SPRING/SUMMER
2019

INTRODUCTION TO ZEN

MEDITATION 101

THE WORK OF BYRON KATIE

MEDITATIVE REALIZATION:
EXPLORING YOUR SOUL’S
IMAGINATION

PHOTOGRAPHY EXHIBIT:
HUDSON VALLEY THROUGH
THE LENS

POETRY FOR LIFE SERIES:
MORNING TEA ‘N POETRY

MANDALA: CREATING FROM
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LIVING A DOWN TO EARTH
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From the Director

Spring 2019

Dear Friends,

It’s late in the afternoon in January, and the light is returning. Winter is releasing its hold on the land: slowly at first, but with each week, we see the changes in the land and the lovely Hudson River sunsets.

Just as a new season’s growth stirs beneath melting snow and ice, a renewed Mariandale Center is emerging from the old, as it undergoes renovations for the comfort of our friends and guests.

Guest rooms, meeting rooms, and offices at The Mariandale Center will be air conditioned by spring. Our guests can now enjoy individually-cooled, freshly-painted guest rooms, with new sinks and the lovely views from the windows restored. Hall bath and shower rooms are being renovated, with new showers, toilets, and sinks installed. Both access and comfort will be increased, with our guests’ comfort in mind.

All of us at The Mariandale Center are so grateful to the Dominican Sisters of Hope for their faith and financial investment in the retreat center’s future. We are also thankful to our donors and friends, who gave so generously in past appeals to help shore up funds for critical modernization improvements.

And there’s more. By mid-summer, we’ll open a new Pool House for the pool and picnic grounds, that will provide bathrooms and changing rooms for the retreatants and students that visit us in the summer. The Pool House will be bright and cheerful, powered by solar power and ADA compliant, and available to all who enjoy the outdoors at Mariandale.

This Spring/Summer brochure will inform you of new and returning programs to be held in 2019. Plan on joining us here at Mariandale, where we’ll offer poolside yoga, meditation, and other seasonal surprises.

Also, make plans to attend our Hudson Valley Through the Lens photography show, opening with a reception in June 2019 at the center. We’ll have more information on entering the show on our website and in our mailings to come.

Most importantly: Save the date for our second annual Treehuggers Ball on Sunday, September 22, 2019 at 4:30pm! If you’re interested in sponsoring our event, please email us at info@mariandale.org.

It’s a new year, and we can’t wait to see you at a renewed Mariandale Center. Our spirit, faith, community, and vision for the future are stronger than ever before.

Thank you, as always, for your support and friendship.

Sincerely,

Jane Hanley
Executive Director

The Mariandale Center is a sponsored ministry of the Dominican Sisters of Hope
We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
COME STAY AT THE
NEWLY RENOVATED
MARIANDALE
CENTER!
WE’VE SPRUCED UP
OUR GUEST ROOMS,
REFURBISHED
BATHROOMS AND
SHOWERS, AND
IMPROVED OUR GUEST
ROOMS SO YOU’LL BE
COMFORTABLE.

ON GO ING PROGRAMS AND SERVICES

CONTEMPLATIVE
PRAYER THURSDAYS
Each Thursday from 11:30am until noon, we gather as spiritual companions seeking God’s guidance. Come join us in prayer for peace, for yourself, for others, and for the world.

HANDS FOR HOPE
Hands for Hope programs, under the direction of Donna Brunell, OP, include Quilting as a Contemplative Practice (lessons for beginners), Patchwork & Prayer Ministry (quilting for a cause), Praying on Paper, Greeting Card Crafting, Scrapbooking, and more. She also accepts commissions on a limited basis.

For information on how to participate in any of the above, scheduling sessions, or for help with designing a program to fit the needs of you and your friends, please contact Donna Brunell, OP at 914-941-4455 x216 or dbrunell@mariandale.org

PRIVATE RETREATS
Find the time for reflection and serenity that you need to connect with your deeper self in the calm environment at Mariandale. A private retreat of one or several days allows you to enjoy peaceful time for reading, journaling, walking, praying, meditating, visiting our Labyrinth and reading room, or drawing in our Creativity Room.

During your retreat, you can enjoy a comfortable, affordable, private guest room and three healthy meals a day, served in our dining room. Spiritual direction and wellness services can also be included, if desired. Your time is your own. Everything you need is here.

Please make a reservation for a private retreat at least 14 days in advance of your arrival, as our guest rooms are often filled quickly by our programs. Contact The Mariandale Center’s Registrar at info@mariandale.org to inquire about private retreats.

SPIRITUAL DIRECTION
Spiritual direction is an ongoing process wherein a person meets regularly — perhaps every four to six weeks for about an hour — with a trained spiritual director. The role of the companion is to listen, reflect back what you say, and ask relevant questions as you look at your life through the eyes of faith and experience. If you are interested in deepening your relationship with God, entering into spiritual discernment, or becoming more attuned to God’s presence in the everyday events of your life, then this may be for you. Contact Mariandale’s Program Specialist, Nancy Erts, OP, at nerts@mariandale.org for guidance and details about spiritual direction.

SWIMMING POOL
During the summer, enjoy the breeze and Hudson River views from our beautiful in-ground swimming pool.

The pool is open Memorial Day through Labor Day. In 2019, we offer two new poolside programs, Yoga and Meditation and Nourishing Movement and Laughter. Visit our website or see our Registrar to sign up. Bring a swimsuit and a large towel.

YOGA
Our popular year-round Thursday evening yoga sessions help to rejuvenate your body, mind, and spirit through yoga movement and alignment. This course includes:

• Postures to tone, stretch, and strengthen the body and relieve tension.
• Safe alignment techniques to ease and optimize the effects of the poses.
• Meditation and breathing exercises for calming, soothing, and reducing stress.

You will find specific session dates for yoga within the brochure.

We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
We ask that you please register early for our programs.
Programs that do not meet the minimum number of registrants may be at risk of cancellation.
Meditation 101
This meditation class is open to anyone interested in experiencing meditation for the first time, and/or to deepen their practice of mindfulness and meditation. Our meditation class is open to students of all levels and backgrounds. We take a fun and flexible approach. Meditation helps us become more aware of our thoughts and feelings. When we acknowledge them, we’re able to be more present in the here and now. By letting go of them we often experience relief from stress, less anxiety, greater resilience, and so much more.

