

A sacred path for pilgrims

by Colette S. Fike

Somehow occupying my body with the rhythm of walking frees my mind for a deeper level of reflection than I can achieve when I'm still. When I walk alone, I'm often immersed in the crispness of the Fall leaves under my feet or the blue glow of a winter evening. Other times, my mind is racing with anger or confusion, and walking unravels my tangled thoughts.

Perhaps it was my tendency to head outdoors when I've got something on my mind that allowed me to be open to the idea of a prayer walking experience called the labyrinth. As I approached the grassy field at the retreat center in Ohio, I knew very little about what was "supposed" to happen, but I was excited about trying this ancient spiritual walk.

The first thing I noticed was the quiet, though at least twelve other people were in the area. I stepped quickly onto the starting path, wondering how long it would take me to find the middle. As I progressed, turning left and right, sometimes stepping out of the way of another person headed the opposite direction, I realized there was only one path, so the other people must have already been where I was now.

As my body relaxed into the mindless task of following the path, my thoughts shifted to a relationship issue I'd been wrestling with, and once again I reviewed all my objections to the expected outcome. Before I knew it, I found myself at the center of the labyrinth, a flower-shaped circle. An earlier walker was on her knees, eyes closed. Having

reached my goal, I took a deep breath and looked around. The setting sun turned a nearby field of dried corn stalks orange, and I noticed a man walking barefoot along the path like Moses approaching the burning bush. Should I have removed my shoes? Relieved, I noticed most of the others were wearing shoes too.

Using the same path that brought me to the center, I felt less self-conscious as I slowly made my way back through the familiar twists and turns. Stopping to admire some flowering ground cover in one section, I wondered how I had missed it on the way in. My heart felt light, and I was grateful for the many times I had experienced God so present in nature. In fact, I realized how much my camping experiences had contributed to my self-confidence. Some of my mental images of myself no longer fit the "me" people knew today.

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."

—Marcel Proust

The end of my walk came so quickly, I was surprised to find others stepping around me as I stood there gathering my thoughts. As we headed back inside, I heard two women tell about their journeys, which were very different than mine. Some remained silent, and their decision not to share their experience was respected by the others in our retreat group. While some of our prayer requires a community, our rich Catholic tradition offers a variety of prayer experiences for individual spiritual pilgrims as well.

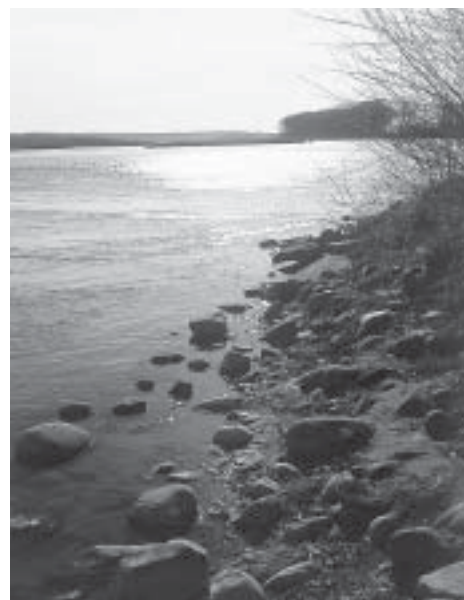


Photo by Kevin DePrey

Thanks to a generous benefactor, a labyrinth will soon be available to guests of Fatima Retreat House. Built in the wildflower garden beside our chapel, Fatima's labyrinth is the exact size and image of the one in the Cathedral at Chartres, France, which dates back to early 1200s.

During the Middle Ages, the practice of making a pilgrimage on foot to Jerusalem became impossible for many Christians. Labyrinths were created in marian cathedrals for the purpose of making a symbolic journey to the Holy Land, uniting walkers in spirit with the Crusaders.

Fatima's labyrinth is intended to provide another way for our guests to reflect and renew themselves. It has been painstakingly constructed of poured cement—colored, stamped, drawn, sandblasted and stained by craftsmen and artists. Ours is an eleven-circuit labyrinth because the path circles around the center eleven times, a total distance of 861 feet, or about one-third-mile for the entire walk.

Look inside for your Retreat Schedule!

