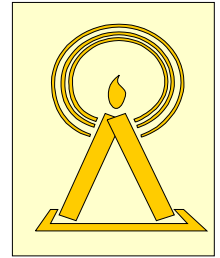


# The Interior Castle

## Your Soul as a Crystal

a one-day retreat with Teresa of Avila



Julianne Simone as Teresa of Avila

Participants receive a 10 page booklet for journaling, and meditation on ways to find God in their centers.

**Sat. March 6, 2010 9 am -2:30 pm**  
**Community Room, St. Joseph of Cupertino Church, DeAnza Blvd and Stevens Creek.**

*“I think of the soul as if it were a castle made of a single diamond or very clear crystal, in which there are many rooms, just as in Heaven there are many mansions.”* Teresa of Avila

- \* Learn the story of Teresa’s life and enter the dungeon in the first room of the Castle.
- \* Cast off the snakes of distraction in life and enter into the forms of prayer in the other six rooms: Prayer of Recollection, Contemplation, Centering prayer, Prayer of Union.
- \* Like a silkworm, emerge into the ‘white butterfly’ of new life and transformation.
- \* Learn about Spiritual Consolations and Mystical Experiences

### Presenters

**Arlene Goetze, MA** in spirituality from Santa Clara University, Spiritual writer/editor of *Network for Women’s Spirituality*, former Communication Director for Diocese of San Jose, leader of *Drumming for Health* with meditation groups.

**Julianne Simone**, liturgical dancer, master catechist, lector as well as *RENEW* and retreat leader. She has portrayed Teresa of Avila in programs and retreats.

### Comments - St. Elizabeth Church in Milpitas

- \* *The interaction brought us all into a deeper spirituality within ourselves. In 50 years it is the most intense retreat I have been to.*
- \* *This was a dynamic day. Beautiful women presenters so helpful in my life; I will study further.*
- \* *Wonderful retreat. I am leaving here with more peace in my heart . . . and hope to ride the pain and anger inside.*

**Registration required by Mar. 2** (so we have enough booklets for all)

Fee: \$10 at door \* Bring your own lunch \* Drop off this form in parish office  
OR E-mail Janice LaMotte at [adulted@stjoscup.org](mailto:adulted@stjoscup.org) \* Accommodations are limited

**Registration Form** - drop off in parish office or email [adulted@stjoscup.org](mailto:adulted@stjoscup.org)

I wish to attend the “Interior Castle” retreat on March 6 from 9 am to 2:30 pm.

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

*Please print clearly*

**Register by March 2**