



Retreat Offerings Fall/Winter 2025

SISTERS, SERVANTS OF THE IMMACULATE HEART OF MARY

IHM RETREAT CENTERS



IHM Conference Center

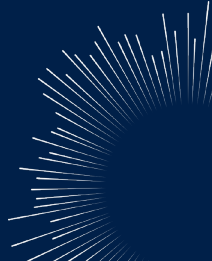
The IHM Conference Center, located in the Wootton Mansion on the grounds of St. Aloysius Academy in Bryn Mawr, Pennsylvania, is a peaceful place for prayer and solitude in the beautiful surroundings of nature. The center offers days of reflection, group and private retreats, faculty and staff meetings, business meetings, small conferences, and individual spiritual direction. The ample grounds are well suited for walking, thinking, and reflecting. The beauty and peace of the center nourishes, renews, and gives life to one's mind, heart, and soul.

IHM Spirituality Center

The IHM Spirituality Center is located on the grounds of Villa Maria House of Studies (the IHM Motherhouse) in Malvern, Pennsylvania, and situated across from the Immaculata University campus in scenic Chester County. The Spirituality Center provides a variety of day, evening, and weekend retreat opportunities. A newly renovated and state-of-the-art presentation room with theater seating is also on site to accommodate groups and meetings of all sizes. The center offers individuals and groups a place for spiritual renewal and reflection and is surrounded by beautiful grounds for walking and praying.

Villa Maria by the Sea Retreat Center

Villa Maria by the Sea, located in Stone Harbor, New Jersey, is a retreat center of the Sisters, Servants of the Immaculate Heart of Mary of Malvern, Pennsylvania. Rooted in the mission of the Congregation to proclaim the Gospel message of God's redeeming love, Villa Maria by the Sea provides a variety of spiritual opportunities in a sacred space of tranquility and beauty. In this peaceful environment, one can experience the presence of God and respond to God's personal invitation to wholeness and holiness.



IHM Conference Center



**Sister Marie
Gipprich, IHM
Director**



Monday, September 22, 2025
Monday, September 29, 2025
Monday Morning Gatherings:
"Contemplative Ways of Praying"

9:30 a.m. – 12:00 noon

Presenter: Sister Rose Adams, IHM

There are many ways to pray and experience God's unconditional love for each one of us. This series will explore creative ways of praying through scripture, music, art, and poetry. Our gathering will include quiet time to practice and to share some of the fruits of the prayer.

Monday, October 6, 2025
Monday, October 13, 2025
Monday Morning Gatherings:
"Contemplative Ways of Praying"

9:30 a.m. – 12:00 noon

Presenter: Sister Rose Adams, IHM

There are many ways to pray and experience God's unconditional love for each one of us. This series will explore creative ways of praying through scripture, music, art, and poetry. Our gathering will include quiet time to practice and to share some of the fruits of the prayer.

Tuesday, October 14, 2025
Conference Day: *"Mountains and Mountaintops: The Place Where God Dwells"*
9:30 a.m. – 2:30 p.m.

Presenter: Sister Marie Gipprich, IHM

Some of the bible's most foundational stories happen on mountains. From the story of Adam and Eve, to Moses' encounter with God, to Abraham's near sacrifice of his son, to the Sermon on the Mount, these are sacred places where heaven and earth meet, where God and humanity are joined. During this Conference Day, we will recall some of those meeting places and their significance in Israel's history and ours. We will reflect on the "mountains" in our own lives where we, too, meet God face to face.



**401 S. Bryn Mawr
Avenue
Bryn Mawr, PA 19010
(610) 581-0120**

www.ihmconferencecenter.com

**For cost and additional
information, visit
www.ihmconferencecenter.com.
Contact Sister Marie Gipprich to
register at (610) 581-0120 or at
ihmconferencecenter@gmail.com.**

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Tuesday, November 18, 2025

**Conference Day: "Nourishing Ourselves
on the Meals in Luke's Gospel"**

9:30 a.m. – 2:30 p.m.

