, **"That They May be one...."-The Radical Call and the Great Vision**. Also, the **Sisters of Mary, Mother of the Church** offer a weekend retreat for men and women in January called **"Faith Renewal through the New Evangelization: A Step-by-Step Process for Success."** If you are working with family, fellow parishioners, or the person on the street, this retreat has aids to assist you to reach them successfully without alienating them. Remember to check out Deacon John's Virtual Retreats where you can get some marvelous insights and helpful hints to a spiritually rich future. Blessings on 2014!

### Marriage Dinner Series

Father Armand Nigro, SJ  
and Marriage Team  
**Deepening Married Love**

Last Tuesday Evening of the Month  
Celebrate your marriage with a fine dinner with wine, and conferences over dessert and coffee.  
Discussion follows the talks.

January 28, 2014 -- **Deepening Married Love I – Spousal Love**

February 25, 2014 -- **Deepening Married Love II – Parental Love**

March 25, 2014 -- **Deepening Married Love III – Enhancing Respect and Love for Man and Woman**

Cost \$25 per person. Booklet comes with the program at no additional cost.

### "Breakfast with Bishop Emeritus Skylstad, D.D."

Third Tuesday of January and February  
An opportunity to go to morning Mass, have breakfast, socialize with our Bishop Emeritus and hear the many things he has to share with us!  
8:00 AM – 10:00 AM

Tuesday, January 21 -- **The Francis Effect: The Holy Spirit is a Spirit of surprise, and clearly, the Spirit is alive in our hearts**

Tuesday, February 18 -- **Joy of the Gospel**  
(Apostolic Exhortation on the Synod of Evangelization): "What are we called to do?"  
Cost \$15 (includes hot breakfast)

## RETREAT SCHEDULE

### **Weekend Healing Retreat for Women**

**January 10 – 12, 2014**

***Consider Him (Hebrews 12): Removing Obstacles to God on the Road to Healing and Freedom***

**Thea Loughery and Sarah Compton**



These experienced prayer ministers join us from Transformed Hearts Ministries for some hands-on, practical, spiritual and emotional healing. Spiritual refreshment such as Hebrews 12 is the inspiration for this retreat as participants join in a deep experience of understanding their past issues and learn specific prayer methods that go to the root cause of pain and woundedness. Join Sarah and Thea for healing in January of 2014!

### **Weekend Retreat for Men and Women**

**January 17 – 19, 2014**

***Focused Faith Renewal through the New Evangelization: A Step by Step Process for Success***

**The Sisters of Mary, Mother of the Church**



Discussing religion with someone in the parish or on the street can be difficult when one doesn't have a working understanding of how to communicate the Faith. This retreat will assist participants to understand their own walk in the Faith, encourage others to do so, and get to the heart of what all people yearn for: to have a close and personal relationship with Jesus Christ. The call of Vatican II to the Laity of the Church to engage in evangelization (The Universal Call to Holiness) is at the heart of this retreat.

### **Weekend Healing Retreat for Men and Women**

**February 28 – March 2, 2014**

***“Lord, if You wish, You can heal me” (Matt. 8:2)***

**Fr. Dan Wetzler and Deacon Jack Crandall**



Healing is one of the external signs Jesus proposed to St. John the Baptist that the Kingdom of Heaven was at hand. It is still Christ's work in us today. At this retreat Fr. Dan and Deacon Jack will share the keys to opening the Heart of Christ: power of Forgiveness, the Sacrament of Reconciliation and Expectant Faith, to provide physical and psychological healing. Also included, assistance for Generational Healing of Families.

### **Holy Week Retreats**

***“Seven Last Words of Jesus on the Cross: A Compass for Our Lives”***

**Father Joachim Hien**



**Women's Holy Week Retreat  
April 14 – 16, 2014**

**Men's Holy Week Retreat  
April 17 – 19, 2014**

**Cost: \$190 / \$115 Commuters**

*Take a retreat during the holiest week of the year, and re-ignite your fervor and gratitude for the gift of your Faith, the Church and your gifts from God. Fr. Hien will assist participants to engage with the Paschal Mystery with a series of deep meditations on the legacy Christ left us with the last words He spoke before He died on the Cross.*

**Please Register in Advance - Weekend Retreat Costs: \$185 / person, \$280 / Couple, \$100/Commuters**

## RETREAT REGISTRATION

(OR [WWW.IHRC.NET](http://WWW.IHRC.NET))

Retreat Name/Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Parish \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I need a room on the first floor  yes  no My \$25.00 (non-refundable) deposit is enclosed   
 If you are in need of financial help to attend a retreat please call (509)448-1224.

