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2018 RETREATS

Graymoor *SPIRITUAL LIFE* Center



Dear Friends;

Here at the Graymoor Spiritual Life Center we want all of our guests to feel “at home” on the Holy Mountain. Through the coming year we will continue our wide range of retreat opportunities that will assist you in deepening your spiritual life. We also want you to know that the Center is more than a space for things spiritual, it is also a space for meetings, staff development as well as for rest and relaxation.

We have again committed ourselves to sharing in the Friars of the Atonement’s desire to “do the extraordinary from the ordinary.” During this year we seek even more to become a place of mercy and love where everyone can come to rest, relax and rejuvenate. As Pope Francis has said”A little bit of mercy makes the world less cold and more just.”

I invite you to look over our many offerings and find a retreat or event that best meets your needs. Please consider sharing this information with others so that they too can experience the peace and serenity of the “Holy Mountain.”

Fr. Tom Orians, S.A.

Fr. Tom Orians, SA
Director

The **GRAYMOOR SPIRITUAL LIFE CENTER** is a ministry of the Franciscan Friars of the Atonement, a Roman Catholic religious community dedicated to the reconciliation, or *at-one-ment*, of people with themselves, each other, and God. The Center sponsors and hosts many retreats, conferences, days of renewal and recollection, pilgrimages, meetings and other events. The Center has 56 guest rooms that can accom-modate up to 112 people; seated dining for as many as 300; and both meeting and chapel space for up to 650.

Unless otherwise noted, **single occupancy** for a **weekend retreat** is **\$250 per person** & **double occupancy** is **\$175 per person**. Weekend fee rates include all content of our retreat, the two overnight stays and all meals starting with Saturday's breakfast & ending with Sunday's lunch. **Senior Mid-Week Retreat** fees are **\$225 per person** and include retreat content, 3 days overnight and meals starting with Tuesday's dinner and ending with Friday's lunch. The Center has vending machines with snacks & beverages but feel free to bring your own & store it in our guest lounge refrigerators. Towels, linens and one pillow per bed are provided (bathrobes are recommended for shower use). Bring your own alarm clock and any extra pillows you may need.

Advance registration is required as retreats are limited in number of participants. If registering through the mail please verify beforehand that space is still available. Registration will closed one week before for ALL retreats take place. **A \$75 deposit per person is due at the time of registration & is non-refundable / non-transferrable should you cancel for any reason.** Payment in full at the time of registration is appreciated as it will make the check in process go faster, but we do not require it. We recommend that you register on-line by visiting **www.graymoorcenter.org**. Our website will have the most up-to-date information on all retreats we offer. You can also call us at 845-424-2111.

For weekend programs, please arrive between 5:00 - 7:00 PM on Friday for registration in the Spiritual Life Center Office located on the 5th floor. **Please do not arrive early as rooms may not be adequately prepared at earlier times.** All weekend retreats end after Sunday dinner which starts at 12:15 PM. Senior weekday retreats start with registration at 3:00 PM and end after lunch on Friday which starts at 12:00 PM. Balances if any, are due at the time of check in and can be fulfilled by either cash, check or major credit card.

Thur. Jan. 18 - Thur. Jan. 25

WEEK OF PRAYER FOR CHRISTIAN UNITY

The Franciscan Friars and Sisters of the Atonement are dedicated to prayer for Christian Unity. This special time in the life of the Church will be celebrated at Graymoor in a variety of ways. For a schedule of events visit www.atonementfriars.org

Fri. Jan. 26 - Sun. Jan. 28
MATT TALBOT MEN #9

A retreat that brings alcoholic men in recovery together to share in prayer and reflection and to further open the spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous.

Fri. Feb. 2 - Sun. Feb. 4

WINTER RE-CREATION WEEKEND

\$275 single room occupancy, \$225 per person for double occupancy. In collaboration with Skip Doyle, a member of the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings.

Fri. Mar. 9 - Sun. Mar. 11
DAN EGAN RETREAT

Getting its name from the “Junkie Priest”, the late Father Dan Egan SA, this retreat is a spiritual weekend for men and women recovering from drug addiction.

One Day - Sunday Mar. 18 (9:30AM to 3:30PM)
THE SPIRITUAL DIRECTIONS MINI RETREAT

\$50.00 for the day with lunch included.

In the Franciscan tradition, this outdoor Lenten retreat will explore: “What is the greatest commandment?” and “How should we pray?” A three mile walk on the Appalachian Trail will be included, allowing participants to enjoy the effects of the vernal equinox.

Tue. Mar. 20 - Fri. Mar. 23

MIDWEEK RETREAT FOR SENIORS

This is an opportunity to inaugurate Older Americans Month and reflect on one’s relationship with God and with other people. Arrive Tuesday at 3:00 PM and return home Friday after lunch. **(\$225.00 per person)**

Fri. Mar. 23- Sun. Mar. 25
MATT TALBOT MEN #9

Please refer to Jan 26th Retreat Info.

