

A close-up photograph of a field of purple flowers, likely asters, with a bee on one of the flowers. The background is a soft-focus field of similar flowers and green foliage.

CRANALEITH SPIRITUAL CENTER  
Programs and Retreats

*Sanctuary of Trees,  
Sanctuary of Mercy*

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

**SUMMER | 2019**



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



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.

# 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](http://www.cranaleith.org) for more information.

**EVENING OF CONTEMPLATIVE PRAYER**

**Presenter:** Maria DiBello, RSM  
**Mondays, through June 24 | 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.

**COMPOSTING: FUNDAMENTALS AND UTILIZATION**

**Presenter:** Leslie Porreca, RSM  
**Saturday, June 1 | 9-11 a.m.**  
**Cost:** \$20

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 | 11 a.m.-12:30 p.m.**  
**Cost:** \$15/class

Finding peace and deep comfort in today's world. Tap into the body's wisdom; learn to trust it as your private and sacred sanctuary. Program includes gentle stretches (standing or sitting), breath work, visual divina, free writing, soulful sharing, and attentive listening.

**KNIT, CROCHET, PRAY TOGETHER**

**Facilitator:** Cathy Maguire, RSM  
**Tuesdays, June 4, 18 | 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. Skills will be shared and fun had by all. Beginners welcome.

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

**Presenter:** Wini Wolff  
**Saturday, June 15 | 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 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. 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.

**7-DAY DIRECTED RETREAT**

**Directors:** Cranaleith Staff  
**June 21-28**  
**Cost:** \$600 (includes lodging and meals)



"Come away to a deserted place all by yourselves and rest a while." (Mark 6:31) Retreatants spend time in silence, nature and solitude as well as have daily meetings with a spiritual director. Stay includes a comfortable room and all meals.

**SUMMER SOLSTICE**

**Presenter:** Kathleen McCauley  
**Friday, June 21, 2019 | 7-10 p.m.**  
**Cost:** \$25

Come celebrate the longest day of the year while honoring the earth and its beauty. Together we will ponder our wakefulness and gratitude for such a gift. Bring a blanket and dress comfy for summer solstice activities.

**DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: COMING HOME, BECOMING WHOLE**

**Facilitator:** Maria DiBello, RSM  
**Saturday, June 22 | 10 a.m.-3 p.m.**  
**Cost:** FREE (includes lunch)

Women veterans face unique challenges when returning from combat, often carrying stress, grief, numbness and anxiety in spirit and body. This day of reflection, healing and wellness is an opportunity to come together in a supportive environment with others who have shared similar experiences.

**PAINTING & POETRY AS PRAYER: "MY WORK IS LOVING THE WORLD"**

**Presenter:** Julie Kring  
**Friday, June 28 | 9 a.m.-2 p.m.**  
**Cost:** \$45 (includes lunch)

With the poet Mary Oliver and painter Georgia O'Keeffe as our guides, spend a summer morning in prayer by observing, listening, and creating works of art and prose. Through paying attention to the natural world, our creations 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.

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

**Presenter:** Mary Pat Garvin, RSM  
**July 13-19 | 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. Join others in exploring Catherine's prayer and critical concerns.

**YOGA IN NATURE: STRONG SPINE, SOFT HEART**

**Presenters:** Henry and Juliya Yampolsky  
**Saturdays July 13, 20, 27 and August 3 | 8-9 a.m.**  
**Cost:** \$10/session

This four-part series introduces participants to the deeply transformative practice of Sattva Yoga. Develop your capacity to consistently show up to life with strength, clarity, and ease. Appropriate for all levels of experience, abilities and ages. Classes take place outside, weather permitting.

**FULL MOON AND LABYRINTH WALK**

**Presenter:** Marlene Rosenblum  
**Tuesday, July 16 | 5:30-10 p.m.**  
**Cost:** \$45 (includes dinner)

We will begin the evening with a light garden-to-table meal on our terrace, followed by a presentation on the Labyrinth, its origins, benefits and relationship to spirituality. Walk the labyrinth at dusk immersed in the sounds of nature and singing bowls. End your evening with time for reflection under a full moon while enjoying our fire pit.

