

# **2026 Workshops, Retreats, Programs, & Events**

## **SEE INSIDE FOR ...**

- Art and photography events
- Living from a heart of forgiveness
- Growing hope and eliminating divisiveness
- Seasonal retreats
- Opportunities for community & spiritual growth
- .... and more!



**Center for Spiritual Development**

**COMPANIONS ON THE SACRED JOURNEY**

## Exploring the Enneagram: Many Paths to God

Saturday, January 17, 2026, 9 AM – 3 PM Pacific, in person or on Zoom

*Presenter: Sister Jane DeLisle, CSJ*

Studying the Enneagram can lead one to deeper self-knowledge and put one on the path to healthy personal integration. Self-awareness opens the possibility of gaining insight into both the creative energies and destructive behaviors in one's life. This in-depth workshop will couple knowledge of the Enneagram with insights into prayer – providing pointers on how to claim freedom and wholeness, and deepen one's relationship with God.

*Fee: \$80 with lunch included; \$60 if you bring your own lunch or attend on Zoom*

## Keeping Hope Alive

Saturday, January 31, 2026, 9 AM - 1 PM Pacific, in person

*Presenter: Sister Nancy Sylvester, IHM*

We are experiencing increasing division and polarities in our lives. Animosity and violence permeate our interactions as people and as nations. Can we dare have hope for the future we desire? This day will integrate input, process, and contemplative sitting. *This event is presented in partnership with St. Joseph Justice Center.*

*Fee: \$45*

## Counseling Skills for Spiritual Directors

Wednesdays, February 4 & February 11, 2026, 9 AM – Noon, in person

**For spiritual directors only.** See details on page 8.

## Sacred Passages: Ash Wednesday Retreat

Wednesday, February 18, 2026, 9 AM – 1 PM, in person

*Presenter: Julie Mussché*

Ash Wednesday opens the door to begin an extraordinary journey of soul work and making whole our relationship with God and each other. We enter a time of intention, where penance, sacrifice and acts of mercy help us navigate our return to spiritual wholeness. Where are you being called this Lenten season? You are invited to explore this call during a morning of prayer, reflection, and gentle conversation. Our time will conclude with Ash Wednesday liturgy, a simple repast of soup and a gathering of graces.

*Fee: \$45*

## **Online BioSpiritual Focusing Book Study: An Exploration**

Thursdays, February 26 - April 30, 2026 (skipping April 2), 6:30 – 8 PM Pacific, on Zoom

*Presenters: Deacon Joe Marino and Margit Dornisch*

BioSpiritual Focusing is a way of opening the whole of ourselves—mind, body, and spirit—to a deeper connectedness with God, others, and self. We will cover the basics of BioSpiritual Focusing dynamics and provide experiences in developing the gentle habit of noticing and nurturing important feelings that are the doorway to a deeper story.

*Fee: \$195*

## **Living from a Heart of Forgiveness**

Saturday, February 28, 2026, 9 AM – Noon Pacific, in person OR on Zoom

*Presenter: Sister Sharon Becker, CSJ*

Jesus challenged his disciples to go beyond what was written in the Law and to forgive the enemy. Why? How? Is forgiveness linked to God's love and mercy? Join Sister Sharon in exploring and understanding what it means to live from a heart of forgiveness.

*Fee: \$40*

## **Spiritual Book Circle**

Wednesdays, March 11 & 25, April 8 & 22, 2026, 9 – 10:30 AM Pacific, on Zoom

**For spiritual directors only.** See details on page 9.

## **The Sorrowful Mysteries during Lent on the Feast of the Annunciation**

Wednesday, March 25, 2026, 7 – 8 PM Pacific, in person OR on Zoom

*Presenter: Julie Mussché*

Join us in praying a Lenten rosary on the Feast of the Annunciation, reflecting on the Sorrowful Mysteries with prayerful intention and engaging Imago Divina.

*Free will offering*



## **Walking with Those in the Dark: Spiritual Direction for the Suffering**

Saturday, March 28, 2026, 9 AM – Noon Pacific, in person OR on Zoom

**For spiritual directors only.** See details on page 9.

## **Making Friends with Prophets**

Saturday, April 25, 2026, 9 AM – 3 PM Pacific, in person

*Presenter: Megan McKenna*

The Beatitudes begin with the poor, and then extends to others, the peacemakers and ends most strongly with prophets. Come and visit with some prophets, from Scripture and stories. We will look at these characteristics as foundational to the vocation and lifestyle of prophets, all of which are closely connected to their messages. So how good are we at resisting, remembering, releasing, raging (holy) and rejoicing? Jesus, of course is the Prophet par excellent, but there are many ways to express our art of imitating and becoming prophets, practicing ourselves, or at least becoming friends of the prophets.

