



Greetings!

Look and See

This morning, at waterside,
a sparrow flew to a water rock and landed, by error, on the back
of an eider duck; lightly it fluttered off, amused.
The duck, too, was not provoked, but, you might say, was laughing.
This afternoon a gull sailing over our house was casually scratching its
stomach of white feathers with one pink foot as it flew.

Oh Lord, how shining and festive is your gift to us,
if we only look, and see.

Mary Oliver



Our mission as a spirituality centre continues to be "To encourage individuals and groups to explore and restore the energies needed for personal, communal, and world transformation."

Something more than ordinary...

[Visit Our Website](#)

Retreats & Programs for 2021

[See All Upcoming Events, *depending on Covid restrictions](#)

8-Day: July 20-27
 6 Day: July 13-18, Sep. 7-12
 3-Day: Oct. 5-7, Nov. 2-4, Dec. 7-9

Silent Retreats 2021

Take time on the beautiful shores of Lake Simcoe to rest, rejuvenate and receive the gifts of silence waiting for you. Private room, home-cooked meals and spiritual direction are offered, if desired, as part of these days. COVID protocols followed.



What is Spiritual Direction?

Who are the Spiritual Directors at Loretto Maryholme?

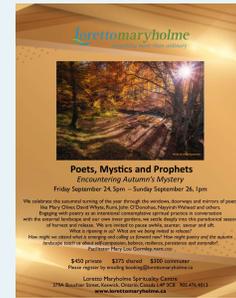
Sept. 24 - Sept. 26

Guided Retreat: Poets, Mystics and Prophets: Encountering Autumn's Mystery

We celebrate the autumnal turning of the year through the windows, doorways and mirrors of poets like Mary Oliver, David Whyte, Rumi, John O'Donohue, Nayyirah Waheed and others. Engaging with poetry as an intentional contemplative spiritual practice in conversation with the external landscape and our own inner gardens, we settle deeply into this paradoxical season of harvest and release. We are invited to pause awhile, saunter, savour and sift. *What is ripening in us? What are we being invited to release? How might we attend what is emerging and calling us forward now? How might poetry and the autumn landscape teach us about self-compassion, balance, resilience, persistence and surrender?*

Private room, home-cooked meals and spiritual direction are offered, if desired, as part of these days. COVID protocols followed.

Facilitator:
Mary Lou Gormley, MAMS, DSD



Oct. 29 - Oct. 31

Guided Retreat: Coming Home To Your Inner Self: Intuitive Writing As An Inner Path

Intuitive writing invites each person to open to directions and intuitions that are always moving through us, and to pay attention to what is helpful and for our good. This introduction to intuitive writing presents practises by which each person finds his or her inner voice and learns ways to attend to it.



Nov. 19 - Nov. 21

Guided Retreat: The Enneagram: A Reflective Journey

The Enneagram is a life-giving and de-shaming system for self-exploration that speaks to the questions of being human – Who am I really? Why do I do what I do and how is that different to other people? How can I feel more fulfilled? Why does change sometimes seem so hard? The Enneagram is a marvellous companion on this life-long journey to “true self.”



Private or shared room, home-cooked meals and meeting with your facilitator, if desired, are offered as part of these days. COVID protocols followed.

Facilitator:
Brenda Peddigrew rsm

Private or shared room, home-cooked meals and meeting with your facilitator, if desired, are offered as part of these days. COVID protocols followed.

Facilitator:
Diane Lindstrom

What is a Retreat



June 14, 2021

Dear Friends,

On June 2 Ontario lifted the 'stay at home' order and now a new roadmap to reopening has been introduced which is very good news indeed.

We are delighted to welcome you back - slowly and surely. Right now, we are offering the cabins for individuals wanting to make a private retreat. The booking response is great as an opportunity to enjoy the beauty of the grounds and the restorative lake is proving irresistible.

We hope to have the July 8 – 11 guided retreat with Brenda Peddigrew rsm and the July 13 - 18 and July 20 - 27 silent retreats with Mary Lou Gormley and Jane McDonell ibvm go ahead. Similar to last year's retreats there will be some adjustments to maintain your health and safety and to follow Covid regulations.

Keep well and see you soon.

Blessings,
The Maryholme Team

We are thrilled to have Tony Lin back for another season of Sunset Tai Chi at Loretto Maryholme on Sunday Summer evenings. Thank you Tony for the generous gift of your time and expertise!

