



CRANALEITH SPIRITUAL CENTER  
Programs and Retreats

*Sanctuary of Trees,  
Sanctuary of Mercy*

FALL WINTER SPRING | 2018-2019



## Dear Friends,

Cranaleith is Gaelic for “Sanctuary of Trees,” and many have told us that they feel a sense of peace the moment they enter our grounds. We are a sacred place that welcomes everyone, regardless of background, seeking spiritual renewal, personal and professional growth, healing, transformation and deeper self-awareness.

Whether you come for a private or sponsored retreat, a Sabbath time, spiritual direction, a hosted board or staff retreat or to volunteer in our garden, you will find a warm welcome, quiet peace and a sense of belonging.

This year, Cranaleith will celebrate its 20th anniversary with a gala on September 27, 2018, and we hope you will join us. In addition, many of our programs throughout the year will focus on Christian Mysticism. Pope Francis said, “The mystic is someone who experiences the intimate connection between God and all beings. Mysticism, not moralism, is at the heart of our life!” Our spring programs will be highlighted by a visit from nationally known author Alice McDermott.

We hope that you will join us this year at Cranaleith and that you find in our offerings, one or more that draw you into this sanctuary of trees, sanctuary of mercy.

Sincerely,  
Charlene Flaherty  
*Executive Director*



# Special Events



## Sanctuary in All Seasons

CRANALEITH SPIRITUAL CENTER  
20TH ANNIVERSARY GALA

September 27, 2018 • 6-10 p.m.

Join us to honor Cranaleith and those who have contributed to the organization in impactful ways over the past half-decade.



AN AFTERNOON WITH ALICE McDERMOTT  
Award-Winning Author and Professor at Johns Hopkins University

Saturday, April 6, 2019

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Go to [www.cranaleith.org](http://www.cranaleith.org) for more information



# Spirituality



## EVENING OF CONTEMPLATIVE PRAYER

**Presenter:** Maria DiBello, RSM

**Mondays, Beginning October 1, 2018-  
June 24, 2019, 7-8 p.m.**

**Cost:** Donation

Join us for a simple time of quiet presence to the merciful heart of God within us and within our broken/ blessed world. We will shelter the gift of silence with a guided invitation to prayer and the availability of supportive practices.

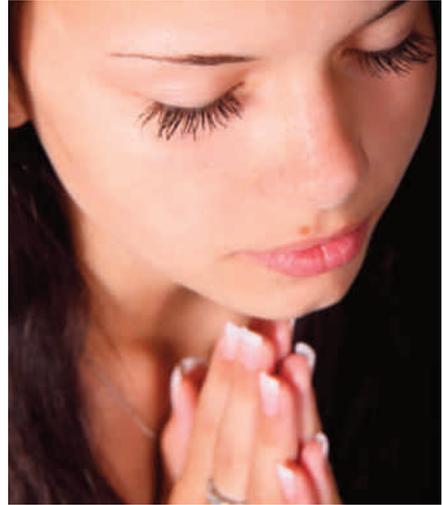
## EAST MEETS WEST IN AWARENESS: SPIRITUAL WISDOM OF ANTHONY DEMELLO, SJ

**Presenter:** Wini Wolff

**Saturday, October 13, 2018  
9 a.m.-4 p.m.**

**Cost:** \$45 (includes lunch)

Christian seekers in the West are often drawn to the ancient spiritual wisdom of the East, but may not know how to engage it. Indian-born Anthony DeMello, SJ – clinical psychologist, author and world-wide retreat director – synthesized spiritual insights from East and West into a vibrant, seasoned spiritual wisdom. This same spiritual wisdom is available to each of us and it grows by living a life of awareness. This retreat will be a day of waking up, drawing from both Eastern and Western insights. As a group, we will practice DeMello’s spiritual exercises – which he calls “Christian exercises in Eastern form” – and experience how this style of prayer expands our awareness and enlivens our spirit.



## WOMEN’S SPIRITUALITY

**Presenter:** Mary Anne Nolan, RSM

**Mondays, October 15, 2018; January 28  
and May 20, 2019  
5-9 p.m.**

**Cost:** \$45/session (includes dinner)

Women are different, not just in our bodies, but in the ways that we think, feel, and connect with the Spirit. These ongoing gatherings seek to nurture women’s spirituality through reflection, input, sharing and prayer. Join us in a creative exploration of your own story and stories of other women of faith.

## A MURAL PILGRIMAGE

**Presenter:** Maureen O’Connell, PhD

**Saturday, October 27, 2018  
10 a.m.-3 p.m.**

**Cost:** \$50 (includes lunch and bus tour)

Philadelphia’s world-renowned murals are as inspirational as they are beautiful. Our guide, Maureen O’Connell, Associate Professor and Chair of the Religion and Theology Department at La Salle University, will reveal the sacred stories of struggle, yearning for justice, resilience and beauty behind some of these extraordinary public artworks.



