

Summer Retreats 2016

We welcome you to experience a retreat at Mariandale this summer!

Less than an hour by train on Metro-North out of NYC, Mariandale is situated overlooking the Hudson River on over sixty beautiful acres, which include nature trails, scenic views, a labyrinth, and beautiful pool.

We hope that the following explanations will allow you to choose just the right retreat for you and, thus, maximize and deepen your experience.

SILENT RETREAT – an atmosphere of silence is maintained throughout the buildings, at meals and on the grounds with no talking, discussions, etc. Retreatants use the deep quiet for prayer, processing their own stories and experiences and integrating material discussed each day with a spiritual director or received at presentations/conferences from a presenter. Deep listening requires deep silence.

GUIDED/PREACHED RETREAT – a silent retreat (see above) wherein presenter(s) give one or more presentations/conferences per day of input (usually lecture style) for retreatants to reflect on and process.

DIRECTED RETREAT – a silent retreat (see above) where the day is punctuated with a one-on-one meeting with an assigned, experienced spiritual director.

WORKSHOP OR SEMINAR – usually not silent where input is received from a presenter and discussions or other activities follow with the presenter and other participants.

PLEASE NOTE: when reading the descriptions of our individual retreats that follow, please notice that most of our offerings are silent retreats. Private retreatants are always welcome, space permitting.

JUNE 2016

Artists' Contemplative Retreat

This semi-silent week will provide professional and amateur artists of any medium—poets, painters, sculptors, playwrights, etc.—the opportunity of time, space and contemplative atmosphere to do their own work, allowing the creative spirit to emerge. The beautiful grounds of Mariandale inspire and nurture creativity. Participants will spend the day pursuing their art and come together for meals, shared reflection and creative support. Participants need to have an identified medium, bring their own materials, and be able to work independently. All skill levels are warmly welcomed.

Facilitator: Rose Petronella, M.Div.

Thursday, June 9, check-in 4:00 - 5:30 pm to Thursday, June 16, 11:00 am

Fee: \$525 - \$550 (as you are able)

Ordinary Mystics: Living Intense Prayers in the World

This is a silent guided retreat inviting us to go deeper into our experiences of God. Each person should have a journal and writing materials. There will be in the content—music, poetry and input—for reflection and prayer.

Presenter: Don Bisson, FMS

Thursday, June 23 to Sunday, June 26

Fee: \$360 - \$380 (as you are able)

Commuters: \$260 - \$280 (as you are able)

Radical Hospitality

According to the Rule of St. Benedict, radical hospitality should be extended to all who come to a Benedictine monastery – not just welcoming others but embracing them as family. In an age and culture where we are aware of so much suffering in the world, to whom are we invited to extend ourselves? How do we do so without compassion fatigue and, as we age, and our energies diminish what becomes the invitation? How might we hold the world's sufferings contemplatively? Beginning with the microcosm of welcoming the estranged and errant parts of ourselves, to welcoming those whom we have estranged or who are estranged from us, to opening to the stranger of the wider world, this silent preached/guided retreat will explore the deeper questions of being hospitable of heart. There will be an opportunity for participants to meet with the presenter/director during the week.

Presenter: Janet Corso

Sunday, June 26 to Friday, July 1

Fee: \$475 - \$500

Directed Retreat

This silent directed retreat invites participants to refresh their spirits and experience greater intimacy with God with days of rest and relaxation. Through a daily private meeting with an experienced spiritual director, who will listen deeply and help retreatants be attentive to their unique stories, retreatants will allow God the hospitality of their attention. Daily liturgy will be available.