DIRECTOR'S SCORNER

by Kevin DePrey

I just have had the gift of serving 11 men that are classmates of Fr. Al Ajamie (our resident priest at Fatima) that graduated from Catholic University in 1950. Fr. Al invited them for a reunion right here at Fatima. They have been quizzing me about Fatima's history and our new labyrinth (*see enclosed article*).

Since each of these men graduated before I was born, they have much to teach. It was such a graced moment to see each of them so full of life. It was renewing to me to experience these life-filled men.

Yesterday, a woman stopped by Fatima because she just moved to town and wanted to inquire about our programs. As I was explaining our upcoming retreats, she became struck with wonderment when I mentioned our healing retreat coming in January. She said her husband had died within the year. She acted as though we had scheduled this retreat just for her. I know better. God had done that!

I mention these events of the last few days because they reveal the core of mission and ministry, hospitality and spiritual renewal. We are best known for our retreat offerings like the recent Bishop Morneau retreat, Fr. John Catoir retreat, and Tobit weekends. However, we serve about 8,000 individuals annually in a myriad of ways. For example, two local Catholic school staffs came for one-day retreats before they started their school year. What a wonderful way to begin!

Even though I am out of school, the end of summer continues to feel like a new beginning. I ask myself how well did I renew myself this summer to be ready for the Fall? How can I continue to spiritually renew myself this Fall so when I am 78 years old like Fr. Al and his friends, I will still be full of God's life?"

Fatima exists to remind us all of the importance of spiritual renewal and the value of making it a life-long practice. Our culture reminds us how important it is to take care of our bodies and our Church tells us how important it is to take care of our spirit. Jesus invites us. Are we listening to the invitation He gives us every day?



Photo by Colette Fike

Sixty women attended the retreat with author Paula D'Arcy in June. These guests pause in front of artwork by John August Swanson.

Listening is a Healing Art

by Pat Crooks

Listening is a healing art. When we put aside our own issues and agenda, staying focused on listening to those we encounter, we allow the other to gain a clearer understanding of their own behavior, their interactions with themselves, their families and their friends.

By listening in a manner which encourages the speaker to give voice to what is troubling them, we can help them focus more clearly on the difficulties which need to be resolved and increase their awareness of the choices available to them.

We don't know all the details of another person's life, or all of the twists and turns which bring them to the point in which we are encountering them. Even in our own families, we

don't know all the situations behind the difficulties our siblings, spouses and children encounter. When we truly listen and ask questions, we may learn something, *and* we offer healing simply by receiving what is being said.

Effective listening heals our relationships with others, ourselves and our God. Places like Fatima are so necessary in this harried, fast-paced world because stepping away from the noise and distractions of our daily lives helps us hear our own wisdom, to discern what God asks of us, and challenges us to be healers for others.

Refine your listening skills:

1. Make time—if you're unable or unwilling to listen right now, say so and set another time.
2. Give your full attention—eliminate any distractions and look into the person's eyes
3. Listen for feelings and ask clarifying questions
4. Mentally summarize—don't think of your answer. You can listen and comprehend faster than a person can speak, so use this time to summarize their main ideas.
5. Let the speaker finish, just listen without jumping to conclusions.
6. Keep confidences—trust is a fragile thing.
7. Practice—a time honored way to increase any skill.

Program Guide: October 2002 to January 2003



“This is my beloved Son, with whom I am well pleased; listen to him.”

—Matthew 17:5

October 18-20, 2002 **with Fr. Eugene Hensell, OSB**

Scripture Retreat for Women and Men *Experiences of Prayer in the Bible*

This retreat will look at a selection of prayer passages from both the Old and the New Testaments. We will be highlighting two aspects that are often times not mentioned in discussions of prayer: “boldness” and “calling God to task.” There will be no attempt to present a theology of prayer since the bible contains many theologies of prayer. We will simply enter into particular experiences of prayer as articulated by the bible and then do a little reflecting on what was going on in that particular experience.

Fr Eugene Hensell is a monk of St. Meinrad Archabbey. His years of biblical study and teaching combined with a dry wit, will lead you on this journey with humor and insight.

Registration fee of \$135/individual; \$255/married couple includes program, meals and overnight accommodations. Deposit \$40/person.