## **BODY PRAYER: CONNECTING WITH THE CONSCIOUSNESS OF JESUS**

**Presenter:** Marlene Skrobak, RSM

**Saturday, November 17, 2018**  
**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

In this workshop, we will use Jesus' native language as a key to unlock the spirituality and embodied spiritual practice that he taught. Because we live in a world of vibration, sound directly affects our physical cells and our inner being. Using body prayer, such as chanting and toning the words of Jesus, and guided visualization, we will be given the opportunity to connect directly with his consciousness and enter the rhythm of his awareness of cosmic unity.

## **RIDING THE WAVES OF THE HEART**

**Presenter:** Marlene Skrobak, RSM

**Saturday, January 19, 2019**  
**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

How can we connect with the intelligence and guidance of our own hearts? We will examine cutting-edge scientific research on the role of the heart and its power to create a more peace-filled and harmonious world.

## **WORLD CONTEMPLATIVE SPIRITUALITIES: SPIRITUAL PRACTICES OF WISDOM TRADITIONS**

**Presenter:** Wini Wolff

**Saturday, March 16, 2019**  
**9 a.m.-4 p.m.**

**Cost:** \$45 (includes lunch)

Human beings yearn for deep understanding of our place in the universe and our relationship with ultimate reality. Wisdom traditions agree that there is an infinite source to our existence; that human beings in our core are one with this divine source and that the true purpose of life is conscious experience of this ultimate source. In this retreat, we will experience contemplative



spiritualities and practices from a variety of traditions (Christian centering prayer, Zen mindfulness meditation, Hindu passage recitation, Sufi love poetry, and nature spirituality walk), offering opportunities to engage as a group in the spirituality of stillness and attentiveness. The paths are many and rich, each of them revealing that we have an innate capacity to live life with deep purpose and great joy.

## **THE WORKS OF MERCY: LIKE JESUS, LIKE CATHERINE, LIKE YOU!**

**Presenter:** Mary Pat Garvin, RSM

**Saturday, May 18, 2019**  
**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

Like Jesus and Catherine McAuley, we have been both the providers and recipients of God's grace through the Works of Mercy. Our day will include time for individual and communal prayer, group conversation, and exploration of the Works of Mercy – these ordinary and so very human ways of being Christ's presence to our families, community, neighborhood and fragile world.

## EXPLORING WOMEN MYSTICS

*One of the deepest longings we share is to discover the sacred in our everyday lives and in our beautiful but pain-wracked world. This series looks in a special way to those who offered prophetic insight, vision and response to that discovery...the women mystics who graced history with their unique expressions of holiness. Why not take some time to get to know them and to deepen that call in your own life?*



### ETTY HILLESUM AND THEA BOWMAN

**Presenter:** Boreta Singleton

**Sunday, October 21, 2018**

**1-4 p.m.**

**Cost:** \$25

Two women, two realities, one experience of a God whose joyous love within them confronted the evil of their time. Thea Bowman's powerful message continues to challenge a Church blind to the racism within its ranks and in a suffering world. "I come to my church fully functioning. I bring myself, my black self, all that I am, all that I have, all that I hope to become. I bring my whole history, my tradition, my experience, my culture, my African American song and dance and gesture and movement and teaching and preaching and healing and responsibility as gift." Etty Hillesum responded to the horrors of the Nazi death camps with the same indomitable spirit. "I am in Poland every day, on the battlefields. I am with the hungry, with the ill-treated and the dying, every day. But I am also with the jasmine and with that piece of sky beyond my window." Come drink the spirit of these giants of faith.

### THÉRÈSE OF LISIEUX AND DOROTHY DAY: THE STORY OF TWO UNLIKELY SOULMATES

**Presenter:** Johanna Berrigan

**Wednesday, November 7, 2018**

**7-9 p.m.**

**Cost:** \$25

Join us for an evening to reflect on the lives and spirituality of two women mystics. What was it in the life and teachings of Thérèse of Lisieux that Dorothy Day found so compelling? How can we embrace the gentle yet powerful message of love these two unique, remarkable spiritual guides offer to heal ourselves and transform the world?

### CATHERINE OF SIENA AND EDITH STEIN: TWO WOMEN IN THE HEART OF CHRIST

**Presenter:** Ellen Murray, RSM

**Sunday, February 17, 2019**

**1-4 p.m.**

**Cost:** \$25

The heart of Christ and the mystery of the cross are central in the lives of these two very different women mystics. Catherine was a Third Order Dominican and a Doctor of the Church. She spent her short life mainly in Siena during the tumultuous 14th century and died in Rome. Edith was a Jewish philosopher who became a Carmelite nun. She lived in 20th century, war-torn Germany and died in Auschwitz. During this season of the heart, join us to explore the similarities of these women's passionate love of God and their understanding of the heart of Christ.

## HILDEGARD OF BINGEN AND DOROTHY STANG

**Presenter:** Marie Michele Donnelly, RSM

**Wednesday, March 27, 2019  
7-9 p.m.**

**Cost:** \$25

Hildegard of Bingen, also known as Sibyl of the Rhine, was a German medieval mystic who lived a thousand years ago. She became a Saint and a Doctor of the Church in 2012. Dorothy Stang, named Martyr of the Amazon, was an American Sister of Notre Dame de Namur who was assassinated in 2005 in Brazil. What do these two women of faith have in common and what can we learn from their strong convictions and fearless lives?

