

Back by popular demand!
FOUR SPECIAL PROGRAMS PRESENTED BY DR. J. MICHAEL MURPHY
 Associate Professor of Psychology at Harvard Medical School

Espousal Support Group for Christians

Monday Evenings: 6:00 pm–7:30 pm
 18 weekly sessions
 January 11, 2010 to May 17, 2010

Based on the most up to date practices of Christian Psychology & 12 Step Programs

This group combines prayer, sharing, reading, and practice that will help you to overcome personal problems.
 Limited to 8 people.
 Suggested donation, \$100.

Espousal Support Group for Married Couples

Monday Evenings: 7:30 pm–9:00 pm
 18 weekly sessions
 January 11, 2010 to May 17, 2010

Based on the Third Option Program of the Archdiocese of Syracuse

This group combines prayer, sharing, reading, and practice that will help you to improve your relationship.
 One or both members of the couple may attend. Limited to 12 people.
 Suggested donation, \$100 per couple.

Christian Psychology 101

Wednesday Evenings: 6:00-7:30 pm
 18 weekly sessions
 January 13, 2010 to May 19, 2010

This college level course for adult learners or undergraduates is a dress rehearsal for a course that will be offered in the future at a local Catholic college. The course examines the large but until now almost invisible field of psychology from a Christian perspective.
 College credit may be available.
 Suggested donation, \$100
 Enrollment limited to ten.

Movie Night at the Espousal

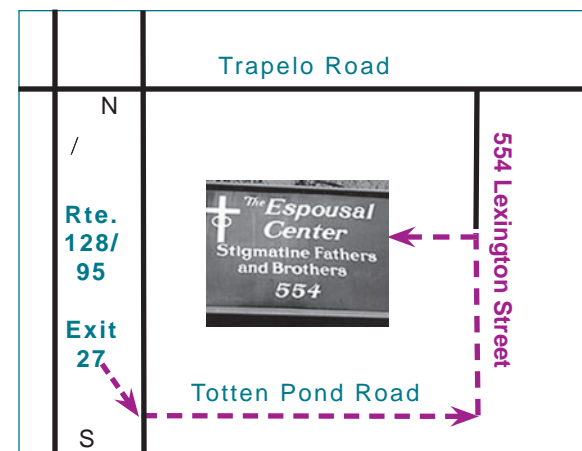
Wednesday Evenings: 7:30 pm–8:30 pm
 18 weekly sessions
 January 13, 2010 to May 19, 2010
 DVD Lecture Series:
 Dante's Divine Comedy
 Video lecture series by Prof. William Cook.

Dr. Cook is a master teacher and practicing Catholic. Each week's session will begin with one of his lectures on a section of the Inferno, Purgatorio, or Paradiso, followed by a half hour discussion. The books are just as relevant for today's Christians as they were eight hundred years ago.
 Suggested donation, \$5 per week;
 \$50 for the entire series.

To register please call 781-209-3120 or email espousaladmin@gmail.com
 Christian Psychology 101 and both support groups require prior permission of Dr. Murphy

ESPOUSAL NEWS

Espousal Retreat House and Conference Center
 554 Lexington Street
 Waltham, MA 02452



Directions from Route 128
 Take Route 128/95 to Exit 27A (Totten Pond Rd.) in Waltham. Follow Totten Pond Rd. about 1.7 miles until it ends. At traffic light take a left onto Lexington St. Espousal entrance is .3 miles on your left. Continue up driveway, staying right, to top of hill. Retreat house is long, two-story brick building on your right. Park in large lot just beyond the building.
Need more help? Call (781) 209-3120

From Mass Pike (Route 90) and points South:
 Take Route 128 North and follow directions at left.

From Route 2 and points North:
 Take Route 128 South and follow directions at left.

Contributions Are Appreciated

The Espousal Retreat House is a non-profit organization run by the Stigmatine Fathers and Brothers. We depend on the generosity of people like you to maintain our facilities and to provide the community with a variety of services. Please consider making a tax deductible donation today. We thank you for your generosity!

I am attending a retreat or seminar. I've enclosed a separate donation only.

I am not attending a retreat or seminar. The enclosed money is a check as a donation.

Retreat House And Conference Center Registration

Please enclose a check or money order – \$30.00 for weekend programs or \$15.00 for day programs – made payable to the Espousal Retreat House, along with this form to: Espousal Retreat House, 554 Lexington Street, Waltham, MA 02452.
 Balance is due upon arrival.
 For more information call: 781-209-3120 or see our web site at www.espousal.org

 In House _____
 Commuter Program Title: _____
 Date: _____

Your Name: _____
 Address: _____
 City: _____
 State: _____
 Zip: _____

Phone Day: _____
 Phone Evening: _____
 E-Mail: _____

Non-Profit Organization
 U.S. POSTAGE PAID
 Permit #15490
 Waltham, MA

ESPOUSAL NEWS

Experiences in Christian Living and Community Winter 2010

Espousal Retreat House & Conference Center + 554 Lexington Street Waltham, MA 02452 + (781) 209-3120 + espousaladmin@gmail.com + www.espousal.org

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A Day for Married Couples—For Growth and Healing

A Day of Contemplative and Centering Prayer

Yes, Jesus Loves Me! How Does the Lord See Me?