Date & Time: Tuesdays: April 9, May 14, June 11, July 9, Aug. 13, and Sept. 10, from 6:30 to 7:45pm
Presenter: Carol Gibney, LMSW
Fee: $20 per session

Pre-Triduum Retreat Days
Come away, slow down, and prepare your spirit to celebrate the Holy Days. Arrive any time after lunch on Sunday, April 14, and create your own quiet days. You can enjoy the grounds at Mariandale, and make use of our creative, reading, and contemplative spaces. Participate in Taize prayer (optional) on Wednesday evening at 7pm.

Date & Time: Sun., April 14, through Wed., April 17. You may choose 1, 2, or 3 night stays.
Fee: $85 per private retreat night includes 3 meals/day and overnight accommodations. Please register your dates and pay in full by April 1.

Triduum Retreat
Immerse yourself in the true meaning of Easter by experiencing the fullness of Holy Thursday, Good Friday, and the Vigil, all as one rich and meaningful movement of transformation, from death though resurrection. The first gathering will be at 5pm on Holy Thursday. The Triduum will conclude with breakfast on Easter Sunday.

Date & Time: Thurs., April 18 at 4pm through Sun., April 21 (Easter) after breakfast
Facilitator: Francis Gargani, CSSR, with guest homilists, dancers, and more
Fee: $375 (including accommodations, meals, and materials for 3 days)

Hands, Hearts, Healing and You
Learn the basics about the human energy system (energy centers/chakras and energy fields/aura) and the inner preparation that will help you bring a healing presence into your life and work. This program is open to beginners and those with energy healing experience who would like to explore Healing Touch as a modality.

You may take one, two, or all three workshops in this series; however, Day 1 is foundational and a prerequisite for Days 2 and/or 3.

Date & Time: Wednesdays, April 24, May 1, and May 8, from 1:30 to 3:30pm
Presenter: Virginia Bartlett
Fee: $30 per session (must attend first session)

Photography and Meditation II: Telling the Story
Two 3-hour sessions – Open to all participants that are comfortable using Digital as well as DSLR cameras and participants of Photography and Meditation I (not a prerequisite)
If you are comfortable taking photographs and trying to break out of your usual visual ‘box,’ then Photography and Meditation II is for you! It is open to all those who love using the camera as a source of inspiration and introspection. Meditation and visualization will be used as empowering tools to focus the mind and enhance consciousness and self-awareness. We will work on eliminating inner distraction, allowing for enhanced perception and illumination. Through a series of meditation exercises, photography fieldwork, and story boarding, you will create your own visual tale. We will contemplate the work of professional photographers and friends and embark on an inner journey.

Date & Time: Saturdays, April 27 and May 4, from 9:30am to 12:30pm
Presenter: Joy Baum, MEd, PhD
Fee: $90 (includes two 3-hour sessions)

Political Chaos Series: Mystics of Peace and Justice
We invite you to this very special thought-provoking talk presented by Br. Don Bisson. Here are some highlights; The Mystics, those transformed by love, are men and women who challenge us to live differently in the world through kingdom values of peace, justice and love. Ignatius, Francis, Catherine of Siena, and Hildegard of Bingen will be our models to emulate in both prayer and action.

Date & Time: Sat., April 27, from 10am to 3:30pm
Presenter: Don Bisson, FMS
Fee: $60 (includes lunch)

Yoga for Relaxation, Rejuvenation, and Balance
Our popular year-round Thursday evening yoga sessions help to rejuvenate your body, mind, and spirit through yoga and alignment. This course includes:
❖ Postures to tone, stretch, and strengthen the body and relieve tension.
❖ Safe alignment techniques to ease and optimize the effects of the poses.
❖ Meditation and breathing exercises for calming, soothing, and reducing stress.

Wear comfortable clothing. Bring a blanket or two, a towel, and a mat. Please eat lightly; no less than one hour before class.

Date & Time: Series F: Thursdays, April 25, and May 2, 9, 16, 23, and 30, from 6:15 to 7:30pm
Instructor: Christine Glover
Fee: $20 per session or $100 for series of six sessions

We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
M A Y  2 0 1 9

Meditative Realization: Exploring Your Soul’s Imagination

This workshop is both conceptual and experiential. Insights from Buddhist Meditation and Christian Contemplative practices are integrated into a psycho-spiritual process for transcending dualistic consciousness and touching the reality of God within. Participants will experience a balance of instruction, mystic poetry, and periods of silence and guided meditation.

Meditative Realization is a practice within the framework of Jungian Psychology that connects us experientially to the Soul in all its intelligence, healing power, creative potential, unconditional love, and the capacity for connection with the Luminous. Participants frequently contact their deepest longings and encounter living symbols of love, wisdom, protection, guidance and divine partnership. This manifests in an unfolding communication between the conscious and unconscious mind, the human and divine, the finite and infinite that opens the soul to intimacy with the faces of God.

Date & Time: Sat., May 4, from 10am to 3:30pm
Presenter: Craig Lennon, PhD
Fee: $60 (includes lunch)

Spring Writing Tuesdays

Explore your creativity in response to prompts where you’ll shape your words into prose, poetry, or journal musings. Bring a favorite pen and notebook to record ideas into stories in a non-judgmental environment. Sharing is optional. Bring lunch if you wish.

Date & Time: Tuesdays, May 7, 14, 21, from 1 to 3pm
Presenter: Karen Rippstein
Fee: $30 per session ($90 series)

Meditation 101

Date & Time: Tuesday, May 14, from 6:30 to 7:45 pm
Presenter: Carol Gibney
Fee: $20 per session

Chakras, Color, and Creativity

In this workshop, participants will create a watercolor painting with a focus on color and energy, using the ancient Chakra system as a guide. Discover how the creative process can bring a sense of relaxation and renewed vitality into your life as you: Engage in gentle movement with mindful awareness of breath and body. Identify areas needing attention through guided meditation. Explore the creative process with freedom and curiosity. Balance your energy and create harmony in your body, mind, and heart.

Date & Time: Sat., May 18, from 1 to 4pm
Presenter: Susan Shanti Gibian
Fee: $35 + $5 materials fee payable to facilitator

The Work of Byron Katie

We all want to be happier, relaxed, and enjoy more success in our lives. We would love to be free of judgment, and have smooth relationships with friends and family and partners. What keeps us from consistently having these experiences? This retreat, based on the Work of Byron Katie, will teach you how to end your own suffering.

The Work is an astonishingly simple process, accessible to people of all ages and backgrounds, and requires nothing more than a pen, paper, and an open mind.

In this hands-on workshop, led by Tim Miller, one of the original certified facilitators of The Work, you will learn the practical tools of self-inquiry that can be used to lighten your relationships with family, friends, money, health, career, and yourself. The workshop is presented in an atmosphere of lightness, humor and fun.

