CRANALEITH SPIRITUAL CENTER Programs and Retreats



FALL WINTER SPRING | 2019-2020



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. The sacredness of this place beckons to those seeking spiritual renewal, personal and professional growth, healing, transformation and deeper self-awareness. Whether you come for a program, 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.

The theme of prophetic voice runs throughout many of our programs and retreats this year. Pope Francis says that a prophet is a person of hope, 'One who corrects when needed and opens wide the doors looking to the horizon of hope'. A prophet, he says 'restores the roots, restores one's belonging to the people of God in order to go forward.' The prophetic voice, then, is transformative. It brings the fullness of peace, life and joy to every person.

We are living in a time that seems so in need of prophetic words, calls to action and signs of hope. We invite you to join us this year at Cranaleith and trust that you will find in our offerings one or more that beckon you to this place of hope, this sanctuary of mercy.

Sincerely, Charlene Flaherty Executive Director



Special Events

FALL FESTIVAL Sunday, October 13, 2019, Noon-4 p.m. Cost: Free

This family-friendly event celebrates the bounty, beauty and joy of Fall's harvest with activities, food, vendors and historical tours.

VISIT SUSAN B. ANTHONY'S MEETING PLACE IN PHILADELPHIA EDUCATIONAL PROGRAMMING CELEBRATING THE 100TH ANNIVERSARY OF THE 19TH AMENDMENT January 22, 29 February 5, 12, 19, 27 and March 4, 2020, 9:30-11:30 a.m.

An educational and fun school field trip opportunity for 3rd and 4th graders. Call for details and to register a school group.

TEA AND TOUR SUSAN B. ANTHONY AND CATHERINE MCAULEY: VOICES FOR OTHERS

Sunday, March 8, 2020, 1-4 p.m. Cost: \$25

Celebrate the 100th anniversary of the 19th Amendment with a tour of our historic home steeped in the spirit of Catherine McAuley and the Sisters of Mercy and frequent meeting place for Susan B. Anthony and the suffragettes. Enjoy an elegant tea in recognition of these two women who were a voice for others.

Go to www.cranaleith.org for more information

KNIT, CROCHET, PRAY TOGETHER

Facilitator: Cathy Maguire, RSM Dates: Beginning September 3, 2019 (ongoing) 1st and 3rd Tuesdays Time: 1-2:30 p.m. Cost: \$7/session

Those of us who knit and crochet know its positive 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 veterans' 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.

DEEPENING OUR WISDOM YEARS: A SPIRITUALITY OF AGING

Presenters: Mary Anne Nolan, RSM and Marie Michele Donnelly, RSM
Dates: September 11, October 8 and 29, November 12 and 26, December 10, 2019, January 7 and 21, February 4 and 18, March 10 and 24, April 21, 2020
Time: 10 a.m.-1:30 p.m.
Cost: \$30/session (includes lunch)

As we grow older, we become more conscious of the new realities that life holds for us. We invite you to come together and grow in community with others who are experiencing the process of aging. In a setting of prayer, peace and beauty we will share what is stirring in us, listen to valuable reflections and enter into prayer that will touch our hearts and spirits. All of this will enrich our later years, offer us wisdom and peace, and help us to become more conscious of God's presence in all aspects of our lives.

CONTEMPLATIVE PHOTOGRAPHY/ MANDALA RETREAT

Presenter: Bro. Mickey McGrath, OSFS
Date: Saturday, September 14, 2019
Time: 9 a.m.-3 p.m.
Cost: \$45 (includes lunch)

The perfect retreat to rejuvenate your contemplative spirit and seek new and creative ways to pray and play. Brother Mickey McGrath is an artist, writer and speaker who loves to explore the relationship between art and faith. In addition to sharing his own paintings and stories, Bro. Mickey will instruct us in making mandalas, writing simple expressive lettering and using your phone's camera to take and edit meditative images. Join us to explore being who you are and bringing creativity to your prayers. Journaling about your experiences will be part of the fun. Bring an unlined journal and a basic set of markers.

