

THE PROCESS

The process invites us into a meditative approach : It locates us in an experiential and on a creative journey. In the company of two Disciples who are fleeing from Jerusalem in grief and despair, in many ways they might mirror our own human and often discouraged, famined and fatigued self. No one recognizes the stranger who who comes into our midst quietly and joins us in conversation as we journey together. It is only at the breaking of Bread that our eyes are opened and we see in this living meditative encounter that we are transformed and amazed and drawn into the new energy of the Resurrection. In hope and creative understanding we are turned around in our direction and we hurry back to ministry, priesthood, and back to Jerusalem. Shouting as we go "Did not our hearts burn within us as He spoke to us on the Road and explained the Scriptures to us."

Different modalities, such as scripture: our own narratives and life experiences, dream interpretation, proprioceptive writing, painting & other exercises help us to express feeling in a gentle therapeutic process. We also offer Emotional Bodywork and input sessions of hope, confidence, self awareness, self esteem. We are dedicated to exploration and a compassionate dialogue of hope of encouragement, understanding and love for Ministry and Priesthood in the world today.



MEN ON AN EMMAUS JOURNEY

SABBATICAL PROGRAM

An open individual program available. We offer individual flexible sabbatical programs designed around your available time. private sessions of psychotherapy, emotional bodywork and spiritual direction. We also offer extension courses through our School of Psychotherapy and Emotional Bodywork.

www.spiritCentral.com/sabbaticals
www.askrecovery.com



MOUNT MARY IMMACULATE RETREAT CENTRE is located within an hour's drive of Toronto on several acres of rolling hills, wooded areas, spacious lawns and gardens; all providing an ideal retreat setting. The property which sits on the edge of Hamilton Mountain overlooking the Dundas Conservation Area and the Bruce Trail, is part of the Niagara Escarpment and a protected ecological site. A quiet environment with nature trails, birds, deer and small wild life habitats. Great trails for hiking and walking. Ideal for meditation, reflection and relaxation. Healthy home-cooked meals and snacks. Each participant will have their own room.

Mount Mary Retreat Centre is approximately 45 minutes from the Toronto Pearson International Airport. Direct bus service available from airport to the Centre.

Niagara On The Lake

This event is offered for the summer retreat only.

George Bernard Shaw Theater Festival. One afternoon and evening during the workshop we take a break and visit Niagara on the Lake. We have dinner at an excellent restaurant and attend a play or musical of our individual choice. Many Shaw plays are offered as well as plays and musicals by the contemporaries of G.B. Shaw. The cost for the afternoon and evening usually runs about \$100.00 Canadian dollars. This is not included in the workshop fee.

OTHER JOURNEY PROGRAMS

'THE WOMAN AT THE WELL'

EXPLORING PROFESSIONS AS A LIFE OF MINISTRY
ESPECIALLY FOR: chaplains, hospital, hospice and school, teachers, parish ministers, pastors, counselors and anyone in professional life.

www.spiritCentral.com/journey

A Journey Into Self Discovery Program

ON THE ROAD TO EMMAUS FOR MEN IN MINISTRY

WINTER SESSION/AFTER CHRISMAS BEFORE LENT

February 7th to February 12th, 2010

SUMMER SESSION

July 18th to July 23rd, 2010

MOUNT MARY IMMACULATE
RETREAT CENTRE
ANCASTER, ONTARIO, CANADA



CELEBRATING THE YEAR OF THE PRIEST

SPIRITUAL DEVELOPMENT AND
HUMAN GROWTH FOR THE PRIESTS
WHO SERVE THE CHURCH SO FAITHFULLY
- Pope Benedict XVI

For more information see our
www.spiritcentral.com/ministry
Email: daniel.mcdonald3@sympatico.ca

COME CELEBRATE THE 25TH CONSECUTIVE
YEAR OF OUR ANNIVERSARY OF SERVICE
TO MEN IN MINISTRY



“DID NOT OUR HEARTS BURN WITHIN US AS HE SPOKE TO US ON THE ROAD AND EXPLAINED THE SCRIPTURE TO US?”

