

## Do you. . . ?

- . . . need occasional time away?
- . . . long for space and quiet?
- . . . need to come home to yourself and to God?
- . . . need to share intimately with God?
- . . . need to re-discover your center?
- . . . need to gain perspective?

**Bethany Retreat House** is a quiet place away where these things can happen. It's comfortable, homey setting provides sacred space for adult guests who desire an experience of quiet and solitude. Spiritual direction is available both during retreat and on an ongoing basis. Bethany Retreat House is open to women and men of all faiths, to laity, clergy, and religious who may seek its quiet atmosphere for many reasons, such as. . .

### day of prayer

- to slow down, rest, and re-center
- to pray and journal, alone or with guidance in spiritual direction
- to have time for quiet prayer in conjunction with one's regular spiritual direction session

### weekend retreat

of quiet prayer and reflection. Bethany staff would be happy to help plan your retreat to meet your individual needs.

### private retreat

of one or more days spent alone in quiet reflection and prayer.

### individually directed retreat

usually of five to eight days, in which the retreatant enters alone into a very quiet prayer experience, meeting daily with a spiritual director to reflect on one's prayer and inner movements and to discern together the direction for the next day's prayer.

### spiritual direction

for persons wanting to grow in a personal relationship with God. Bethany Retreat House offers the opportunity to meet regularly with a professionally-trained spiritual director to reflect together on one's life experience and prayer for the purpose of support, encouragement, and help with discernment.

### 30-day retreat

an individually-directed intensive experience of the Spiritual Exercises of St. Ignatius. This retreat is an invitation to conversion and to walking more closely with God.

### retreat in daily life

an at-home experience in which one continues one's ordinary work and social life, but commits to a daily prayer period to move through the Spiritual Exercises over a period of about nine months while meeting weekly or bi-weekly for spiritual direction.

## Silent Atmosphere

Bethany Retreat House offers a place of quiet in which to listen to one's inner stirrings and to the movement of God in one's life experience. To assure this quiet and solitude for everyone who comes to Bethany, guests are asked to observe silence during their stay. Retreatants spend time alone, growing to find the quiet a nurturing environment for rest and prayer. The silence becomes a gift in which one is able to come home to one's true self and to discover God present.

## Bethany Retreat House Accommodations

- three comfortable, attractively furnished private bedrooms
- chapel
- library: books, videos, conference tapes, music
- bookstore
- enclosed meditation garden
- laundry facilities
- several parks & Lake Michigan beaches 15 to 45 minutes drive
- Eucharist daily at three locations in the neighborhood

## To make arrangements. . .

Retreats at Bethany are individually arranged to meet your specific needs. To schedule a retreat, a bookstore visit, or a spiritual direction appointment, contact:

Sister Joyce Diltz, PHJC  
bethanyrh@sbcglobal.net  
219-398-5047

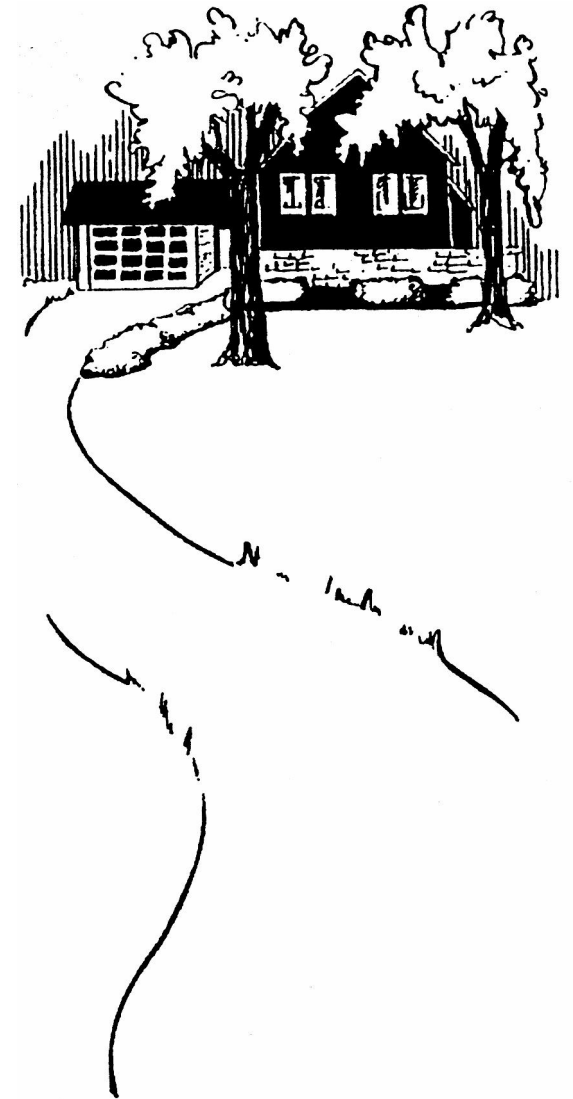
Bethany Retreat House  
2202 Lituanica Avenue  
East Chicago, IN 46312

## Bethany

Christians know Bethany as the home of Martha, Mary, and Lazarus, a place of hospitality where Martha served Jesus with care and devotion. Away from the demands of public life, Bethany was a place of intimacy where he and his friends could share their faith, their dreams. In Bethany Mary enjoyed sitting at Jesus' feet and was, as woman, called a disciple. In Bethany Jesus raised Lazarus to new life. To Bethany Jesus went for comfort and friendship before his passion.

Like its namesake, Bethany Retreat House is a place apart for intimacy with Jesus. It offers hospitality and nurture, wholesome food for one's body-person, beauty to nourish one's spirit, and encouragement of and careful listening to one's inner self. Bethany is a place of new life where wounded parts of ourselves are cared for and where discipleship is nurtured and affirmed.

The foundress of the sisters of the Poor Handmaids of Jesus Christ lived her life guided by and in communion with the Holy Spirit whom she called "the voice within." Blessed Mary Katherine Kasper's attentiveness to this inner voice led her to build a "little house" as a place of prayer and Christian service. In the Poor Handmaid tradition of simple, caring presence, Bethany Retreat House is a "little house" in the city where people find quiet space and help in learning to recognize and respond to the "voice within."



e-mail: [bethanyrh@sbcglobal.net](mailto:bethanyrh@sbcglobal.net)  
website: <http://www.bethanyretreathouse.org>

**B**ETHANY  
Retreat House