EVENING OF CONTEMPLATIVE PRAYER

Presenter: Maria DiBello, RSM **Dates:** Mondays, Beginning September 30, 2019-June 22, 2020 **Time:** 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.

PROGRAM LEGEND Spirituality Programs Creativity & Spirituality Programs Contemplative Ecology Programs Veterans Programs Conversations That Matter Work & Spirit Programs 12 Step Programs





ENGAGING ACTIVE HOPE KICK-OFF EVENT

Presenter: Rev. Alison Cornish Date: Saturday, September 21, 2019 Time: 9:30 a.m.-12:30 p.m. Cost: \$35

How can we respond to the crisis of sustainability unfolding in our world? Active Hope addresses the challenges of climate change and draws on the work of the eco-philosopher Joanna Macy. The follow-up workshop series will offer concrete practices and tools to collectively transition to a more life-sustaining society. When our responses are guided by the intention to act for the healing of our world, the mess we are in not only becomes easier to face but our lives become more meaningful and satisfying. No prior experience or reading is required. If you are searching for ways to personally respond to the challenges of climate change, you are welcome!

This kick-off event is followed by a series of sessions designed to prepare participants to facilitate this work in their own settings using the materials from the Active Hope network and other practices created by Joanna Macy.

ENGAGING ACTIVE HOPE WORKSHOP | SERIES

Presenter: Rev. Alison Cornish Dates: Sundays, October 20, November 3, 10, 17 and 24, 2019 Time: 3:30-5 p.m. Cost: \$20/session

The Engaging Active Hope workshop series explores practical ways to address climate change. The series draws on the work of the eco-philosopher Joanna Macy and is about finding and offering our best response to the crisis of sustainability unfolding in our world. At the heart of this workshop series is the idea that Active Hope is something we do rather than have. It involves being clear about what we hope for and then playing our role in the process of bringing that about. The journey of finding and offering our unique contribution to the Great Turning helps us to discover new strengths, open to a wider network of allies and experience a deepening of our aliveness.

Rev. Alison Cornish is Executive Director of Pennsylvania Interfaith Power & Light, a statewide organization of communities and individuals of faith responding to climate change as an urgent moral issue.

PRAYING WITH SINGING BOWLS: THE JOURNEY INWARD

Presenter: Phyllis Strock Date: Wednesday, September 25, 2019 Time: 6:30-8:30 p.m. Cost: \$25

All are welcome to take a journey with sounds that resonate with our spirit and inner world. Tibetan singing bowls can help you get in touch with your body and access your subconscious longings. This kick-off session will cover the history of singing bowls along with time to experience sounds, discussion, prayer and sharing.

PRAYING WITH SINGING BOWLS: PRAYER EVENINGS

Presenter: Phyllis Strock Dates: Wednesdays, October 23, 2019, March 25 and May 13, 2020 Time: 7-8 p.m. Cost: \$10/session

Tibetan singing bowls are ancient instruments that 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 the body's natural ability to heal. These evenings of prayer, listening and sharing are a powerful and healing way to settle the soul and rest in the divine.

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A MURAL PILGRIMAGE

Presenter: Maureen O'Connell, PhD
Date: Saturday, October 5, 2019
Time: 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 and mural expert, Maureen O'Connell, author and Associate Professor and Chair of the Religion and Theology Department at LaSalle University, will reveal the sacred stories of struggle, yearning for justice, resilience and beauty behind some of these extraordinary public artworks. This program is a sell-out event so register early!

FINDING GOD IN ORDINARY TIME Presenter: Christine Eberle Date: Sunday, October 6, 2019

Date: Sunday, October 6, 2019 **Time:** 1-4 p.m. **Cost:** \$30

Author, public speaker and educator Christine Eberle passionately explores the connections between Scripture, spirituality and everyday life. Following the invitation of St. Ignatius Loyola to "find God in all things," participants in this afternoon retreat will consider their own experience of the wonders of the created world, surprising encounters with strangers, and poignant moments of life transition. Together, we will notice the sacred in the ordinary, and take that renewed vision back into our daily lives. Christine's book, *Finding God in Ordinary Time*, will be available for purchase in our Gift Shop.