Date & Time: Fri., May 31, at 5pm through Sun., June 2, at 11am
Presenter: Tim Miller
Fee: $295 (all inclusive)

J U N E  2 0 1 9

Praying Without Words

Do you find yourself unable to pray in the ways you were used to? Are you seeking new ways of praying, drawn by a voice within that calls, but is not clearly defined? St. Paul assures us that when we do not know how to pray, the Spirit prays for us (Romans 8). This day of reflection is an invitation to enter the temple of ourselves and express the prayer of our hearts in simple, concrete ways.

Date & Time: Sat., June 1, from 10am to 3pm
Presenter: Anita Constance, SC
Fee: $55 (includes lunch)

Yoga for Relaxation, Rejuvenation, and Balance

Our popular year-round Thursday evening yoga sessions help to rejuvenate your body, mind, and spirit through yoga and alignment. This course includes:

❖ Postures to tone, stretch, and strengthen the body and relieve tension.
❖ Safe alignment techniques to ease and optimize the effects of the poses.
❖ Meditation and breathing exercises for calming, soothing, and reducing stress. Wear comfortable clothing. Bring a blanket or two, a towel, and a mat. Please eat lightly; no less than one hour before class.

Date & Time: Series G-Thurs., June 6, 13, 20, 27, and July 11 and 18, from 6:15 to 7:30pm
Instructor: Christine Glover
Fee: $20 per session or $100 per series of six sessions
**Poetry for Life Series: Morning Tea ‘n Poetry**

Life is busy, challenges are many, and at times we feel alone or unsure. Poetry — both the whimsical and the profound — can help us make our way. Tea is the perfect pairing, for simple joy and mini islands of rest. Come be refreshed. No experience with reading or discussing poetry is necessary. This is poetry for life, joy, solace, and playfulness. Each week, throughout the series, we’ll explore a different core theme, with a few mischievous and unexpected selections added into the mix. A complimentary copy of *The Joy of Poetry: How to Keep, Save & Make Your Life with Poems* is our gift to you. This program is limited to 10 participants.

**Date & Time:** Thurs., June 6, 13, and 20, from 10:30am to 12pm  
**Presenter:** Laura Barkat  
**Fee:** $10 ($30 for series)

**Opening Reception: Hudson Valley through the Lens, Photography Exhibit**

The Mariandale Center will host a unique photography exhibit featuring the Hudson Valley. The exhibit will showcase local artists and be on view in our Chapel and dining room. Please join us for our opening photographer’s reception on Thursday, June 13. This reception will take place in our dining room. Light refreshments will be served.

**Date & Time:** Thurs., June 13, from 6:30 to 8:30pm  
**Fee:** Free will donation

**A Writer’s Workshop**

Explore deeper self-awareness and new outlets for creativity as we seek a path into memories resulting in stories that make us who we are. Our inner wisdom will guide us toward a solid piece of writing to share in a non-judgmental environment.

**Date & Time:** Sat., June 8, from 11am to 3:30pm  
**Presenter:** Karen Ripppstein  
**Fee:** $50 (includes lunch)

**Meditation 101**

**Date & Time:** Tuesday, June 11, from 6:30 to 7:45pm  
**Presenter:** Carol Gibney  
**Fee:** $20 per session

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**Healing the Healer: A Mindfulness and Dialogue for Life**

A Healing the Healer retreat, designed for healers that includes, but is not limited to therapists, counselors, nurses, social workers, teachers, physicians, clergy, and social service staff.

You will be introduced to the practices of Mindfulness and Dialogue for Life (DfL) that will help you use brief meditation practices and dialogue skills to improve your interactions with clients, patients, and co-workers. Gentle yoga movements will complement this comprehensive approach.

With Mindfulness, you will learn to increase your ability to deal with stress by being more present, to more fully understand patterns of thought, and to allow appropriate space for emotions as they arise. With DfL, you will learn to bring this expanded awareness to your interactions with others in order to enrich the exchanges and generate creative outcomes.

Through dyadic and small group experiences and trainings, you will learn how to integrate these skills into your life. The workshop will conclude with participants developing a plan for implementing a Mindfulness-Dialogue way of living. Please see our website for more information.

**Date & Time:** Fri., June 14, at 3pm through Sat., June 15, at 3pm  
**Presenter:** Danny Martin and Diane Abatemarco, PhD, MSW  
**Fee:** $335 (all inclusive)

**A Writer’s Spiritual Path to Success**

Have you ever wanted to write a book, but felt held back by an overwhelming process or personal circumstances? Find out how to streamline the process and overcome what is holding you back. This is a call to writers to spend the weekend with Deborah LeBlanc, an award-winning best-selling author and business owner from Lafayette, LA. Deborah will share her story of how she has overcome monumental odds to obtain the success she knows today.

The workshop will give participants a writer’s action plan for success, covering a range of topics and a schedule that will allow you to write 3-5 books a year (in traditional or self-publishing).

**Date & Time:** Fri., June 14, at 5pm through Sun., June 16, at 11am  
**Presenter:** Deborah LeBlanc  
**Fee:** $285 (all inclusive)

**Beyond Belief: Self-Realization as a Spiritual Practice**

This workshop is an entry point into our own wisdom. Using creative exercises, poetry, storytelling, and video, we learn the secrets of mysticism and non-duality. We learn how to let go of the fears that have kept us silent and create a life that is full of purpose, spirit, and prophetic power. Self-realization helps us to become the mystics and prophets we are born to be.

Becoming a prophetic person starts with a spiritual practice. It moves from silence to thought to word and action. When our words and actions are rooted in our spiritual commitments, we become a light in the world and a force for good.

Healing the world begins with healing ourselves. “This means that we become the greatest light in the world when we master our own ordeals and connect our creative potential with our spiritual power.”

**Date & Time:** Sun., June 16, at 5pm through Fri., June 21, at 10am  
**Presenter:** Jan Phillips  
**Fee:** $600 (all inclusive)

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**BECOME A MARIANDALE SUPPORTER!**

Your donations help us keep The Mariandale Center a place of peace and hope.

mariandale.org/giving

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We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
**Buddhist-Christian Dialogue**

With dialogue, we continue to explore our spiritual paths, stressing the many areas of collaboration and understanding. This semi-annual series explores the many similarities between these two traditions. We will review many of the teachings of Jesus and the Buddha and discuss the way of the Saint and the way of the Bodhisattva.

**Date & Time:** Sat., June 22, from 10am to 2pm  
**Presenter:** Fernando Camacho, Maeve Eng Wong, and Janet Reale  
**Fee:** $40 (includes lunch)

**Earth Art: Co-Creating with Nature**

Touch the earth with love! When we place our hands on natural materials and enter into the mystery of the creative process, we access our connection with nature and our own inner wisdom. Join us for a walk in the woods, where we will create artwork using only objects from the forest floor and a mindful awareness of the environment.