Presenter: Nancy Erts, OP, Aedan McKeon, OP, and Judy Schiavo

Sunday, June 26 check-in 4:00 - 5:30 pm to Saturday, July 2, 11:00 am

Fee: \$525 - \$550 (as you are able)

JULY 2016

Summer Stitches: Craft N' Quilt with Strips N' Curves

This summer you are invited to 'throw a curve' into traditional designs of crafting and quilting. Strip and curve patterns are wonderful studies in color, a new 'zingy' attractive and appealing technique that adds zest to your project. Our morning and evening prayer will focus on the grace of curves, mirth and zest on the spiritual journey. There are opportunities for outdoor rest and relaxation: sitting, swimming, walking trails and labyrinth. Patterns for quilters will be sent upon registration. Please bring the basic equipment needed for your project. Beginner quilters are welcome.

Prayer Leader: Nancy Erts, OP and Quilting Instructor: Patricia Werner

Wednesday, July 6, 6:00 pm to Sunday, July 10, 12:00 noon

Fee: \$380 - \$420 (as you are able)

Commuter: \$280 - \$320 (as you are able)

Mystics, Rebels, and Prophets: Women Who Went before Us and Walk with Us Today

During this week we will explore the lives of some valiant women: Hildegard of Bingen, Brigid of Kildare, Julian of Norwich and those amazing women – The Beguines of the Middle Ages. Their stories will make a profound impact on our lives today as we draw on their witness and courage. We will also look at a few contemporary rebels and prophets whose lives give witness to the perennial presence and love of God in our struggling world. And we will explore and discover something of our own mystical power and potential!

Presenter: Edwina Gateley

Sunday, July 10 to Friday, July 15

Fee: \$600 - \$640 (as you are able)

Summer Women's Retreat: Wonder-ful Wisdom Women

"Just let go, let go of how you thought your life should be and embrace the life that is trying to work its way into your consciousness." (Caroline Myss)

Come and acquaint yourself with the writings of some prominent wisdom women that will help you recognize and share your true self. On Monday, participants will embark on a journey of self-discovery and spiritual transformation, aligning oneself with truths that offer more accountability, an energizing belief system and the power of choice. Remaining days will focus on women who are doing this inner work and creatively integrating their personal growth with their professional area of expertise. The Wisdom Women considered will be: Tuesday, Ursula King - Theologian, Evolutionary Spirituality and Interfaith Relations; Wednesday, Elisabet Sahtouris - Evolution Biologist; Thursday, Vandana Shiva - Environmental author and Activist; Friday, Joanna Macy - Social and Ecological Justice. These days will include a brief biography of each woman, reflection on her writings, actions, way of prayer and advocacy for the benefit of whole sacred community of life. There will be quiet time for personal and group prayer, walking trails, swimming and wellness therapies. Saturday will be a closing celebration. You may register for the full retreat or specific day(s).

Presenters: Nancy Erts, OP and Marianne T. Schorer

Sunday, July 10, 6:00 pm to Saturday, July 16, 11:00 am

Fee: \$460 - \$480 (as you are able)

Cultivating a Deeper Love

The Path Before Us: The journey we walk takes us to places we never anticipated. Along the way great lessons arise, moving us to deepen. Faith was the first step. Then we hear a larger invitation, asking us to belong with great fidelity to the words of Christ, "Follow Me."

Presenter: Paula D'Arcy

Sunday, July 17th, 6pm to Friday, July 22, 1pm

Fee: \$600 - \$640 (as you are able)

Directed Retreat

Come and reflect on your life and hear God's whispers and movements. This silent, directed retreat is a rich opportunity for sacred silence with a daily opportunity for spiritual direction. Daily morning prayer, celebrations of the Eucharist and ecumenical prayer will punctuate the days of rest and replenishment overlooking the majestic and beautiful Hudson River.

Directors: Francis Gargani, CSsR and team members: Mary Kay Flannery, SSJ; Justine Lyons, RSCj; Kathleen McGrath, RSCJ

Sunday, July 24, check-in 4:00 - 5:30 pm to Sunday, July 31, 11:00 am

Fee: \$560 - \$580 (as you are able)

AUGUST 2016

The Song of Songs: The Celebration of the Many Faces of Love

This *all-new* silent retreat will center on some of the most beautiful aspects of "The Song of Songs": the focus on Love in its many/varied dimensions. Questions to be explored will include:

Where might we discover – over and over – God's presence in this Love?