January 1, 2010

Dear Friends,

Many people in our society long for a genuine, purposeful spirituality and for meaning and strength in suffering and pain. Having solid and truth-filled principles and goals for living a full life are a true blessing and necessity. We, at the

Espousal Center, offer evening, day, and weekend programs to help people find God who is the source of truth and love. We offer programs for those who seek Jesus or a renewed or deeper relationship with Jesus, as Lord, Healer and Savior.

Loneliness, depression, and addictions are very common in our world. Experiencing God's love, power, and presence is the Lord's gift offered to us in our lives and in our struggles. We encourage you to take some time from your many duties and activities to come aside in peace and openness to experience God's healing love. It is a gift you deserve to give to yourself.

Please pray for the Center and encourage your friends to come and experience the Lord's peace and healing love. There is a real need for many to discover how to love God, neighbor, and self and also how to know, experience, and accept love from God and neighbor. Yes, Jesus truly loves us and we just need to stop, relax, and open our minds and hearts so He can fill us with His unconditional and personal love.

May the New Year be filled with many blessings for you and may you experience God's love and peace in the depths of your heart.

With prayer to Mary and Joseph,

Fr. Bob

Fr. Bob

Dear Fr. Bob,

We truly enjoyed the program and feel as though the weekend brought us closer. Thank you to you, the staff, and all of the couples who spoke.

Engaged Couple

Dear Fr. Bob,

Thank you for this experience. I struggled with my experience as a Catholic but an event like this reminds me of why I enjoy being a part of this loving community.

Retreatant

Dear Fr. Bob,

Thank you very much for letting me stay at the Espousal. The love that everyone puts into this beautiful place is evident.

Retreatant

Dear Fr. Bob,

I am not Catholic, but I wish other religions had a program like this. This marriage preparation program was very helpful in preparing for marriage and to encourage couples to communicate with each other.

Marriage Preparation Participant

Dear Fr. Bob:

I had a very stubborn digestive problem that lasted for some months in the summer. I was treated by a Gastroenterologist who wanted to do some testing. I came to a Healing Service at Espousal and I noticed a gradual improvement, then I realized I was significantly better to the point where no tests were needed. I believe it was a true and lasting healing. Thanks and praise to God.

M.T.

Hold your next meeting at The Espousal Conference Center
 Comfortable, affordable space for 6 to 200 people. Overnights, meals. Info (781) 209-3120

ESPOUSAL

All programs held at Espousal Retreat Center, 554 Lexington St., Waltham, MA

3 WAYS TO REGISTER: CALL (781) 209-3120 — MAIL FORM ON BACK COVER — ONLINE: WWW.ESPOUSAL.ORG

We are handicapped accessible



Winter/Spring 2010

<p>Forgiveness—Experiencing God's Mercy January 22-24, 2010 Fri. 6:30 pm—Sun. Noon</p>	<p>Reverend Richard McAlear, OMI will conduct a weekend retreat based on the latest edition of his book "Forgiveness—Experiencing God's Mercy. He provides a fresh look at the biblical command to forgive. He encourages us to face past hurts to seek if we hold unforgiveness towards others and maybe even towards God. This is an opportunity to open ourselves to Christ's healing by extending and receiving forgiveness.</p>	<p><i>Presenter:</i> Fr. Richard McAlear OMI <i>Offering:</i> In House: \$150 (includes 2 overnights & 4 meals) Commuter: \$75 (includes 2 meals)</p>
<p>Dealing with Our Hurts and Anger—Moving to Peace and Freedom January 24, 2010 Sun. 9:30 am—5:00 pm</p>	<p>We all experience hurts in our lives. This results in sadness, anger, and unforgiveness that can control and paralyze us. This day will focus on how we can move onward, beyond these feelings, to experience healing, freedom, and peace through God's guidance, grace, and healing love.</p>	<p><i>Presenter:</i> Dr. Joseph Coyle, Christian Psychologist <i>Offering:</i> \$40 (includes lunch & Mass)</p>
<p>Healing Anxiety & Depression February 21, 2010 Sun. 9:30 am—5:00 pm</p>	<p>Whether mild or severe, anxiety and depression can be a significant barrier to health & wholeness. We will focus on understanding and alleviating symptoms psychologically, and on healing root causes through prayer.</p>	<p><i>Presenter:</i> Dr. Joseph Coyle, Christian Psychologist <i>Offering:</i> \$40 (includes lunch & Mass)</p>
<p>Dealing with the Stresses and Pressures in Life—Finding Peace and Healing February 28, 2010 Sun. 9:30 am—5:00 pm</p>	<p>The day will focus on the stresses we experience and how to reduce and eliminate the negative effects they have on us. With psychological insights, Christian principles, and healing prayer, we will experience peace and deep healing. We will learn ways to find peace and discover practical and powerful ways to reduce stress.</p>	<p><i>Presenter:</i> Fr. Bob Masciocchi, CSS <i>Offering:</i> \$40 (includes lunch & Mass)</p>
<p>Life in the Spirit for Individuals March 12–14, 2010 Fri. 7:00 pm—Sun. 3:30 pm</p>	<p>Join us as we focus on God's love for each person and prepare to receive the gifts of the Holy Spirit as delight in prayer, the power of Scripture, healing and prophecy. The weekend will present the full teachings of the Life in the Spirit Seminar.</p>	<p><i>Presenters:</i> Fr. Bob Masciocchi, CSS & Team <i>Offering:</i> In House: \$130 (includes 2 overnights & 5 meals) Commuter: \$100 (includes 3 meals)</p>

