

2017  
Fall programs  
Newsletter

# STAR OF THE NORTH



## **GROUND ED AND GROWING IN FAITH**

*Director's Message  
Chaplain's Message  
Vision & Mission  
Programs, Fall 2017  
News and Notes  
Coming in 2018  
Starfest*



## Lucie Leduc

has been the Executive Director of Star of the North Retreat Center since May, 2012 . She previously worked fourteen years as Program Coordinator for Queen's House Retreat and Renewal Centre in Saskatoon, SK. Along with managing the retreat centre, offering spiritual accompaniment, retreats and presentations, Lucie enjoys writing, gardening, cooking, being outdoors and spending time with friends and family. She recently graduated with an MA (Spirituality) from Oblate School of Theology, San Antonio, TX.

## Director's Message

Dear friends,

All of us know what it's like to be at a crossroads in life. For any number of reasons - the certainty of death and mortality being among them - we come to the end of a journey in work or career, to the end of a chapter with relationships in our lives, uncertain and maybe even frightened about what lies ahead. The book that is our life is unfinished and perhaps remains incomplete. We have the choice to maintain the status quo or to make a "radical" change of direction. The word "radical" has a variety of meanings, but the one that relates here is of intensifying rootedness in faith.

What might happen if I purposefully choose to become radically grounded and growing in faith? Opportunities may present that I might never imagine possible, with thriving new life, hope and growth that reaches outwards, touches others and the world for a greater good. What does Jesus say? "Anything is possible with God."

Our fall programs offer opportunities to re-charge, re-connect, become more grounded and grow in our faith. Whether you consider attending a Slow Down Retreat Day with Sandra Prather, a retreat weekend on Dark Nights and Doubt with Ron Rolheiser, OMI, Twilight Recovery evenings or a retreat with Sylvain Lavoie, O.M.I. (Archbishop Emeritus) an evening with mystics and contemporary contemplatives in Opening to the Presence of God with me, or time away with any of our esteemed guest facilitators, the opportunity abounds to get in touch with the impending crossroads of our lives and God's loving lure to radical faith for a future full of hope.

*Lucie Leduc*



## Chaplain's Message

According to Fr. Richard Rohr OFM, founder of the Centre for Contemplation and Action in New Mexico, the biblical image of a wedding to describe our relationship with God also expresses God's desire to prepare and draw us into deeper intimacy, belonging, and union. The Eastern Fathers of the Church called this process "divinization" (theosis). In fact, they saw it as the whole point of the Incarnation and the very meaning of salvation. That process begins by being grounded in faith, and allowing our faith to be nurtured so that it will sink deeper and deeper roots of prayer within this intimate, transformative relationship with our loving God and Creator.

Our theme for this year, Grounded and Growing in Faith, reflects our desire to tap into this powerful mystery of theosis and facilitate that strengthening of faith for each person who comes to the Star of the North. Jesus strengthening the faith of Martha so she could witness the raising of her dead brother Lazarus (Jn 11:25-27) serves as a biblical model for us and our participation in this profound and tantalizing process of theosis – divinization. As chaplain and spiritual director here at the Star, I feel so privileged to be present to and journey with so many who are yearning for that more intimate relationship with our loving and living God.

*Archbishop Emeritus Sylvain Lavoie, OMI*



### Archbishop Emeritus Sylvain Lavoie, OMI

is a missionary Oblate who has spent over 30 years ministering among the aboriginal peoples of north and central Saskatchewan. Part of that ministry has been giving workshops and retreats on various topics of spirituality and on the 12 Steps. He now serves as chaplain and spiritual director at Star of the North Retreat Center in St. Albert, Alberta.



*Late Elder Jerry Wood  
Breaking New  
Ground Together.  
TRC followup  
Fall 2016*



*“We need to be on fire again, for our hope is no longer an easy hope. We live in a culture of despair within which Pentecost can no longer be taken for granted. Hence we must take upon ourselves the burden of our times and refuse to make the Holy Spirit a piece of private property but a Spirit that matters.”*  
*Mary Jo Leddy*

## *Our Vision*

Awaken to Spirit – Transform the World

## *Our Mission*

In the Christian spirit of the Missionary Oblates

- Offers a sacred space of hospitality and healing;
- Provides support and challenge for prophetic ministry;
- Awakens people to their personal dignity, beauty, and gifts;
- Engages the community in active evangelization, and the care of all of creation;
- Empowers people to grow in the service of others and the love of the Creator.