## GUIDED RETREAT - CATHERINE'S SUSCIPE: PRAYER OF A SOCIAL MYSTIC

**Presenter:** Mary Pat Garvin, RSM

**July 13-19, 2019**

**Arrival: Saturday, 7 p.m.**

**Departure: Friday, 4:30 p.m.**

**Cost:** \$550 (includes lodging and meals)

Catherine McAuley, foundress of the Sisters of Mercy, was a social mystic – a woman whose relationship with Jesus had direct, social implications for the people of her day. As followers of Jesus in the tradition of Catherine, we too seek to become in our own day, in our own way, social mystics – women and men whose relationship with Jesus has direct social implications for people. Join with others as we explore Catherine's Suscipe through prayer, ritual, input and sharing. We'll drink deeply of Catherine's spirit so as to face the Critical Concerns of our own day with her depth of imagination and courage.



## Creativity and Spirituality



*Our creative programs are not how-to workshops but experiential encounters with the creative process. Come tap into a deeper way of knowing yourself, the Other and the Sacred. Facilitators are skilled in their art form and in providing a safe atmosphere in which to learn, grow and transform.*

## KNIT, CROCHET, PRAY TOGETHER

**Facilitator:** Cathy Maguire, RSM

**1st and 3rd Tuesdays of the month,  
September 4, 2018-June 18, 2019  
1-2:30 p.m.**

**Cost:** \$7/session

Those of us who knit and crochet know its impact on our body, mind and spirit. Join us to continue a centuries-old tradition of blending creativity with reflection and sharing of life. Create a prayer shawl for women in our veteran's program or bring your own project. Skills will be shared and fun had by all. Beginners welcome. The program takes place in Cranaleith's historic home. Some patterns and materials will be provided. We will be using the book *Knit, Purl, Pray: 52 Devotions for the Creative Soul* by Lisa Bogart. Available in our Gift Shop for \$12.

## YOGA

**Instructor:** Beth McDermott

**Saturdays in 2018, 8-9 a.m.**

**I. September 8, 15, 22, 29; October 13, 20  
Saturdays in 2019, 8-9 a.m.**

**II. January 12, 19, 26; February 2, 9, 16  
III. May 4, 11, 18; June 1, 8, 15**

**Cost:** \$10/class

Learn the foundations of yoga at a gentle pace. Enjoy the beauty of Cranaleith as a setting to stretch, move, breathe, and practice relaxation techniques. This gentle yoga is geared towards beginners and seasoned yogis alike looking to improve flexibility, focus and overall well-being.



## PRAYING WITH SINGING BOWLS

**Wednesdays, October 24, December 5, 2018; March 20, and May 15, 2019  
7-8 p.m.**

**Presenter:** Phyllis Strock

**Cost:** Donation

Tibetan singing bowls are ancient instruments which produce vibrations that are healing and peaceful. They are said to stimulate energy centers, reduce stress, and relieve pain. The sounds have a centering effect, producing deep relaxation while activating the body's natural ability to heal. This workshop will cover the history of singing bowls along with time to experience the sounds, discussion and sharing.



## WHY NOT BECOME FIRE: CREATIVE ENCOUNTERS WITH WOMEN MYSTICS

**Presenter:** Helen David Brancato, IHM

**Saturday, May 4, 2019  
10 a.m.-3 p.m.**

**Cost:** \$50 (includes lunch)

This presentation will take an artistic and poetic look at women mystics. Co-author and artist, Helen David Brancato, IHM, will describe her process of writing the book, *Why Not Become Fire*, a creative approach to the life and work of the mystic. Includes hands-on demonstrations by Sr. Helen.

## POETRY AS PRAYER

**Presenter:** Mary Richardson Miller

**Sunday, May 12, 2019  
1-3 p.m.**

**Cost:** \$25

Poetry can give voice to deeply held feelings and beliefs we may not know we possess until the poem names them for us. Many recognized poets have helped us reach undiscovered corners of our souls and served as valued companions on our journey with God. We will read from Wendell Berry, Thomas Merton, Mary Oliver, Gerard Manley Hopkins and others. Bring your own treasured poems to share with the group. Socrates believed beauty is a thing that "slips in and permeates our souls." It is our hope that the beauty of these poems will touch your soul as well.

## SACRED SOUND WORKSHOP

**Presenter:** Phyllis Strock

**Saturday, July 27, 2019  
10 a.m.-3 p.m.**

**Cost:** \$ 80 (includes lunch)

People of all faiths can use sacred sound to bring relaxation, balance and healing to their everyday lives. Learn to use voice and music as tools for personal transformation, creativity and connection to spirit. Practices in humming, toning, and chanting will be taught, as well as mantras and simple improvisation. No prior musical talent or experience is needed.

# Eco-Spirituality

*Eco-spirituality is based in a fundamental belief in the sacredness of nature, the earth and the universe. Drawing on our 10-acre property, we offer a range of programs to engage and inspire participants to immerse themselves in environmental concerns.*

## CARE OF THE EARTH

### GARDEN DAYS

**Facilitator:** Leslie Porreca, RSM

**Thursdays, April-August 2019**  
**(weather permitting)**

**Cost:** Free (includes lunch)

Volunteer to work alongside eco-therapy clients from local nonprofits. Learn about organic gardening and experience the sheer joy of being with others while playing in the dirt.

