

Rates, Reservations & Dates

Participation is limited to 10-12 for the 10-week program. The program includes full board and accommodation (including week-ends) and all course work. A non-refundable deposit of \$150.00 is requested in order to confirm your reservation. See website.

Sabbatical Sessions for 2023-2027

2023: March 5-May 12 (Spring)

July 16-August 18 (Summer E)

October 1 - December 8 (Fall)

2024: March 3-May 10 (Spring)

July 21-Aug. 23 (Summer E);

October 6 -December 13 (Fall)

2025: March 2-May 9 (Spring)

July 20– Aug. 22 (Summer E)

October 5 -December 12 (Fall)

2026: March 1-May 8 (Spring)

July 19-August 21 (Summer E)

October 4 -December 11 (Fall)

2027 : March 7-May 14 (Spring)

July 18-August 27 (Summer E)

October 3-Dec. 11 (Fall)

Redemptorist Renewal Center

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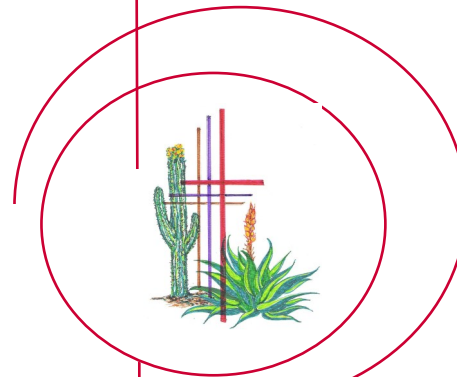
Sabbatical Program

"The perfect combination of content and solitude! We were able to engage into solitude as each of us desired and needed. Individual persons could freely choose and select what they needed on any given day. No finer place to begin my sabbatical year."

-Rev. Jim MacNew, OSFS

"The supportive elements of the sabbatical experience that I found valuable included the excellent topics and presenters, an abundance of free time, the desert climate and nearby hiking trails, the fact that our rooms were cleaned each week by housekeeping, and a great group of people."

-Sr. Rita Birzer, OP



RENEW YOUR SPIRIT

www.desertrenewal.org

Phone: 520.744.3400

REDEMPTORIST RENEWAL CENTER
at Picture Rocks

Atmosphere & Daily Program

The emphasis of the Contemplative Study and Retreat Sabbatical is on spirituality, specifically spirituality that is anchored in a contemplative attitude and approach towards life. The atmosphere provided by the Sonoran Desert is essential to the experience. The desert, if we allow it to serve as a metaphor for our spiritual journey, can provide unique access to God. We believe that the desert experience is an important part of what makes the Contemplative Study and Retreat Sabbatical opportunity unique.

The Retreat Sabbatical is envisioned as a program that will complement the Sonoran desert experience. Each participant will receive a private room with bath. There are no telephones or televisions in the rooms.

The participants will have for their use a variety of amenities to enhance their physical and spiritual development and well-being. Chief among them are the common room (Francis Seelos room), oratory, art studio, bookstore, swimming pool, labyrinth and a library. They will have access to Internet, daily newspaper, television, laundry room and massage (with discount rate). Outdoor activities such as walking and hiking on local trails behind our Center are also popular among past Sabbatical participants.

The teaching and study component of the Retreat Sabbatical is offered usually in the morning for two hours (9:30-11:30 a.m.)

Monday, Tuesday, Thursday and Friday. Wednesday is scheduled to be the Desert Day, a private retreat day, when participants can participate in a more intensive time of personal prayer and reflection. Opportunity for daily meditation, Morning Prayer, and Eucharist is provided. Participants are free to come and go as they wish and free to participate in any part of the course they may find appealing. The afternoons and the evenings are unscheduled, providing plenty of opportunity for reading, rest, and recreation.

Three meals a day are served; every effort is made to accommodate any strict dietary needs. Multiple choices are routinely provided by the kitchen staff.

The staff of the Redemptorist Renewal Center understands that Retreat Sabbatical participants are coming to the Center for a variety of reasons. An essential component in the sabbatical program is to provide a welcoming atmosphere and a sense of belonging. Our only expectation will be to serve you and to contribute to the best of our ability to your renewal of mind, body and spirit.

Orientation Week

Since ancient times people have gone to the desert to encounter God. The physical desert can be a metaphor for our spiritual journey and lead us into a new understanding of the nature of God. A field trip is scheduled the first week to the Arizona-Sonora Desert Museum which will help sabbatical participants to understand the mysteries of the physical desert. (Corry + Staff)



Descriptions of Typical Course Offerings

Desert Spirituality

In the desert, the seeds of flowers are everywhere only waiting the heavens' rain. The week will begin with the prophet Isaiah's imagery for God's grace at work everywhere. During the week participants will explore how the austerity of the desert landscapes can lead to solitude, silence, prayer and contemplation. The message of the prophet Hosea blesses the desert: "Listen to the desert and I will speak to your heart" (Hosea 2:16). Desert spirituality is a contemplative stance in which there is silence, attention to God, and an open heart.

Desert People: A View from Archaeology

This course will show and interpret some of the material culture of ancient Arizona peoples, and discuss their history and culture of their daily lives. Presentation of numerous color images of ancient artifacts and archaeological features will help students travel back in time mentally to envision the lifestyle, possible beliefs, and worldview of Arizona's ancient Hohokam people. The study also attempts to explore how living in a sometimes harsh desert environment helped form these ancient people's spiritual life and helped them relate to the divine. The course will end with a visit to the petroglyph site at the Redemptorist Renewal Center.