How do we continue to grow in praying with the loves of our lives?

How do we navigate the sometimes mystifying aspects of Love: human/divine; sensual/spiritual; masculine/feminine...so that ALL loves might be valued (and not de-valued)?

And how does 'deep listening' to the word of God impact/nurture/encourage us to remain 'faithful to Love' in all its many 'faces/forms'?

Our retreat will offer: gathering prayer and presentation each morning; films reflecting our theme/s in "stories" that touch our own heart-stories; suggestions for prayer (Scripture, poetry, reflection questions); daily Eucharist; and a relaxed schedule for personal prayer time. (Please bring a Bible and notebook or journal.)

Presenter: Michael Laratonda, FMS

Sunday, August 7 to Saturday, August 13

(Repeated in October 2016)

Fee: \$525 - \$550

Living a Beatitude Relationship with Mother Earth

"The Beatitudes have intense significance in a world where many Christians want to change others and the world from the top down, through forced conformity rather than genuine conversion." (Eric Simpson)

Join others in rediscovering how the principles expressed in the Beatitudes apply to every area of modern life: from poverty and one's attitude towards money and natural resources; to how we care for those who have less; to our relationship with Earth, all beings; and to ecology. Participants will experience each Beatitudes' relevance to critical social and environmental issues and concerns through a daily presentation, reflection and conversation. We will engage in personal

and communal prayer as well as optional integration exercises and action steps. Opportunities for swimming, meditative walking and wellness services may also contribute to your relaxation and revitalization.

Presenters: Carol De Angelo, SC and Nancy Erts, OP

Sunday, August 14, 6:00 pm to Saturday, August 20, 11:00 am

Fee: \$425 - \$450

Quilting as a Contemplative Practice

Want to learn why quilters find working with fabric relaxing and de-stressing? Want to explore how to create something with your own hands that is both beautiful and gift-worthy? Individual and group lessons to get you started are available for both hand-piecing and machine piecing. Sessions are approximately 90 minutes and are scheduled by mutual agreement.

Instructor: Donna Brunell, OP

Date: To schedule, email Sr. Donna at dbrunello@gmail.com

Fee: \$20 per person per session; \$100 for six sessions if paid in full at first session.

Creative Time and Space

Find creative time and space to pursue your art or craft in a well-lit, spacious, and contemplative environment tailored to your needs. Participants bring their own equipment and supplies. We provide tables, chairs, and access to resources for exploration and inspiration. Or, simply come to nurture your spirit, enjoy the beauty of nature, and spend quiet time away from daily routines! Commuter and overnight accommodations for individuals and small groups may be arranged, based on available space.

Hostess: Donna Brunell, OP

Date: To schedule, email Sr. Donna at dbrunello@gmail.com

Fee: Commuters: \$30 - \$40 per day as you are able (includes lunch); overnight accommodations: \$80 - \$90 per day as you are able (includes 3 meals)

Contemplative Formation Program Begins September 2016

Facilitator: Janet Corso and team members Don Bisson, Gaynell Cronin, Annemarie O'Conner, and Jack Rathschmidt

Mariandale's successful and meaningful program returns for the fourth time, providing a unique experiential and educational opportunity... for all those who yearn to live from a centered place amidst their daily busy-ness and overextension in order to experience the fullness of the present; for those who desire to bring the fruits of stillness into their ministries and works of justice; and for those who wish to be in the company of others who are also serious about awakening to deeper consciousness in a life of spiritual practice.

Participants will explore such areas as: contemplation and the everyday and ordinary; the psychodynamics of spirituality; practices of stillness and awareness; scripture; being justice in the world; and the mystical tradition. The five themes are: The Transformative Journey; Holy Listening and Discernment; Love and Conscious Suffering; Healing, Compassion and Gratitude; and Contemplative Life and Ministry.