### EARTH LITERACY LEARNING CIRCLE

**Facilitator:** Leslie Porreca, RSM

**1st Sunday of every month**  
**October 7, 2018-May 5, 2019, 1-3 p.m.**

**Cost:** \$25

Earth literacy is a movement of people who understand that any viable future for humans is dependent on the sustainability of our threatened earth. This dynamic learning circle will consist of a community of caring people who want to transform their actions and beliefs into better care for the earth. Initial topics will be suggested by the facilitator then expand into the particular concerns of the group such as green practices, beekeeping and growing your own food. Sessions may include hands-on demonstrations, documentaries, guest speakers and resource sharing.

### BASICS OF BEEKEEPING

**Instructor:** Andrea Vettori, Beekeeper

**Saturday, February 9, 2019**  
**9 a.m.-3 p.m.**

**Cost:** \$80 (includes manual and lunch. Fee proceeds go to support our hives)

For those interested in learning the basics of beekeeping and/or for anyone wanting to volunteer with the beekeeping group at Cranaleith. Course topics include the current state of beekeeping, honey bee biology, colony structure, equipment, hive management and bee disease treatment.

### ECO-SPIRITUALITY WEEKEND

**Presenter:** Leslie Porreca, RSM

**March 8-10, 2019**  
**Arrival: Friday, 7 p.m.**

**Departure: Sunday, 11 a.m.**

**Cost:** \$185 (includes lodging and meals)

*There is a mystical meaning to be found in a leaf, in a mountain trail, in a dewdrop, in a poor person's face. (LS: 223) Come discover God in all things. During this reflective retreat, we break into spring from the depths of winter while deepening our connection to the earth. The program will include time for solitude, reverent sharing, and hands-on engagement with seeds, soil, and water.*





## COOKING CLASSES

### COOKING WITH LOCAL FOOD SOURCES

**Presenter:** Leslie Porreca, RSM

**Wednesday, October 3, 2018**  
**5-8 p.m.**

**Cost:** \$60 (includes dinner)

Locally sourced food is a cornerstone of green living, but finding what you need isn't always easy. You might have a great farmer's market in the summertime. But what about locally raised free-range meat, dairy products, or even dry goods? This program will include a cooking class using a menu of items found on Cranaleith's property as well as tips on how to find locally sourced foods in your own community.

### MANICOTTI, BRACIOLE AND OTHER ITALIAN FAVORITES

**Presenter:** Leslie Porreca, RSM

**Wednesday, January 9, 2019**  
**5-8 p.m.**

**Cost:** \$60 (includes dinner)

Leslie Porreca, RSM, shares some of her favorites from her recent trip to Italy. Learn how to prepare manicotti, braciole and a special dessert. Recipes will be offered and fun had by all.

### EGG ROLLS, SPRING ROLLS AND OTHER ROLLED FAVORITES

**Presenter:** Leslie Porreca, RSM

**Wednesday, April 3, 2019**  
**5-8 p.m.**

**Cost:** \$60 (includes dinner)

Learn the techniques for making egg rolls and spring rolls using farm to table ingredients.



### HEARING THE SILENT CRY: LIVING THE MYSTICAL LIFE

**Presenter:** Sharon Browning

**Saturday, December 8, 2018**  
**10 a.m.-3 p.m.**

**Cost:** \$80 (includes lunch)

All of us are mystics. The mystical journey is into the heart of God, then back out into the world, transformed and acting in union with the love that we experience. Mystics hear and respond to "the silent cry"... all of the cries and cares of humanity that are carried in the heart of God. To be a mystic is to open to the exquisite beauty of all life, embrace the fire of love, and then carry it into our suffering world as a source of healing and illumination. Come for a quiet Advent Day of exploring and nurturing your own mystical life. In these dark days, "Why not become fire?"

### ADVENT CONTEMPLATIVE MORNING: ETERNAL NEWNESS

**Presenter:** Maria DiBello, RSM

**Wednesday, December 12, 2018**  
**9:30 a.m.-noon**

**Cost:** \$25

On this beautiful feast of Our Lady of Guadalupe and the Foundation Day of the Sisters of Mercy, we pray in expectation. With Pope Francis, we rest our hope in the One Who is "Eternal Newness." The Virgin of Guadalupe draws us to where humanity is most wounded, and to the depths of our own longing for mercy and peace.



# Lent

## ASH WEDNESDAY RETREAT: SEEK THE DEEPNESS

**Presenter:** Maria DiBello, RSM

**Wednesday, March 6, 2019**

**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

As we begin the sacred season of Lent, we rest in the timeless promise of Julian of Norwich, who assures us that “all shall be well.” Led by her wisdom, we discover that the joy we seek is to “behold God in everything.” We bring the anguish of our world to Jesus, who “sorrowed in kinship.”

