



IMMACULATE HEART RETREAT CENTER

HOPE PEACE HEALING

“Let the Spirit Work in You” The Power of Retreat Ministry

Many groups come through the doors of Immaculate Heart Retreat Center during the year to hold conferences, retreats, and experience the welcoming and hospitality of our facility and staff. One such group is the Episcopal Diocese of Spokane, who has been coming to Immaculate Heart for these past two years to hold their clergy retreats, and Diaconate Formation programs. Their presence reinforces our mission statement: **“Immaculate Heart Retreat Center grounded in Catholic tradition, provides opportunities for spiritual growth to all people on their journey with God in an atmosphere of prayer and reflection.”**



Rev. Gretchen Rehberg

It was after one of their events, that I had the privilege to visit with Rev. Gretchen Rehberg pastor of the Nativity Church in Lewiston ID. During our conversation, I learned that Gretchen’s discernment to her ministry was quite a journey. When she was ten, she told her brother that she felt she was going to be a priest. His response, “You can’t! Because you are just a girl” but that did not deter Gretchen from her deep seated inclination. As

time moved on she graduated from college with a degree in Chemistry, was an EMT and certified Hazmat Officer, and found herself teaching at Bucknell University. Yet, she said, “there was this nagging sense that I wasn’t supposed to be doing this... I loved teaching but I kept having this feeling that I wasn’t where I was supposed to be.” So, Gretchen went on some long retreats, and during a time of centering prayer she clearly heard a voice asking her. “What are you afraid of?” She went to her priest, and told him she felt called to ministry, and after saying that, a sense of rightness clicked in. But she told him, “It’s going to be a harder life and I am comfortable. I like my life.” He said in reply, “God calls us out of our comfort and God calls us to follow regardless of what that means we have to leave.” Gretchen began her seminary studies in 1999.

Gretchen had let the Spirit work within her, and she was moved to set out on her path by the power she found in making several retreats. We all can learn from Gretchen. When we are going through life knowing that we are being called to be or do something else, that we have a need for healing, or that

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we become closer to God, then through the power of the retreat experience, we can discover God's call. As Jesus said, "Come away by yourselves to a deserted place and rest a while." (Mark 6:31)

As we ended our conversation, I asked Gretchen about the importance of Immaculate Heart Retreat Center and its future growth for our community. She said, "I just think that a place where people can gather in prayer, study, formation, and community is essential. We don't have that place other than here; I am completely in favor of anything we can do to expand Immaculate Heart and make it even better. I think it is a glorious idea and yes, to expand the ministry of Immaculate Heart can only expand the ministry of all of us." I reiterated our mission statement and said, "Well that's what we do." Gretchen responded, "And you do it well!"

In our winter newsletter Gretchen will share her story of being one of the "first responders" to the 9/11 terrorist attack and its effect on her and her ministry. Stay tuned!

2014 Annual Mother's Day Champagne Brunch Table Sponsors

The following companies and individuals helped to make our 12th Annual Mother Day's Brunch a Great Success! We thank you for supporting our retreat ministry. May God Bless you, your families, and employees!

Food Services of America
Catholic Charities
Hennessey Funeral Homes
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Tresko Monument Inc. & Washington Stone
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Hope Peace & Healing 2014 Fundraising Event "Let the Spirit Work in You" The Power of Retreat Ministry

Join us at Immaculate Heart Retreat Center for a light meal

Saturday, November 1st
 Morning 9:30-10:30
 Early Afternoon 1:30-2:30

Keynote Speaker Bishop Emeritus
 of the Diocese of Yakima:
 Carlos A. Sevilla, S.J.

Bring a Friend or Fill a Table
 For information or reservations
 Call (509) 448-1224

Dear friends and benefactors, Immaculate Heart Retreat Center needs your help...

We have a \$20,000 budget shortfall as we enter the fall. The reason we are in this difficult position is quite simple. For many years we received from Mrs. Betty Wheeler, a long time friend, and fervent supporter of our retreat apostolate, a significant and substantial gift. With the passing of Betty this year to our dear Lord, this gift was not made. This fact combined with a decrease in the number of Memorial gifts we typically receive and had budgeted for, we have our shortfall of \$20,000.

This is a large sum for a small non-profit like IHRC to make up, and we need everyone's help who reads this newsletter. Please be generous and make a gift, place it in the envelope you will find with this newsletter and mail it back to us or go online at www.ihrc.net. If everyone who reads this newsletter makes a gift even a small one; we will be able to overcome this shortfall. Please help us in this difficult time. God Bless you!



