

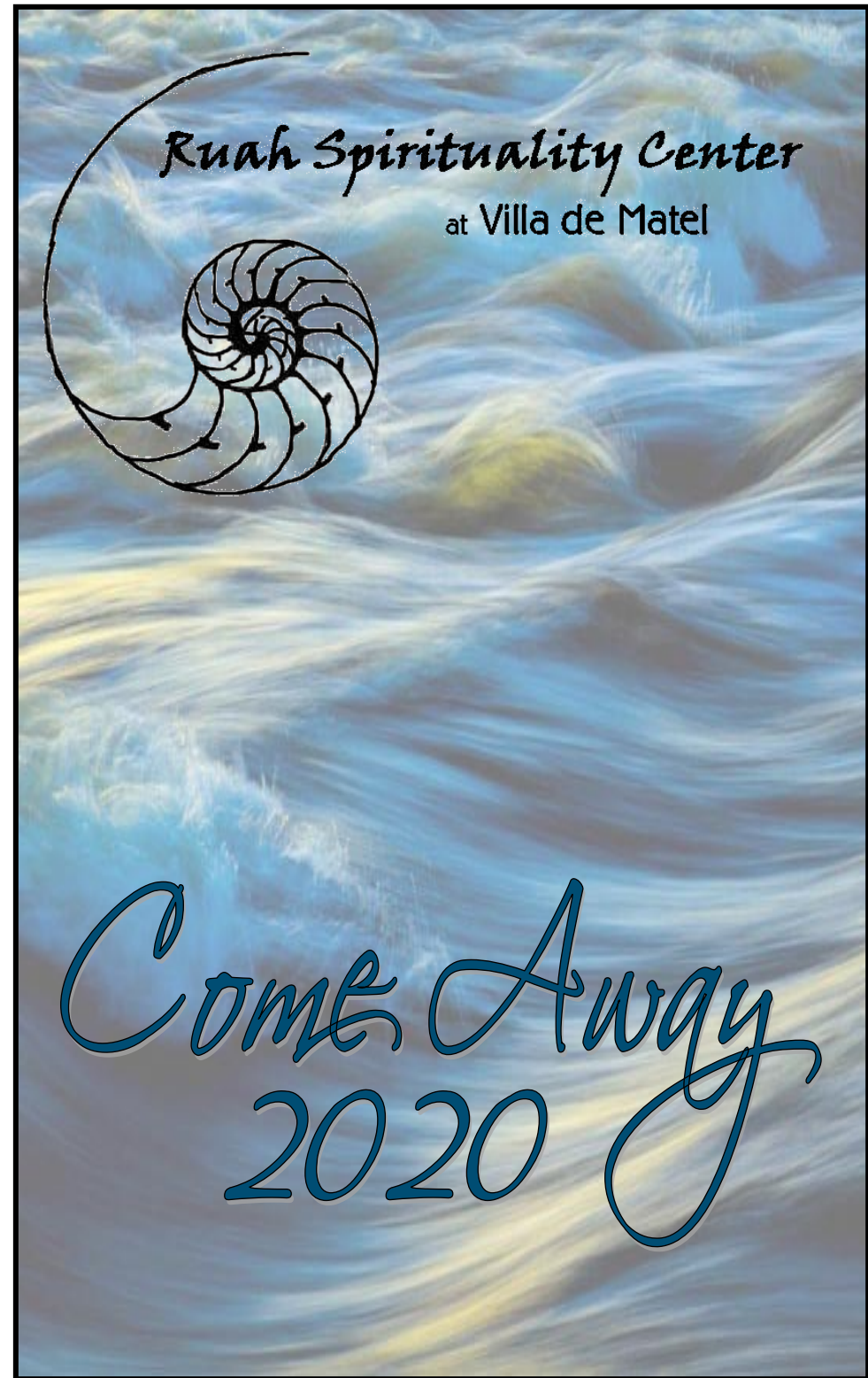


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To access
Retreat
Registration
online form



SCAN ME





About us

Ruah Spiritual Center is a ministry of the Sisters of Charity of the Incarnate Word, focuses primarily on promoting the re-creation of the human spirit. Our primary work is to plan for and welcome individuals and groups who seek spiritual renewal afforded by an environment of beauty, quiet and reverence for all life.

Individuals who seek a few hours of prayer, a day of prayer or a longer period of retreat are welcome. Groups who intend to give significant time to silent seeking and later sharing out of the silence are also welcome. (However, for an individual's or a group's first time in silence, we offer one day only, from morning until afternoon. For subsequent visits, an overnight can be considered.) The convent chapel, the grounds, and the places of quiet for listening and prayer are open to all those who desire to come. Our accommodations are simple single rooms in dormitory style with shared restroom facilities.

What Does Ruah Mean?