## OUR NAME IS “BELOVED”

**Presenter:** Honora Nicholson, RSM

**Saturday, March 23, 2019**

**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

Early on in Lent we hear that Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness for forty days. He went into the desert after having been baptized in the Jordan with, as Jan Richardson writes, “the name Beloved ringing in his ears.” As we embark on our Lenten Journey, what better way for each of us to begin than to give God the space to speak that same truth to us, that our name, too, is Beloved?

## LENTEN CONTEMPLATIVE MORNING: PROPHETS OF HOPE

**Presenter:** Maria DiBello, RSM

**Wednesday, April 3, 2019**

**9:30 a.m.-noon**

**Cost:** \$25

During these brief hours of quiet trust, we will encounter two courageous women who challenge us to hope in desperate times. Julia Esquivel, a poet from Guatemala, offers us “The Certainty of Spring,” and Ruby Sales, a spiritual activist of the civil rights movement, calls us to the triumph of non-violence. They will guide us to the cross where Jesus embraces our lives and our world in merciful love.

## LENTEN RETREAT: CONVERSION TO NON-VIOLENCE

**Presenter:** Marie Michele Donnelly, RSM

**Saturday, April 13, 2019**

**10 a.m.-3 p.m.**

**Cost:** \$45 (includes lunch)

As persons of faith, we are called daily to conversion. This call is heightened during the Lenten season. Given the violence that pervades our world, our country, our cities – maybe even our own hearts – to what is Jesus calling us this Lent of 2019? Join us as we explore the deep roots of non-violence in the gospel and examine the consequences for our spiritual lives.



# Veterans Program

## DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS "COMING HOME, BECOMING WHOLE"

**Facilitator:** Maria DiBello, RSM and Cathy Maguire, RSM

**Cost:** FREE (includes lunch)

Women veterans face unique challenges when returning from combat, often carrying stress, grief, numbness and anxiety in their spirits and bodies. This day of reflection, healing and wellness is an opportunity to come together in a supportive environment with others who have shared similar experiences. This program will invite you in to tend the soul-wounds of war; rekindle hope and compassion and reconnect to the wisdom of your own heart.



**Autumn Freedom:** "Autumn shows how beautiful it is to let things go."

**Saturday, September 29, 2018 | 10 a.m.-3 p.m.**

**Winter Stillness:** "Stillness is the flower of winter, all hope waits beneath a blanket of white."

**Saturday, January 12, 2019 | 10 a.m.-3 p.m.**

**Spring into New Life:** "Spring reminds us of how beautiful change can be."

**Saturday, March 30, 2019 | 10 a.m.-3 p.m.**

**Summer Relaxation Retreat:** "Summer is the fullness of light within and without."

**Saturday, June 22, 2019 | 10 a.m.-3 p.m.**

## Conversations that Matter

*The Conversations that Matter series provides opportunities for meaningful engagement of others through deep listening and contemplative dialog. The desired outcomes of these conversations are both the inner work of "awakening" to what is unconscious and hopeful action...the imagination of change within us and in our society.*

### CONVERSATIONS THAT MATTER: FOCUS ON WOMEN

**Facilitator:** Sharon Browning, Director of Just Listening, (a movement that arose out of the belief that listening is a transformative act of justice)

**Saturday, January 26, 2019 (Snow Date: Saturday, February 2, 2019)**

**Saturday, May 11, 2019**

**10 a.m.-3 p.m.**

**Cost:** \$45 per session (Includes lunch. Some scholarship assistance available.)

This year, we will gather around the lived stories of women, who carry the struggle and the strength, the wisdom and the transformative grace embodied in the wounds of our time.

Our first "conversation" will bring together the generational experience of women facing work, family, and cultural pressures, as well as the challenge of sexist attitudes and behaviors.

Our second "conversation" will surface the common reality of women from a global perspective. We will address the suffering of gender, violence and disproportionate poverty of women and children.



# Work & Spirit Programs



*The **Work and Spirit Series** is designed to provide breathing space for professionals to reflect on their deepest values and hopes for their own lives and for society. Participants explore, from their own experiences, what humanizes the workplace, honors the human spirit, and frees people to do their best work, from a sense of integrity and larger purpose.*

## “WHAT’S NEXT?” A DAY OF DISCERNMENT FOR EARLY AND MID-CAREER PROFESSIONALS

**Facilitation and Planning Team:** Morgen Black-Smith, Marisa Guerin, Laura Tate McHugh and Meg Retz

**Saturday, October 20, 2018**  
**9:30 a.m.-4 p.m.**

**Cost:** \$45 (includes lunch)

Are you in a good place with work, family and friends? Are you feeling stuck or vaguely dissatisfied with how things are going? What do you truly value? Is there something more you long for? Hit the “pause” button and give yourself the gift of time to gather with peers in their 20s through early 40s for quiet reflection, guided conversation, and renewed energy for your own unique life journey! Through a rhythm of quiet time, meaningful small group conversations, nature and poetry, the day invites an unfolding of each one’s own, personal path and opportunities to practice trusting your own wisdom and aligning your inner life with your outer work in the world.