Sunset Tai Chi

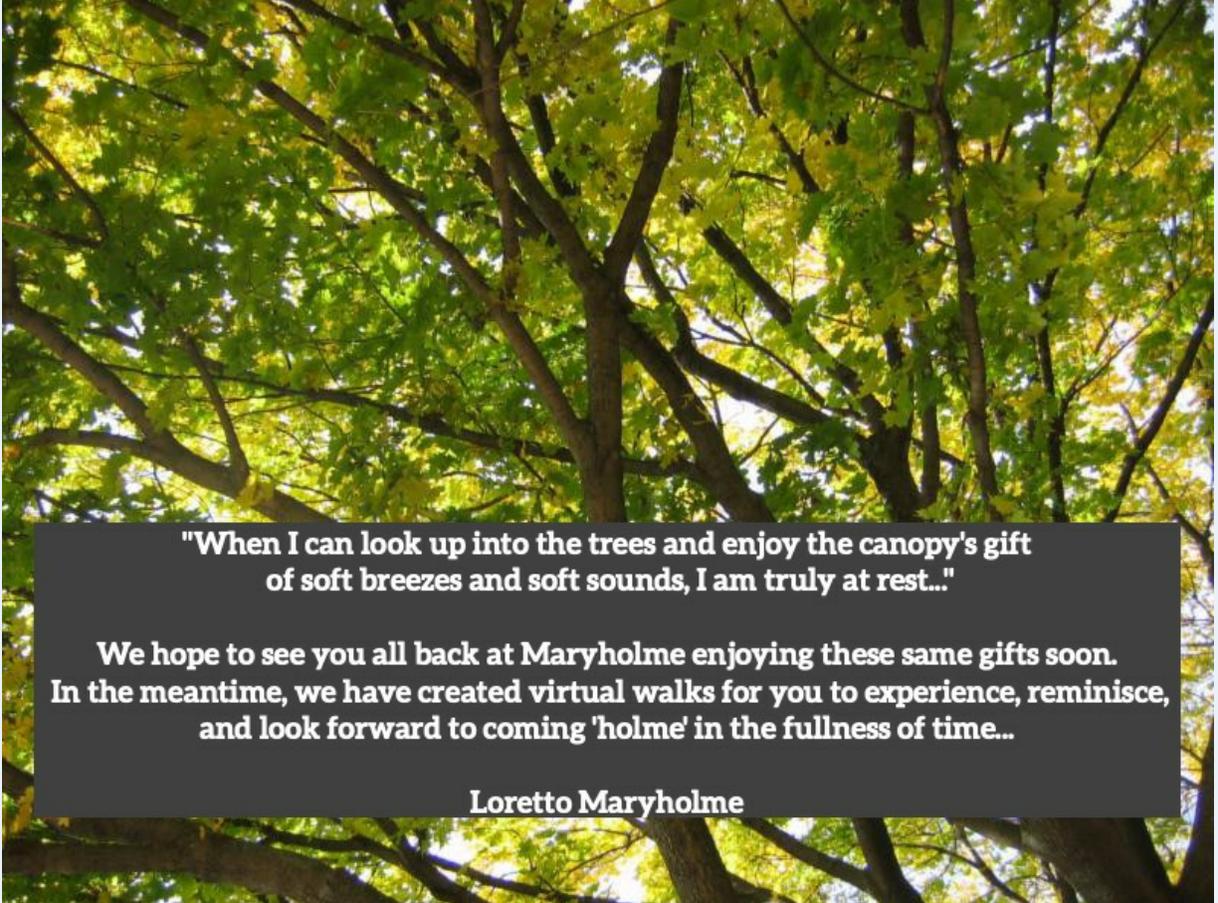
Sunday Summer Evenings: July 11th - September 5th, 2021
In July: 8-9pm, In August: 7:30-8:30pm, In September: 7-8pm



Join Tony Lin as he leads free outdoor Tai Chi sessions on our west grounds on Sunday evenings throughout July, August & September, weather permitting.

Tony currently leads free sessions in Georgina and has offered his services here for us. Come breathe the fresh air as you stretch under the silent setting summer sun... No registration needed, please no pets. Quiet arrival/departure appreciated. Check Tony Lin's FB page for updates/cancellations.

Loretto Maryholme Spirituality Centre
379A Bouchier Street, Keswick, Ontario L4P 3C8 905-476-4013
www.lorettomaryholme.ca



"When I can look up into the trees and enjoy the canopy's gift of soft breezes and soft sounds, I am truly at rest..."

We hope to see you all back at Maryholme enjoying these same gifts soon. In the meantime, we have created virtual walks for you to experience, reminisce, and look forward to coming 'holme' in the fullness of time..

Loretto Maryholme

Come along on this Virtual Labyrinth Walk.

Click here or on the image below to experience each phase of the journey, using the resources below the video, if desired.



Walking a Sacred Path

The Labyrinth is a pathway - a journey - a pilgrimage - a physical manifestation of the interior workings.

Guidelines for Virtually Walking a Labyrinth's Three-Fold Path:

When you arrive at the labyrinth's threshold pause to become aware of your intention for this prayer walk and seek to pay attention on the journey. Mindfully experience the process by remaining purposeful. Observe the process. There is no right way to walk this divine imprint other than with an attitude of surrender, tuning into your moment to moment feelings, breathing, opening... Follow your body & heart - let go of trying to figure anything out.