Pathways to Contemplation

Pathways to Contemplation will explore the many ways we can open ourselves to the deep reality of God. Our mission at the Redemptorist Renewal Center is to be a place where the contemplative spirit of the human person can be discovered, fed and nourished. Contemplation is an essential component of Christian faith. It is God's grace given to our body, heart, mind and soul. It removes the obstacles that prevent us from fully knowing God. Contemplation fosters a more intimate awareness of God's movement and mission within us. RRC Retreat Directors will lead these sessions, each presenting a different pathway for focusing and centering of the presence of God.

Reading the Book of Creation

God gave us two books: the Book of Creation and the Book of Holy Scripture. "Since the creation of the world God's [power has] been seen through the things he has made." (Rom 1:20). The First Book has been open to everyone: faith is not required. The trick is learning how to read it. The Second Book came when our view of the First Book was obscured. The trick is that it requires faith. We shall watch scientists immersed in the First Book, as it transmutes them in mind and heart (often very differently). We shall examine the origins of the myths about the "conflict" between Science and Faith. We shall ponder the forces of the collective unconscious unhinged by science's inadvertent tinkering with cosmic symbolism.

The Redeeming Heart of Forgiveness

Jesus Christ redeemed us through His great love and central to His Great Commandment of Love is forgiveness. Love your God, love your neighbor, love yourself — even love your enemy — "as I have loved you: require forgiveness and reconciliation. Yet, many of us reject this teaching of Jesus by refusing to forgive others, or even ourselves, for abusive or hurtful behavior. When we refuse to forgive we give away our power to those who hurt us. We give them complete power over our feelings, allowing them to make us feel resentful, angry, bitter and victimized. I believe most people have problems with being forgiving because they don't know how to process their feelings properly in order to reach a loving state of well-being that invites forgiveness into their hearts. We will explore the proper grieving process that opens the door to truly loving and forgiving hearts.

Contemplative Autobiography: Early Life & Adolescent/Midlife & Now

The way in which we move into a contemplative awareness in life is partially shaped by the persons, places, events, and things that make up our spiritual story. Returning to periods of childhood and adolescence can reveal the roots of our contemplative capacities, as well as the hindrances. Reviewing our adult years can reveal touchstones where our contemplative awareness was developed or sustained. Assuming a contemplative rhythm for this reflection, these workshops provide information about

our formation, which can help us to age more gracefully, wisely, and with greater ease, as well cultivate an awareness of the Divine in everyday life.

Laudato Si—The Interconnectedness of Creation as reflection of the Triune God

Pope Francis' 2015 Encyclical *On Care for Our Common Home (Laudato Si')* appeals to "every person living on this planet" for an inclusive dialogue about how we are shaping the future of our planet. The pope also calls the Church and the world to acknowledge the urgency of our environmental challenges and to join him in embarking on a new path. Father Wocken's input will explore the pope's encyclical on the care of creation through the lens of God as Trinity, connecting our Christian spirituality with the call to faithful stewardship of creation.

Uncovering the Spiritual Through Art

The imagination is a living river that seeks an outlet into the world. One of the outlets you can discover on your spiritual journey of renewal is Art. This course will invite you to engage in an art medium that you feel drawn to. You will then use this medium to explore your own imagination and your spiritual journey. The medium will help you to relax, engage your imagination, and ultimately find a spiritual path to a higher creativity.

Mind/Body/Spirit Connection through Yoga

Yoga can be for everybody. It can enhance any physical, mental, emotional, or spiritual practice that already exists. A focus on slow, mindful movement and breath awareness is the perfect vehicle for developing present moment awareness that is essential for reducing stress and evoking healing responses.

By using yoga, meditation and mindfulness tools we are reminded how to connect mind/body/spirit, and then how to deepen self-awareness for our healing and the healing of others.

Restoring Sabbath Time

The spiritual practice of "keeping the Sabbath" is an ancient one. The practice is meant to help us keep our perspective on life and to provide rest and renewal on the journey. It gives us an opportunity to restore balance into the rhythms of our life. This class will focus on restoring Sabbath time and Sab-

bath practices into your life while you are on sabbatical. We will discuss "attitudes" that can help support the sabbatical process and address some of the challenges that can pop up while being on sabbatical. You will be invited to look at your own motivation for going on the RCC sabbatical. This class is meant to help you move into the transition from active ministry into Sabbath time.

The Second Journey

C.G. Jung wrote, "A person in the second half of life...no longer needs to educate their conscious will, but...to understand the meaning of their individual life, needs to experience their own inner being." We travel in stages through the experience of human life and the second half of life calls each of us to individuation and interiority. The desert invites us to deepen our interiority and to learn to listen with the ear of our heart to where and how Spirit is calling us at this time in our lives. This class will focus on both of these calls. We will examine the tasks and challenges of the second half of life and explore some of the archetypes hidden in our unconscious that could be of great service to us in experiencing new meaning and purpose.

The Wisdom Jesus

What did Jesus know about the second journey? Can we look at his teaching and gleam new meaning for this part of our life? This course draws on the perspective of Jesus as a master teacher who drew from within the ancient Wisdom tradition, "Sophia perennis". Jesus taught a model of transformation through the witness of his own life. Approaching Jesus as a master teacher of wisdom can guide you into the transformation of your consciousness. . We are indeed called "to put on the mind of Christ."

Taking the Sabbatical Home

A sabbatical can be a time of refreshment and renewal, different from the often frenetic pace of our everyday lives. It can be a time of new spiritual insight and decisions for change. A variety of guided meditations, exercises and journaling will help guide participants in the identification of life areas that may need change. How the learning from the sabbatical – emotional, intellectual, and spiritual can be integrated into daily life will also be explored.