

Autumn ReCreation Weekend at Graymoor

September 27-29, 2019 (Friday evening – Sunday afternoon)



This vigorous summer weekend of exploration promises to be an opportunity to fully experience the spirit of nature and the culture of the Hudson Valley. Includes kayaking on the Hudson River (or Constitution Marsh or Annsville Creek), meditation, affords social interaction, and instills a sense of gratitude for our healthy beings. No previous paddling experience is required. If raining, a Hudson Highlands hike will be offered instead.

The weekend begins Friday evening with group activities. Saturday is a full day of kayaking, and concludes with the movie *And Then We Swam*. There are outdoor meditations through the weekend.

Sunday offers time for Mass or reflection, and concludes with lunch.

- To reserve a room and meals, contact Graymoor at (845) 424-2111 or www.graymoorcenter.org. (GSLC@atonementfriars.org)
- Sheets and towels are provided by the friary. Rooms have two double beds.
- Accommodations/meal cost is \$275 per person for a single room, \$200 if sharing.
- Kayak rental is \$50 per person payable to Hudson River Expeditions on the day of the event.

Schedule of Events

Friday		Saturday		Sunday	
5:00 pm (onward)	Registration – 5 th floor office	7:30 am	Breakfast	7:30 am	Breakfast
7:00	Welcome / Orientation / Introductions	8:30	Morning meditation - east	9:00	Morning meditation - west
8:00	Workshop (teams): Place in the Hudson Valley - most scenic, spiritual, most adventurous	9:00	Pick-up bag lunch Depart for paddling – Foundry Cove	9:30	Sharing: most scenic, spiritual, adventurous
9:30	Evening meditation – south	10:00 – 4:00	10:00 Kayaking: Constitution Marsh and Hudson River (meditation: beauties) Optional: Foundry Cove hike	10:00	Tour of Graymoor grounds
		5:00	Supper	11:00	Mass or personal meditation
		6:30	Evening meditation - north	12:30	Lunch – Beauties of the day
		7:30	Movie: <i>And Then We Swam</i>	1:30	Departure (Empty rooms / beds)

* Clothes appropriate to the day including layered clothing, rain gear, sunscreen, sunglasses, wool socks, wicking fabric undershirt (non-cotton), fluids (at least one liter), gloves optional.

Registration Form
Summer ReCreation Weekend: September 27-29, 2019

Make check payable to: Friars of the Atonement

To Register: **phone:** 845-424-2111 (Credit Card payment is accepted by phone)
 web: www.graymoorcenter.org
 mail: Route 9-Box 300 Garrison, New York 10524-0330
 If registering by mail please confirm space is available by calling 845-424-2111.
 Email: GSLC@atonementfriars.org

Name _____

Address _____

Phone _____

E-mail _____



Cost: (Accommodations and meals) single \$275, double (per person) \$200.

Double room requests require you to have a roommate; if you are not coming with a roommate, please register for a single room.

Name: _____

- Kayak rental is \$50 per person payable to Hudson River Expeditions on the day of the event.

Leader: Skip Doyle

“...akin to that of the religious worshiper or the lover; the daily effort comes from no deliberate effort or program, but straight from the heart.”

– Albert Einstein