*Fee: \$85 with lunch included; \$65 if you bring your own lunch*

## **Fear and Faith: Hope and Wholeness in a Fractured World**

Saturday, May 2, 2026, 9 – 11 AM Pacific, on Zoom

**For spiritual directors only.** See details on page 9.

## **Photography as a Contemplative Practice**

Saturday, June 6, 2026, 8:30 AM – 12:30 PM Pacific, in person

*Presenter: Glenda Campos*

Join us for a photography retreat, where photography becomes a means of grace to deepen your spirituality, to see more clearly, and grow in your ability to integrate your contemplative practice and your creative expression. The art of photography both awakens your vision and invites you into worship of God. Photography becomes a contemplative prayer practice, as you receive images, seeing with the “eyes of the heart.”

*Fee: \$45*

# *Embrace the Sacred*

## *Foundations of Spirituality*

Desire is the sign of God's calling you to something more in your life. Do you long to be in closer connection with God? Do you sense a yearning to broaden your life of faith? Are you seeking to integrate your faith, your spiritual life, and your everyday experiences? This is the program for all who long to know, love, and serve God more intentionally. This program will assist you to respond to your heart's longings in the context of a supportive community. Come and participate in purposeful spiritual exploration that nurtures your desire for greater union with God. Open yourself to spiritual practices and knowledge for a deeper spiritual life that will motivate and sustain you in your relationships, daily life, and in transforming work into ministry.

Join us for individual sessions (\$45 each) or commit to the entire series (\$400 total), earning a certificate of completion. Below are the titles for each session, which take place the third Saturday of the month, 9 AM - noon.

**September 19, 2026**

*Understanding the Heart of the Spiritual Journey: What is Spirituality?*

**October 17, 2026**

*Tracing the Roots, Honoring the Wisdom: Origins & Traditions of Christian Spirituality*

**November 21, 2026**

*Stages of Faith Development: Understanding the Spiritual Journey Across a Lifetime*

**December 19, 2026**

*Exploring Images & Relationships with God: Healing Our Understanding of the Divine*

**January 16, 2027**

*Rituals as an Expression of Spirituality: Finding the Sacred in What We Do*

**February 20, 2027**

*Abrahamic Traditions: Exploring the Spiritual Heart of Islam, Christianity, & Judaism*

**March 20, 2027**

*Jesus, Our Spiritual Teacher: Learning the Way of Love, Wisdom, & Inner Freedom*

**April 17, 2027**

*Teach Me How to Pray: Responding to the Deep Desire for Connection with God*

**May 15, 2027**

*Developing a Discerning Heart: Learning to Listen for God in Daily Life*

**June 19, 2027**

*Integration Retreat: A Time to Remember, Reflect, & Rest in God*

## **Art Expressions: A Time to Pause, a Time to Be, a Time to Create**

Saturday, July 11, 9 AM – 3 PM Pacific, in person

*Presenter: Sister Ellen O'Leary, CSJ*

Through sound, through smell, through touch, through paint – we will joyfully explore our gifts of creation. No prior painting experience necessary. Supplies will be provided, but feel free to bring your own if you choose.

*Fee: \$85 with lunch included; \$65 if you bring your own lunch*

## **Art & Contemplation**

Tuesday – Thursday, July 14, 15, & 16, 9 AM – 12:30 PM Pacific, in person

*Presenter: Valerie Kemp*

This 3-day contemplative session is offered to anyone interested in exploring art as a creative practice. Whether you have been creating art for years or not, come join like-minded people who want to discover new ways to nourish the soul. All experience levels are welcome. Space is limited.

*Fee: \$140*

## **A Day of Presence: An Introduction to BioSpiritual Focusing**

Saturday, August 22, 2026, 1 – 5 PM, in person

*Presenters: Deacon Joe Marino and Margit Dornisch*

This afternoon of reflection will uncover ways to discover the wisdom held within our bodies as we attend to the inner feelings that contain holistic knowledge of ourselves and our lives. Through caring presence to what emerges, we unveil a rich harvest of knowing that brings us into the deeper way of understanding that abides in the human soul.