<p>Life in the Spirit for Married Couples March 12–14, 2010 Fri. 7:00 pm—Sun. 3:30 pm</p>	<p>This will be a time for married couples to focus on their relationship with the Lord and with each other in the context of their Sacrament of Matrimony. Through the teachings and with prayer they will also focus on their marital relationship and discover how each couple forms a domestic church.</p>	<p><i>Presenters:</i> Fr. Bob Masciocchi, CSS & Team of Married Couples <i>Offering:</i> In House: \$225 (includes 2 overnights & 5 meals) Commuter: \$175 (includes 3 meals)</p>
<p>A Day for Married Couples—For Growth and Healing March 28, 2010 Sun. 11:30 am—7:00 pm</p>	<p>The day for married couples is a day for growth and healing. Four areas will be considered: (1) Dealing with pressures that tear at love; (2) Learning my love language; (3) Developing the habit of happiness; and (4) Rebirth and Renewal. There will also be time for dialogue and blessing.</p>	<p><i>Presenters:</i> Fr. Bob Masciocchi, CSS & Team of Married Couples <i>Offering:</i> \$65 (includes dinner & Mass)</p>
<p>A Day of Contemplative and Centering Prayer April 18, 2010 Sun. 9:30 am—5:00 pm</p>	<p>The method of centering prayer will be taught and practiced during this program. We will explore the nature of contemplative prayer and centering prayer. We will reflect on the relationship of centering prayer to meditative prayer and vocal prayer.</p>	<p><i>Presenter:</i> Fr. Bob Masciocchi, CSS <i>Offering:</i> \$40 (includes lunch & Mass)</p>
<p>Yes, Jesus Loves Me! How Does the Lord See Me? April 25, 2010 Sun. 9:30 am—5:00 pm</p>	<p>This day will focus on the specialness that is in each of us. We will see ourselves through the eyes of Christ, by the power of the Holy Spirit and with the insight of the Sacred Scripture. We will strive to live more fully in God's unconditional love. We will accept the truth of the Holy Spirit as our true specialness is revealed.</p>	<p><i>Presenter:</i> Jacqueline M. Sitte, RN, CARN, LADC I <i>Offering:</i> \$40 (includes lunch & Mass)</p>

Marriage Preparation
Since 1995, the region's most highly acclaimed Catholic program for engaged couples. Programs fill fast, so sign up early! Call (781) 209-3120.

Scheduled Classes 2010
Jan. 9-10, Feb. 6-7
Mar. 6-7, Mar. 20-21
Apr. 10-11, May 1-2
May 22-2, June 5-6
July 9-10, Aug. 7-8,
Sept. 11-12, Oct. 9-10,
Nov. 6-7, Dec. 4-5

Espousal Prayer Community
Serving the Church and Community with prayer, teaching and guidance since 1977

Tuesdays
7:00 pm Rosary
7:30 pm Praise and Worship
8:15 pm Teaching
8:30 pm Sharing
8:45 pm Mass
9:30 pm Prayer Teams

Healing Service
Last Tuesday of the month 7:30 pm

Eucharistic Adoration
Come in silent worship before the Blessed Sacrament. Adoration Chapel.

Tuesdays
10:00 am to 6:00 pm
(Divine Mercy Chapel at 3:00)

Wednesdays
10:00 am to 5:00 pm

Thursdays
10:00 am to 5:00 pm

Register online at www.espousal.org

Day Retreats for Women

Registration is not required but appreciated.

Day Retreats for Women presented by
Jerri Lou Buffo & Sue Gormley

10 AM–2:30 PM Offering: \$15 Bring a bag lunch
Conference Quiet Time Small Group Sharing

“The secret of happiness, and the secret of all the Saints is that they loved God as a friend.”
Blessed Elizabeth of the Trinity

2010 DATES

- Jan 13 Transformed by Grace
- Feb 10 God's Love—Always Faithful, Full of Surprises
- Mar 10 The Gift of Forgiveness: “He who cannot forgive another breaks the bridge over which he must pass himself.”
George Herbert
- Apr 14 Everyday Holiness: Discovering God All Around Us
- May 12 Come Holy Spirit Enkindle In Us the Fire of Your Love
- June 9 Celebrating Our Spiritual Journey Together

In case of a snow storm, the program will be held on the following Wednesday

For more information contact the Espousal Retreat Center
781-209-3120, espousaladmin@gmail.com, or www.espousal.org