Schedule: Participants will gather for 5 residency weekends and will meet in monthly small groups throughout the program. Offered over 5 weekend dates (Friday night dinner through Sunday lunch)

In 2016: September 23 to 25, December 2 to 4

In 2017: March 10 to 12; May 5 to 7 and September 15 to 17

Fees: The cost is \$1,750 for the program and covers tuition, meals, lodging, and handout materials (not including the cost of recommended books). It may be paid in full at the beginning of the program or at the beginning of each weekend (5 payments). Cost of your own spiritual direction is separate.

Aging Contemplatively Begins in October 2016

Presenters: Janet Corso and Gaynell Cronin

The years from middle age onward can be lived deeply and fruitfully.

As we listen in a special way through these years of spiritual opportunity to the natural processes occurring in our bodies, hearts, to our energy and intuition, we hear the invitation to move forward gently, gracefully and contemplatively, embracing all that our God may be extending to us.

This year long contemplative program, an offshoot of Mariandale's popular Contemplative Formation Program, will be comprised of 6 overnight gatherings. The gatherings will invite us into a time of listening and speaking from our experience about the spiritual challenges and graces of aging: the diminishment, invitations to surrender, the gifts of stillness, and the blessings of wisdom. Offered over 6 overnights (Thursday dinner through Friday afternoon)

In 2016: October 6 - 7; November 3 - 4 and December 8 - 9.

In 2017: March 2 - 3; April 6 - 7 and May 11 - 12.

APPLICATION DEADLINE JUNE 30

Application form for Contemplative Formation can be downloaded at www.mariandale.org

Email: Janet Corso jecorso@aol.com or call... 914.941.4455 ext 0.

Directors and Presenters

Don Bisson, FMS, D.Min.

A Marist Brother based in New York, Brother Don has graduate degrees in Liturgy, Spirituality, and Transpersonal Psychology. He has a doctor of ministry degree from the Pacific School of Religion in Berkeley, California, in the areas of Spiritual Direction and Jungian Psychology.

Donna Brunell, OP

A Dominican Sister of Hope, Donna is an experienced teacher, communicator and life-long crafter. Through her ministry, Hands for Hope, she offers a variety of artistic ways to engage in crafting activities that bring healing and hope, as well as inspiration and a deep sense of satisfaction.

Janet Corso

Janet was the past administrator and the director of Mariandale, for over eleven years, as well as the founder and director of Sarabrae, Women's Spirituality Center. She is an experienced presenter, spiritual director, and supervisor, is the coordinator and team member of Mariandale's Contemplative Formation Program, as well as a team member of the Mariandale/Linwood Spiritual Directors' Training Program. She may be reached at jecorso@aol.com

Gaynell Cronin

Gaynell is a spiritual director, facilitator of group spiritual direction, and leader of contemplative prayer, retreats and parish missions. *Doorways to Holiness*, with co-author Jack Rathschmidt, OFM Cap., Ph.D., is her most recent book.

Carol De Angelo, SC

Carol De Angelo is a Sister of Charity of New York and currently serves as Director of Peace, Justice and Integrity of Creation for her Congregation. She is a licensed social worker and has a Masters of Divinity. Her ministry has also been in parish, health care and family based services, mission leadership, eco-spirituality and mentoring. These experiences and the people she has shared them with have called her to a greater understanding of the Universe Story, organizational development, healing modalities and care of the Earth and all God's Creation. Carol's desire is to share with others how Jesus calls us as One Earth Community to "live life to the fullest" through life-giving sustainable choices.

Paula D'Arcy

Former therapist in private practice for 15 years, internationally recognized speaker and retreat leader since 1980. Paula is the founder and president of Red Bird Foundation, which supports the healing and spiritual growth of those in need.