*Fee: \$45*

## **Tending to Dreams – A Sacred Wisdom Tradition**

Wednesdays, September 2, October 7, November 4, & December 2, 2026, 9 AM – Noon, in person

**For spiritual directors only.** See details on page 10.

# Understanding the Heart of the Spiritual Journey: What is Spirituality?

Saturday, September 19, 2026, 9 AM – 12 PM, in person OR on Zoom

Drawing on the experience of participants, we will explore what it means to be spiritual and how our spirituality shapes the way we live and find meaning. This session focuses on building a clear understanding of spirituality, outlining its various expressions and relevance today. We will distinguish spirituality from religion and discuss its impact on body, mind, and spirit. We will also consider both Christian wisdom and universal practices to clarify how spirituality connects us to God, others, creation, and ourselves. *This program is part of our spiritual formation series; turn to page 5 for details about the complete series (registration \$400), or register for individual sessions as desired.*

**Fee: \$45**

## Online BioSpiritual Focusing Book Study: An Exploration

Thursdays, September 24 – November 19, 2026, 6:30 – 8 PM, on Zoom

**Presenters: Deacon Joe Marino and Margit Dornisch**

BioSpiritual Focusing is a way of opening the whole of ourselves—mind, body, and spirit—to a deeper connectedness with God, others, and self. We will cover the basics of BioSpiritual Focusing dynamics and provide experiences in developing the gentle habit of noticing and nurturing important feelings that are the doorway to a deeper story. *Rediscovering the Lost Body-Connection Within Christian Spirituality* by Rev. Edwin McMahon, Ph.D. and Rev. Peter Campbell, Ph.D. will be our guide.

**Fee: \$195**

## What Might Be Cultivated through Spiritual Direction?

Saturday, September 26, 2026, 9 – 11 AM, in person

**For spiritual directors only.** See details on page 10.



## ***The Sojourner's Well: Refreshment for Spiritual Directors***

These sessions are geared towards those who are active in the ministry of Spiritual Direction and are **for spiritual directors only**. Each session will consist of content as well as reflection, dialogue, and formation of small communities.

### **Counseling Skills for Spiritual Directors**

Wednesdays, February 4 & 11, 2026, 9 AM – Noon Pacific, in person

***Presenter: Michael Johnston, Ed.D.***

Spiritual directors are better companions and deep listeners when they use foundational counseling skills effectively. Specific microskills for active listening include attending, validating emotion, clarifying, and appreciating the sacred. These skills are effective in 1) establishing relationship; 2) exploring experiences, concerns, and questions; and 3) deepening the experience of exploration within the spiritual direction relationship.

***Fee: \$100***



## Spiritual Book Circle

Wednesdays, March 11 & 25, April 8 & 22, 2026, 9 – 10:30 AM Pacific, on Zoom; and Saturday, May 2, 9 – 11 AM Pacific, on Zoom

Fear is a powerful force in our world today, but faith offers us a path toward courage and hope. In *Fear and Faith: Hope and Wholeness in a Fractured World*, Daniel P. Horan invites us to see how fear can distort our relationships with God, ourselves, and one another, and how faith can open us to healing and love. Our book circle will be a space for conversation, prayerful reflection, and discovering how we can live with greater wholeness and trust in God. For our final session, on May 2, the author will join us.

***Fee: \$125 for the full series OR \$45 to attend on May 2 ONLY***

***Can't attend all the Spiritual Book Circle sessions?  
You may also register for the May 2 meeting ONLY,  
when author Daniel P. Horan will join us!***

***\$45 to attend on May 2 ONLY***

## Walking with Those in the Dark: Spiritual Direction for the Suffering

Saturday, March 28, 2026, 9 AM – Noon Pacific, in person OR on Zoom

***Presenter: Bill Dogterom, D.Min.***

One of our favorite psalms makes clear what life teaches us – inevitably, as we walk with God, the path will lead through dark valleys. The challenge for spiritual directors is to accompany those who are in the dark – who are suffering – who are feeling “disappeared” by God. The invitation is to discover the treasures of the darkness not available along any other path. This class will explore the places of pain – of lament – with the goal of learning to see in the dark – to learn God’s presence in shadows.

***Fee: \$45***

## **Tending to Dreams – A Sacred Wisdom Tradition**

Wednesdays, September 2, October 7, November 4, & December 2, 2026, 9AM – Noon Pacific, in person

*Presenter: Bobbie Ascarate*

In this experiential and participatory workshop series, we will examine the connection between God, dreams, and one's faith journey. In the company of other spiritual directors you will be offered the opportunity to not just learn about the practice of tending dreams but will experience the practice for yourself.

*Fee: \$180*

## **What Might be Cultivated through Spiritual Direction?**

Saturday, September 26, 2026, 9 – 11 AM Pacific, on Zoom

*Presenter: Susan S. Phillips*

While the world can assume the form of a three-ring, mesmerizing, distracting circus, as created, it is a garden which is cared for and life-giving. How do we help directees notice the "garden" of their lives in the loud, flashy environment of the "Big Top?" How do directors savor the replenishing fruit of God's garden and tend that space for others? These are questions we will ponder together.

