Sanctuary of Trees, Sanctuary of Mercy

CRANALEITH SPIRITUAL CENTER
Programs and Retreats

Give yourself the gift of time and space to reflect, renew and restore.

SUMMER | 2019
Nestled in the heart of Northeast Philadelphia lies a sacred place of natural beauty called Cranaleith Spiritual Center. 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 welcome everyone seeking spiritual, personal and professional growth, healing, and transformation.

Whether you come for a retreat, Sabbath time, spiritual direction, a hosted board or staff retreat or to volunteer, you will find a warm welcome and a sense of belonging.

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

“Beautiful facilities on gorgeous grounds. The hosts were very welcoming and the food was delicious.”
Summer Events

AN AFTERNOON WITH ALICE MCDERMOTT

Sunday, June 2, 2019 | 1-4 p.m. | $35

Meet award-winning author Alice McDermott. Alice will discuss her latest novel, *The Ninth Hour*, and share her views on being a writer and a Catholic woman in today’s society. Cost includes hard copy of book.

SUMMER SING-ALONG: POSTCARDS FROM VACATIONS PAST

Sunday, July 21, 2019 | 5-8 p.m. | FREE

A celebration of summer through song and fellowship. Come join us on our lawn with a blanket or chair to take in summer songs, Broadway hits and a variety of melodies performed by local singers and accompaniment that will lighten your heart and move you to sing along. Refreshments and snacks available. BYOB.

Create Your Own Private Retreat

Take some time away for an experience grounded in solitude, silence, reflection and prayer. Retreatants stay in a comfortable historic room with all meals provided.

Meet With a Spiritual Director

A spiritual director can serve as a companion and guide on your spiritual journey in deepening your relationship with God.

Call 215-934-6206 to schedule.

Host Your Own Retreat or Meeting

Cranaleith welcomes corporate and nonprofit groups for day workshops, retreats, and meetings in our beautiful Conference Center. We offer overnight accommodations for up to 14 guests. Our staff and adjunct experts can customize a retreat to fit your needs.

Go to www.cranaleith.org for more information.
COMPOSTING: FUNDAMENTALS AND UTILIZATION
Presenter: Leslie Porreca, RSM
Tuesday, June 4, 11, 18, 25 | 11 a.m.-12:30 p.m.
Cost: $15/class
Composting is nature’s way of recycling. Join our garden farmer for an overview of the composting process, how different methods of composting work and the benefits of each.

THE WISDOM OF THE BODY
Presenter: Diana Barbera
Tuesdays, June 4, 11, 18, 25 | 1-2:30 p.m.
Cost: $55/class
Finding peace and deep comfort in today’s world. Tap into the bodies wisdom, learn to trust it as your private and sacred sanctuary. Program includes gentle stretches (standing or sitting), breath work, visual devina, free writing, soulful sharing, and attentive listening.

KNI. CROCHET. PRAY TOGETHER
Facilitator: Cathy Maguire, RSM
Tuesday, June 4, 18 | 9 a.m.-4 p.m.
Cost: $55 (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 Anthea 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. We will practice DeMello’s spiritual exercises – which he calls “Christian exercises in Eastern West into a vibrant, seasoned spiritual wisdom. This creation will be inspired by the lovely surroundings of Cranaleith, from the smallest insect to the grandest maple tree. All materials will be provided, just bring your sense of wonder and imagination.

BOOK CIRCLE: CHARMING BILLY
Presenter: Deb Mikus
Wednesdays, July 10, 24, 31 | 6:30-8 p.m.
Cost: $15
A reading and discussion of this award winning novel by Alice McDermott.

THE SPIRITUALITY OF PLAY
Presenter: Wini Wolff
Wednesday, August 14, 21 | 8-9 a.m.
Cost: $45 (includes dinner)
Come learn of the ways we experience God and grace through play. Enter into prayer and playfulness in a way that will transform you and the way you see leisure. We will delve into play activities we enjoyed as children, and any used now, to bring the spirit of play into our lives. There will quiet time and time for sharing. Join us in what promises to be a holy and joyful experience.

YOGA IN NATURE: STRONG SPINE, SOFT HEART
Presenters: Henry and Juliya Yampolsky
Saturday, July 13-19 | Arrival: Saturday, 7 p.m
Cost: $550 (includes lodging and meals)
We will delve into play activities we enjoyed as children, and any used now, to bring the spirit of play into our lives. There will quiet time and time for sharing. Join us in what promises to be a holy and joyful experience.

MINDFULNESS TRAINING
Presenter: Leslie Williams
Tuesday, August 17 | 10 a.m.-3 p.m.
Cost: $45 (includes lunch)
Mindfulness is about being present for your life, moment to moment, with a sense of curiosity and kindness. Through discussion and practice we will explore the benefits of mindfulness and how it supports living a more intentional and conscious life. Participants will be introduced to several mindfulness meditation exercises to cultivate focused attention, insight and kindness. All are welcome. No meditation experience necessary.

THE SPIRITUALITY OF PLAY
Presenter: Mona Roe, RSM
Tuesday, August 27 | 10 a.m.-3 p.m.
Cost: $45 (includes lunch)
Come learn of the ways we experience God and grace through play. Enter into prayer and playfulness in a way that will transform you and the way you see leisure. We will delve into play activities we enjoyed as children, and any used now, to bring the spirit of play into our lives. There will quiet time and time for sharing. Join us in what promises to be a holy and joyful experience.

Full descriptions of programs and presenter bios are available at www.cranaleith.org.
Register Today
GET ONLINE, CALL OR EMAIL US
www.cranaleith.org | 215-934-6206 | 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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Look out for these Fall Programs

September 14  Contemplative Photography/Mandala Retreat
September 15  A Labyrinth Experience
October 6      God in Ordinary Time
October 26     Forgiveness: Grace in Giving & Receiving