“Ruah cannot be translated by any single English word. It is a Hebrew word that sometimes indicates “breath of life force”, “wind”, “the movement of air” or “spirit”. In Hebrew scripture “ruah Elohim” is the creative wind of the Lord. We use circular shapes as symbols for Ruah Center. The circle was an ancient Christian symbol for God, community and the universe. Our circle is in motion, suggestive of T.S. Eliot’s “still point in a turning world”, the silent center being God and the circular motion being our turning around and focusing on our creative center. In the east, the circle is a symbol of enlightenment.

Wednesday Evenings at Ruah



One Wednesday night a month, from 6:30-9:00 pm, we'll gather for reflection and solitude, closing with Night Prayer together. In 2020 our dates and focuses will be:

- January 22 Spiritual Rule of Life
- February 26 The Season of Lent
- March 25 Fully Entering into and Experiencing Holy Week
- April 29 Easter Season
- May 27 Pentecost Today
- SUMMER BREAK
- September 16 Mary, Everyone's Mother
- October 28 Reflection on All Saints/All Souls
- November 18 Entering into the Season of Thanksgiving
- December 16 The Gift of the Incarnation

Ruah is closed to guests
August 16-30, 2020
December 24-January 1, 2021



ADVENT RETREAT
DECEMBER 3-6, 2020
Thursday~12noon-Sunday~10:30am

We'll take a few days to contemplate the Incarnation of Jesus in history, his presence with us today, and the fulfillment of his final coming at the end of time. Enter into this sacred season by spending time with some of the great figures of faith found in our Advent scriptures. Amid the busy-ness of the season, put a few days aside for spiritually preparing yourself for the celebration of Christmas, and the gift of the Incarnation in your life.



Invitation to Silence

One important aspect of the mission of Ruah Center is to offer an environment of quiet and spaciousness to our retreatants and guests to enable them to enter the temples of their hearts and to develop attentiveness to the One Ruah who re-creates, heals and prepares us for more creative action. Therefore, we ask all who come to accept and appreciatively respond to our invitation to silence. We see this as a way in which you minister with us.

Prayer and Worship

Time and space for silent meditation are available. We provide several areas of “spiritual breathing space”. We have two group meeting rooms: **Bethany** for smaller groups (15 or fewer), and **Emmaus**, for larger groups up to 35. **The Oratory** is for personal quiet prayer. **The Icon Room**, where the Mystery of Incarnation is reflected in line, image, color and beauty, is for quiet mediation by those drawn into the Mystery this way. **Lebh Shomea**, Hebrew for “listening heart”, is our listening room providing space for sacred reading, journaling or listening to music. In **Kairos** you may pray with your own creative expression using art supplies, writing or movement. Visit the **Labyrinth**, our newest prayer space, located behind the Villa near the cemetery. The **Villa Chapel** is no longer used for daily Eucharist but is available for groups or individuals on retreat. (if a group wants to celebrate its own Mass, they must also make their own arrangements with a priest.)

Spiritual Direction

Spiritual direction concerns your relationship with God—observing God’s movement through the circumstances of your life, considering how to respond, and growing in trust that you are indeed a dwelling place for God’s Spirit.

Our directors are available while you are here on retreats or days of prayer, and/or for an ongoing committed direction relationship. We have a bilingual ministry to respond to those who are more comfortable speaking Spanish.

Labyrinth

The Labyrinth is an ancient symbol found across many cultures and around the world. A labyrinth's route is unicursal, that is, it has only a single path. It relates to illumination and the individual spiritual journey.

Taking a Labyrinth Prayer Walk represents a journey to our own deepest self-center and back out again into the world with broadened understanding of who we are. It combines one's sacred prayer and reflection on God's meandering purposeful path for your life.

Your life is a sacred journey. And it is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way.



Feel free to come and walk the **Labyrinth** anytime during daylight hours. First sign in at the reception desk and get a guest badge.

Ruah Sponsored Retreats



LENTEN RETREAT **March 26-29, 2020**

Thursday~12noon-Sunday~10:30am

Time in the "desert" to reflect on this season of prayer, repentance, fasting and service. We come together to enter Lent intentionally, prayerfully, and openly. Lent is an invitation to spend some quality time with Jesus in the desert, a spiritual place where God is often found. Spend quiet, focused time in prayer, experiencing the Lord who wants you not just to survive but to be refreshed, healed, and sanctified in your vocation to serve. Lent begins on Ash Wednesday, February 26, 2020 and ends on Saturday, April 11, 2020.