The workshop begins with a short introduction and brief viewing of images of earth-based art, followed by a walk to the area where creative works will be constructed. We will begin with a grounding outdoor meditation and conclude with a sharing session, where participants have the opportunity to ask questions and share inspirations. Please bring a camera or smartphone to document your ephemeral creations. All are welcome.

**Date & Time:** Sat., June 22, from 1 to 4pm  
**Presenter:** Susan Shanti Gibian  
**Fee:** $35

**Refreshinig Summer Solitude**

This silent, directed retreat invites participants to refresh their spirits and experience greater intimacy with God. There will be opportunities for meeting with an experienced spiritual director, ample time for personal prayer, rest, relaxation, pool time, walks, meditation or sitting to take in the beautiful Hudson River views. Daily liturgy will be available, helping to advance your spiritual journey.

**Date & Time:** Sun., June 23, at 4pm through Sat., June 29 at 11am  
**Presenter:** Nancy Erts, OP; Judy Schiavo; Maureen McMahon, RDC  
**Fee:** $625 (all inclusive)

**Women in Jesus’ Life**

This is a guided retreat. In order for the gospels to be effective guides for our lives, they must be living words, i.e., able to speak to people of every age and culture. This retreat will reflect on what the gospels reveal to us about Jesus’ relationship with women in his time, that will speak to us today in our time when women’s worth, dignity, and full equality with men is finally being recognized and affirmed.

What new insights can we gain concerning women’s relationships to God, their place in the faith community, their involvement in ministry, their various roles in family and society, and the healing they need in order to rise to the challenges of today’s world? Come join us in exploring new possibilities for your own relationship with Jesus.

**Date & Time:** Sun., June 23, at 5pm through Thurs., June 27, at 1pm  
**Presenter:** Mary Schneiders, OP  
**Fee:** $450 (all inclusive)

**Nourishing Movement and Laughter**

Get out of your head and back into your body with laughter and nourishing fun. Join us poolside for a 6-week series. Stay after and enjoy a dip in the pool. Bring a towel.

**Date & Time:** Wed., June 26, July 3, 9, 17, 24 & 31, from 6:30 to 7:30pm  
**Presenter:** Linda Parker  
**Fee:** $20 per session or $100 per series

**A Summer Retreat for Writers**

Whether your writing is for personal journals or for publication, there are aspects we share as writers. This retreat is centered on the belief that when we leave behind the disruptions of our busy lives and gather in a supportive community, we make important breakthroughs in our daily life and in our writing.

The retreat will reinforce the writer’s life, (re)-discover the writer’s soul, offer daily workshops, craft discussion, feedback, motivation, inspiration, time to work on new or existing projects, and time to just relax with a secluded view of the mountains and river. The retreat is open to everyone: for those who journal and for writers of every genre. Writers will sharpen writing skills, meet other exceptional writers, have time to relax in a quiet peaceful environment, and enjoy meals and plenty of breaks. You will be energized by the support, literary guidance, relaxation, and encouragement.

**Date & Time:** Thurs., June 27, at 5pm through Mon., July 1 at 1pm  
**Presenter:** Magie Dominic  
**Fee:** $475 (all inclusive)

**Poolside: Yoga and Meditation**

Join us at 4:30 by the pool on Friday evenings, beginning June 28, for a 5-week series. All levels and abilities are welcome. Each Hatha style yoga class will begin with centering and grounding and will include focused breathing, stretching, balancing, and standing postures to strengthen and align the body, with spinal movements to release tension and find inner spaciousness. We will conclude each class with reclined relaxation postures that continue to quiet the mind and calm the body, a final deep relaxation and meditation. If you have your own mats and props, you are welcome to bring them. Cool down after class with a dip in the pool, if you wish.

**Date & Time:** Fridays, June 28 and July 5, 12, 19, and 26, from 4:30 to 5:30pm (moves indoors in inclement weather)  
**Presenter:** Amy Luke  
**Fee:** $20 per session

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**BECOME A SPONSOR OF THE TREEHUGGERS BALL IN 2019!**

**VISIT**

**WWW.MARIANDALE.ORG/ TREEHUGGERS-BALL-2019**

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We ask that you please register early for our programs.  
Programs that do not meet the minimum number of registrants may be at risk of cancellation.
We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.

**Meditation 101**

*Date & Time:* Tuesday, July 9, from 6:30 to 7:45pm  
*Presenter:* Carol Gibney  
*Fee:* $20 per session

**Crafters and Quilters Retreat**

Our Summer Summons is “Give a Hoot, Don’t Pollute!” Join some wise women in creating a wall hanging, lap quilt, and painting on knitted items featuring owls and/or favorite summer birds. Participants will pray and reflect using some recycled and/or sustainable materials for their projects.

We will engage in morning and evening prayer focused on creating beauty within our milieu and eliminating pollution. Application of environmentally-friendly sunscreen and insect repellent will ensure enjoyment of the Mariandale grounds and swimming pool. Please bring the basic equipment for your project. Instructions and patterns for quilters will be sent upon registration.

*Date & Time:* Wed., July 10, at 3pm through Sun., July 14, at 3pm  
*Prayer Leader:* Nancy Erts, OP  
*Quilting Instructor:* Patricia Werner  
*Fee:* $450 (all inclusive); Commuter fee, $275

**Mandala: Creating from the Center Retreat**

The mandala is a symmetrical design that has historically appeared in art forms, architecture, and ceremonies around the world. During the weekend retreat, we will create individual mandalas as a form of self-expression and personal insight. Full attention is placed on the creative experience, in the present moment. A completed mandala can be a source for meditation and reflection. All the materials needed for this workshop are included.

*Date & Time:* Fri., July 12, at 5pm through Sun., July 14, at 11am  
*Presenter:* Peg Considine, BFA  
*Fee:* $300 (all inclusive)

**Jungian Series: Healing Response to the Church Crisis**

This conference will attempt to both articulate the depth of crisis of the Church and the potential healing responses. The misuse of power, child abuse, and the collective shadow has erupted into the public. A new reformation is needed for the transformation of the institution in a spirit of truth and reconciliation. Br. Don has built his life’s work on helping and guiding others. In this very special conference, he shares his knowledge and wisdom, moving us forward.