Revised by the Star of the North Board of Directors  
Accepted by OMI Lacombe Canada Provincial Council  
April, 2016



*Laura Vinson and Free Spirit concert at Arden theatre.  
Round dance finale, May 16, 2017*



## ***Fall Programs 2017***

### ***Dark Nights and Doubt,***

a Failure of Faith or a Failure of Imagination?

with Fr. Ron Rolheiser, OMI

“We live with a deep secret that sometimes we know, and then not!” Faith has this curious quality. Some days we can walk on water and other days we feel like atheists. These talks will explore the deep inner dynamics of faith. What is real faith? What is genuine doubt? What are the dark nights of the soul that can assail us? How do we work at sustaining a genuine faith?

7 pm Fri Sep 15 to Sun Sep 17 at 1pm

Live-in: \$250 Commute: \$190

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Ron Rolheiser, OMI Public Lecture

### ***Trust – The Hidden Secret of the Cross***

The famed anthropologist, Rene Girard, teaches that the Cross of Christ reveals a deep secret that has been hidden since the beginning of time. What is that secret? How is it revealed in the Cross of Christ? What is revealed in the brokenness of Jesus? What wisdom hidden inside the cross is the basis for trust? The revelation of God’s nature and love in the Cross is the ground for human trust.

7:30 pm St. Albert Parish Hall Fri Sep 15 Cost \$20

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*“Karl Rahner is credited with stating today one is either a mystic or a non-believer. ...To have a living faith today one must at some point in his or her life make a deep, private act of faith. That act, ...is unfortunately itself very difficult because the very forces that have helped erode our cultural, communal faith also work against us making this private act of faith. They are ...,within us and around us, ...tempting us away from prayer, self-sacrifice, being more communal, ... and from mustering up the time and courage to enter deeply into our own souls.” Ron Rolheiser, O.M.I., Seeking Spirituality*



### **Fr. Ron Rolheiser, OMI ’s**

retreats and workshops in the areas of contemporary spirituality and religion in the secular world have inspired many. He is a theologian, author of numerous books, and his column is carried by over a hundred newspapers worldwide. Fr. Ron is the President of the Oblate School of Theology in San Antonio Texas.



### **Maureen Wild, SC, MEd**

is an educator, speaker and retreat guide with a primary focus (for over 20 years) on themes of Spiritual Ecology. She is originally from the Peace River Country of northern Alberta and currently lives on the west coast of BC. Her most recent offering at Star-of-the-North (June 2017) featured 'Laudato Si' and the Spirit of St. Francis.' She enjoys coming to The Star and looks forward to meeting those with a curiosity and interest in this great and inspiring Saint of the 12th Century!

## *A Retreat Day with St. Hildegard of Bingen*

Guided by Maureen Wild, SC

St. Hildegard of Bingen was acclaimed a saint, mystic and Doctor of the Church by Pope Benedict in 2012. Come away for a day to be renewed and inspired by Hildegard for the spiritual journey ahead. Themes to be touched on throughout this retreat day include:

- Hildegard's Life and Times
- Her Wisdom about Plants and Healing
- Hildegard's Visions
- Hildegard's Music & Poetry
- Hildegard's Significance for Our Time

Sat. Sept. 23 9:30am – 3:30pm

\$60 (includes lunch)

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## *Slow Down! Retreat Days*

*With Sandy Prather*

A Slow Down Day is your opportunity to rest your body and refresh your spirit. Each day consists of thought-provoking presentations on a spiritual topic combined with ample time for personal reflection and prayer. Come slow down with us by following the Star to an oasis of peace.

### *Sept 21: Songs of New Life*

What is the basic melody you hear God singing? How in tune are you with God and your own deep beliefs?

Where are you caught tuneless and unable to raise your voice? Are you being called to 'change your tune' and let God do something new in your life? Even if you are tone-deaf, you will find that you still sing songs to God. Come discover your tune.

## *Oct 19: 'I Will Give You Rest':*

### Turning to our Faith to Find Balance in Our Lives

Do you often feel harried and overloaded with the proverbial mountain of work waiting for you? Do feelings of stress and fatigue mark your days? We know we should take better care of ourselves but somehow we don't seem to manage it. Our Christian faith tells us that Jesus doesn't want us stressed and burnt out: "Come to me all you who are heavily burdened," he invited, "and I will give you rest." During this Slow Down Day, we will take 'time out' to explore how our faith calls us to manage our mountain of stress. We will look at some of the underlying reasons we allow ourselves to become overburdened and explore some concrete strategies for self-care.