LESSONS FROM THE WOMEN PROPHETS: FROM MIRIAM TO DOROTHY DAY

Presenter: Johanna Berrigan Date: Wednesday, October 9, 2019 Time: 7-9 p.m. Cost: \$30

What is the relevance of the women prophets whom we hear so little about? How can listening to the hearts of these two women prophets inform us about their intimate relationships with God? How did they find their prophetic voices, and how do we find ours? Join us for an evening of prayer, discussion, reflection and celebration as we explore how to nurture our relationship with God, listen to the voice of God, and use our own prophetic voices.

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12 STEP SPIRITUALITY: FOR CLERGY, CHAPLAINS AND PASTORAL PROFESSIONALS

Presenter: Rev. Paul Gennett and Kathleen McCauley Date: Friday, October 25, 2019 Time: 10 a.m.-1:30 p.m. Cost: \$35 (includes lunch)

An informational workshop providing insight into 12 Step Spirituality to help you serve and engage with parishioners and/or clients. There are many pathways to sobriety. This is not a promotion of 12 Step Recovery, but rather a workshop outlining useful tools such as prayers, literature and examples, to aid those you counsel. It will help you gain the confidence to freely offer support and offer suggestions to those seeking to utilize 12 Step Spirituality. The day will include time for discussion and fellowship over a shared meal.

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WORLD CONTEMPLATIVE SPIRITUALTIES: SPIRITUAL PRACTICES OF WISDOM TRADITIONS

Presenter: Wini Wolff Date: Saturday, November 9, 2019 Time: 9 a.m.-4 p.m. Cost: \$55.00 (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 spiritualties and practices from a variety of traditions and 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.



FALL INTO AUTUMN GRATEFULLY Presenter: Patti Carabba Dote: Wednesday, November 13, 2019

Time: 7-9 p.m. **Cost:** \$25 The season of Thanksgiving is a great time to

shift our minds from scarcity to abundance. Living in a state of gratitude attracts abundance. Spend an evening with Patti to hear her story and share in each other's stories, thus preparing yourself to be present to the spirit of Thanksgiving. Patti is a frequent presenter and the author of *Please Pass the Gravy*.

HEARING THE SILENT CRY: LIVING THE MYSTICAL LIFE

Presenter: Sharon Browning Date: Saturday, December 7, 2019 Time: 10 a.m.-3 p.m. Cost: \$80 (includes lunch)

We are all mystics. Come for a quiet Advent Day of exploring and nurturing your own mystical life. The mystical journey takes us 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 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. In these dark days, "Why not become Fire?"

Presenter: Sr. Marie Ann Ellmer, RSM Date: Sunday, December 8, 2019 Time: 1-4 p.m. Cost: \$25

One of the most beloved music scores of all time is the "Messiah". How often have you reveled in its glorious melodies? It is also a perfect meditation for the Advent season. Come, listen and pray with the rich scripture passages that are at the heart of this great holiday tradition.

Presenter: Dorothea DiGiovanni and Maria DiBello, RSM **Date:** Tuesday, December 10, 2019 **Time:** 7-8:30 p.m. **Cost:** Donation

Join us this Advent for the quieting, mystical experience of Taizé Prayer. The Taizé community is an ecumenical monastic order in France with a strong devotion to peace and justice through prayer and meditation. Gathered in the presence of Christ, we will sing uncomplicated repetitive songs, uncluttered by too many words, allowing the mystery of God to become tangible through the beauty of simplicity.

THE INCARNATION: MYSTERY EVER NEARER

Presenter: Mary Pat Garvin, RSM Date: Saturday, December 14, 2019 Time: 10 a.m.-3 p.m. Cost: \$45 (includes lunch)

As Christmas approaches consider stepping aside to ponder the wonder of the Incarnation: mystery ever nearer! During our time together we will explore and reflect upon God's inbreaking into our lives and our world.