*Date & Time:* Thurs., July 18, at 5pm through Sun., July 21, at 10am  
*Presenter:* Don Bisson, FMS  
*Fee:* $375 (all inclusive)

**Crystal Healing and Chakra Alignment**

Learn about crystals and the vibrational support and pure love that they are here to offer to us. Crystals and chakras, the nerve centers along the spine, work in similar ways to cleanse, release, balance, and rejuvenate your Aura. Together, we will tap into our own unique and true essence. Enjoy a nourishing lunch and make new friends: crystal and human. Nurture yourself and remember your childlike wonder, open to the possibility of effortlessly attracting all that is yours by divine right. Inspire yourself as you reach for new levels of creativity, joy, and connection.

*Date & Time:* Sun., July 21, at 10am to 3pm  
*Presenter:* Amy Luke  
*Fee:* $55 (includes lunch)

**Meeting Christ in Prayer Weekend Retreat**

This weekend retreat is designed for participants to grow in relationship with Christ by experiencing His love through Scripture and sharing with each other. The sessions will focus on: Plan of God in my life; Early life of Jesus; Jesus’ Public Ministry; Passion and Death of Christ; The Risen Christ; Doing the work of Christ; and Celebrating the Journey with Christ.

Please bring your own bible for praying with different Scripture passages, and journal or notebook to capture any personal faith discoveries.

*Date & Time:* Fri., July 26, at 1pm through Sun., July 28, at 7pm  
*Presenter:* Joan McGovern  
*Fee:* $275 (all inclusive)

**Beautifully Rooted Women’s Retreat**

Join Kacey and company for a weekend to renew your body, mind, and spirit through both group presentations and self-guided exercises in this weekend retreat on the Hudson River. Enjoy the pool by day, and walk the labyrinth at night by candlelight. Explore “Silent Sunsets” and late night sparklers!

You will also have the opportunity to schedule a healing session of Reiki, massage, or healing touch. Join like-minded women of all ages who want to live well and flourish at every stage of life.

*Date & Time:* Fri., July 26, at 5pm through Sun., July 28, at 11am  
*Presenter:* Kacey Morabito Grean  
*Fee:* $275 (all inclusive)
Mindfulness and Empowerment Retreat

Learn how to create the life of your dreams. Whether you are looking for a better job, life Partner, or simply to pay your debts, this retreat can help you reach your goals. PULSE Manifestation is an empowerment technique that gives you a complete step-by-step process to help you create what you want in your life and eliminate the blockages that have stopped you, until now.

In this weekend retreat, you will learn how to PULSE and have ample opportunity to practice PULSEing as well as mindfulness. Janet Catalina MSW, co-developer of PULSE, will guide you each step of the way, in this dynamic, easy-to-learn, and fun-to-do process. Experience how the re-creation lens can be, and be a part of the Ultimate Manifestation for world peace. For more information and details about this unique retreat, please visit our website, www.pulsemanifestation.com.

**Date & Time:** Fri., Aug 2, at 5pm through Sun., Aug 4, at 10:30am  
**Presenter:** Janet Catalina, MSW  
**Fee:** $325 (all inclusive)

Meditation 101

**Date & Time:** Tuesday, Aug. 13 from 6:30 to 7:45 pm  
**Presenter:** Carol Gibney  
**Fee:** $20 per session

Directed Summer Retreat

Come and reflect on your life and hear God’s whispers and movements. The silent, directed retreat is a rich opportunity for sacred silence with a daily opportunity for spiritual direction. Daily reflection and Morning Prayer, celebrations of the Eucharist, and ecumenical prayer will punctuate the days of rest and replenishment overlooking the majestic and beautiful Hudson River. Relax and enjoy the pool and grounds.

**Date & Time:** Sun., Aug. 4, at 5pm through Sun., Aug. 11, at 11am  
**Presenter:** Francis Gargani, CSsR and team members  
**Fee:** $700 (all inclusive)

Living a Down to Earth Spirituality

“We’ve had an on-going infatuation with heaven that has caused us to ignore Earth and to desecrate the actual places in which we live. That’s no faith I want to be part of.” — Fred Bahnson

Spend some personal and communal reflection time growing in awareness and responsiveness to the pleas of Pope Francis and other spiritual leaders: to experience God’s presence in creation and to care for our sacred, common home.

Participants will focus on exploring the three movements of the Laudato Si Retreat: 1-Hearing Creation’s Song; 2-Hearing Creation’s Cry; 3-Responding with Hope and Action in our Process of Ecological Conversion.

This semi-silent retreat includes ample time in our beautiful natural surroundings to walk the trails and the Labyrinth, and to sit, swim and bond with God in all beings.

**Date & Time:** Sun., Aug. 4, at 5pm through Sun., Aug. 11, at 11am  
**Presenter:** Nancy Erts, OP and Carol DeAngelo, SC  
**Fee:** $650 (all inclusive)

Summer Writing Workshop

Let your writing illuminate the joy of summer as we consider nature’s abundance at Mariandale. Please bring a pen and notebook or journal, as we’ll have a chance to explore our relationship with nature through words, images, and possibilities. Dress comfortably and bring a swimsuit if you’d like to take a dip in Mariandale’s pool following the program.

**Date & Time:** Wed., Aug 7, from 11am to 3:30pm  
**Presenter:** Karen Rippstein  
**Fee:** $50 (includes lunch)

A Spirituality of Film (Part Two): Portraits in Holiness

“…for Christ plays in ten thousand places”  
— GERARD MANLEY HOPKINS

This guided retreat is new in theme, while also continuing the theme of spirituality as expressed in film as art/parable. Through the format of morning presentations and evening film screenings (all new), our exploration of various ‘portraits in holiness’ will hopefully lead us to personal prayer (with daily suggestions). Eucharist will also be celebrated. (Please bring a Bible and notebook.)

Presentation will include:

- The ‘voice of God’s heart’ – the ‘heart of God’s voice’
- Desire for — and the qualities of — the divine spark
- Pathways of holiness – and un/holiness
- Sacred sexuality/sensuality – God’s holy gift
- The challenges of ‘communal/societal charity’
- Holy justice and holy peace: ‘a tender compassion’

**Date & Time:** Sun., Aug. 11, at 5pm through Sat., Aug. 17, at 1pm  
**Presenter:** Michael Laratonda, FMS  
**Fee:** $575 (all inclusive)

The “Me” in Memoir

As you write your memoir, you unleash your narrative self. Learn to recognize and encourage this version of yourself—the deepest, wisest part of you. It can reconcile your past and enlighten your present. Its emergence is the memoir writer’s most profound reward. Bring paper and pen, or a laptop. Perfect for new or struggling memoirists.

