September	2023
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5 FRIENDS OF BILL W. – An Evening for Women in AA

Dinner and speaker. This event will occur once a month on the following dates: 9/5, 10/3, 11/7, 12/5, 1/9, 2/6, 3/5, 4/9, 5/7. For information and to register please contact Pat A. (732) 232-4346.

Arrival: 5:30 p.m. Departure: 8:00 p.m. Speakers Cost: \$20

6 WOMEN ON THE JOURNEY

Back by popular demand, this weekly women's spirituality and faith sharing group will kick off for eight Wednesday afternoons. We will be using the book, *Blessed, Beautiful and Bodacious*, by Pat Gohn to guide our discussion. This event will occur on the following dates: 9/6, 9/13, 9/20, 10/4, 10/11, 10/18, 10/25, 11/1. \$16 book fee to be paid to presenter.

Arrival: 1:30 p.m. Departure: 3:30 p.m. Presenter: Janice Santanello, M.Th., CLEM, CSG, CPC Weekly Cost: \$15

October

13-15 FOOTPRINTS – "I AM CARRYING YOU" (Facing Cancer with God's Help)

This weekend is for those affected by cancer—currently undergoing treatment, survivors and caregivers. Come and be comforted, loved and feel the embrace of the Lord. May you leave refreshed and with hope. Eucharistic Liturgy included. No Supper on Friday.

Arrival: 5:00-6:00 p.m. Departure: 1:00 p.m. Presenter: Sr. Diana Yodris, MPF, BA, MA Cost: \$400

27-29 BEREAVEMENT: A JOURNEY FROM GRIEF TO HEALING

Using the New Day Journal, we will explore what to expect in bereavement, and how to work through it from mere survival to healing and new excitement about life. Eucharistic Liturgy included. No Supper on Friday. \$15 book fee to be paid to presenter.

Arrival: 5:00-6:00 p.m. Departure: 1:00 p.m.
Presenter: Janice Santanello, M.Th., CLEM, CSG, CPC Cost: \$400

November_

3-5 COME TO THE QUIET – A SILENT RETREAT

Come and experience the shore in all its fall beauty! This weekend has been set aside for those desiring time alone with God. This retreat offers time for reflection; Eucharistic Liturgy and Exposition of the Blessed Sacrament will be included. Massage therapy will be available. No Supper on Friday.

Arrival: 5:00-6:00 p.m. Departure: 1:00 p.m.
Presenter: Sr. Brunilda Ramos, MPF, CSAC, NCAPS-II Cost: \$400

10-12 THE SACRAMENTS AND THE STEPS OF RECOVERY - AA WOMEN

This weekend will show how the steps of recovery are supported by our Catholic faith through the Sacraments of Initiation and the Sacrament of Healing. The Grace of God got us sober. God's mercy and a personal encounter with Christ lie ahead, The reward is priceless as sober women. Eucharistic Liturgy included. No Supper on Friday.

Arrival: 5:00-6:00 p.m. Departure: 1:00 p.m. Presenter: Kim Lorentzen, BA, MA, DRE Cost: \$400

St. Joseph By The Sea A Retreat House at the Central Jersey Shore

Office Hours: Monday - Friday 9am-2pm (732) 892-8494 • www.sjbsea.org sjbsea@comcast.net

The retreat house is closed from December 16, 2023 through January 2, 2024

November_

21 FRIENDS OF BILL W. – An Evening for Sponsor/Sponsee

Sponsors bring your sponsee for an evening of fellowship. Supper will be served at 6:00 p.m. A speaker presentation will follow.

Arrival: 5:30 p.m. Departure: 8:00 p.m. Presenter: Sr. Brunilda Ramos, MPF, CSAC, NCAPS-II Cost: \$20

December____

7 OUIET BY THE FIRESIDI

This evening will provide the busy person an opportunity to contemplate Jesus, the Incarnate Word, through reflection in a quiet and prayerful environment. Christmas singalong and refreshments after program. SPACE WILL BE LIMITED TO 40 PEOPLE. Please call in advance for reservations.

Arrival: 5:00 p.m. Departure: 8:00 p.m.
Presenters: Staff Donation

February 2024_____

14 ASH WEDNESDAY RETREAT

Ever wish you could receive more out of Lent? Explore the three pillars of Lent: prayer, fasting and alms giving as we carve out our Lenten plans. Lunch and Eucharistic Liturgy with distribution of ashes included.

Arrival: 9:00 a.m. Departure: 2:30 p.m. Presenter: Janice Santanello, M.Th., CLEM, CSG, CPC Cost: \$60

March.

19 HONORING ST. JOSEPH THE WORKER

In honor of our patron St. Joseph, the staff cordially invites you to join us at Eucharistic Liturgy as we celebrate this special day. We will pray for peace and healing for ourselves and for our world. Please call to register by March 15. SPACE WILL BE LIMITED TO 40 PEOPLE. Refreshments and Blessed Bread after the program.

Arrival: 10:30 a.m. Mass: 11:00 a.m. Departure: 1:00 p.m. Presenters: Staff Donation:



19—21 RESTORE AND RENEW

Relax and renew at the beautiful St. Joseph by the Sea retreat house at the Jersey shore. The weekend is the ideal getaway from a busy life. The program consists of daily gentle yoga, mediation, walks on the beach, fellowship and breath work. You will leave refreshed and better prepared to share your best self with your family and community. Massage therapy will be available. Eucharistic Liturgy included. No Supper on Friday.