## MASTER SEMINAR: DYNAMICS OF LEADERSHIP, PLANNING AND CHANGE IN FAITH-BASED ORGANIZATIONS

**Facilitator:** Marisa Guerin, PhD

**November 14-15, 2018**  
**Arrival: Wednesday, 8:30 a.m.**  
**Departure: Thursday, 5 p.m.**

**Cost:** Tuition and all meals: \$400  
**Logging:** \$50/night.

This program is for persons holding leadership responsibility in religious congregations or in ministries or

organizations sponsored by a faith community. Topics include:

- Understanding roles, boundaries, power and authority in faith-based systems
- Effective leadership under conditions of constant change
- Methods of planning, decision-making, and conflict resolution

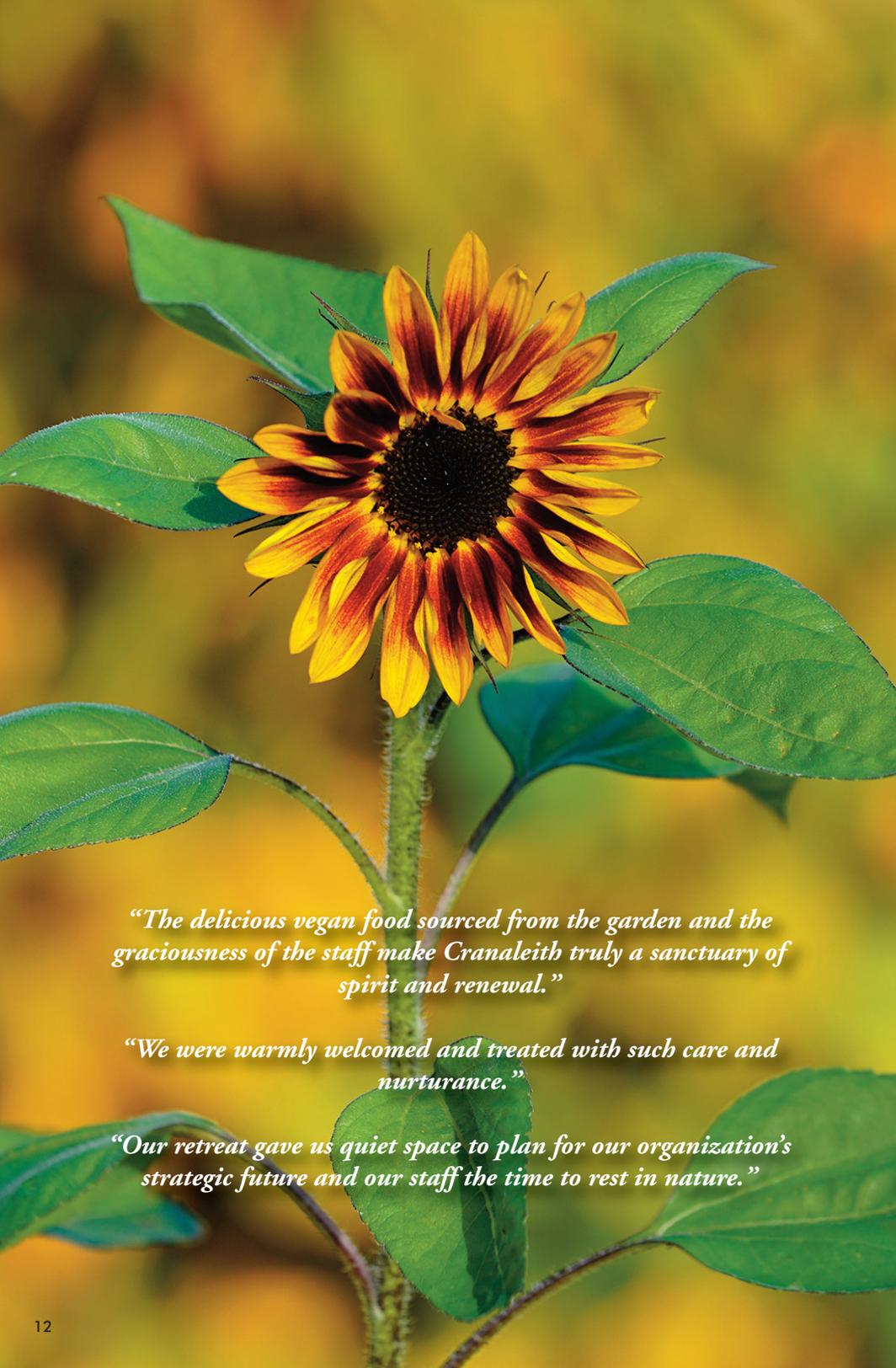
## RE-IMAGINING YOUR LIFE FOR WOMEN (50+)

**Facilitators:** Mary Trainer, RSM, Ph.D. and Phyllis Strock, MA

**May 2-3, 2019**  
**Arrival: Thursday, 5 p.m.**  
**Departure: Friday, 5 p.m.**

**Cost:** \$150 (includes lodging and meals)

There are times on our life journey when we are visited with sudden and unwanted changes in our lives. Or we may wake up one day and notice subtle shifts in our inner landscape, signals that it is time for a change. We become aware of the invitation to re-imagine our lives, to look at our mature years as an opportunity for second adulthood, embodied with wisdom, meaning and grace. In this workshop, we will explore what is passionate and authentic in each of us and support each other in awakening new dreams and actions that will help to move us to the next, rich phase of our lives. Participants will be nurtured by silence, poetry, the rich wisdom of one another, and the guidance of skilled mentors.