CENTERING PRAYER **INTENSIVE RETREAT** **June 7-13, 2020**

A deepening experience designed for those who already have a well-established Centering Prayer practice (the Thomas Keating method, or Christian Meditation as taught by Laurence Freeman). For those who cannot get away for the full week, we welcome you to join the group for **a mini-retreat on June 11, or register just for June 12-13 as a regular Centering Prayer Weekend.**

Centering Prayer Weekend & Workshop Dates

January 10-11	May 8-9*	September 11-12
February 7-8	June 12-13	October 9-10*
March 13-14*	July 10-11	November 13-14*
April 17-18	August 7-8	December 11-12

CENTERING PRAYER WORKSHOP
May 9, 2020 and October 10, 2020
9:30 am-3:00 pm (in English)

*Designed for those who are beginners in the practice or for those who want a refresher. All participants must register in advance by accessing our website registration process or calling Ruah office.

INTRODUCCIÓN A
ORACIÓN CENTRANTE
14 de Marzo y 14 de Noviembre, 2020
9:30am a 3:00pm (en español)

**Los participantes deberán inscribirse con anticipación llamando a la oficina de Ruah o enviando correo electrónico. Cupo limitado.*

Stillness, Solitude, Presence

We are often overwhelmed by the busyness and stress of our daily lives. Our restless spirits hunger for peace and stillness. Take this time away to rest in the quiet and be consoled by God's loving presence. The peace and tranquility of Ruah Spirituality Center will afford a sacred space for you to reflect, meditate, and be renewed in faith, hope and love.

Individually Directed Days of Prayer Día de Oración Individual Guiada



Registration for your day of prayer or retreat can be completed online at www.ruahcenter.org. If you don't have access to the internet, call the Ruah office (713-928-6053 ext. 1228) to register. For your first time to have this experience of solitude, prayer and silence we offer one day only, from morning until afternoon or evening. Consult with your spiritual director for subsequent overnight stays. (Stays up to 8 days will be considered based on one's experience or readiness.)

Puede registrarse por internet, completando el formulario que se encuentra en la página de www.ruahcenter.org o llame a la oficina de Ruah para registrar su día de oración con dirección o guía espiritual. Para las personas que tendrán esta experiencia por primera vez, ofrecemos solo la opción de un día, desde la mañana hasta la tarde o noche. Consulte su guía espiritual para estadías prolongadas (Las estadías de más de 8 días serán consideradas en base a la experiencia de la persona).

A Day of Prayer or Retreat for your Own Group

Un Día de Oración o Retiro para su Grupo



Ruah provides facilitated time in solitude and silence for groups whose purpose is prayer, service, worship, healing, ministry to church and/or community, or spiritual growth and nourishment. As with individuals, we offer one day for a group's first visit, and overnights for subsequent visits if desired. Ruah staff usually facilitates your group's day of prayer or retreat, if you want to bring your own facilitator, it must be approved by the Director in advance.

Ruah ofrece el espacio para tiempo de aislamiento y silencio a grupos con dirección cuyo propósito es la oración, los servicios, la adoración, la sanación, el ministerio a la iglesia y/o la comunidad, o el crecimiento y la nutrición espiritual. Los Grupos que sea la primera vez que participen en retiro de silencio solo podrán estar un día y los próximos retiros podrán quedarse a dormir si así lo desean. El personal de Ruah proporciona la persona que dirige el grupo, pero si desean traer su propio dirigente, necesitan solicitarlo con anticipación a la Directora.

Payment

We have no set fee for any ministry that Ruah offers. However, Ruah depends on your individual donations to our ministry. We ask only that you prayerfully give what you are comfortable giving. It is only through your generosity that we are able to offer this sacred space to all true seekers of the Divine within them.

“Everyone shall give as he is able, according to the blessing of the Lord your God that He has given you”. Deuteronomy 16:17

No tenemos una tarifa por el pago del ministerio; Sin embargo, Ruah depende de las donaciones individuales a su ministerio. Le pedimos que en oración dé lo que se sienta comodo dando. Es a través de su generosidad que es posible brindar este espacio sagrado a todos los que buscan la Divinidad.

“Cada uno debe dar de acuerdo a los dones recibidos del Señor”. Deuteronomio 16:17

Centering Prayer Weekends Fines de Semana Oración Centrante



Once every month we offer a 24-hour experience of Centering Prayer practice using the method taught by Fr. Thomas Keating, OCSO, of Contemplative Outreach, Ltd. It is compatible with other methods of wordless meditation intended to lead one into contemplation. From 5:00 pm Friday through 5:00pm Saturday.

Una vez al mes, ofrecemos una experiencia de 24 horas para la práctica de Oración Centrante, usando el método enseñado por el Padre Thomas Keating, OCSO, de Contemplative Outreach, Ltd. Este método es compatible con otros métodos de meditación en silencio diseñados para llevar a la persona a la contemplación. Se da a partir de las 5:00pm del Viernes hasta las 5:00pm del sábado.