1. Releasing: From the entrance to the centre is the path of shedding or “letting go.” There is a release and an emptying of worries and concerns. Try to eliminate worldly concerns and quiet the mind. If you want to go deep and listen to the prompts of your soul, you may want to:

- Pray for someone in need as you walk.
- Make it a walk of thanksgiving and praise.
- Honour a benchmark: anniversary, birthday, death of a loved one.
- Make it a walk of discernment/decision-making.
- Walk with a question, a word, a dream, a mantra, a scripture verse.
- Do you carry some baggage or burdens on this path or in your life?
- What do you want to release as you walk in?
- What gifts, talents, and treasures do you bring to your journey?
- Who or what causes you to alter your path?
- How do you meet the twists, turns, or seeming dead ends in life?

2. Receiving at the Centre: When you reach the centre, stay there and focus for several moments. In the centre there is illumination, insight, clarity, and focus. It is here that you are invited into a receptive, prayerful, meditative state. Take time to allow what this unique moment offers.

- What is the centre of your life... is this the centre you want?
- Does anything happen in the centre of the labyrinth?
- If this is the turning point for you, what is the central theme of transformation for you?

When you sense you have received a gift, are centred and with peace,
join in the journey outward.

3. Relating & Reflecting: The return walk from the centre to the exit is the path of becoming grounded and integrating the gifts received. There is energy and an invitation to share what was received. The way out is never the same as the way in, moments have passed and all is changed if only fractionally.

- What do you wish to receive or take on as you walk out?
- What are you given as you walk out?
- What has the labyrinth given you?

When you leave the labyrinth,
be mindful of letting the experience settle in you.

Breathe deeply and express gratitude for this moment in time...

*Each stage of the 3-fold path is marked for you by the sound
of our Tibetan Singing Bowl and chimes, as a gentle cue, should you feel moved to just
close your eyes as you embark on a journey of the heart and soul
to discover and uncover that which lies hidden deep within....*

A Prayer Option to Lead you Through the Virtual Labyrinth Walk: Labyrinth Prayer (Adapted)

You are with me, Ever-Present Journeyer, as I stand at the opening to the labyrinth.
Remind me that I do not make the passage to the center alone.

Encourage me to bring my entire life with me. Each particle is woven into my relationship
with you. I bring all of it onto the path.

Instill trust in me as I begin to walk. Assure me that I can walk without fear, knowing you
are my Guide.

Slow me with your stillness so I do not hurry the steps I take. Enable my patience and
mindfulness to assist my focus on each step, as I join my breath to you, the One Breath.

When I reach the center, open the portals of my mind and heart to remove anything that
prevents me from seeing clearly. Grant wisdom to know what to leave behind.

Before I begin the return journey, place in my heart the gift that will support my being more
truly yours.

Strengthen and deepen my commitment to personal and world transformation. May each step be a step of kindness, of compassion, of justice, of hope, until the last step that moves me out beyond the labyrinth.

Wrap your peace around me as I go forth. May I move into what lies ahead with restored confidence.

Adapted from: *Prayer Seeds: A Gathering of Blessings, Reflections, and Poems for Spiritual Growth*
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Other links to enjoy include:
<http://www.labyrinthnetwork.ca>
<https://summersolsticefestivals.ca/events/>
<https://www.almanac.com/content/first-day-summer-summer-solstice>

Blessings from Loretto Maryholme

Visit Our Sacred Space...



"We call upon the moon and the stars and the sun, who govern the rhythms and seasons of our lives and remind us that we are part of a great and wondrous universe."

Chinook Blessing Litany



Enjoy our 9-minute **Virtual Cosmic Walk** video that begins in our east meadow and ends at our second dock, by clicking on this sentence or on the image below...



Just Breathe ...

Planning Your Stay



Come spend time in this sacred space. Rest, reflect and re-focus in an atmosphere of beauty, peace and solitude on the beautiful shores of Lake Simcoe.

Dease, McMahon, Blackbird Cabins and Fensom Cottage are available for personal retreats.

Spiritual direction is available upon request.

Email booking@lorettomaryholme.ca for availability.

We now accept e-transfers! If mailing in payment however, please note our new mailing address is: Loretto Maryholme Spirituality Centre, 379A Bouchier Street, Keswick, ON L4P 3C8.

[Learn More](#)

Guest Comments



"Thank you for having me at Maryholme. It was so peaceful here. I enjoyed being by the water, using the labyrinth and walking the trails. The quiet gave me hope and new insight. Thank you for the beautiful accommodations. I will tell others about Maryholme and hope to come back again. God bless you."

"The grounds are beautifully kept and allow nature and its animals to habitat here in peace."

"The serenity and spirituality of Loretto Maryholme lifted my spirits and helped me to move forward with a challenging life cycle event. Thank you for sharing your beautiful piece of heaven."

"The natural surroundings are meticulously maintained and a young fox came to greet me in the early morning.."

"The blessings. and words left by previous guests is a gift to start my stay. Thanks and gratitude."

[Our Stories](#)

[Find your centre at our Centre. Come and see ...](#)





info@lorettomaryholme.ca
Tel. 905.476.4013
www.lorettomaryholme.ca

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Sign up here to receive
this newsletter monthly

Regular Office Hours:
Weekdays 9am-12pm,
afternoons by chance.

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