Arrival: 5:00-6:00 p.m. Departure: 10:30 a.m. Presenter: Avita Kennedy, RYT Cost: \$375

26-28 SPENDING TIME WITH MARY

We all have busy lives. Come and set aside the distractions and spend the weekend with Mary, our Mother. She will guide us to renew and transform our faith life to trust, as she trusts, to serve, as she serves. Mary is our greatest example to learn how to respond to God's call with love, gratitude, and faith. Eucharistic Liturgy included. No Supper on Friday.

Arrival: 6:00-6:30 p.m. Departure: 11:00 a.m. Presenter: Ellen Murphy, CSD, AS Cost: \$400

Kathy Rivera, RN



3-5 THE SPIRITUAL PRINCIPLES OF THE TWELVE STEPS

Women working a Twelve-Step recovery program are invited to seek the spiritual freedom needed to go about making decisions in our daily lives. This weekend will include spiritual practices and prayer exercises to aid in making life's choices with clarity and confidence. St. Ignatian of Loyola's approach to decision making and discernment will be interwoven with the spiritual principles of the Twelve Steps. Eucharistic Liturgy included. No Supper on Fidday.

Arrival: 5:00-6:00 p.m. Departure: 1:00 p.m. Presenter: Maryallyn Black, MPH, M.Ed. Cost: \$400



2-8 SISTERS' SILENT RETREAT – PRIVATE OR DIRECTED

This week is set aside for those desiring time alone with God, rest and a walk on the beach. Exposition of the Blessed Sacrament, Eucharistic Liturgy and Reconciliation will be included. Supper will be served on Sunday at 5:30 pm.

Arrival: 3:00 p.m. Departure: 11:00 a.m.
Presenters: Staff and Visiting Directors Cost: \$600



Please Note

In addition to these events sponsored by the Center, the Staff gives many days of prayer to parish groups, school faculties, Rosary-Altar groups, senior citizens organizations, AA, etc., which are not listed. There are some dates still available. Please call the office for more information.

> Sr. Brunilda Ramos, MPF, CSAC, NCAPS-II, Director Sr. Dolores Bianchi, MPF Lenore Munson, Secretary Louise Speidel, Treasurer

adjunct Spiritual Directors

Rev. John Bambrick, M.S.C.M. Janice Santanello, M.Th., CLEM, CSG, CPC Maryallyn Black, MPH, M.Ed Paulette Cicero, M.Th., CSD

Our retreat program ends on June 8, 2024

and resumes on September 3, 2024.

There are no retreats offered in the summer.

St. Lucy Filippini, the foundress of the Religious Teachers Filippini, dedicated her life to education, particularly for women. She founded schools of Christian doctrine, gave Spiritual Exercises to women preparing for marriage, and taught the Word of God through instruction and retreat experiences. Her charismatic gift was "the wisdom of the Word" and she made every effort to spread the Word of God to everyone. She was a contemplative in action; all her actions stemmed from her union with God.

It is this spirit that the Religious Teachers Filippini wish to enflesh at St. Joseph By the Sea. It is our aim to provide the atmosphere and means for the individual who comes here to "Let the Word of Christ, rich as it is, dwell in you." (Col. 3:16). Having experienced quiet and solitude, one goes forward renewed and refreshed to incarnate God's love and Word.

Programs are offered to enrich, renew and deepen one's interior communication with the Lord in an atmosphere of prayer, quiet and solitude. The scenic environment of the Atlantic Ocean and Barnegat Bay provides additional contemplative space.

Our Facilities

Fully air-conditioned, twenty-two private bedrooms, with full bath accommodations between rooms, and a handicapped accessible lift are available for retreatants.

The facilities also include a dining room with accommodations for forty people, a chapel, and a solarium. A large conference room, overlooking the ocean, is located on the second floor. There is also a Library for use during one's stay. The Loft on the third floor overlooks the bay and invites one to "Come to the Quiet" to pray and reflect. There is direct access to the ocean from the house and easy access to Barnegat Bay.

St. Joseph by the Sea is the summer residence of the Religious Teachers Filippini.

Optional Service: Care Through Touch Ministry is offered by Marie Tuohy, LMT and Maxine M. Bodson, SCMT/PT at specified retreats.

Directions to our Retreat House

FROM GARDEN STATE PARKWAY SOUTH BOUND:

- Take Exit 98 to Route 34 SOUTH.
- Follow Route 34 SOUTH thru one traffic circle.
- At Intersection of Route 35 and Route 70, follow signs for Route 35 SOUTH
- Follow signs for 35 SOUTH Seaside Heights, Point Pleasant.
- · Continue thru Point Pleasant, Bay Head, Mantoloking.
- At end of Mantoloking, Route 35 divides continue for 1.7 miles.
- Turn LEFT at Sanderling St. (1st street after Brick Beach parking lot).
- Turn LEFT onto **35 NORTH** to #400 St. Joseph By the Sea is 1/2 mile on RIGHT side past Ocean Club Condos

FROM GARDEN STATE PARKWAY NORTH BOUND:

- Take Exit 82 to Route 37 EAST.
- After the bridge follow 35 NORTH and Pt. Pleasant Signs.
- · Go past Ocean Club Condos and Brick Beach.
- St. Joseph By The Sea is on the right #400.

FROM THE WEST:

- Take 195 EAST.
- Get off at Route 34 SOUTH.
- Follow Route 34 SOUTH thru one traffic circle.
- · Follow directions above, as if traveling SOUTH from Garden State Parkway.

Our Mission

400 Route 35 North South Mantoloking, N.J. 08738 Address Service Requested

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