**SACRED SOUND WORKSHOP**

**Presenter:** Phyllis Strock  
**Saturday, July 27 | 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 the 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.

**STARGAZING WITH A TWIST OF SPIRITUALITY**

**Presenter:** Kathleen McCauley  
**Tuesday, July 30 | 8:45-10 p.m.**  
**Cost:** Donation

Lie out under the stars and gaze at the beauty of creation. Bring a blanket and/or telescope to take in the majesty God created for our enjoyment. We will explore ways to tap into our inner energy and spirit, to blend prayer and worship, creating the full embrace of spirit, space and time.

**GARDEN-TO-TABLE SENSATIONS**

**Presenter:** Leslie Porreca, RSM  
**Thursday, August 8 | 4-8 p.m.**  
**Cost:** \$45 (includes dinner)

Learn the simple steps to cultivating a robust garden and harvesting its bounty for healthy, easy-to-prepare meals. Tour our high tunnel garden and learn the basics of starting and tending your own plot of land. Then join us in our kitchen for a cooking lesson with plant-based recipes that the entire family is sure to love.

**YOGA IN NATURE: EXPAND, EVOLVE, EXPLORE**

**Presenters:** Henry and Juliya Yampolsky  
**Saturdays, August 10, 17 and 24 | 8-9 a.m.**  
**Cost:** \$10/session

This three-part Sattva Yoga series is focused on expanding one's awareness, developing strength, enhancing flexibility for facing life's challenges and exploring one's limits. It is especially suitable for those who are ready to experience profound peace and focus and shed the stories holding them back. No prior Yoga experience needed and open to all abilities. Classes take place outside, weather permitting.

**WOMEN IN POETRY, SONG AND PRAYER: A SPIRITUALITY OF THE HEART**

**Presenter:** Mary Richardson Miller  
**Wednesday August, 14 | 9 a.m.-Noon**  
**Cost:** \$25

Together we will explore the poems, songs and prayers of women over the centuries who express their longing and love of divine mystery, who celebrate the sacredness of God's creation. We will read and discuss the works of Hildegard of Bingen and St. Catherine of Siena, Christina Rossetti and Emily Dickinson, along with more recent poets such as Denise Levertov and others.

**MINDFULNESS TRAINING**

**Presenter:** Leslie Williams  
**Tuesday, August 17 | 10 a.m.-3 p.m.**  
**Cost:** \$45 (includes lunch)

Mindfulness is about showing up 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:** Maureen 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.

# Register Today

GET ONLINE, CALL OR EMAIL US

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

## Follow Us



Stay current with our most recent offerings.

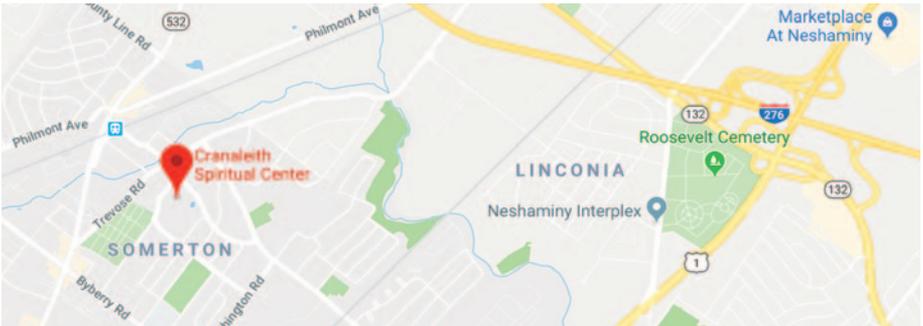
## Donate

Help support our mission. • [www.cranaleith.org/donate](http://www.cranaleith.org/donate)



### 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



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*Cranaleith is a 501c3 organization and a ministry of the Sisters of Mercy.*