PROGRAM GUIDE

From the Program Manager

Sister Mary Eucharista

“The summer is dying, Grandma!” wailed Amber as her tanned feet in sparkling flip-flops kicked at the pebbles on the asphalt warming in the morning sun. Grandma looked fondly at Amber, whose furrowed sun-bleached eyebrows accentuated her suntan. She crouched down to where Amber was now sitting on the curb in dejection at the thought of returning to school and to cool days and cold nights. “It’s a whole new school year, Amber! And remember, with winter there’s ice skating, and skiing and snowboarding...” Amber brightened. “And don’t forget your birthday party, then Thanksgiving and Christmas after that!”

Grandma was doing for Amber on the natural level what we do for those on the spiritual level when we evangelize. In fact, the term “The New Evangelization” involves doing just what Grandma did for Amber – marketing a new outlook that Amber could hear. The New Evangelization is about proclaiming the Good News of the Gospel so that others can hear it through the din of each person’s world. Retreat Ministry works somewhat like this, except that God can be heard more easily when one is calm, focused and ready. The Good News is ready for you, the missionary, to carry to “the uttermost parts of the earth” (Acts 1:8) or at least to your family, your job, your friends... Come to a “Coffee and Contemplation” event, a Day of Prayer or a retreat this fall!

Diocesan Mary Day

October 1, 2014

10:00 AM – 11:30 AM

This event begins with an outdoor procession to the statue of Our Lady of Fatima, followed by the Living Rosary, a special liturgy with Bishop Cupich and ends with the crowning of the statue of Mary. All Catholic schools in the area will participate, and all members of the diocese are welcome. Bring some friends and join us!



Days of Prayer 2014

The Angels and Us: Protectors, Friends, Guardians, Guides

Sister Mary Eucharista, SMMC October 22

Advent Day of Prayer

Bishop Blase Cupich December 3

(Cost for each of these events is \$35)

Days of Prayer begin with the Rosary at 9:00 AM, include two conferences, the sacrament of Reconciliation, lunch, Mass and Adoration, ending at 3:00 PM.



RETREAT SCHEDULE

Weekend Healing Retreat “Life After Loss” November 14 – 16, 2014 Lori DeRoche, RN



Grief is a normal and natural reaction to loss. Yet, it is one of the most misunderstood experiences, not only to the griever, but also to those loving and caring people who attempt to be supportive. Our society leaves us totally unprepared and uneducated for these inevitable occurrences, some of which include:

- Death of a loved one, including a pet
- End of marital relationships
- Major health issues
- Miscarriage
- Major financial challenges

Lori will provide an atmosphere to build awareness and recovery from grief that give participants hope that there is Life after Loss.

Weekend Serenity Retreat “The Pool of Serenity: Immersion in the Serenity Prayer” December 5 – 7, 2014 Sister Julie Wokasch, OSB

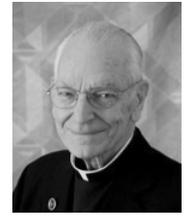


Prayer envelopes a person in a similar way as water does. When we allow ourselves to be engulfed by deep prayer and meditation, the calming and soothing power of connection with one’s Higher Being is a profound blessing. The Serenity Prayer in all its power and peace beckons this December.

AA Meeting, “Serenity of the Heart,” convenes every Friday at noon at the Immaculate Heart Retreat Center.

Weekend retreats begin Friday evening with registration at 6:00 pm and depart after lunch Sunday (about 1:00 pm). Cost is \$185 per person, \$280 per couple and \$100 for commuters. Register in advance at (509) 448-1224, or at www.ihrc.net

Weekend Advent Retreat “Walking with Mary through the Advent Season” December 19 – 21, 2014 Father Armand Nigro, SJ



This retreat consists of guided sessions on the mysteries of the season of Christmas, especially as revealed through the work of God in relation to Mary. Father Nigro will conduct private spiritual direction, along with celebration of the sacraments, Eucharistic adoration, and quiet time for contemplation, writing, thinking, meditation and prayer.

Weekend Retreat for Men and Women “How to Listen When God Is Speaking: A Guide for Modern- Day Catholics” Fr. Mitch Pacwa, S.J. January 23 – 25, 2015



How do we listen to God speak to our hearts, minds, and wills—especially above the noise and stress of the modern world? What is the process of discerning God’s will? World renowned lecturer, and EWTN television and radio host, Fr. Mitch Pacwa, S.J., tackles these and other questions in this weekend retreat. Father confronts modern-day assumptions that can prevent us from being open to God’s will for our lives, and emphasizes the many ways we can develop our prayer life to nourish an authentic relationship with the Lord.
(Special Pricing: \$235 a person / spouse is \$205)

RETREAT REGISTRATION

(OR 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.

Road to Discovery



Tuesday, September 16, 2014

Discover the beauty and peace of Immaculate Heart Retreat Center.

Explore our programs and facilities and hear stories of Hope, Peace and Healing.

