

# Wholiness Retreats

*Opening Minds and Hearts  
to the loving embrace of God*



*Gracewood*

*“Come aside and BE  
for a while.”*

**Wholiness Retreats**  
**Gracewood**  
**434 N. C. Highway 58**  
**Warrenton, NC 27589**

*Opening Minds and Hearts  
to the Presence  
of the Divine and Human  
in Oneness*

Encountering the footprints of the Divine in creation, contemplation, centering prayer, meditation, lectio divina, Scripture, movement, song, poetry, journaling, stories, artistic expression, photography, nature walks, and labyrinth;

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Addressing the crises and traumas each person has had or is having that are impacting present beliefs, feelings, behaviors, and self-identity;

Using multiple strategies for helping each person develop a renewed sense of inner strength and self-nurturing;

Empowering each person to make the necessary changes that bring healing and growth for living in God’s presence within all creation.

*One-of-a-kind,  
once-in-a-lifetime,  
life-changing retreat*

## Schedule

Three Days

(Length of retreat  
can be adjusted.)

9:00 a.m. – 8:00 p.m.

## Number

Maximum – 6 retreatants

## Format

Each retreatant will be invited to:

- personal sharing within individual and group settings;
- guided creative expression, spiritual reading, movement in God through prayer.

*Be prepared to experience the intensity and the power of deepening presence through spiritual and psychological insight.*

## Retreat Facilitators:

**Sister Margie Hosch, OSF, M.A.**, is a clinical member of the American Association for Marriage and Family Therapy. Since co-authoring this retreat, she has teamed with Sisters and laywomen in conducting the retreat in North and South Carolina and Iowa. In six annual trips to Zambia, Africa, she has given the wholiness retreat to priests and Sisters in the diocese of Solwezi and to multiple religious communities of Sisters in the diocese of Lusaka. Her experience includes providing individual, family, and marriage therapy, and group therapy; conducting days and weekends of spiritual renewal; and accompanying individuals in their faith journey.

**Mary Catherine Harris, M.Ed.**, is a former teacher and school counselor. Since 2011, she has teamed with Sister Margie Hosch in giving wholiness retreats at Springbank Retreat, in South Carolina, in North Carolina, and in Zambia, Africa. In November 2015, she is completing a three-year training for certification in spiritual direction. Her experience in teaching communication skills and in news and feature writing has come to rest in a bent toward spiritual reflection and writing. She opens her home, Gracewood, to invite others to experience a deeper relationship with God within all creation..

## Is this retreat for you?

**If you have come to a turning point in your life and desire a greater depth and understanding of Jesus's call to "Come, follow me," - then, yes, this retreat is for you.**

*Healing mind, body, and spirit*

*Giving attention to God's Presence*

*Grieving loss*

*Discovering future direction*

*Healing relationships*

*Dealing with conflict*

*Addressing aging concerns*

*Transitioning through seasons of life*

*Taking time to pay attention to oneself*

*Tending to new understandings of creation*

*"...just as you are in me and I am in you, I pray that they also will be one in us..."*

*John 17:21*

## Suggested Donation:

A donation of \$100.00 per day is suggested for the retreat, to cover engagement of facilitators, as well as meals and supplies. Cost can be negotiated. No one will be turned away for inability to pay.

## Format:

In addition to the three-day format at Gracewood, the Wholiness Retreat will be given in other locations and formats, including five-day, upon request. Retreat facilitators are available to give Renewal Weekends and Days of Reflection.

## Location:

The three-day Wholiness Retreat takes place at Gracewood, the residence of Mary Catherine Harris, 434 N.C. Highway 58, Warrenton, NC 27589. Located near historic Warrenton, Gracewood is nestled in nine acres of woodlands, with a labyrinth, a walking path in the woods, and areas for meditation.

## Accommodations:

Meals and snacks are provided. Overnight accommodations are available. There are two private bedrooms with double beds and a spacious bunk room with four twin beds, which can be screened for privacy, along with sitting area, all upstairs.

# Wholiness Retreats

## Interest Response Form

\_\_\_\_ I am interested in participating in the Wholiness Retreat at Gracewood.

Preferred time of year: \_\_\_\_\_

Preferred days of week: \_\_\_\_\_

\_\_\_\_ I am interested in having the Retreat

Facilitators come to our location for:

\_\_\_\_ 3-day retreat \_\_\_\_ weekend of renewal

\_\_\_\_ 5-day retreat \_\_\_\_ day of reflection

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip code \_\_\_\_\_

Email \_\_\_\_\_

Religious community/Church affiliation:

\_\_\_\_\_

## CONTACT INFORMATION:

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**hoschm@osfdbq.org**