## Calendar

### January

- 10 Serra Club Luncheon and Meeting
- 10 – 12 Women’s Healing Retreat (Thea Loughery / Sarah Compton)
- 14 IHRC Auxiliary Mass and Lunch Meeting
- 15 Coffee and Contemplation (Bishop William Skylstad, D.D.)
- 17 - 19 Weekend Retreat on the New Evangelization (SMMC’s)
- 21 Breakfast with Bishop Skylstad, D.D. – The “Francis” Effect
- 28 Marriage Dinner Series I (Fr. Armand Nigro, SJ and Team)
- 31 Day of Reflection for Caretakers and Therapists  
(Dr. Kent Hoffman, D. Rel.)

### February

- 7 – 9 Engaged Encounter
- 10 – DOP on Our Lady of Lourdes and Miracles – (Fr. David Kuttner)
- 11 IHRC Auxiliary Mass and Lunch Meeting
- 14 Serra Club Lunch
- 18 Breakfast with Bishop Skylstad, D.D.  
(Joy of the Gospel: “What are we to do?”)
- 19 Coffee and Contemplation (Pastor Paul Polumbo)
- 25 Marriage Dinner Series II (Fr. Armand Nigro, SJ and Team)
- 28 – Mar 2 Healing Retreat for Men and Women  
(Fr. Wetzler/Deacon Crandall)
- 28 – Mar 1 Rachel’s Vineyard

### March

- 4 Serra Club Dinner and Meeting
- 5 Ash Wednesday DOP – (Bishop William Skylstad, D.D.)
- 7 – 9 Engaged Encounter
- 11 IHRC Auxiliary Mass and Lunch Meeting
- 14 Serra Club Luncheon and Meeting
- 14 – 16 Marriage Encounter
- 19 Coffee and Contemplation (John L. Sandford)
- 25 Marriage Dinner Series III (Fr. Armand Nigro, SJ and Team)

### April

- 8 IHRC Auxiliary Mass and Lunch Meeting
- 11 Serra Club Lunch and Meeting
- 14 - 16 Holy Week Retreat for Women (Fr. Jo Hien)
- 16 Coffee and Contemplation (Dr. Gerry Sittser)
- 17 - 19 Holy Week Retreat for Men (Fr. Jo Hien)

## Relationship Retreats



February 7-9

March 7-9

### **Engaged Encounter**

Engaged Encounter offers couples time to question, examine and deepen their relationship with each other and God. Various aspects of married life are examined with the aid of married couples and clergy.

Contact: Ric & Cindy Gaunt (509) 467-6648



March 14-16

### **Marriage Encounter**

Looking for the perfect weekend? A weekend to bring you and your spouse closer together? A World Wide Marriage Encounter weekend is exactly what you are looking for.

Contact: Chris and Mary Lee McJimsey  
(509) 922-0688



**September 12-14**

### **Retrouvaille**

The word Retrouvaille™ is a French word meaning rediscovery. The program offers tools needed to rediscover a loving marriage relationship. Thousands of couples headed for cold, unloving relationships or divorce have successfully overcome their marriage problems by attending the program. Contact: Roland and Heidi Porth (800) 470-2230.



**June 6-8**

### **Beginning Experience**

This weekend program helps grieving single-again persons emerge from the darkness of grief into the light of renewed hope. The program helps deal with the natural grief process and offers an opportunity, through God, for turning the pain of loss into an experience of positive growth. Contact: Ann Borgman  
(509) 385-9105

## "Coffee and Contemplation"

Bring a friend from another faith tradition!  
Come enjoy spirited discussion and prayer time over a roll and a hot beverage. People of all faiths welcome!