Tour and lunch 11:30 am to 1:00 pm

Deacon John will speak about retreat ministry; Sr. Mary Eucharista, SMMC will speak about our programs. To R.S.V.P. or for more information contact Mike Pallardy at 448-1224 ext. 105

*Save the Date,
Reserve Early!*

Dinner Series

**Bishop William Skylstad will present
Father Robert Spitzer's Video Series--**

"In the Beginning: Evidence of God from Physics"

January 27, 2015, February 24, 2015

Alzheimer's Caregivers' Day of Reflection

Joel Loiacono, Executive Director -

Alzheimer's Association

March 4, 2015

Icon Writing Retreat

Pat Lipetzky, SFO

July 8 - 14, 2015

Empty Nesters' Retreat

Mary Sharon Moore

From Empty Nest to Mid-life Invitation

September 18-20, 2015

Relationship Retreats



Nov 14-16, 2014

Engaged Encounter

Engaged Encounter offers couples time to question, examine and deepen their relationship with each other and God.

Contact: info@eespokane.org



September 12-14, 2014

Retrouvaille

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.



October 24-26, 2014

Beginning Experience

This weekend program helps grieving single-again persons emerge from the darkness of grief into the light of renewed hope. Contact: Ann Borgman (509) 385-9105



October 17-19, 2014

Marriage Encounter

All marriages need attention, effort and nurturing. Worldwide Marriage Encounter provides an opportunity for you to explore your relationship together and find ways to make it more fulfilling and stronger for a lifetime.

Contact: Tom & Kathy Dauer 509-496-4481

“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

“One Body, One Spirit: Connected in God”

Rev. Gretchen Rehberg, PhD
September 17, 2014

“Our Unconditionally Loving God”

Fr. Armand Nigro, SJ
October 15, 2014

“Following the Spirit Within: Dealing with the Major Issues of Life”

Father Joachim Hien
November 19, 2014

“The Gift of ‘Wait Time’”

Carolyn Terry
December 17, 2014

Dinner Series on Islam -- Last Tuesday Evening of the Month September and October 2014

5:30 PM - 8:30 PM

Come and enjoy a fine dinner with wine, and two talks per evening on the topic of Islam over dessert and coffee. Discussion and Q & A follow the talks.

September 30 – Islam I: Arabia and Islam
October 28 – Islam II: Islam, Arabia and the World

Father Baraza, born and raised in Kenya, Africa, worked among the nomads (called Pokot) for eight years, getting to know the heart of Islam in his homeland. Father attended the Jesuit School of Theology in Berkeley, then the Graduate Theological Union [GTU] there for his doctoral studies, becoming the first person ever to earn a doctoral degree in Islamic Studies from GTU.

Cost \$30 each. Register in advance

LITURGICAL SERVICES

Mass 8:00 a.m., Daily

TV Mass

Noon and 5:00 p.m., Sunday
Comcast Channel 14
or on our website

Participate in a Virtual Retreat every day.

Find Deacon John’s Daily Reflections on-line at www.ihrc.net or sign-up to receive them daily by e-mail



Find us on Facebook

Days of Reflection 2014

The Medicine Wheel: Christ and Our Land

Catherine Reimer, PhD. September 24 (9:00 AM - 4:00 PM)

Vietnam Veterans’ Day of Reflection

Walking Wounded with the Resurrected Christ

Fr. Joachim Hien November 5 –(9:00 AM – 3:00 PM)

(Cost for each of these events is \$35)

All are welcome! Includes conferences and lunch.



Mother's Day Brunch A.M. Muffin Recipe

Gerry's carrot muffins were such a great hit at this year's Mother's Day Brunch that several guests asked for the recipe: Here it is ENJOY!

By Gerry Klumb

This recipe will make 24 small muffins. Preheat oven to 350 degrees:

Ingredients

Dry ingredients

3 cups of Flour
1 ¼ Cup Brown Sugar
1 TB Baking Soda
1 TB Cinnamon
2 Grated Apples
2 Cups Grated Carrots
¾ Cups Craisins
2 TB Poppy Seeds
¼ LB Coconut Flakes

Liquid ingredients

5 Eggs
¾ Cup Oil
¾ Cup Milk
1 tsp Vanilla Extract
1 tsp Almond Extract
¾ Cup Orange Juice

Directions:

Combine dry ingredients into medium-sized mixing bowl and mix well.

Combine remaining liquid ingredients into large mixing bowl; blend on low speed. Once these ingredients are well-blended, slowly add the dry ingredients. Mix until combined.

Grease the muffin pan and fill the each muffin holder ¾ of the way with the batter. Bake in a 350 degree oven for 20-25 minutes or until brown. At 15 minutes turn the muffin pan 180 degrees. To insure the muffins are done, insert a knife into one muffin. If the knife comes out clean the muffins are done.