*“The delicious vegan food sourced from the garden and the graciousness of the staff make Cranaleith truly a sanctuary of spirit and renewal.”*

*“We were warmly welcomed and treated with such care and nurturance.”*

*“Our retreat gave us quiet space to plan for our organization’s strategic future and our staff the time to rest in nature.”*



# Programs & Retreats 2018



## SEPTEMBER

<b>4,18</b>	KNIT, CROCHET, PRAY TOGETHER
<b>8,15,22,29</b>	YOGA
<b>27</b>	20TH ANNIVERSARY GALA: SANCTUARY IN ALL SEASONS
<b>29</b>	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: AUTUMN FREEDOM

## OCTOBER

<b>1,8,15,22,29</b>	EVENING OF CONTEMPLATIVE PRAYER
<b>2,16</b>	KNIT, CROCHET, PRAY TOGETHER
<b>3</b>	COOKING WITH LOCAL FOOD SOURCES
<b>7</b>	EARTH LITERACY LEARNING CIRCLE
<b>13</b>	EAST MEETS WEST IN AWARENESS: SPIRITUAL WISDOM OF ANTHONY DEMELLO, SJ
<b>13,20</b>	YOGA
<b>15</b>	WOMEN'S SPIRITUALITY
<b>20</b>	"WHAT'S NEXT?" A DAY OF DISCERNMENT FOR EARLY AND MID-CAREER PROFESSIONALS
<b>21</b>	ETTY HILLESUM AND THEA BOWMAN
<b>24</b>	PRAYING WITH SINGING BOWLS
<b>27</b>	A MURAL PILGRIMAGE

## NOVEMBER

<b>4</b>	EARTH LITERACY LEARNING CIRCLE
<b>5,12,19,26</b>	EVENING OF CONTEMPLATIVE PRAYER
<b>6,20</b>	KNIT, CROCHET, PRAY TOGETHER
<b>7</b>	WOMEN MYSTICS: THÉRÈSE OF LISIEUX AND DOROTHY DAY
<b>14-15</b>	MASTER SEMINAR: DYNAMICS OF LEADERSHIP, PLANNING AND CHANGE IN FAITH-BASED ORGANIZATIONS
<b>16-17</b>	OVERNIGHT DIRECTED RETREAT
<b>17</b>	BODY PRAYER: CONNECTING WITH THE CONSCIOUSNESS OF JESUS

## DECEMBER

<b>2</b>	EARTH LITERACY LEARNING CIRCLE
<b>3,10,17</b>	EVENING OF CONTEMPLATIVE PRAYER
<b>4,18</b>	KNIT, CROCHET, PRAY TOGETHER
<b>5</b>	PRAYING WITH SINGING BOWLS
<b>8</b>	HEARING THE SILENT CRY: LIVING THE MYSTICAL LIFE
<b>9-15</b>	7-DAY DIRECTED RETREAT
<b>12</b>	ADVENT CONTEMPLATIVE MORNING: ETERNAL NEWNESS



# Programs & Retreats 2019



JANUARY	
6	EARTH LITERACY LEARNING CIRCLE
7,14,21,28	EVENING OF CONTEMPLATIVE PRAYER
8,22	KNIT, CROCHET, PRAY TOGETHER
9	MANICOTTI, BRACIOLE AND OTHER ITALIAN FAVORITES
12	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: WINTER STILLNESS
12,19,26	YOGA
18-19	OVERNIGHT DIRECTED RETREAT
19	RIDING THE WAVES OF THE HEART
26	CONVERSATIONS THAT MATTER: FOCUS ON WOMEN <i>Snow Date: Saturday, February 2</i>
28	WOMEN'S SPIRITUALITY

FEBRUARY	
2,9,16	YOGA
3	EARTH LITERACY LEARNING CIRCLE
4,11,18,25	EVENING OF CONTEMPLATIVE PRAYER
5,19	KNIT, CROCHET, PRAY TOGETHER
9	BASICS OF BEEKEEPING
17	WOMEN MYSTICS: CATHERINE OF SIENA AND EDITH STEIN

MARCH	
1-2	OVERNIGHT DIRECTED RETREAT
3	EARTH LITERACY LEARNING CIRCLE
4,11,18,25	EVENING OF CONTEMPLATIVE PRAYER
5,19	KNIT, CROCHET, PRAY TOGETHER
6	ASH WEDNESDAY RETREAT: SEEK THE DEEPNESS
8-10	ECO-SPIRITUALITY WEEKEND
16	WORLD CONTEMPLATIVE SPIRITUALITIES
20	PRAYING WITH SINGING BOWLS
23	OUR NAME IS "BELOVED"
27	WOMEN MYSTICS: HILDEGARD OF BINGEN AND DOROTHY STANG
30	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: SPRING INTO NEW LIFE