**Date & Time:** Fri., Aug. 23, at 5pm through Sun., Aug. 25, at 1pm  
**Presenter:** Lorraine Ash  
**Fee:** $295 (all inclusive)
**SEPTEMBER 2019**

**The Joyful Partnership of Tea and Poetry**
What does self-care look like? What if it were as easy as poetry and tea, every day? The two work together in a perfect partnership. It's a fifteen-minute investment — warm the water, steep the tea, sip, read a poem. Maybe you will write one. Tomorrow, repeat.

In this weekend retreat, we will practice integrating tea and poetry into our lives by learning to keep a tea journal. We will focus the interior nature of self-care, Tea Inside, with a generous spoonful of poetry and writing. Then we will pivot to consider Tea Outside, or how we can move forward into the world with these tools. Bring a beloved poem, a writing notebook, and as many tea bags as you like. The weekend retreat is limited to 22 participants; please register early to reserve your spot.

**Date & Time:** Fri., Sept. 6, at 5pm through Sun., Sept. 8, at 1pm
**Presenter:** Megan Willome
**Fee:** $275 (all inclusive)

**Yoga for Relaxation, Rejuvenation, and Balance**
Wear comfortable clothing. Bring a blanket or two, a towel, and a mat. Please eat lightly; no less than one hour before class.

**Date & Time:** Series H: Thurs., Sept. 5, 12, 19, and 26, from 6:15 to 7:30pm
**Instructor:** Christine Glover
**Fee:** $20 per session (4 sessions only)

**Meditation 101**
**Date & Time:** Tuesday, Sept. 10, from 6:30 to 7:45 pm
**Presenter:** Carol Gibney
**Fee:** $20 per session

**Buddhist-Christian Dialogue**
With dialogue, we continue to explore our spiritual paths, stressing the many areas of collaboration and understanding. This semi-annual series explores the many similarities between these two traditions. In this workshop, we are concentrating primarily on Paul’s Letter to the Philippians, an approach to understanding Paul using the Buddhist perspective. Paul – apostle, mystic, saint, bodhisattva.

**Date & Time:** Sat., Sept. 14, from 10am to 2pm
**Presenter:** Fernando Camacho, Maeve Eng Wong, and Janet Reale
**Fee:** $40 (includes lunch)

**Mindfulness and Dialogue for Life**
A Healing the Healer retreat, designed for healers that includes, but is not limited to therapists, counselors, nurses, social workers, teachers, physicians, clergy, and social service staff.

You will be introduced to the practices of Mindfulness and Dialogue for Life (DfL) that will help you use brief meditation practices and dialogue skills to improve your interactions with clients, patients, and co-workers. Gentle yoga movements will complement this comprehensive approach.

With Mindfulness, you will learn to increase your ability to deal with stress by being more present, to more fully understand patterns of thought, and to allow appropriate space for emotions as they arise. With DfL, you will learn to bring this expanded awareness to your interactions with others in order to enrich the exchanges and generate creative outcomes.

Through dyadic and small group experiences and trainings, you will learn how to integrate these skills into your life. The workshop will conclude with participants developing a plan for implementing a Mindfulness-Dialogue way of living. Please see our website for more information.

**Date & Time:** Fri., Sept. 20, at 3pm through Sat., Sept. 21, at 3pm
**Presenter:** Danny Martin and Diane Abatemarco
**Fee:** $335

**TreeHuggers Ball: A Fundraiser for The Mariandale Center**
Join us on Sunday, September 22, at 4:30pm for the annual Mariandale TreeHuggers Ball, as we gather to celebrate trees in all their strength, beauty, and splendor.

This event will take place outside, in our lovely courtyard with a Hudson River view, where we’ll honor our volunteers who work to preserve nature and our trees, and toast to the first day of autumn. Enjoy music, light fare, and local seasonal beverages; shop and take in our tree-themed presentations and surprises, and take a candlelit Labyrinth Walk at sunset.

Tickets will go on sale July 1. Please watch our website for ticket sales and information at www.mariandale.org/events

**Date & Time:** Sun., Sept. 22, from 4:30 to 7pm
**Presenter:** The Mariandale Center
**Ticket Price:** $55

**BECOME A MARIANDALE SUPPORTER!**
Your donations help us keep The Mariandale Center a place of peace and hope.

mariandale.org/giving
CALL FOR ENTRIES: PHOTOGRAPHY
THE HUDSON VALLEY THROUGH A LENS

ENTRY GUIDELINES

• All entries must be received at Mariandale by May 1, 2019.

• Photographs must be a min. of 8x10 inches (may be larger) and relevant to the Hudson Valley nature theme.

• All entries are subject to approval by the Program Coordinator and Photography Committee.

• All entries must be mounted and/or framed and ready to hang.

• Entries must include a 3 x 5 inch index card attached to the back of the entry with the Title of the work, your Name and the suggested Sale Price. If not for sale, please indicate NFS.

• Submit an additional 3 x 5 inch index card with the Title of the work, your Name, Address, Phone # and Email. Please include donation amount (min. 25% of sales price) if photograph sells.

• All entries much include a $15 fee per photograph*.

• Entries will be accepted in the order they are received.

OPENING RECEPTION THURSDAY JUNE 13TH
FROM 6:30-8:30PM

*Dominican Sisters of Hope (DSOH) and full time employees of the DSOH are exempt from the entry fee.
DIANE J. ABATEMARCO, PHD, MSW is a trained mindfulness-based stress reduction teacher, facilitator, and researcher. Her work in mindfulness and parenting is nationally recognized and she has published several papers on the effects of mindfulness. Diane is a Professor of Obstetrics, Genecology, and Pediatrics and the Director of Maternal Addiction Treatment, Education, and Research Division (MATER) at Thomas Jefferson University.

LORRAINE ASH, MA is a book editor, author, coach, and editorial director of Cape House Books. She has penned two memoirs: Life Touches Life: A Mother’s Story of Stillbirth and Healing and Self and Soul: On Creating a Meaningful Life. Lorraine studied at Fordham University.

BRUCE BAKER is a Presbyterian pastor recently retired after 40 years of parish ministry. In his ministry, he has participated in spirituality groups in the parish, incorporated Taize chants, and led workshops about Taize worship. After completing the Contemplative Formation program, he became part of the leadership team and has worked with the program for the past two years.

LAURA BARKAT is the managing editor of Tweetspeak Poetry, where whimsy and fun abound around the topics of poetry, writing, and lifelong literacy growth. Her poetry has appeared on NPR, as well as at Virginia Quarterly Review and The Best American Poetry. She has served as a books, parenting, and education contributor at The Huffington Post blog and is the author of six books for grown-ups, including the popular title Rumors of Water: Thoughts on Creativity & Writing.