*Fee: \$45*

## **Listening to Our Deep Interiors: The Language of Emotions**

Saturday, November 7, 2025, 9 AM – Noon Pacific, in person OR on Zoom

*Presenter: Nina Lau-Branson*

As spiritual directors, our capacity to accompany others is deepened when we can welcome, listen to, understand, and embrace our own anger, fear, sadness, and happiness. This workshop will be an introduction to a framework for understanding emotions from Dynamic Emotional Integration, a praxis-driven non-clinical approach to emotional awareness, healthy empathy, and social-emotional education.

*Fee: \$45*

## **Meet Me in the Garden: Fostering Fullness of Life for All Creation**

Saturday, October 3, 2026, 9 AM – Noon Pacific, in person

*Presenter: Paul Schutz, Ph.D.*

In the fullness of autumn, we discover new ways of seeing Creation, and begin to learn how to change the actions we take that impact the world around us. We will discuss the ways Scripture and Ignatian spirituality guide us in developing this cosmic perspective, and have time for personal reflection and sharing. After a meditation walk through the beautiful garden at St. Joseph Center, we will conclude with outdoor prayer.

*Fee: \$50*

## **The Glorious Mysteries for the Feast of Our Lady of the Rosary**

Wednesday, October 7, 2026, 7 – 8 PM Pacific, on Zoom

*Presenter: Julie Mussché*

Join us in praying the rosary on the Feast of Our Lady of the Rosary, reflecting on the Glorious Mysteries with prayerful intention and engaging Imago Divina.

*Free will offering*

## **Tracing the Roots, Honoring the Wisdom: Origins & Traditions of Christian Spirituality**

Saturday, October 17, 2026, 9 AM – 12 PM Pacific, in person OR on Zoom

*Presenter: Julie Mussché*

This session examines the historical and cultural foundations of spirituality, highlighting how diverse traditions have influenced the search for the divine. By engaging both the history and lived experience of spirituality, this class invites participants to honor the past while discerning what speaks most deeply to their own journey today. *This program is part of our spiritual formation series; turn to page 5 for details about the complete series (registration \$400), or register for individual sessions as desired.*

*Fee: \$45*

## Listening to Our Deep Interiors: The Language of Emotions

Saturday, November 7, 2026, 9 AM - Noon Pacific, in person OR on Zoom

**For spiritual directors only.** See details on page 10.

## Stages of Faith Development: Understanding the Spiritual Journey Across a Lifetime

Saturday, November 21, 2026, 9 AM – 12 PM Pacific, in person OR on Zoom

**Presenter: Bill Dogterom, D.Min.**

In this class, we will explore how faith develops through different stages of life. Together, we'll examine the characteristics of each stage, exploring how people understand God, truth, authority, and meaning at various points in their lives. We'll reflect on how spiritual growth often involves disruption, doubt, transformation, and renewal. *This program is part of our spiritual formation series; turn to page 5 for details about the complete series (registration \$400), or register for individual sessions as desired.*

**Fee: \$45**

## Great Expectations: An Advent Retreat Series

Wednesdays, December 2, 9, & 16, 2026, 7 – 8:30 PM Pacific, in person

**Presenter: Robert Choiniere, D.Min.**

Walk with fellow pilgrims through the movements of Advent, this sacred season of waiting and expectation, to discover the God that is always with us even and especially when we forget or lose our way. This 3-week series will trace the themes of Advent through scripture, story, ritual, and spiritual conversation to rediscover the source of our longings and expectations.

**Fee: \$65 for the 3-part series or \$25 each for individual evenings**

*Recognizing the economic challenges of our times,  
the Center for Spiritual Development strives to keep pricing affordable.*

*If you need assistance with your registration fee,  
partial scholarships may be available upon request.*

*Contact [thecsd@csjorange.org](mailto:thecsd@csjorange.org) or call 714-744-3172.*



# The Joyful Mysteries in Advent and on the Feast of the Immaculate Conception

Tuesday, December 8, 2026, 7 – 8 PM Pacific, on Zoom

*Presenter: Julie Mussché*

Join us in praying an Advent rosary on the Feast of the Immaculate Conception, reflecting on the Joyful Mysteries with prayerful intention and engaging Imago Divina.

