

Celebrating 60 Years – Reflect, Rest, Renew

UPCOMING EVENTS

JOIN US FOR THIS MONTH'S RETREATS AND EVENTS

DEC 9 - 22

SUNDAY – THURSDAY
9:00AM - 5:00PM

FRIDAY - SATURDAY
9:00AM - 9:00PM

Breezeway Stroll-by:
After hours, and for an
extended period.

DEC 9 - JAN 5, 2025
MONDAY – SUNDAY
Anytime

No cost event.
Donations are appreciated.



Nativity Exhibit - 18th Annual

Hosted by: Mary & Joseph Retreat Center

Each year, we invite the community to view our international nativity exhibit. This year, the exhibit presents examples of St. Joseph's role in the Christmas story.

Joseph is an important figure in the Christian faith though his appearance in the Nativity scene is often as a supporting player. Joseph, the protector, kept Mary and the Child safe and raised Jesus to young manhood. The image of Joseph has changed over the centuries and this year we look to him as central to the Holy Family, and to each family.

Please join us this year and see what we can learn about Joseph through our display and programs. We are delighted to welcome all to our grounds and share the hospitality of the season.

DEC 3

TUESDAY

9:30 AM - 10:30 AM

No cost event.
Donations are appreciated.

Grateful Gatherings - First Tuesday of each month

Hosted by: Valeria Chow, Life Coach and Certified Facilitator

Grateful Gatherings are an opportunity to cultivate a space where we can explore grateful living as an orientation to life. Through ongoing engagement and dialogue, participants develop a vital sense of community, while deepening understanding of themselves and others.

Additional Dates Coming Soon!

Register online at maryjoseph.org

DEC 14

SATURDAY

10:00 AM - 1:00 PM

\$75 per workshop



Emotional Sobriety:

Practicing Principles - Step 12

Hosted by: Allen Berger, PhD, Clin. Psych. and Herb Kaighan, Spiritual Guide

Become more aware of your emotional dependency and how it automatically and unconsciously impacts your life and influences your behavior; How to break free from the shackles of this dependency; Develop a PRACTICE of emotional sobriety which will increase your ability and confidence to cope with reality as it is rather than how you expect it to be or think it should be.

Register online at www.maryjoseph.org
or contact José at 310-377-4867 ext.250, jsalas@maryjoseph.org

5300 Crest Road, Rancho Palos Verdes, CA 90275 | 310-377-4867

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BOOKING UP FAST

REGISTER NOW FOR UPCOMING RETREATS AND EVENTS

JAN 18

SATURDAY

9:00 AM - 12:00 PM

\$50 Per Person

The Dove's Lesson: Hope in uncertain times

Hosted By: Mark Mitchell, LMFT

We are living in challenging times personally, socially, and politically. This 3-hour interactive workshop invites participants to explore the symbolism of the dove as a beacon of hope, peace, and resilience.

Through reflection, group discussions, creative exercises, and the spirituality and science of hope we'll uncover ways to cultivate hope and inner calm amidst uncertainty. Participants will leave with practical strategies to navigate life's challenges and a renewed sense of peace and purpose.

JAN 25

SATURDAY

9:00 AM - 12:00 PM

\$50 Per Person

Mindful Doodling: Sacred Expression Series

Hosted By: Laurie Wallace

The first in a series of workshops throughout the year - exploring the linkage between the mind and creativity to enhance our self-awareness.

This workshop "Neurographic Art – Mindful Doodling" is an introduction to an art form developed by psychologist and professor Dr. Pavel Piscev in 2014. Neurographic Art is made by drawing freeform connecting lines and using color for enhancements. This technique helps to link the two concepts of "Neuro" (brain cells) with "Graphic" (images and shapes) to produce new and surprising artistic expressions. There will be an introduction and a short meditation presented. Neurographic Art, simply stated, is mindful doodling. There are no mistakes in the final result. No previous art experience is required. All materials will be provided, and participants are also encouraged to bring their own art materials if they wish.

FEB 14

FRIDAY

5:00 PM - 9:00 PM

\$150 Per Couple /
Dinner Included



Valentine's Celebration: Growing the Grace of Unity Couples Dinner and Mini Retreat

Hosted By: Rev. Jim Clarke, PhD

The gift of marriage necessarily entails a real responsibility—to grow together. How does that happen? It certainly is not by magic.

The weaving of two people's souls is by grace and shared commitment. We will discuss the tools of this endeavor and celebrate your progress.

Please bring a favorite photo of the two of you.

Donations are
Appreciated



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