# Programs & Retreats 2019



## APRIL

1,8,15,22,29	EVENING OF CONTEMPLATIVE PRAYER
7	EARTH LITERACY LEARNING CIRCLE
2,16	KNIT, CROCHET, PRAY TOGETHER
3	LENTEN CONTEMPLATIVE MORNING: PROPHETS OF HOPE
3	EGG ROLLS, SPRING ROLLS AND OTHER ROLLED FAVORITES
6	AN AFTERNOON WITH ALICE MCDERMOTT
13	LENTEN RETREAT: CONVERSION TO NON-VIOLENCE

## MAY

2-3	RE-IMAGINING YOUR LIFE FOR WOMEN (50+)
3-4	OVERNIGHT DIRECTED RETREAT
4	WHY NOT BECOME FIRE: CREATIVE ENCOUNTERS WITH WOMEN MYSTICS
4,11,18	YOGA
5	EARTH LITERACY LEARNING CIRCLE
6,13,20,27	EVENING OF CONTEMPLATIVE PRAYER
7,21	KNIT, CROCHET, PRAY TOGETHER
11	CONVERSATIONS THAT MATTER: FOCUS ON WOMEN
12	POETRY AS PRAYER
15	PRAYING WITH SINGING BOWLS
18	THE WORKS OF MERCY: LIKE JESUS, LIKE CATHERINE, LIKE YOU!
20	WOMEN'S SPIRITUALITY

## JUNE

1,8,15	YOGA
3,10,17,24	EVENING OF CONTEMPLATIVE PRAYER
4,18	KNIT, CROCHET, PRAY TOGETHER
21-28	7-DAY DIRECTED RETREAT
22	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: SUMMER RELAXATION RETREAT

## JULY

13-19	GUIDED RETREAT - CATHERINE'S SUSCIPE: PRAYER OF A SOCIAL MYSTIC
27	SACRED SOUND WORKSHOP

### Mission

Sponsored by the Sisters of Mercy, Cranaleith offers a contemplative space for all those seeking wholeness and transformation for themselves and society. We are committed to making Cranaleith accessible to all, especially to persons who are poor and those who work in solidarity with them. We invite those at the center of need and those at the center of influence to reflection, reverent dialogue and meaningful partnerships. **Cranaleith is a non-profit 501(c)(3) organization.**

# Directed, Guided or Private Retreats

Withdraw from the busyness of life for an experience grounded in solitude, silence, reflection, and prayer. Retreatants stay in a comfortable room with all meals provided.

## 7-DAY DIRECTED RETREAT

**Directors:** Cranaleith Staff

**December 9-15, 2018**

**Arrival: Sunday, 7 p.m.; Departure: Saturday, 11 a.m.**

**June 21-28, 2019**

**Arrival: Friday, 7 p.m.; Departure: Friday, 11 a.m.**

**Cost:** \$600

## OVERNIGHT DIRECTED RETREAT

**Director:** Mary Anne Nolan, RSM

**November 16-17, 2018, January 18-19, 2019, March 1-2, 2019, May 3-4, 2019**

**Arrival: Friday, 7 p.m.; Departure: Saturday, 7 p.m.**

**Cost:** \$100

## GUIDED RETREAT

### CATHERINE'S SUSCIPE: PRAYER OF A SOCIAL MYSTIC

**Presenter:** Mary Pat Garvin, RSM

**July 13-19, 2019, Arrival: Saturday, 7 p.m.; Departure: Friday, 4:30 p.m.**

**Cost:** \$550 (see page 4 for description)

## PRIVATE RETREATS

Private retreats are intended to fulfill each individual's needs and yearning for solitude, rest, renewal, prayer and reflection. Call to schedule.

## SPIRITUAL DIRECTION

A spiritual director can serve as a companion and guide on your spiritual journey in deepening your relationship with God. Call to schedule an appointment.

## SPIRITUAL DIRECTION FORMATION

**Next cohort begins in October 2019**

Drawing from the rich wellspring of the Contemplative Tradition and the Charism of Mercy, this two-year intensive program seeks to nurture and support those who wish to deepen their own spirituality and explore spiritual companionship with others. Our process focuses in particular, but not exclusively, on the art of spiritual accompaniment with those on the margins of life. The program includes 8 residential weekends and 2 residential weeks along with personal spiritual direction; required reading; integrative reflection papers; personal reflection of experience with a designated group of peers; and involvement with those on the margins. During the second year, participants become actively involved in the ministry of spiritual direction and engage in monthly supervision.

## LET US HOST YOUR RETREAT

Cranaleith welcomes corporate and nonprofit groups (up to 100) for day or overnight workshops, retreats, and meetings in our Education and Conference Center.

Our staff and adjunct experts can customize a retreat to fit your group's needs. Contact us at 215-934-6206 for rates and available dates.

# How to Register

GET ONLINE

[www.cranaleith.org](http://www.cranaleith.org)

For detailed information about programs, presenters and to register.

CALL OR EMAIL US

**215-934-6206** | [info@cranaleith.org](mailto:info@cranaleith.org)

We are happy to answer your questions and help you choose a program that best fits your interests.

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Stay current with our most recent offerings.

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Full descriptions of programs and presenters  
are available at: [www.cranaleith.org](http://www.cranaleith.org)

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