Nancy Erts, OP

Nancy, a Dominican Sister of Hope and Program Specialist at Mariandale, holds degrees in Education and Theology and has completed additional work in Psychology, Holistic and Eco-Spirituality. She has been involved in the ministry of adult spiritual development for over 35 years.

Mary Kay Flannery, SSJ

Mary Kay is an educator, spiritual director, retreat director and workshop leader. She has a Doctor of Ministry degree in spirituality and cross-cultural ministry from the Catholic Theological Union in Chicago and serves her Community in a multiplicity of ministries.

Francis Gargani, CSsR

Francis, a Redemptorist priest, is an experienced spiritual director, retreat leader and workshop leader. He has served in a variety of ministries in parishes, and at college campuses, and retreat centers. Presently, Francis ministers in the area of peace and justice.

Edwina Gateley

Edwina's life has been described by *Publisher's Weekly* as "fascinating – an exceptional blend of contemplation and action". Edwina is a poet, theologian, artist, writer, and lay minister. She is a single mom and has been described as a modern day mystic and prophet. She gives talks, conferences and retreats in the United States, as well as internationally while continuing to reach out to women in recovery from drugs and prostitution.

Michael Laratonda, FMS

Michael, a Marist Brother, is presently involved in retreat ministry, spiritual direction, chapter facilitations for religious congregations, and ongoing formation within his Province. He has been Co-Director of Wellsprings Sabbatical/Renewal Center since 1991, which is now "Wellsprings Outreach." Michael usually takes a holistic approach to his retreats and workshops, incorporating poetry, music, art, and film.

Justine Lyons, RSCJ

Justine is an experienced spiritual director, retreat director and workshop leader. Former co-director of Our Lady of Peace Retreat Center in Naragansett, RI and in San Diego, CA, she is currently spiritual director and retreat Leader for her Sisters in retirement.

Kathleen McGrath, RSCJ

Kathleen has extensive experience companioning others in the Spiritual Exercises of St. Ignatius in both English and Spanish. She received ten years of spiritual formation as a laywoman prior to entering religious life – including a Master of Divinity from Weston Jesuit, a certificate from a two-year ecumenical spiritual direction program in Rhode Island, clinical pastoral education and hospice training. She has a background in business and worked for 15 years in homeless services. She is currently involved in formation to mission in the Network of Sacred Heart Schools.

How to Register

Complete form on reverse side and mail or fax to:

Registrar

Mariandale Retreat and Conference Center
299 North Highland Avenue
Ossining, NY 10562
Fax: 914-941-8480

OR

Call 914-941-4455

OR

Register online at
www.mariandale.org

Private Retreatants are welcome when other retreats are in progress, space permitting.
Please contact Linda Rivers, OP at 914-941-4455 or lrivers@ophope.org.

How to Register

Each registrant should complete a separate form; duplicate as needed for multiple programs. **Register early; programs/retreats fill quickly.**

Retreats include dinner on day of arrival and brunch on day of departure.

Website: www.mariandale.org; Phone: (914) 941-4455; Fax (914) 941-8480

In Person: Reception Office, Monday - Friday, 8:30 am - 7:00 pm

Mail: Send completed form with deposit to Registrar, Mariandale Center, 299 North Highland Avenue, Ossining, NY 10562-2327

Retreats(s): *Due to the new sliding scale, please indicate the fee you choose to pay.

Name of Retreat	Date	Fee*
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Name of Retreat	Date	Fee*
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To request a specific director for a Directed Retreat, please indicate first and second choices.

(It is not necessary to request a director; if you do, we will make every effort to honor your preference.)

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Deposits are required with registration and are non-refundable and non-transferable.

Deposit Amount Enclosed (see below)

Day/Evening Retreats: \$20.00; Weekend Retreats: \$40.00;
Week-long Retreats: \$50.00

Manner of payment:

Cash Check VISA Mastercard AMEX

(Please charge entire amount to credit card.)