Wed. Mar 28- Sun. Apr. 1
HOLY WEEK RETREAT

Time for prayer and reflection as the church celebrates “The Three Days” and Easter. **(\$375 for single occupancy, \$325 per person for double occupancy.)**

Fri. Apr. 6- Sun. Apr. 8
S.O.A.R. WEEKEND

(Surviving Our Alcoholic Relationships) A weekend focusing on the spirituality of the Al-Anon program and how it applies to those in a relationship with an alcoholic.

Fri. Apr. 20 - Sun. Apr. 22
WOMEN IN RECOVERY
This retreat is for women in recovery with an emphasis on enhancing their spirituality and sober way of life. It is intended to foster spiritual recovery as suggested by AA's 12 step recovery program.

Fri. May 4 - Sun. May 6
COUPLES IN RECOVERY: CHAPTER 9

This weekend retreat offers couples in recovery a chance to share their experience, strength, and hope as couples so that they may solve their common problems and help bring harmony to their own and other relationships in recovery.

Fri.May 18 - Sun.May 20
MAN MATTERS: ON EAGLES WINGS

\$275.00 single occupancy,\$200 per person,double occupancy. This retreat is for men seeking a deeper understanding of God in their lives. This year's retreat will consider the basic spiritual questions that can lead to the essential truths for the lives of Men in God.

Fri.Jun.22-Sun.Jun.24
SUMMER RE-CREATION WEEKEND

\$300 single occupancy,\$225per person,double occupancy. In collaboration with Skip Doyle, a member the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings. Register early as space is limited.

Fri.Jul.20-Sun.Jul.22
SPIRITUALITY OF THE 12 STEPS

Help for everyone to discover the spiritual part of themselves (especially participants in 12-step programs).

Fri. Aug. 10 -Sun. Aug 12
RELAPSE PREVENTION RETREAT

A weekend for persons in any 12 Step Program that will give participants the tools needed to help prevent relapse in their recovery process.

Fri. Aug. 17-Sun. Aug. 19
WOMEN OF WONDER WEEKEND

A weekend for women to explore and honor the treasures they bring to the world while learning to let go of anything that no longer serves them. Activities offered will help participants examine their inner lives & relationships through reflection and group discussion.

Fri. Sep. 7 - Sun. Sep. 9
MATT TALBOT MEN #9

A retreat that brings alcoholic men in recovery together to share in prayer and reflection and to further open the spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous.

Fr.Sep.14-Sun.Sep.16
AUTUMN RE-CREATION WEEKEND
\$275 single occupancy, \$225 per person double occupancy. In collaboration with Skip Doyle, a member the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings. Register early as space is limited.

Fri.Sep.28-Sun.Sep.30
DE MELLO RETREAT

A retreat that will focus ob the message of Anthony de Mello. This weekend experience will include spiritual themes & exercises that can transform & enrich your life. Led by Jonathan Galente & Desmond Towe, trustees of the De Mello Spirituality center in New York City, this conference can help you to to rediscover your life & wake up to its joy! Become more aware of the joy that lives in the center of each moment of your life.

Fri.Sep.28-Sun.Sep.30
FRANCIS & CLARE: A NEW LOOK AT CONTEMPLATION

This retreat will explore the lives and the writing of the two most known influences of the Franciscan tradition, St. Francis and Clare. It will focus on living a simple life today as a model of becoming and being instruments of peace.

Tue.Oct.9-Fri.Oct.12
MIDWEEK RETREAT FOR SENIORS

This is a great opportunity to celebrate life, enjoy the fall colors, and reflect on one's relationship with God and others. Arrive Tuesday at 3:00 PM and return home on Friday after lunch. **(\$225.00 per person, single or double occupancy.)**

Fri.Oct.12-Sun.Oct.14
HEALING THE CHILD WITHIN RETREAT

This weekend co-ed retreat will provide exercises that can help you discover & heal your Child Within.

Fri.Oct.19-Sun.Oct.21
AUTUMN NATURE PHOTOGRAPHY WORKSHOP & SPIRITUAL RETREAT

Spend an autumn weekend with photographer Bruce Colin, photographing outdoors and exploring your spiritual and creative side where nature serves as a source of inspiration and enlightenment. This retreat is especially beneficial for people that are in recovery. **Limited to 15 people so register early.**

Fri.Oct.19-Sun.Oct.21
S.O.A.R. WEEKEND

(Surviving Our Alcoholic Relationships) A weekend focusing on the spirituality of the Al-Anon program and how it applies to those in a relationship with an alcoholic.

For additional information on these retreats as well as programs not listed here, visit us at www.graymoorcenter.org or e-mail gslc@atonementfriars.org

Fri.Nov.2-Sun.Nov.4
WOMEN IN RECOVERY

A retreat for women in recovery with emphasis on enhancing their spirituality and sober way of life. It is intended to foster spiritual recovery as suggested by AA's 12 step recovery program.

Fri.Nov.16-Sun.Nov.18
MATT TALBOT MEN #9

Please refer to Jan 26th for info.

One Day –Sunday,Dec.2from9:30AM-3:30 PM
THE SPIRITUAL DIRECTIONS –ADVENTMINI-RETREAT
\$50.00fortheday,lunchincluded. This retreat will be similar to the Spiritual Directions Mini Lenten Retreat during February and will celebrate the Advent season in the Franciscan tradition.