Presenter: Sister Rose Adams, IHM

In Luke's gospel, meals have a primary focus, and Jesus is often pictured as traveling to a meal, at a meal, or coming from a meal. Participants are invited to feast at the table with Jesus and his friends, and to experience the nurturing and transforming stories anew in their own lives.

cloud spoke of a beloved Son. As we await the celebration of the birth of the Light of the World, join us as we pray with these luminous images.

Wednesday, December 10, 2025

Caroling at the Mansion – "O Holy Night"

7:00 p.m.

Join us for an Advent experience of scripture, prayer, and song in preparation for the feast of Christmas.



Tuesday, December 2, 2025

**Conference Day: "Light From Light"
(an Advent Reflection Day)**

9:30 a.m. – 2:30 p.m.

Presenter: Michelle Franci-Donnay

God to us is light and in shadow. A flame in a bush calling out to Moses, brilliant in the star that led wise men to a savior in a manger, and radiant in Christ transfigured on a mountain top. But as poet Rainer Marie Rilke noted, God can also be found deep in the darkness. A billowing cloud led Israel through the desert, the Holy Spirit overshadowed Mary so that she might bear the Messiah, a voice from a



IHM Spirituality Center



**Sister Anne Marie
Stegmaier, IHM**
Director



210 IHM Drive
Malvern, PA 19355
(610) 647-4136

www.ihmimmaculata.org

**For cost and additional information,
visit www.ihmimmaculata.org
and click on the "Prayer/Retreat
Opportunities" menu. Contact
Sister Anne Marie Stegmaier to
register at (610) 647-4136 or at
ihmspcenter@gmail.com.**

Thursday mornings during the school year ***Lectio Divina: Praying with the Sunday*** ***Scriptures***

8:30 a.m. – 9:30 a.m.

Presenter: Sister Anne Marie Stegmaier, IHM

Come join us as we reflect on the Sunday Gospel using the practice of Lectio Divina ("Divine Reading"). Lectio Divina is a method for praying with the Scriptures through reading, meditation, contemplation, and prayer. Registration is not necessary. Please come when you are able.

Tuesday, September 16, 2025

A Retreat with the Psalms

9:00 a.m. – 3:00 p.m.

Presenter: Sister J. Sheila Galligan, IHM

The Psalms provide timely, timeless prayer poems that spring from the raw material that we call human life! Are you alert to the Church's gift of a Psalm at every Mass? This presentation will provide some clues and cues for understanding, appreciating, and applying the Psalms in everyday life. We will also take some time to meditate on the message and meaning proclaimed in the well-loved Psalms of Trust and Confidence – "Holy Triplets" – Psalms 23, 121, and 91.

Wednesday, September 24, 2025

Morning of Quiet Prayer

9:00 a.m. – 12 noon

Enjoy a quiet morning in the presence of God. The day begins with Morning Prayer (Liturgy of the Hours), followed by a Conference on Prayer. Quiet time will be available to spend in the presence of the Blessed Sacrament in Sacred Heart Chapel, to pray the Stations of the Cross (available in the chapel, the arcade, and outside), and to walk around the grounds, enjoying nature, and visiting the outside shrines. There will be Midday Prayer followed by departure.

Wednesday, October 15, 2025

Morning of Quiet Prayer

9:00 a.m. – 12 noon

Enjoy a quiet morning in the presence of God. The day begins with Morning Prayer (Liturgy of the Hours), followed by a Conference on Prayer. Quiet time will be available to spend in the presence of the Blessed Sacrament in Sacred Heart Chapel, to pray the Stations of the Cross (available in the chapel, the arcade, and outside), and to walk around the grounds, enjoying nature, and visiting the

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outside shrines. There will be Midday Prayer followed by departure.

Wednesday, October 22, 2025

"Lord, It Is Good to Give Thanks to You"

1:00 p.m. – 3:00 p.m.

Presenter: Sister Patricia McDermott, IHM

Gratitude is the basis of all holiness. In our session we will explore the power and gift of gratitude in our everyday lives. Come and join us for the afternoon which includes a presentation, prayer, reflective time, and sharing.

Thursday, October 23, 2025

A Retreat Day with the Saints

9:00 a.m. – 3:00 p.m.