*Free will offering*

## Exploring Images & Relationships with God: Healing Our Understanding of the Divine

Saturday, December 19, 2026, 9 AM – 12 PM Pacific, in person OR on Zoom

*Presenter: Kathleen Schinhofen, M.Min., D.Min.*

How we imagine God shapes how we relate to God. Is God distant or near? Gentle or judgmental? Loving or conditional? We will explore the powerful connection between our personal images of God and our spiritual life. *This program is part of our spiritual formation series; turn to page 5 for details about the complete series (registration \$400), or register for individual sessions as desired.*

*Fee: \$45*

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## Taizé Prayer Service

**3rd Thursday of the month January – June, 7 – 8 PM, in person  
Sacred Heart Chapel • 480 S. Batavia Street, Orange**

Slow down and unplug at this hour-long service designed in the style that began in Taizé, Saône-et-Loire, Burgundy, France. This service includes prayer, simple beautiful music, a time for silence, and sacred readings. Chants are sung many times over as a prayer of the heart. All faith traditions are welcome. Offered in prayerful collaboration between Stillpoint and Center for Spiritual Development.

### 2026 Schedule

- |                      |                   |
|----------------------|-------------------|
| • <b>January 15</b>  | • <b>April 16</b> |
| • <b>February 19</b> | • <b>May 21</b>   |
| • <b>March 19</b>    | • <b>June 18</b>  |



## **The Art of Spiritual Direction**

### ***A Training and Formation Program for Spiritual Directors***

The Art of Spiritual Direction (ASD) is a 3-year program for individuals who discern in themselves a call to the ministry of spiritual direction. It provides a holistic curriculum integrating theology, spirituality, skills development, psychology, Scripture, and supervision in the art of spiritual direction.

Classes are held on 10 Saturdays each year, September to June. Sessions feature content, guided reflection questions, small group conversations, reading, and journaling. The program also includes practicum sessions.

Successful completion of the 3-year program earns a certificate of completion from both the Center for Spiritual Development and the Center for Religion and Spirituality at Loyola Marymount University.

For any questions or more information, please contact Lucy Dominguez at [ldominguez@csjorange.org](mailto:ldominguez@csjorange.org) or 714-744-3158.

## **A GIFT TO NURTURE THE SOUL**

***Searching for a unique surprise to bring a smile to someone's face?***

**CSD gift certificates are available for special occasions,  
employee recognition, or "just because."**

**Contact us: 714-744-3172 or  
[slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)**



# **Discernment: Exploring the Call**

## ***A Reflection / Education Series***

***Presented by: Sister Karin Nürnberg, CSJ, and Team***

This 9-month series for women provides invaluable information about religious life in monastic, contemplative, or apostolic communities. We discuss topics such as community and ministry, the Eucharist, and the vows. Participants also experience different forms of personal prayer and learn how to discern in order to understand the movements of the heart. Former participants have found the program very informative and helpful in discerning a call to religious life, a lay institute, an associate program, Third Order, or to service. Others have found the information beneficial and desired to support those moving through a discernment process.

Each formal gathering is two hours. The sessions consist of prayer, input, and questions / discussion, and also include Sunday Mass and brunch. If you are currently meeting with a Vocation Director, we recommend that you share the information with her for discussion.

The sessions are typically on the second Sunday of the month, but please check for exceptions.

**You may register for one, several, or all sessions.**

**Although this program began in September 2025, you may start at any time. Questions? Contact Sr. Karin: 714-744-3105 or [knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)**

## **2026**

**January 11: Understanding the Vow of Poverty**  
**February 8: Understanding the Vow of Obedience**  
**March 8: Interculturality in Religious Life**  
**April 12: Understanding the Vow of Chaste Celibacy**  
**May 17: Gathering the Graces**

**For additional information and to register, please contact:  
Sr. Karin Nürnberg, CSJ: 714-744-3105 or [knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)**

## Our Mission & Values

*The mission, vision, & values of the Center for Spiritual Development are grounded in the mission & spirituality of the Sisters of St. Joseph of Orange:*

*"We bring all people into union with God and one another."*

### Our Mission

The Center for Spiritual Development strives to nurture the spiritual lives of all who seek God.

### Our Vision

The Center for Spiritual Development serves as a sacred epicenter responding to spiritual needs of local and global communities of faith.



*Visit Our Programs Page*



434 S. Batavia Street, Orange, California 92868  
Near the 5, 22, and 57 freeways

[thecsd.org](http://thecsd.org)

FOR MORE INFORMATION, PRICING, REGISTRATIONS, OR RESERVATIONS,  
PLEASE CONTACT SONYA LONGBOTHAM AT  
714-744-3172 or [slongbotham@csjorange.org](mailto:slongbotham@csjorange.org).