## *Nov 16: 'And Power Came over Them':* Christian Leadership for Life

We are each called in different ways to be leaders in our lives. But does it mean something special to be a Christian leader? Is Christian leadership different than other kinds of leadership? Among other things, on this Slow Down Day, we will consider: what a Christian understanding of power and authority is; the Christian call to create community; what it means to be a servant leader; and how a Christian leader is to be the holder of the vision. Even if you are not serving in any official leadership capacity, this is your opportunity to reflect prayerfully on your own leadership wherever that is being exercised.

9:30 to 3:00 pm      \$40 (includes lunch)

Please register one week before program date!



### **Sandy Prather**

works locally, nationally and internationally teaching and leading retreats, seminars, and workshops for a variety of groups, including educators, lay formation programs, parishes and men's and women's religious congregations. Sandy has served as an adjunct lecturer at Newman Theological College, is a monthly columnist for the *Prairie Messenger* and an Associate of the Oblates of Mary Immaculate.



*“Lord, you have shown us that the power of your love is the power to forgive any hurt that has come our way. Give us the humble faith and raw courage to feel our feelings, ponder them, process them and express them with love of those who have hurt us. Help us to let go of fighting out of anger and fleeing out of fear. Help us to move instead towards forgiveness through faith in you. Amen.” Sylvain Lavoie, O.M.I., Drumming from Within*

## *Twilight Recovery Evening Retreats*

There is a saying that one does not graduate from the program. Nor does anyone ever stop learning, growing and healing. These evenings, will combine input, support group sharing and prayer. You are invited to participate in this exciting venture of faith, fellowship and personal growth. The evenings are open to anyone either in a 12 Step Program or loving one who is, as well as anyone wanting to learn more about addictions and the recovery process.

Facilitator: Sylvain L.

Thursdays, Sep 21, Oct 12, Nov 16, Dec 14

Participants will be invited to practice Tradition 7, a free will offering, to help cover costs.

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## *Opening to the Presence of God:*

Christian Contemplative Practices for Daily Living

These evenings will explore the wisdom teachings and practices of early desert fathers and mothers, mystics and saints. We will also draw from contemporary contemplative traditions and wisdom teachings. Join us as we expand our hearts opening to awakening and transformation in the Divine Presence and deepen our experience of contemplative practice.

Facilitator: Lucie Leduc

Thursdays: Sep 28, Oct 26, Nov 23 7:00 - 8:30pm  
\$15/session

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## *Saint Thérèse of Lisieux*

*Showing our love  
for God through acts of kindness*

This 30-minute live performance tells the beautiful story of a soul. St Thérèse of Lisieux, doctor of the church, loved Jesus and wanted to show others a simple way to express our faith. Known as the “Little Flower” she shares her wonderful “Little Way” encouraging us to embrace our uniqueness and to please Jesus by practising small kindnesses. The performance is followed by a reflection, and talk-back session.

Facilitators: Maureen Rooney and Paul Punyi

Wed Oct 4 7:30 pm \$20



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## *Christian Meditation*

Come and experience the ancient tradition of prayerful stillness. We begin by listening to a short audiotape, usually a teaching by, or in the tradition of Abbot John Main. This is followed by thirty minutes of silent sitting. The group is open to both experienced meditators and those who would like to learn to practice Christian Meditation.

Mondays at 7 pm By donation

Please call Barb for start date and access information:  
780-458-0470



### **Maureen Rooney and Paul Punyi**

are writers and co-artistic directors of ROONEY AND PUNYI EDUCATIONAL THEATRE PRODUCTIONS. They have done over 130 performing arts residencies in Alberta schools, and have a repertoire of more than 20 shows! They received the Mayor's Lifetime Achievement in the Arts award in St. Albert in 2013.



### **Sister Elizabeth Poilievre**

is an experienced spiritual director and leader of prayer/retreats for groups. She has the capacity for deep listening and helping people make connections between the sacred and the ordinary experiences of people's lives.

### **Monica Niño and Christina Kruszewski**

are staff for Development and Peace, the official international development organization of the Catholic Church in Canada. Monica is the Animator for Alberta/Northwest Territories, and Christina is the Catholic Schools Program Officer for the Western Region of Canada and has been engaging youth through social justice education for close to a decade.