Third Wednesday of the month

9:00 – 11:00 AM

Cost \$10 - includes roll and hot beverage

January 15

**Bishop William Skylstad, D.D.**

*"That They May be one...." The Radical Call and the Great Vision*

February 19

**Pastor Paul Palumbo**

*"In Defense of the Pastor, and Other Disaster"*

March 19

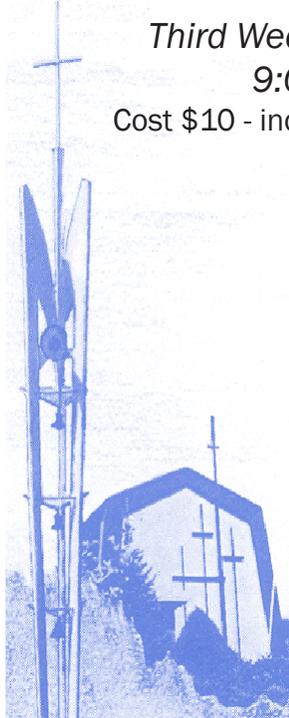
**John L. Sandford (Elijah House)**

*"Being Reconciled to Being Here, on Earth"*

April 16

**Dr. Gerry Sittser**

*"The Big Story and the Little Story"*



## LITURGICAL SERVICES

**Mass 8:00 a.m., Daily**

**TV Mass**

Noon and 5:00 p.m., Sunday  
Comcast Channel 14

**Devotion to  
Our Lady of Perpetual Help**  
follows Mass on Wednesdays

**Eucharistic Adoration**

Friday: 11:00 a.m. to 3:00  
Followed by Divine Mercy on First Fridays  
& Benediction every Friday

**Participate in a Virtual Retreat every day.**

Find Deacon John's Daily Reflections on-line at  
[www.ihrc.net](http://www.ihrc.net) or sign-up to receive them daily by e-mail



Find us on Facebook

## Day Events

**Marian Day of Prayer February 10, 2014**

*Our Lady of Lourdes and Miracles*  
Father David Kuttner

**Ash Wednesday Day of Prayer March 5, 2014**

*The Spirit of Sackcloth and Ashes*  
Bishop William Skylstad, D.D.

Day of Prayer Cost \$35 per person,  
\$45 with a room for the day.

**Day of Reflection for Therapists and  
Caregivers**

**January 31, 2014**

*Building a Daily Practice: Spiritual Response to  
Compassion Fatigue*  
Dr. Kent Hoffman

Cost: \$45 - \$100 (Sliding Scale – decision at the  
discretion of attendee based on yearly income)  
Proceeds go to Immaculate Heart Retreat Center  
and CAPA at Catholic Charities.  
Scholarships available

## Save the date!

**Sportsman's Retreat for Men**

June 27 - 29, 2014

**Dr. Paul Coutinho**

*"Launch out into the Deep!"*

\$185 per person

**8-Day Ignatian Retreat for Men and  
Women**

July 26 - August 2, 2014

**Fr. Rick Ganz, SJ**

*The Spiritual Exercises*

\$78 Per Day

**Weekend Retreat for Men and Women**

January 23 - 25, 2015

**Fr. Mitch Pacwa**

\$235 per person

**Week Long Icon Retreat**

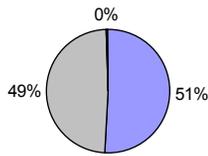
July 8 - July 14, 2015

**Ms. Pat Lipetsky**

## Financial Expense Report of IHRC Year Ending 2012

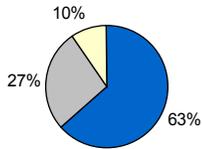
We want to thank all of our benefactors for their generosity, and believe that it's very important for them to know how we are good stewards of their gifts. Below is a pie chart that illustrates how the monies we received are used to support our programs, retreats, and the mission of Immaculate Heart Retreat Center. God Bless you all for your continued support of our retreat apostolate.

Total Income: \$668,311\*



Retreats \$340,606 51%  
Gifts \$326,280 49%  
Other \$1,425 0%

Total expenses: \$663,039\*



Retreat Services & Programs  
\$419,501 63%  
General Administration  
\$179,794 27%  
Development & Marketing  
\$63,744 10%

\* IHRC Report completed by  
an independent Certified Public Accountant



## The Prayer Walk Legacy

Since 1959, retreatants and visitors to our hallowed grounds have created a legacy of prayer at Immaculate Heart Retreat Center. Over that time, our retreatants and friends have gifted 260 tiles to the Prayer Walk providing nearly \$250,000 to the Rosage Endowment that will continue to support retreats for decades to come.



Now, you can continue this legacy of support for Immaculate Heart's Retreat Center's apostolate. Dedicate a Prayer Walk Memorial Stone in honor/memory of loved ones, or to honor a special prayer intention. Memorial Stones will be placed in areas named Hope, Peace, or Healing located among the trees between the existing Prayer Walk paths. When you give the gift of a Prayer Stone you can elect in which area the stone is set. Your gift creates a prayerful legacy for the future.

Prayer Walk Memorial Stones are \$2,000 each including inscription and installation. \$1,500 supports the IHRC Foundation for future needs, and \$500 supports our ministry and installation costs.