VIRGINIA BARTLETT is a Healing Touch Certified Practitioner and draws on 30 years of experience as a Licensed Massage Therapist, in Reiki and other modalities. Virginia is part of the Healing Circle at Mariandale and also available for private Healing Touch sessions upon request.

JOY BAUM, MS ED, PHD is a contemplative educator and counselor. She teaches meditation in the Hudson Valley and coordinates workshops and talks for Tergar International. She consults, educates, and coaches students for The City University of New York in their studies of the Arts in Education. She facilitates and teaches meditative awareness and contemplative photography.

DON BISSON, FMS is a Marist Brother, known both nationally and internationally for his work as a retreat director and presenter in the area of spirituality and Jungian psychology. He has a Doctor of Ministry Degree from the Pacific School of Religion, Berkeley, CA.

FERNANDO CAMACHO, MDM is an ordained lay Buddhist priest of the Dharma Teacher Order; a Western group of Vietnamese Zen lineage committed to developing ecumenical bridges and relationships across all religious traditions. Fernando is a practicing medical oncologist in the Bronx and is the Director of the Community Oncology Program of the Montefiore Einstein Center for Cancer Care.

JANET CATALINA, MSW is a therapist, life coach, and workshop leader, who has been in the field for over 30 years. She trained in mindfulness meditation with Jon Kabat-Zinn and leads mindfulness workshop retreats. Janet is the co-developer of PULSE Manifestation, which is the culmination of her lifelong work to help others break past blockages and be the person he or she was born to be.

PEG CONSIDINE holds a BFA from the University of Massachusetts, Amherst; and Master of Education from Elms College. She taught visual art for twenty years, emphasizing the creative process as an expression of self. Peg has found the mandala an accessible and transformative art form, and she currently leads mandala retreats throughout New England.

ANITA M. CONSTANCE, SC is the author of several spiritual books, and is experienced in giving retreats and workshops. Sister Anita is a certified spiritual director and is presently available for retreats, spiritual direction, grief support, and healing touch.

JANET CORSO, MA is a spiritual director and supervisor and trainer of spiritual directors. Janet also leads retreats and workshops, and was formerly the director of The Mariandale Center. She is a member of Mariandale’s Contemplative Formation team.

GAYNELL CRONIN 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, is her most recent book.

MAGIE DOMINIC is a writer and artist whose memoirs, The Queen of Peace Room and Street Angel, have been nominated for the Canadian Women's Studies Award, Book of the Year Award/Memoir ForeWord Magazine, the Judy Grahn Award, and received the Silver Medal from the Independent Publishers Book Award, 2017. She has written for the Toronto Globe and Mail and The Village Voice.

NANCY ERTS, OP is a Dominican Sister of Hope and the Program Specialist at the Mariandale Center. She 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.

JOHN FOX, CERTIFIED POETRY THERAPIST, is a poet and author of Finding What You Didn’t Lose: Expressing Your Truth and Creativity through Poem-Making and Poetic Medicine: The Healing Art of Poem-Making. He teaches at the collegiate and post-graduate levels as an adjunct faculty member of the California Institute of Integral Studies, Sofia University, and Holy Names University, Oakland.

DAN GALLAGHER began doing the Dances of Universal Peace (DUP) in 1992, and became a certified leader of the DUP in 2006. He has led and participated in dance circles across the country. An initiate in the Sufi Ruhiyat International, Dan believes that all paths lead to God, and that we all can approach the divine through experience.
**PRESENTERS**

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

**CHRISTINE GLOVER** is a certified E-RYT 500 level yoga teacher and a Reiki II Practitioner in the Usui system of Reiki. She has taught Hatha Yoga in Westchester since 1990. Her certification was under the tutelage of master teacher, Tao Porchon Lynch. She was a student at the Alvin Ailey American Dance Center, a professional circus performer, and the director of the Circus Arts Camp.

**SUSAN SHANTI GIBIAN** is an artist, teacher, and meditation practitioner whose work focuses on living from the wisdom of the heart. She holds an MA in Arts and Consciousness and has exhibited her work in solo and group exhibitions in California and New York.

**CAROL GIBNEY, LMSW** is a spiritual director, certified yoga teacher, and retreat leader who has been leading retreats at Fordham University in her role as a campus minister for the past 17 years. She is delighted to offer this retreat as a way to integrate Ignatian Spirituality with the practice of yoga and meditation.

**BERYL HAY** began her career at IBM, and transitioned to the nonprofit area. She transformed herself into the holistic world through independent study courses, continuing education credits, and Traditional Reiki teachings.

**BETTE ANN JASTER, OP** is a Dominican Sister of Hope, formerly one of the Dominican Sisters of the Sick Poor in Ossining. Sr. Bette Ann is the Environmental Program Specialist at Mariandale, and runs the Co-Op for Earth’s Sake at the center. Sr. Bette Ann is also a co-founder of EarthLinks in Denver, Colorado, and participates in educational retreats and presentations on global and local environmental issues and care of the earth.

**MICHAEL LARATONDA, FMS** is a member of the Marist Brothers of the Schools, a religious congregation dedicated to Christian education. Michael’s background includes: teaching at the secondary school and adult levels in the areas of English, theology, and film; chaplaincy work in hospital and long-term-care facilities with elders; retreat presenter and spiritual director; workshop facilitator in the areas of psycho-spiritual development, prayer, sexuality, journaling, and dreams.

**DEBORAH LEBLANC** is an award-winning, best-selling author and business owner from Lafayette, LA. In 2007, Deborah founded Literacy Inc., a non-profit organization dedicated to fighting illiteracy in America’s teens. Deborah has overcome monumental odds to obtain the success she knows today.

**CRAIG LENNON, PHD** is a spiritual director and clinical psychologist practicing in the tradition of Jungian Depth Psychology. His book of poetry, *My Beautiful Ruins*, was published in 2017. His workshops combine mystic poetry, myth, dream, and meditative practices in the exploration of a variety of psycho-spiritual themes.

**AMY LUKE** has been a teacher and student of yoga for the past twenty years. She teaches all levels of Hatha-Vinyasa, Restorative Yoga, Chair Yoga, and Meditation. Most recently she has delved more deeply into the roots of Ayurveda, Yoga, and Meditation. She is a Reiki II practitioner and practices Crystal Healing and Meditation.

**DANNY MARTIN, STL, PHD** is the creator of Dialogue for Life (DfL), and has more than 30 years of experience bringing DfL to public health departments, hospitals, substance use treatment centers, therapists, and educators.