(Make check payable to Dominican Sisters of Hope)

Card#	Exp. Date
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Name on card	Signature
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Registrant Information:

Name

Street	City	State	Zip
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Telephone (day)	(eve)
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E-Mail Address

Emergency Contact Person

Telephone

I'm interested in a Wellness Session (additional cost). Type: _____

Office use only:

C#:	CC#:	AMT.:	Date:	P#:
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Directors and Presenters

Aedan McKeon, OP

In addition to his full time preaching ministry, Fr. McKeon, a Dominican, is a gifted and well-known spiritual director. A former Promoter of Preaching for the Province of St. Joseph and Coordinator of the Dominican Center of Evangelization in NYC, his extensive experience includes parish missions, campus ministries, and preached and directed retreats. He is currently a member of the Dominican Preachers of Ossining, NY.

Annemarie O'Connor

Annemarie has a background in social work and pastoral ministry, and is active in retreat ministry and spiritual direction. She serves on the Contemplative Formation team at Mariandale.

Rose Amodeo Petronella, M.Div.

Rose is a spiritual director, workshop leader, artist and retired minister in the United Church of Christ. She began creating mandalas in 2001 as a spiritual discipline and continues to create them as a prayer practice. She recently published *Honoring the Soul: Mandalas for Inspiration and Insight*.

Rev. Jack Rathschmidt, Ph.D.

Jack is a Capuchin Franciscan Friar, is Director of Post Novitiate Formation for the Capuchin Franciscan Friars of New York/New England. Writer, teacher, and spiritual director, he is vitally interested in empowering lay people in the church.

Judy Schiavo

Judy holds an MA in Secondary Education from Seton Hall University and an MS in Religious Education with a concentration in Spirituality and Spiritual Direction from Fordham University. After retiring from 43 years in both Catholic and public education, Judy is now a full-time spiritual director and retreat director.

Marianne T. Schorer

Marianne is a Transformational Coach and author who assists individuals in transforming and empowering their lives through fields of spirituality and human consciousness. She coaches in Executive Education Programs at Columbia Business School; holds a degree from Manhattanville College, Master Practitioner in NLP, Ericksonian Hypnosis, Behavioral and Values Analyst, and focused studies on Spirituality, Mysticism, and Energy Medicine at the Carolyn Myss CMED Institute.

Patricia Werner

Patricia learned to sew in 1965 at St. Joseph's Mission in Texas where she also taught migrant Mexican women how to turn simple scraps of fabric into beautiful garments for children. Patricia began quilting in 1998.

FOR YOUR FUTURE PLANNING UPCOMING RETREATS

Fall 2016 Guided Retreat: The Song of Songs: The Celebration of the Many Faces of Love

Presenter: Michael Laratonda, FMS

Sunday, October 2 to Friday, October 7

Fee: \$475 - \$500 (as you are able)

Fall 2016 Directed Dream Retreat

Presenter: Don Bisson, FMS

Sunday, October 2, 6:00 pm to Friday, October 7, 11:00 am

Fee: \$500 (Limited to six participants)

Fall 2016 Directed Retreat

Directors: Gaynell Cronin, Martha LaVallee and Judy Schiavo

Thursday, October 13 to Sunday, October 16

Special Price: \$275 - \$300 (as you are able)

Fall 2016 Quilters and Crafters Retreat

Friday, November 18 to Sunday, November 20

Special Price: \$275 - \$300 (as you are able)

Winter 2016 Directed Retreat: Burrowing Deep

Directors: Gaynell Cronin, Nancy Erts, OP, and Judy Schiavo


Thursday, January 12 to Sunday, January 15, 2017

Special Price: \$300 - \$325 (as you are able)



299 North Highland Avenue
Ossining, NY 10562-2327
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www.mariandale.org

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Mariandale Retreat & Conference CENTER

Summer Retreats 2016

*Where you will find
the Guidance, Peace
and Freedom
to Learn, Grow,
Take Flight*

