

15 FRIENDS OF BILL W. – An Evening for Women in AA
Dinner and speaker. This event will occur once a month on the following dates: 9/15, 10/6, 11/10, 12/8, 2/9, 3/9, 4/6, 5/4. For information and to register please contact Laura G. (848) 221-7704.

23 DAY OF CENTERING PRAYER

A centering prayer retreat invites you into the stillness and silence, which helps us to grow mindful of God's Word in our lives through contemplative prayer. Enjoy the beauty of God in nature at the beautiful Jersey Shore. The day will be sprinkled with 20 minute periods of centering prayer. Adoration of the Blessed Sacrament will be available in our Loft overlooking the beautiful Barnegat Bay. Continental breakfast and lunch included.

3 FOOTPRINTS – “I AM CARRYING YOU” (Facing Cancer with God’s Help)
This day 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. Continental breakfast, lunch and Eucharistic Liturgy included.

14 PERSONAL RETREAT DAY

Take a day away from the busyness of your life. Come enjoy the beauty of the Jersey Shore for silence, prayer and optional spiritual direction. The day begins and ends with a brief prayer together. Continental breakfast, lunch and Eucharistic Liturgy included.

Jesus teaches us that worrying about tomorrow is useless and robs us of today's peace. Anxiety may show up in many different ways, including worry about the future, fear of failure, upcoming life changes or unexpected physical changes. Come learn some practical and prayerful ways to face these common disturbances of the Spirit. Continental breakfast, lunch and Eucharistic Liturgy included.

2 QUIET BY THE FIRESIDE

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

4-6 FINDING SERENITY THROUGH SPIRITUAL PRACTICES OF AL-ANON

We will spend the weekend exploring the Spiritual Practices of Acceptance, Gratitude, Letting Go, Willingness to Change, Prayer and Meditation. Whether you are a long-time member of new to the Al-Anon Program, this weekend will be a time to explore the steps, connect with others, and deepen your relationship with your Higher Power. Eucharistic Liturgy will be included. No Supper on Friday.

11-13 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.

The retreat house is closed from December 14, 2026 through January 4, 2027.

10 ASH WEDNESDAY RETREAT
On this day we will acquaint ourselves with the two devotions to our Blessed Mother: Our Lady Undoer of Knots and Our Lady of Silence. Included will be a virtual pilgrimage to the Basilica of Saint Mary Major. Continental breakfast, lunch and Eucharistic Liturgy with distribution of ashes included.

16 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.

23-25 THE NEXT FRONTIER: EMOTIONAL SOBRIETY AND THE PRAYER OF ST. FRANCIS
This retreat, for women working a Twelve-Step program, will address what Bill Wilson identified as the root of suffering that survives sobriety: the unhealthy demands we place on people, outcomes, and circumstances in place of God. Eucharistic Liturgy included. No Supper on Friday.

30- 5/2 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, meditation, walks on the beach, fellowship and breathwork. 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.

25 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.

6-12 RELIGIOUS 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.

Name _____ Home Phone _____

Email _____ Work Phone _____

Street _____ Cell Phone _____

City _____ State _____ Zip _____

Program Attending _____ Date _____

IF REGISTERING FOR SILENT RETREAT, PLEASE INDICATE: _____ DIRECTED _____ PRIVATE _____

N.B. There will be an additional \$15 fee for each Directed Session.

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Enclosed is my non-refundable/non-transferable deposit of \$100.00
PLEASE MAKE CHECKS PAYABLE TO: ST. JOSEPH BY THE SEA
Your cancelled check is your receipt.

Office Use Only

Deposit Paid _____
Check # _____
Date Paid _____

St. Joseph By the Sea
400 Route 35 North
S. Mantoloking, N.J. 08738



Institute of Religious Teachers Filippini
400 Route 35 North
South Mantoloking, N.J. 08738

Address Service Requested

September 2026 - June 2027

18-20 SOBER SISTERS SEEKING THROUGH PRAYER, MEDITATION AND FELLOWSHIP: A SPIRITUAL WEEKEND FOR WOMEN IN AA

Join us for a transformative weekend dedicated to letting go! Inspired by Steps 6 and 7, this retreat focuses on releasing the character defects that block spiritual growth. Through inspiring AA speakers, yoga, massage and other meditative practices, you will gain fresh perspective, release emotional tension, and align your body, mind and spirit! Come ready to do the deep spiritual work needed and connect with the beauty of the fellowship to truly drop the rock. Eucharistic Liturgy included. No Supper on Friday.

Arrival: 5:00-6:00 p.m.	Departure: 12:00 p.m.
Presenters: Laura Guida, MHFA	Cost: \$375
Avita Kennedy, RYT	
Eileen Truck, RN	

July

11-17 RELIGIOUS SISTERS PREACHED RETREAT

This week you will have time alone with God, rest and 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.
	Cost: \$650

**Our retreat programs end on July 18, 2027
and resume on September 7, 2027.
There are no retreats offered in the summer.**

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.

Staff

Sr. Brunilda Ramos, MPF, CSAC, NCAPS-II, Director
Sr. Dolores Bianchi, MPF, Administrative Assistant
Eileen Bogulaski, Treasurer

Adjunct Spiritual Directors

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



400 Route 35 North
South Mantoloking, N.J. 08738

Our Mission

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 en flesh 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

St. Joseph by the Sea is the summer residence of the Religious Teachers Filippini. Fully air-conditioned, twenty-two private bedrooms, with full bath accommodations between rooms, and a handicapped accessible lift is 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.

It is fully airconditioned, twenty-two private bedrooms, with bath accomodations between rooms. The facility is handicapped-accessible.

Directions to our Retreat House

FROM GARDEN STATE PARKWAY SOUTH BOUND:

- Take **Exit 98** to **Route 34 SOUTH**.
- 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 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.

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