Presenter: Sister J. Sheila Galligan, IHM

Catherine of Siena: God's Feisty Model of Mercy: Come to meet and to get to know God's special star, his beloved Catherine of Siena! This feisty disciple's life and her writings will provide us with a way to set the world on fire with merciful love. And *Out of the Birdbath: St. Francis of Assisi:* Forget the birdbath on the lawn! Francis of Assisi was a feisty mystic whose life confronted comfort and who calls us to conversion.

Let's take time to strip away the legends and rediscover the man who mirrored Christ with startling clarity.

Friday, November 14, 2025, 7:00 p.m. -

Sunday, November 16, 2:00 p.m.

Silent Guided Retreat: Coming to Know Yourself as the Beloved of God Through Contemplative Ways of Praying

Presenters: Sister Rose Adams, IHM, Sister Kathy Benham, IHM

There are many ways to pray and to come to know God's unique and favored love for each one of us. This silent guided retreat will explore several ways of praying contemplatively to assist us in knowing and loving God in a more intimate and personal way. Participants will be given the opportunity to pray with various prayer styles. Optional gatherings for sharing the fruits and graces of prayer will be offered.



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Wednesday, November 19, 2025

Morning of Quiet Prayer

9:00 a.m. – 12 noon

Enjoy a quiet morning in the presence of God. The day begins with Morning Prayer (Liturgy of the Hours), followed by a Conference on Prayer. Quiet time will be available to spend in the presence of the Blessed Sacrament in Sacred Heart Chapel, to pray the Stations of the Cross (available in the chapel, the arcade, and outside), and to walk around the grounds, enjoying nature, and visiting the outside shrines. There will be MIDDAY Prayer followed by departure.

Wednesday, December 10, 2025

It's Advent Time: Discovering the Beauty of the "O Antiphons"

9:00 a.m. – 3:00 p.m.

Presenter: Sister Kathryn Benham, IHM

As we prepare for the celebration of the birth of our Savior, we will spend time together uncovering the depth and meaning that the ancient "O Antiphons" have to offer for our prayer and reflection. Using music, visual and contemplative

quiet, participants will come to appreciate more deeply this rich treasure found in our Advent liturgy.

Wednesday, December 17, 2025

Morning of Quiet Prayer

9:00 a.m. – 12 noon

Enjoy a quiet morning in the presence of God. The day begins with Morning Prayer (Liturgy of the Hours), followed by a Conference on Prayer. Quiet time will be available to spend in the presence of the Blessed Sacrament in Sacred Heart Chapel, to pray the Stations of the Cross (available in

the chapel, the arcade, and outside), and to walk around the grounds, enjoying nature, and visiting the outside shrines. There will be MIDDAY Prayer followed by departure.

The newly renovated, state-of-the-art presentation room is available to rent for group meetings or retreats. Contact Sister Anne Marie Stegmaier at (610) 647-4136 or ihmspcenter@gmail.com.



Villa Maria by the Sea Retreat Center



**Sister Emily Vincent
Rebalsky, IHM
Program Director**



**101 111th Street
Stone Harbor, NJ 08247
(609) 964 - 7700**

www.vmbythesea.com

**For cost and additional
information, or to register, visit
www.vmbythesea.com or
contact Sister Jane Mary Carr
at (609) 964-7695 or at
s.jmcarr@vmbythesea.com.**

Wednesday, October 8, 2025*

Friendship with God

8:45 a.m. – 3:00 p.m.

Presenter: Sister Christina Marie Roberts, IHM

In a world that seems to be filled with such chaos and confusion lately, many of us may be asking: How are we being called to respond to all that has been happening? How can we become a positive influence in an increasingly negative world? What can I do to grow in friendship with God and others during such challenging times? Take some time away to reflect on these questions as we explore Jesus' teachings on Love of God and Love of Neighbor from Luke Chapter 10. We will focus on what is most important, friendship with God and how we can extend that friendship to others, and become a light in the darkness for others, even in the midst of the most challenging times!

Wednesday, October 29, 2025*

Care for the Caregiver

8:45 a.m. – 3:00 p.m.