## *Artist's Retreat Day*

This is a day for all those who love to create, whatever the art form: painting, needlework, scrapbooking, quilting, cardmaking, sewing, etc. Imagine having several hours to spend creating in a peaceful, sharing and supportive environment! Bring your own art form. There will be brief thematic input, time for personal artistic expression and personal reflection. Facilitator: Elizabeth Poilievre, FCJ is the former Program Director and Co-Director of the Domano Renewal Centre in Prince George, BC. She is an experienced spiritual director and leader of prayer/retreats for groups.

Thurs Oct 26      9:30 am – 3:30 pm  
\$25 (includes lunch)

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## *And So She Built Peace*

Pope Paul VI said “if you want peace, work for justice”. Unfortunately, women are excluded from peace processes, despite often being the most affected by conflict and injustice. If peace cannot exist without justice, and justice cannot exist without respecting and acknowledging women, how do we best support women in their work for peace? Join Monica Nino and Christina Kruszewski from Development and Peace for two participatory sessions on the role of women in peacebuilding in their communities. They will provide participants with ways to engage in action to support women working for peace, locally, nationally, and internationally.

Wednesdays, Nov 8th and 15th      7:30 - 9:00 pm  
\$40.00      Register by Nov 2

## *From Depression to Delight*

Two sentences capture the essence of this retreat, and much of our lives: “When we are looking down all the time, all we see is de-feet!” and “I have come so that my joy may be in you, and your joy will be complete.” We were built for transcendence, for infinity, for a life full of joy now and hereafter. Unfortunately, so much of what happens to us dampens our spirit and steals our joy. Nevertheless, peace and joy are not passing emotions but gifts of the Holy Spirit that we can claim for our lives. This retreat will provide spiritual insights and personal skills to empower us to turn adversity and feeling down, into personal growth and a life full of vitality and energy. Facilitators: Archbishop Sylvain Lavoie & Lucie Leduc

7:00 pm Fri Nov 17 to 4:00 pm Sat Nov 18  
Live-in: \$150    Commute: \$100

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## *Trust in Difficult Times:*

Advent Retreat with St. Joseph

We know little about St. Joseph, but he was an important part of God’s plan for the salvation of the world. How can his experience of being asked to ‘take Mary as his spouse’ speak to our lives today? Through focusing on St. Joseph and time for quiet prayer, this retreat offers participants an opportunity to deepen their journey with God. Facilitator: Sister Elizabeth Poilievre is the former Program Director and Co-Director of the Domano Renewal Centre in Prince George, BC. She is an experienced spiritual director and leader of prayer/retreats for groups.

Wed Dec 6            7:00 – 9:00 pm    \$20





## Phil Fontaine

served as National Chief of the Assembly of First Nations (AFN) for an unprecedented three terms. Under his leadership the AFN negotiated both the Kelowna Accord and the Indian Residential Schools Settlement Agreement. Fontaine has received many honours and awards, including the National Aboriginal Achievement Award, the Order of Canada, and numerous honorary doctorates.

## *Breaking New Ground Together:*

Conversations of Hope and The Meaning of Reconciliation

Former AFN Chief Phil Fontaine will guide us on how to have conversations of hope within an understanding of reconciliation for our times. Join us for this presentation as part of an ongoing series dedicated to follow up dialogue and education on the Truth and Reconciliation Calls to Action.

Star of the North, 7:00-9:00pm,  
Wednesday, November 29, 2017  
Free-will offering gratefully accepted.

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## *Fair Trade Christmas Sale*

‘JUST’ In Time!

Building justice into Christmas gift giving!

Do you want to make your Christmas gift-giving more meaningful? Want to build justice into your purchasing and make a difference in someone’s life? Come and check out the unique Christmas gifts and decorations, crafts, fair trade tea, coffee & other goodies, which provide vital, fair income to 3rd World artisans and farmers. The profits go directly to those who might be unemployed or underemployed, providing income which helps pay for food, education, health care and housing.

Sunday, November 5 10:00 a.m. - 3:00 p.m.  
Lunch available for \$10 from 11:00-1:30

## **COMING in 2018!**

March 2-4 Fr. Matthew Linn

### ***Did Your God Grow Up? Healing Our Image of God***

This retreat will help heal the wounds that prevent us from discovering and trusting the God of Life. We will discover how we reacted to shameful hurts in our childhood and how we might still be reacting to God when we feel shamed or inadequate. Then we can find the mature faith of an adult that empowers us to grow in deeper intimacy, caring for others and grateful for all of life.

