

Autumn ReCreation

September 26, Saturday

9:30 a.m. – 4:00 p.m.

Features: Hike – Storm King Mountain
Meditations – *American Nature Writers & Poets*

Leader: Skip Doyle

This vigorous, autumn exploration promises to be an opportunity to fully experience the spirit of nature amidst a day of prayer. Our retreat includes summiting Storm King Mountain, meditations, and instills a sense of gratitude for our healthy beings – body, mind, and soul.

The cost of this day of meditation in nature (\$50) includes a box lunch provided by Graymoor.



Meet: Saint Anthony's Shrine @ Graymoor – next to Pilgrim Hall, 9:30 a.m.

Hike: This 6 mile hike with 600 feet of elevation gain is over rough terrain and is suitable for participants with hiking boots and backpack who have hiked in the outdoors before. Bring apparel (including a rain jacket) and hydration suitable to the day.

COVID: Each participant should bring a mask and gloves. Each person is responsible to maintain a distance of 6 feet. Masks do not have to be worn except when distance is less than 6 feet. Use of gloves is at each participant's discretion. Any person feeling ill in anyway before this retreat should excuse themselves from participating. Each participant must provide their own transportation.

Departure: The retreat concludes at Storm King Mountain (we do not return to Graymoor).

All Hikers under the age of 18 must be accompanied by a registered adult.

To Register: Please call the office 845-424-2111

"When I admire the wonder of a sunset or the beauty of the moon, my soul expands in worship of the Creator. I try to see Him and His mercies in all these creations. How else could these be beautiful, but for the Truth that is in the center of creation?"

– Mahatma Gandhi



GRAYMOOR SPIRITUAL LIFE CENTER

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