A SILVER JUBILEE

CELEBRATING TWENTY FIVE CONSECUTIVE YEARS OF SERVICE TO PRIESTS AND MEN IN MINISTRY

The Journey Into Self Discovery program is inspired by the Holy Father’s words. They remind us of our own commitment to helping men in ministry focus on Spiritual development and Human Growth. We have supported Spiritual Development and Human Growth of priests who serve God’s Church so faithfully now for 25 Consecutive years. We have been here for you for 25 years, helping priests and men in ministry stay ALIVE in a time of famine.

This year we offer two RETREATS for your convenience

After Christmas Before Lent

February 7th to February 22th, 2010

&

Summer - July 18th to July 23rd, 2010

Mount Mary Retreat Centre, Ontario, Canada

The Journey Into Self Discovery for Men In ministry provides a safe, confidential, and compassionate pastoral environment. We have a deep spiritual commitment to assist you in discovery of the inner self and exploration of your life journey and ministry. Reflecting on the simple ordinariness of human living, acknowledging your strengths and gifts, exploring struggles, health and stress of our life in the world today, discerning your path, exploring spirituality, visiting relationships and commitments, examining sensitivities and vulnerabilities towards addictions, compulsions and anything that is not working for your life. Over Twenty Five years of Experience we are able through a combination of many different modalities especially: meditation, scripture a gentle therapy of understanding and guidance, to assist in direction, support and healing.

WORD, WELLNESS AND PSYCHOTHERAPY



The internalization of the word into our whole being, body, mind and soul. Transforms and energizes and brings about deep changes in our life.” The resurrection can only be received and affirmed and celebrated as the new action of God, whose province is to create new futures for people and to let them be amazed in the midst of despair”.

(Walter Brueggemann, Prophetic Imagination)

LECTIO DIVINA

A prayer of Listening with the Heart

Lectio Divina became a listening with the heart as one and does quite naturally and spontaneously while pondering emotions, feelings and experiences (particularly experiences and memories of trauma). The Sacred Word falling softly on the heart speaks to the soul through: feelings, emotions, dreams and moods. The relationship of the soul to the body tenders a deep reconciliation; a healing of the rift between the soul and the body and the proclamation of the self. The mending of the split echoes the prayer of Jesus, “that they may be one as We are one, Father”.

On The Road To Emmaus: it was the breaking of the bread that opened the hearts of the disciples and turned them around, the power of the Eucharist turns everything around. In this way meditative psychotherapy can bring about real change in our lives as it has done for so many .

ASKLEPION CENTRE TORONTO INC.

A LINK WITH C.P.E.B. THERAPIES INC.

In the traditions of healing and understanding Asklepion Toronto Inc. offers:

- treatment and recovery from stress, trauma and addictive & compulsive behaviors.
- Twelve Step Work and Spirituality
- Compassionate understanding and confidentiality.

We share a deep respect for Men In Ministry and are committed to a deeply committed to spirituality in our lives.

www.askrecovery.com

APPLICATION FORM

Name _____

Address _____

City _____

Province/State _____

Country _____

Postal Code/Zip _____

Telephone _____

Email _____

Fax _____

A deposit of \$200.00 should be included with this form. If the application is not accepted, your cheque or deposit will be returned to you Otherwise deposits are non-refundable. (The number of participants is limited. Applications received first are given preference.)

Please direct all correspondence to:

Daniel McDonald, Director

C.P.E.B. Therapies Inc.

145 Spadina Road

Toronto, ON M5R 2T1, Canada

Tel: 416-928-9570

Fax: 416-921-7464

Website: www.spiritCentral.com

Email: ministry@spiritCentral.com

The Centre for Psychotherapy and Emotional Bodywork, a division of C.P.E.B. Therapies Inc. offers a full program of psychotherapy, emotional bodywork, massage and individual sessions, along with group therapy and 12 step work. The Centre is a non-residential facility.

Asklepion Toronto Inc. offers 12 step programs in healthy sexuality and addictions.

Website: www.askrecovery.com

Email: ask4recovery@sympatico.ca

Tel: 416-928-0593