November 8-10, 2002 **with Fr. Jim Farrell**

Silent retreat for Women and Men *From the Silence of the Heart*

You live in a noisy world and your heart longs for silence; enhance your prayer life through rich experiences of silence and inspired presentations from one of Fatima’s finest retreat presenters. In an atmosphere of reduced distractions, you will have time to reflect, walk the labyrinth, and soak up live music in a candlelit chapel. This retreat is part of the Spirit & Place Civic Festival.

An engaging storyteller known for his ability to challenge and inspire, Fr. Jim’s retreats and annual Reflection Day on prayer consistently reach capacity. A priest of 25+ years and a native of Indianapolis, Fr Jim serves as pastor of St. Barnabas parish in Indianapolis.

Registration fee of \$150/individual; \$275/married couple includes program, meals and overnight accommodations. Deposit \$60/person.

Monday, December 2, 2002 **9:30am to 2:00pm** **with Fr. William Munshower**

Reflection Day on the Psalms

This annual Reflection Day on the Psalms has become a tradition that is both enjoyable and enlightening, though it will take place a bit later this year due to Fr. Munshower’s travel to China and Tibet. Among others, we will take a close look at **Psalms 139**, which deals with self-knowledge; **Psalms 145**, which addresses our image of God, and Psalm 51, which gives us insight into human nature.

Fr. Munshower, pastor of St. Thomas Aquinas parish in Indianapolis, is truly a person who loves people and enjoys mining the riches of Scripture.

Registration fee of \$30 includes program and lunch.

December 6-8, 2002 **with Fr. Noël Mueller, OSB**

Charismatic retreat *Compassion: The Essential Gift*

This retreat will focus on the gift of Divine Compassion, expressed in the Gospels and the Old Testament. It is the essential gift because it allows us to enter into the lives of others.

Fr. Noël, a Benedictine monk of St. Meinrad Archabbey, served as a missionary in Peru for many years. It was during that time that he began his healing ministry. Fr. Noël is a popular retreat leader who presently serves as Associate Director of Continuing Education for the School of Theology at St. Meinrad.

Registration fee of \$135/individual; \$255/married couple includes program, meals and overnight accommodations. Deposit \$40/person.

Remember—keep this guide as your reference!

A sacred path for pilgrims

(Continued from page 1)

Today, spiritual seekers hungry for authentic experiences are drawing labyrinth designs in sand, mowing them into grassy fields, painting them on canvases, outlining them with rocks, and using them in hospitals, universities and prisons in addition to their ancient symbolic journey to the Holy Land.

Labyrinths are not mazes, although the words are frequently confused. Mazes are puzzles designed to trick and confuse. A labyrinth's purpose is to help us find our way; they have only one path that starts at the outer edge, goes into the center and comes back out again.

The word labyrinth is also the term for the part of the inner ear that regulates balance. It is thought that the equal number of left and right turns in this design provide a physiological benefit to the walker in addition to any spiritual benefits one might receive in prayer.

Some say walking the labyrinth is a threefold path bringing about a deeper union with God. The walk from the entrance of the labyrinth to its center represents the first part of the mystical path—a letting go, or “purging” of the things that block communication with God. The second stage may be found in the center of the labyrinth, often referred to as the rose. The Cistercians, through Saint Bernard of Clairvaux, instituted the practice of intercessory prayer to the Blessed Virgin Mary, frequently referring to her as the Rose of Sharon. It is here that the walker receives illumination or simply rests in whatever the experience offers. The process of retracing one's steps to exit the labyrinth is thought to provide an opportunity to integrate any insights gained into one's daily life.

Though some associate the labyrinth with the New Age movement, this ancient tool is simply one more way people can spend time in quiet reflection.

Some walkers pray the rosary, some rest in the center, some quietly repeat the Jesus prayer (“Lord Jesus, Son of the Living God, have mercy on me, a sinner.”) and some simply experience a pleasant walk outdoors. As many ways as there are to walk and to pray, there are that many ways to use the labyrinth.

***John Ridder of
PAXworks in
Indianapolis, draws the
design on the surface.***



Before the concrete hardened, a design was stamped into the surface to give it an old world texture.





Craftsmen spread three subtle colors of powder into the setting concrete to make the surface more interesting.



Swackhammer Masonry & Concrete pours concrete into the design forms in late July.



“This was not labor; it was art”

*—Eric Atkins, Facilities, Dir.
Diocese of Lafayette*

Brad Brown of Swackhammer Masonry & Concrete sandblasts the design John drew into the concrete.