**JOAN MCGOVERN** began a deeper faith journey by becoming a Eucharistic Minister at St. Joseph’s Church in Garden City, NY in 2002, and subsequently a weekend leader. Joan realized the movement of the Holy Spirit and continues to follow the invitation toward a deeper faith journey, actively involved as a spiritual director and retreat leader.

**TIM MILLER** is a certified facilitator of The Work of Byron Katie. Tim served as staff and participant support leader at many of Byron Katie’s nine day schools, and facilitated hundreds of individuals over the past 15 years. Tim is also experienced in other modalities of inquiry and has worked personally with other notable teachers including Lester Levinson (the Sedona Method) and David Hawkins (author of the bestseller, Power vs. Force). He is also an experienced practitioner of The Presence Process, a powerful journey into present moment awareness.

**KACEY MORABITO GREAN** is an advanced reiki practitioner, inspirational speaker, and host of the popular podcast *Shine On*. Reminding you that “You are a miraculous creature capable of great things” is at the heart of all she does.

**LINDA PARKER** holds a BA in Exercise Science and many past certifications, including Certified Holistic Health Coach, CHEK Fitness & Lifestyle Coach, Nia Technique® and HoopnoticaFit Instructor and Laughter Yoga Leader. She is a student of life driven by an insatiable appetite for personal development, spiritual growth, and discovery to live her life’s purpose and to inspire others to do the same.

**JAN PHILLIPS** is a writer, photographer, and activist who connects the dots between evolutionary creativity, spiritual intelligence, and social action. She is the author of ten award-winning books on creativity, spirituality, and thought leadership. She is founder and director of the Loving-kindness Foundation and is responsible for the construction of the Loving-kindness Learning Centre in Kaduna, Nigeria. Jan has performed with Pete Seeger, taught with Jane Goodall, worked for Mother Teresa, and sung to Gladys Knight. Her presentations incorporate science, humor, research, and the arts, keeping the brain and heart connected and engaged.

We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
We ask that you please register early for our programs. Programs that do not meet the minimum number of registrants may be at risk of cancellation.
Dominican Sisters of Hope Preserve Much of Mariandale from Development

By DAN PIETRAFESA

The Dominican Sisters of Hope have agreed to a conservation easement that will preserve 34 of their 61 acres of land along the Hudson River in Ossining from future development.

The sisters made the announcement at a Sept. 28 press conference.

“To keep this open space protected and not have it developed in the future seemed like the right thing to do,” Sister Lorelle Elcock, O.P., the prioress of the Dominican Sisters of Hope, told CNY.

The property, known as Mariandale, continues to be owned and managed by the Dominican Sisters of Hope. It is located next to the Village of Ossining’s 30-acre Crawbuckie Nature Preserve. Ossining Mayor Victoria Gearity attended the press conference where she issued a proclamation of a Day of Hope.

State Assemblywoman Sandy Galef, Deputy Westchester County Executive Ken Jenkins and Westchester County Legislator Catherine Borgia also attended.

“We had a wonderful turnout, not only our sisters, but colleagues who have worked with us on this project and sisters from other communities who have been supportive and have shared in this journey,” Sister Lorelle said. “We had a full room to celebrate.”

The sisters worked with Westchester Land Trust, based in Bedford Hills, on the conservation easement, a voluntary legal agreement. Westchester Land Trust completed a site assessment in 2012 that showed the undeveloped land helps protect water quality and serves as a home to wildlife such as deer, wild turkeys, ground hogs and geese.

“The preservation of this beautiful land holds special meaning for Westchester Land Trust,” said Lori Ensinger, president of Westchester Land Trust, in a statement. “We have always known that this property is sacred to the sisters, and we worked to ensure that they felt comfortable with their decision to preserve the property after they are gone. Every action they have taken demonstrates their clear stewardship ethic and a deep reverence for the land. This project has been one of the most inspirational we have ever been involved with.”

The 61-acre Mariandale property is home to the Mariandale Center, which offers retreats and programs in spirituality and contemplative practices.

“People coming here will have the benefit of this beautiful natural environment to connect with God through nature and the retreat program,” Sister Lorelle said.
## HOW TO PAY FOR PROGRAMS AND RETREATS

### CHOOSE ONE OF THREE WAYS

1. Register online and pay quickly and safely through our website at [www.mariandale.org](http://www.mariandale.org). You will receive a registration confirmation after you register.

2. Mail this Registration Form, with payment by check or credit card info complete on the form, to Mariandale Registrar, 299 N. Highland Avenue, Ossining, NY 10562

3. Pay by phone with a credit card. The Mariandale Registrar’s phone number is 914.941.4455, ext. 100.

### REGISTRATION AND DEPOSIT PROCESS

1. Day Programs must be registered and paid for, in full, 14 days in advance of the program date. We do not take deposits for day programs.

2. Retreats that include overnight stays require a deposit of $75, made at the time of registration. Payment in full is due 14 days prior to the program start date. Deposits are non-transferable and non-refundable, if you cancel your registration.

### CANCELLATION AND REFUND POLICY

1. Should you cancel attendance for a program 14 days or more from the start of the program, your payment will be refunded, (minus the deposit and $25 processing fee).

2. Should you cancel attendance on a program with less than 14 days to the program start date, you are not eligible for a refund.

3. Mariandale reserves the right to cancel programs with insufficient registration. In those cases, you will receive a full refund.

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### TOTAL COST OF REGISTRATION:

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## MAKE THE MOST OF YOUR STAY AT MARIANDALE:

If you are interested in Wellness Services, such as massage or healing energy, please send an email of inquiry to wellness@mariandale.org

If you require vegetarian meals, please let us know more than 14 days in advance of your stay. Thank you.

Please note that our kitchen is not equipped to prepare completely vegan or gluten-free meals. As some products come from outside vendors and all types of food are prepared, we cannot guarantee an absence of allergens, such as gluten, nuts, and sesame. Cross-contamination may occur and we cannot guarantee that any food item will be completely free of allergens.

We recommend that guests with severe food limitations bring their own food to ensure safety. A guest refrigerator and microwave are provided on the Ground Floor for convenience.
Opening Reception
THE HUDSON VALLEY THROUGH A LENS
PHOTOGRAPHY EXHIBIT

The Mariandale Center will host a unique photography exhibit featuring the Hudson Valley. The exhibit will showcase local artists and be on view in our Chapel and dining room.

Please join us for our opening photographer’s reception on

Thursday, June 13, 6:30-8:30 pm

The reception will take place in our dining room.
Light refreshments will be served.
Please see website for more details.