Presenter: Carolyn Rebalsky, RN, MSN (retired)

This day is perfect for anyone who is serving as a caregiver for a loved one whether living with or apart from the

patient, managing their care at home or in healthcare settings, or assisting a primary caretaker. This workshop will focus on self-care, offering practical strategies for your own well-being and balance. You will also gain insight into forgiving yourself through the tough aspects of caregiving like placing a loved one in a skilled facility and losing control of your emotions. Take this day to care for yourself so that you can continue to care for others.

Wednesday, November 5, 2025*

In Search of Truth: The Life and Legacy of Edith Stein

8:45 a.m. – 2:30 p.m.

Presenter: Sister Judith Parsons, IHM

Edith Stein, St. Teresa Benedicta of the Cross, OCD, was a Jewish scholar who converted to Catholicism and died in



Villa Maria by the Sea Retreat Center

Auschwitz as a Carmelite nun. She was always in search of truth. During our time together, we will explore Edith's fascinating life, a little of her philosophy, and some of her practical suggestions for holiness.

Wednesday, November 19, 2025*

8:45 a.m. – 3:00 p.m.

Prayer Will Get You There

Presenter: Rev. Msgr. James Oliver

A review of prayer from the most ancient times to the present with an accent on your experience of prayer in the here and now. This day will help you move from knowing about Jesus to knowing Jesus.

Monday, December 1, 2025, 4:00 p.m. -

Saturday, December 6, 2025, 10:00 a.m.

Directed/Private Retreat

Presenter: Sr. Patricia McDermott, IHM

This retreat is for those who have experience making a silent, private retreat. Jesus invites us to "come apart . . . for a while" so that we can hear his voice. Take advantage of the beautiful surroundings to engage in deep listening with God or meet with a trained spiritual director who can help you discern how God is speaking to you. Meals, Mass, and the opportunity for the Sacrament of Reconciliation will be offered.

Friday, December 12, 2025, 4:00 p.m. –

Sunday, December 14, 2025, 10:00 a.m.

Cinema Divina: Lectio in Motion

Presenter: Sister Pat Mengel, IHM

Cinema Divina is a contemplative practice rooted in the monastic tradition of Lectio Divina. Viewing film as it connects to Sacred Text and Catholic Tradition, it encourages deep engagement with movies as a source of spiritual insight, integration with daily life, faith practice, and connection with grace and the divine. Meals and Mass are included. The weekend begins on Friday with dinner and ends after breakfast on Sunday.

Tuesday, December 16, 2025, 11:00 a.m. -

Thursday, December 18, 10:00 a.m.

Private Mid-Week Retreat

Enjoy quiet time away with the Lord on your own during this busy season of Advent. Meals, Mass, and the opportunity for the Sacrament of Reconciliation will be offered.

**You may opt to stay overnight the evening before these day events for an additional cost. Dinner at 5:00 p.m. is included.*

Mass and lunch are included with all one-day events.



**Scan the QR codes below or visit each center's website
to stay up to date on the latest retreat information or
to learn more about the retreat facilities.**



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www.ihmconferencecenter.com



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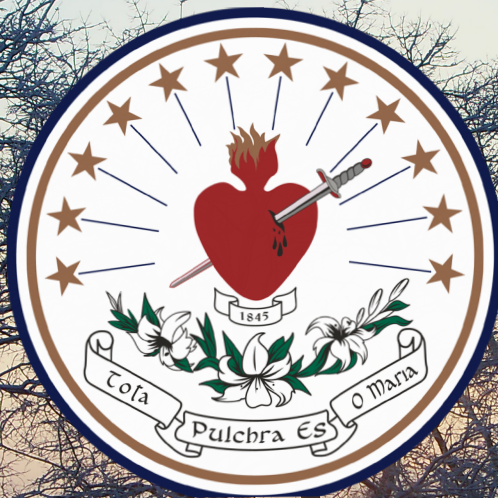
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the Immaculate Heart of Mary
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Sisters, Servants of the Immaculate Heart of Mary

**1 Our Lady Circle
Malvern, PA 19355**

www.ihmimmaculata.org

(610) 647-2160