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April 27-29 Paula D'Arcy

### ***A Path and a Small Light***

Writer Anne Lamott says that one of the ways we nourish our spirit is to find a path and a little light to see by. In this retreat we will explore what we can do, through our choices and by widening our perspective, to not only nourish our own spirit, but to be an instrument of change for the world. This is a silent retreat. Please bring a journal. Recommended reading: *The Bread of Angels*, Stephanie Saldana

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## ***YOGA at the STAR***

Making Mind-Body-Spirit Connections

To register for yoga classes which take place on Mondays and Tuesdays at Star of the North

CONTACT the TEACHERS DIRECTLY:

Classes Yoga Retreats & Workshops: Darlene Klassen:  
[www.fullcirclewt.com](http://www.fullcirclewt.com), 780-460-9132

Colette Oddleifson:  
[goodtime2move@gmail.com](mailto:goodtime2move@gmail.com)  
780-903-3262



**Fr. Matthew Linn**



**Paula D'Arcy**



## News and Notes

- Star of the North wants to acknowledge the generous grant support of the *Moving Forward Together Campaign* that allowed us to offer a variety of programs in 2016 and 2017 supporting dialogue and education for the Calls to Action following up to the Truth and Reconciliation. We used all the funds for programs offered as day, evening, weekend and weeklong events that brought people together for growth, healing, celebration, and furthering reconciliation for us all.
- On another note, we are grateful for *YOUR* support received through fundraising, and other supports received through grants, for installation of air-conditioning! As of June, 2017 the Star has cool air for those hot days in summer for the Hearth large conference room, the dining room, and the main floor and upper peach bedroom areas. We are in the process of upgrading and renovating two of our main floor public washrooms and two suite bathrooms as well.
- A huge thank you to a long-time patron of Star of the North for her annual and ongoing financial contribution to be used for programming. Her generous funding will provide subsidy for patrons in need, and will support program initiatives into the future!
- Our website is finally live! Please visit our new website, and register online, or make your request for booking our facility. We hope you will have patience with us as we learn together the many new features of the website and work through any problems that may arise. The new website offers you better access to the Star's many services and programs. Enjoy browsing and getting to know us online! Log in and join our community to receive regular newsletters and updates.



## *Stewardship for Star of the North Starfest!*

Join us at Santa Maria Goretti Hall,  
Friday October 27

Join us for a spectacular and sparkling evening! Starfest is Star of the North's major annual friend and fundraising event, raising much needed support for the facility and its programs. We invite you to help us to provide this peaceful oasis, a place where people can renew their spirit, and find balance in their lives. This year our fundraising is being directed towards renovating bathrooms and installing air conditioning.

YOU can help us to keep the Star shining:

- by attending
- by making a donation to the auction of new items (especially consumables) or Gift Certificates for services.
- by making a cash donation (go to 'Donate Now' on our website)

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### *Book Star*

...for your next workshop, board meeting, retreat or gathering. We provide comfortable, affordable and welcoming spaces to host your event! Our amenities include: two large conference rooms, three board rooms, comfortable lounge areas for group discussion and breakout areas, AV equipment, free parking, wheelchair accessibility, buffet style breakfast, lunch and dinner offered, snacks, special trays and custom orders available, special diets accommodated, dining room for 85, accommodations for six private suites with ensuite washrooms, 23 double and 29 single private bedrooms. Star provides a relaxed private atmosphere and peaceful grounds with landscaped gardens.

In-house WIFI is significantly upgraded through a substantial donation of goods and services! WIFI is now available throughout the main floor including the Hearth and dining room. Star of the North wants to express gratitude and appreciation to ADTEL Communications Group for their ongoing, unstinting support of the Star.



## *Register Early!*

Some programs fill up quickly, others may be cancelled due to insufficient registrations. We require payment upon registration. We accept VISA and MasterCard over the phone or on our website, or you can send in a cheque.

## *Cancellation Policy:*

If you cancel 7 days or more BEFORE the program start date, all but a \$20.00 administration fee will be refunded. If you cancel within 7 days there is no refund. If we cancel a program, your full fee will be refunded .

PLEASE REGISTER at LEAST ONE WEEK BEFORE the PROGRAM DATE

780-459-5511    [reception@starofthenorth.ca](mailto:reception@starofthenorth.ca)

Online registration now available!

Subsidy application available.

Check out our new website at [www.starofthenorth.ca](http://www.starofthenorth.ca)



## **Star of the North Retreat Centre**

**3A St. Vital Ave. St. Albert, AB T8N 1K1**



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PORT DE RETOUR GARANTI