“Its beauty beckons people to pray.”

—Fr. Don Schmidlin

After it was stained and sealed at the end of August, the finished labyrinth design is clearly visible from Fatima’s roof.



Come, practice the Art of renewal...

Program Guide: October 2002 to January 2003

Thursday, December 12, 2002 9:00am to 2:00pm
with Fr. Jim Farrell (starts 1/2 hour earlier)

Reflection Day on Healing

Inspired by the success of his annual day of Prayer in the summer, Fr Jim has agreed to offer a Reflection Day in the winter on Healing.

A priest of 25+ years and a native of Indianapolis, Fr Jim serves as pastor of St. Barnabas parish in Indianapolis. In addition to giving retreats in the Midwest, Fr. Jim does marriage preparation work for the Archdiocese of Indianapolis and has a long history of ministering to separated and divorced Catholics. As one participant said, "Fr Jim has a special way about him that touches everyone."

Registration fee of \$30 includes program and lunch.

December 31, 2002 to January 1, 2003
with Fr. Patrick Beidelman

New Year's Eve retreat
The Blessings of Belonging

As followers of Christ, we belong to a large and diverse family. As Roman Catholics, we belong to a living mystery, revealed in successive generations of believers. As Americans living in the 21st century, we belong to an idea, based on shared values at a point in time. As human beings made in the image and likeness of God, we have all we need to live out Christ's command to love one another. This retreat is an opportunity to reflect privately and share in a communal celebration of God's gift of time to us.

Fr. Patrick Beidelman is a young priest who serves as pastor of St. Michael parish in Brookville and Holy Guardian Angels in Cedar Grove, Indiana. When he was the youngest priest in the archdiocese, he was asked to give a retreat for archdiocesan priests. Fr. Patrick is from a large Irish and German family, and a cousin to Fr. Noah Casey, OSB and Fr Jim Farrell.

Registration fee of \$135/individual; \$255/married couple includes program, meals and overnight accommodations. Due to the special nature of this program, full payment is required at the time of registration.

January 17-19, 2003
with Dr. Margie Pike and Fr. Paul Koetter

Healing Retreat
Blessed Grieving: When a Loved One Dies

Are you grieving the loss of someone dear to you—a spouse, child, parent, sibling, friend? Are you seeking time and space to better understand your journey of grief and find ways to renew your hope? This retreat invites you to journey with others, listen to their stories, and explore a common sorrow. The program will help deepen your understanding of the grief process with the use of Scripture. Discover and affirm that God is with you in your struggles and in your hope.

Dr. Margaret "Margie" Pike is the president of Grief Limited, Inc. and a volunteer with Rainbow Seekers, a bereavement group for children and parents. She is co-author with Sara Wheeler of the book, *Goodbye My Child*. Fr. Paul Koetter is currently serving at St. Monica Church in Indianapolis. He has done considerable retreat work with youth and adults, especially Cursillo and Christ Renews His Parish.

Registration fee of \$135/individual; \$255/couple includes program, meals and overnight accommodations. Deposit \$40/person.



Photo by Fr. Joe Folzenlogen

Kevin DePrey led a retreat day in August for Catholic school principals and Directors of Religious Education.

Put these dates on your calendar:

February 2, 2003	/	Annual Carnevale fundraiser
March 7-9, 2003	/	Men's Lent retreat
March 14-16, 2003	/	Women's Lent retreat
March 21-23, 2003	/	Women's Lent retreat
March 28-30, 2003	/	Lenten Silent retreat
April 4-6, 2003	/	Women's Lent retreat
May 30-June 1, 2003	/	Men's Serenity retreat

For more information contact:

Fatima Retreat House
(317) 545-7681
5353 East 56th Street
Indianapolis, IN 46226

Please visit us at www.archindy.org/fatima

Good News (pulled directly from recent program surveys)

Women Religious retreat with Fr. Tom Widner, SJ

"I have had a difficult and stressful year. I needed peace and solitude."

"...the immensity of God's love and presence in my life became a reality to me."

"I love meeting Sisters of other communities."

Immaculate Heart of Mary parish staff retreat with Kevin DePrey

"Always great hospitality and inviting atmosphere."