IHRC Foundation's Corner

Do you know about Immaculate Heart Retreat Center's Foundation? The IHRC foundation is a 501(c)(3) Corporation and it is tasked with overseeing the long-term growth of Immaculate Heart Foundation's assets. This board is composed of eight dedicated volunteers who, along with Deacon John Ruscheinsky, review investment account managers' activities to insure IHRC's and the Rosage Endowment's growth and stability. Board members attend 4 meetings a year to discuss financial trends and analysis, and at times will take on special projects to assist the Director. The current members of the board are: Dave McGann (Chair), Gene Cunneely, Phil Brennan, Phil Kuharski, Colleen Stevens, Bobbie League, Fr. Darrin Connall, and Ernie Becker. In future newsletters, you will learn more about this vital board, its activities, and mission. For now, we can all be thankful for the years of service and dedication that this group has given to Immaculate Heart.

Your Planning, Our Future

One of the best ways you can support Immaculate Heart Retreat Center for years to come is through a gift in your will. As you plan for the future of your estate, please consider including IHRC or the Rosage Endowment Fund as a recipient of a gift. By designating a specific bequest or a portion of any asset for Immaculate Heart, you will make a lasting gift that will continue our ministry and help the people who come to IHRC seeking Hope, Peace and Healing for generations. Gifts to our endowment through bequests, and estate planning help us insure that we'll continue to bring our retreat ministries alive for thousands of people every year, changing lives and renewing spirits.

Contact Mike Pallardy at 448-1224, ext 105 or development@ihrc.net for more information about bequests and other legacy gifts.

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

In Memoriam

Willard Roe
Margaret Hinnenkamp
Albert Torretta
Thomas Westbrook
Shirley Carpenter
Mary Milla
Richard Mengert
Barbara Kivett
Darl Prouty
Sr. Agnes Marie Krieg, SNJM
Marjorie Schweiger
Deacon Jack Crandall
Le Bartol
Peggy Peters
Paul Bergman
Sandy Carrier
Sr. Rose Theresa Costello,
SNJM
Ray Faraca
Josephine Lloyd
Marie Moon
Mary Weeks
Betsy Wheeler

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Web page: www.ihrc.net



Deacon John Ruscheinsky

Sometimes in our lives something happens that challenges us and hopefully we have a good outcome which brings new beginnings.

Most of you know that last April I had a significant back surgery. Prior to the surgery, I experienced a lot of pain over the course of two years. Through this experience, I remembered often a short story Father Van Ommeren told. The story was *The Missing Piece* by Shel Silverstein. In the story there was a wheel that felt incomplete because it had a missing piece. The wheel searches for that piece to be complete. It is a slow journey because the wheel can only roll slowly. As it searches, the wheel has the time to enjoy the world around him. When it does find the missing piece, it begins to travel much more quickly, and discovers that by being complete and moving quickly it no longer is enjoying life in the same way. So, the wheel removes the piece it found so that he can again travel in the leisurely pace he had come to enjoy.

During this time on my journey, I have spent time to enjoy many things: a baby robin being born in a tree, walking with my wife Elaine and family, smelling the flowers, seeing the beauty of Spokane, and yes, walks on the grounds of Immaculate Heart Retreat Center. Wow! Most importantly though, I see and know that God was with me through it all, every step, the whole experience.

What I have learned is that we (I) can “roll” so fast that we miss so much. We need to stop at times to enjoy a sunset, or smell a flower, or see an egg hatch to witness the birth of a baby bird. But most important, that we are grateful for the relationships with family, friends and those we work with.

I want to thank everyone who prayed, sent cards, phone calls, visited. Especially thanks to Sister Sharon for bringing Eucharist to me and Elaine each week. Also a special thank you to the staff of IHRC for all the great work and commitment you give to our mission.

We are in Ordinary Time: ordinary daily living is a great time as we journey in faith and in life. May we live the Gospel with joy in our hearts; see God in the beauty of His people, and the goodness of this earth we live on. Jesus showed us how to live a life of faith so one day we will follow in the Resurrection.

I want to end with this thought: “Before it’s your favorite place, it’s a place you’ve never been.” Take time to stop and come to this Peaceful Place to Pray and Ponder and see God’s beauty.

A handwritten signature in blue ink, which appears to read "Deacon John Ruscheinsky".

Welcome Fr. David Kuttner

Bishop Blase Cupich announced (effective July 1st 2014) that Fr. David Kuttner will be joining the staff of Immaculate Heart Retreat Center as Priest in Residence. Fr. David will preside at daily Mass, assist Deacon John with spiritual direction, and lead retreats during the year. We are thrilled to have Fr. David as a member of our staff and look forward to his ministry here at Immaculate Heart.