Fri.Dec.7-Sun.Dec.9
12 STEP WORKSHOP FOR MEMBERS OF AL-ANON

Step Study is an essential part of recovery for people in Al-Anon. During this weekend you will complete an intensive study of the 12 Steps in fellowship and a spiritual environment, sharing our experience, strength and hope. Bring a copy of "Paths To Recovery." Optional: "Reaching For Personal Freedom.

Sun.Dec.23-Tue.Dec.25
CHRISTMAS AT GRAYMOOR

A Franciscan celebration of the Nativity of Our Lord Jesus Christ.

Mon.Dec.24-Tue.Dec.25
CHRISTMAS EVE MINI-RETREAT

Begins with First Vespers of Christmas followed by a blessing of the crèche and tree. Festivities will continue with a Christmas Eve dinner and concludes after the Mass at Midnight. (\$125.00 per person includes overnight accommodation). Please arrive after 4:15 PM.

Sun. Dec. 30-Tue. Jan. 1, 2018
NEW YEAR'S ON THE MOUNTAIN

An opportunity to give thanks to God for blessings received during the past year and to ask for continued blessings in the New Year. Includes optional interfaith prayer service for peace at the nearby Chuang Yen Buddhist Monastery.

Mon. Dec. 31-Tue. Jan. 1, 2018
NEW YEAR'S EVE MINI-RETREAT

Begins with First Vespers, includes a festive New Year's Eve dinner and exposition of the Blessed Sacrament, and concludes with a candlelight procession at midnight and the First Mass of the New Year.(\$125.00 per person includes overnight accommodation) Please arrive after 4:15 PM.

SATISFYING SATURDAYS

Jan. 13- Compassionate Communication
Feb. 24- Christian Mystics
May 19- In the Footsteps of Mary
Jun. 16- Finding Peace – Mindfulness Meditations
Jul. 14- 12 Step Spirituality for Everyday Life
Aug. 25- Growing Old Gracefully
Sep. 15- Women at the Well
Oct. 13- Franciscan Praying
Oct. 20- Grief Workshop

These one day mini retreats cost \$40 per person & will start at 9:30 AM and conclude at 3:30 PM. Cost includes conferences, activities, lunch and social time with refreshments. Check our website for detailed information www.graymoorcenter.org

DIRECTIONS

Graymoor is located off US Route 9 in Garrison, NY, five miles north of Peekskill, NY, and 13 miles south of I-84. Use 40 Franciscan Way, Garrison, NY 10524 for GPS assisted driving directions.

By Train: Take Metro-North's Hudson River Line from Grand Central (or 125th Street) to Peekskill. Taxi service is available from Peekskill to Graymoor for approximately \$35.

DAYS OF GRACE Year-round opportunities – usually weekdays, but occasionally weekends – to relax, reflect, read and pray on a space available basis. **Phone Reservations Only Please** at \$125.00 per person, per day (includes three meals and overnight accommodation). Payment in full at time of registration is required. **To check availability call 845-424-2111 Wednesday - Sunday 9-5.**

SPECIAL EVENTS IN2018

Sun.Feb.4 Burning of blessed palm branches.
Wed.Feb.14 Ash Wednesday: Blessing and imposition of ashes.

Sun. Mar. 18 Corned Beef and Cabbage Buffet Dinner.
Wed. Mar. 28-Sat. Mar. 31
The Sacred Triduum (see Holy Week Retreat)
Sat. Apr. 1 Great Vigil of Easter
Sun. Apr. 1 Easter Sunrise Service at the Founder's Tomb
Sun. May 6 Blessing and planting of wildflower seeds.
Sun. Jun. 10 Feast of St. Anthony of Padua Celebration
Sun. Sep. 30 Procession and Blessing of Animals.
Mon. Dec. 24 Christmas Eve Mass in the Night (10 PM)

REGISTRATION

TO REGISTER:
Please go to www.graymoorcenter.org.

If registering by mail please call 845-424-2111 to check on availability before completing this form then enclose a non-refundable deposit of \$75.00 per person registering.

Make checks or money orders payable to:
Friars of the Atonement.

Mail registration form and deposit to:
GRAYMOOR SPIRITUAL LIFE CENTER
Route 9 - PO Box 300
Garrison, NY 10524-0300

Please reserve space for me/us for the following retreat.
Check one: ☐ Single or ☐ Double accommodations

RETREAT TITLE _____

DATES _____

NAME _____ ☐ M ☐ F

ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE _____

E-MAIL _____

ROOMMATES NAME (If applicable) _____ ☐ M ☐ F

ADDRESS _____


CITY/STATE/ZIP _____

TELEPHONE _____

E-MAIL _____

☐ Enclosed is my check or money order for the amount of _____

Deposits are non-refundable and non-transferable.
Registration cannot be confirmed until deposit is received.

 [Facebook.com/GraymoorSpiritualLifeCenter](https://www.facebook.com/GraymoorSpiritualLifeCenter)