"It was a good experience to reflect and learn how to renew our spirits."

United Methodist Steering Committee

"The peacefulness and hospitality make Fatima a joy to visit."

"Always amazes me how people had a vision for renewal and were able to design a site in an urban setting that feels apart."

Christ Temple

"The most excellent retreat/conference I

have ever attended...I see this as a life changing experience...I got more than I expected."

"The staff treated me like family; I even enjoyed making my bed."

"Holy environment"

"A place away from home, away from the world. Thank God for no TV, no clocks!"

Retreat with Bishop Robert Morneau

"This was my first retreat since high school (40+ years ago). It was excellent...I'm going to start reading more poetry and look for its treasures."

[benefits] "Taking time to just sit quietly outdoors and thank God for his gifts."

"I gained an appreciation for the Arts and how they can be spiritually integrated in my life."

"Quiet time, reflection, reconciliation were much needed."

From 50th Anniversary seminarians

"A beautiful spiritual oasis"

"A great blessing from the Lord"

Nativity school staff

"The community is lucky to have this place."

"It's nice and peaceful, not like a lecture room."

"Peaceful, energizing!"

Women's retreat with Paula D'Arcy

"I have new understanding of how deep God does dwell within me. In my daily life, I will love from the deepest part...I will work at bringing God's light thru me to others."

"Most of all, I want to thank your staff for their prayers, obviously it is the greatest gift you give us. It makes me feel as though I'm part of a family when I'm here."

"I have always come here empty and have always been filled up."

Catholic Leadership Conference

"Great place to escape and relax! I love the Stations of the Cross."

"I was able to grow in my faith."

OTHER INFORMATION:

DEPOSITS: Your per person non-refundable deposit guarantees a space for you at the retreat; balance is due upon arrival. See program listing for deposit amount. If you prefer to pay the full amount in advance and must cancel, your registration will be refunded, minus the deposit. Reflection day registration must be paid at the time of registration.

GENESIS FUND: Those who are unable to meet the cost of a weekend retreat may receive assistance from the Genesis Fund. Inquire with registrar.

FATIMA RETREAT HOUSE: (317) 545-7681

Sign Me Up!

CLIP AND MAIL REGISTRATION

Name _____ D phone (____) _____

Address _____ E phone (____) _____

Retreat _____ Date _____

Special diet request _____ Parish _____

Need first floor room _____ Suitemate requested _____

Name and ages of children for child care (Reflection Day):

1. _____ 2. _____ 3. _____

Non-refundable deposit \$ _____ enclosed. Full payment enclosed \$ _____

*I listen to the wind
 I hear a song
 A song of loneliness
 Where do I belong
 I listen to the wind
 I hear a song
 A song of hope
 Will I be strong
 I listen to the wind
 I hear a song
 A song of Love
 Did I hear wrong
 I listen to the wind
 I hear a song
 A song of joy
 I sing along*

—June Hill
 written on retreat



5353 East 56th Street
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 (317) 545-7681

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Reflections is published quarterly by Fatima Retreat House. Its main purpose is to offer information about programs and news of events for the board of directors, the members of the league, the many volunteers, and benefactors and friends of Fatima.

Publisher Kevin DePrey
 Editor Colette Fike

Send changes of address and ideas or comments to The Editor, Fatima Retreat House, 5353 East 56th St., Indianapolis, IN 46226-1486.
 fatima@archindy.org

What's new at Fatima?

- Security system
- Roof over kitchen and meeting room
- A/C unit in kitchen
- Fryer in kitchen
- Four bedrooms, thanks to burst pipes
- Some new pipes
- Labyrinth
- Smoke detectors
- Trellis by parking lot
- Door mats
- Computers (provided by grant)

What's still on the wish list?

- 59 bedrooms renovated
- New driveway with additional parking
- Remainder of roof replaced
- Benches for paths and labyrinth
- Landscaping for labyrinth area
- Outdoor lighting
- Chairs for downstairs room
- Assisted listening base for chapel

Come, practice the Art of renewal...

I wish to make a donation of \$_____ to Fatima. Genesis Fund Endowment Memorial Gift

I plan to include Fatima in my will.

Please tell us how we can serve you better: _____

Please mail to: Fatima Retreat House, 5353 East 56th St. Indianapolis, IN 46226-1486. Thank You.