For more information or to reserve a Prayer Stone contact Michael (Mike) Pallardy at 448-1224 ext 105 or [development@ihrc.net](mailto:development@ihrc.net)

## Making a Difference

Last year more than 6,000 people attended weekend retreats, days and evenings of prayer, and other spiritual programs here at Immaculate Heart. More than 20% of those people needed full or partial support for their retreat costs, including young people attending youth retreats, elderly people and others who simply cannot otherwise afford to join us for spiritual growth and rest. Your **Sponsors Club** gift of at least \$185 makes a difference, paying for a full weekend retreat or covering partial costs for two or more people. Contact Mike Pallardy at (509)448-1224.

## FROM THE DIRECTOR'S DESK

**Our Mission:**  
**Immaculate Heart  
Retreat Center,  
grounded in the  
Catholic tradition,  
provides opportunities  
for spiritual growth  
to all people on their  
journey toward God,  
in an atmosphere of  
prayer and reflection.**

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Center. To request e-mail  
delivery or to remove your name  
from our mailing list, please  
contact us at 509-448-1224  
or skrause@ihrc.net.*

### In Memoriam

Kate Brennan  
Lee Barber  
Virginia Maria Shelton, SNJM  
Richard Moser  
Lois Stadtmueller  
Fay Johnstone  
John Michael O'Brien, Jr.  
Lidwina Dalla  
Roxanne Lakey  
Donald Kelly  
Dolores Shumaker  
Msgr. James Ribble  
Vikki Sicilia  
Thelma McDermott  
Maralyn Bertis  
Peter Welk  
Brian D'Angelo  
Raymond Haeg  
Virginia King

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*Deacon John Ruscheinsky*

A while back when at a social gathering of Catholics from throughout the diocese, I was talking with a group of people and the subject of our ministry here at Immaculate Heart Retreat Center came up. And something very interesting happened. An individual in the group commented that, "He didn't need to go to Immaculate Heart because nothing was wrong with him. He wasn't broken and didn't need any help." I smiled and moved on, and thought Wow! Is that the perception of our Catholic Community at large? It is true that we are a healing place for those whose lives and spirits are in pain. They come here seeking the Hope, Peace, and Healing that are found at IHRC. But, Immaculate Heart Retreat Center is so much more.

Immaculate Heart Retreat Center is a place where you are challenged spiritually. It's where you are challenged to discern your relationship with God to be retrospective and ask the hard questions: Who am I? What am I? What is God challenging me to do with my life and in my relationship with Him? We are made in God's image and likeness so therefore we are wonderfully made for God is in us. We are in Him. This is profound. Our world today does all it can to rob us of our holiness to capture us and shape our concept of ourselves in the material world that is around us. *"For those who live according to the flesh are concerned with the things of the flesh, but those who live according to the spirit with the things of the spirit. The concern of the flesh is death, but the concern of the spirit is life and peace. For the concern of the flesh is hostility toward God; it does not submit to the law of God, nor can it;*

*and those who are in the flesh cannot please God."* Rom 8: 5-8.

A retreat center is a place where we can escape the trappings of our worldly existence and have the time, peace and tranquility to rediscover who we are as God's children. *"For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, - Father!" "The Spirit itself bears witness with our spirit that we are children of God."* Rom 8: 14-16.

Nowhere was this calling of the Spirit more apparent to me that when I visited the Bishops' Room here at IHRC where an Icon retreat "Portal to Eternal Life: Writing Icons through Prayer" was underway. The Bishops' room was filled with 15 people, including the priest, Fr. Dennis Day, from Sandpoint ID, who all spent five days working on writing icons. They focused on the spirituality of iconography through reflection and prayer. This was a new experience for me to see how creative art could be the focus for a retreat. When I went in alone in the final two days of the retreat, I saw the beauty of the artwork and prayerful feeling of God's presence. I saw in every one of them a certain peacefulness and prayerfulness, and how each of the participants created something beautiful. These icons will be used to help people in their faith journey. What a wonderful way to pray! Come write an icon in July 2015!

Throughout 2014, we will be offering many programs and retreats that will challenge you to reflect on your relationship with God and strengthen your spirituality. Come visit us and allow the Spirit to work in your heart! I also ask that if you have not yet made your end of year gift for tax purposes to please support us. The Spirit is here waiting to challenge you. Are you up to the challenge?

God Bless you and your families.

Your servant in Christ,

A handwritten signature in black ink, which appears to read "Deacon John Ruscheinsky". The signature is written in a cursive, flowing style.