QUIETING THE BODY AND LISTENING TO THE SOUL: PRACTICING MINDFULNESS

Presenter: Lesley Williams Date: Saturday, January 25, 2020 Time: 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.

GRIEF AND GRACE

Presenter: Christine Eberle Dates: Tuesdays, January 28, February 4, 11 and 18, 2020 Time: 6:30-8:30 p.m. Cost: \$20/session

When we are grieving time slows down but the people around us do not. We may feel isolated from family and friends, from our relationship with God, and even from our deepest sense of ourselves. This four-week series presented by the skillful and engaging author Christine Eberle is for anyone mourning a loss—no matter how distant or recent—using conversation, prayer, poetry and ritual to guide participants along a path of deepening trust.

THE CHARACTERISTICS OF MEN'S SPIRITUALITY: PERCEPTIONS AND IDENTITY IN THE WAKE OF THE ME-TOO MOVEMENT

Presenter: Rev. James Houck Ph.D. Date: Sunday, February 2, 2020 Time: 1-5 p.m. Cost: \$35

Explore the changing identity of masculine spirituality in the 21st Century. There will be opportunities to examine our individual spirituality, how it manifests itself and how it guides our action and prayer. In addition, there will be time for reflection, fellowship and prayer.

UN-SELFING THE SELF: DISSOLVING

Presenter: Wini Wolff Date: Saturday, February 22, 2020 Time: 10 a.m.-3 p.m. Cost: \$50 (includes lunch)

Mystics from all spiritual traditions describe the disappearance of one's self into the Absolute. The world's many contemplative traditions speak of the necessity of 'dying to self' and 'self-emptying.' Surely "I" exist, so what does it mean for me to 'un-self the self?' Why is it so important for spiritual growth and encountering the Divine? In this retreat, we will explore a variety of traditions which may become compelling aspirations in our spiritual journeys and everyday lives.

ASH WEDNESDAY RETREAT: JEAN VANIER AND THE WOUND OF

LONELINESS Presenter: Maria DiBello, RSM Date: Wednesday, February 26, 2020 Time: 10 a.m.-3 p.m. Cost: \$45 (includes lunch)

As we entrust our hearts to these sacred forty days, we will draw on the insight of Jean Vanier, who revealed the gift hidden in vulnerability. We will explore the wisdom he learned through those judged the poorest, "We are desperately, infinitely loved as we are." We will discover the Holy Spirit living at the center of our world's wound, offering freedom from our egoism, true joy, and the richness of community. Mass will be celebrated and ashes distributed as part of the retreat day.

FORGIVENESS: GRACE IN THE GIVING AND RECEIVING

Presenter: Rev. Scott Hutchison Date: Saturday March 7, 2020 Time: 10 a.m.-3 p.m. Cost: \$45 (includes lunch)

Explore the meaning and substance of forgiveness and its real-life applications to our lives, our relationships, our communities and the world God so loves. We will risk immersing ourselves in dynamic gospel stories that will claim us and call forth our deepest expressions of confession, gratitude, generosity and hope. Learn steps to forgiving someone else, and even more, be challenged to allow ourselves to be forgiven. The realized experience of being forgiven is new territory for many of us. The ramifications of this newly liberated life, one that expands grace, can be thrilling and daunting at the same time. Participants should come expecting something new to happen!

CELTIC-SPIRITUALITY: OF WISDOM AND CONTEMPLATION

Presenter: Megan Brown, RSM Date: Saturday, March 14, 2020 Time: 1-4 p.m. Cost: \$30

This day will explore the interplay of wisdom and contemplation as viewed through the lens of Celtic-Spirituality, a spirituality Carl McComan described as, "at the edge of the world." There will time for quiet reflection, prayer and discussion.





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LISTENING AND SACRED ACTIVISM: PROPHETS OF A FUTURE NOT OUR OWN

Presenter: Sharon Browning Date: Saturday, March 21, 2020 Time: 10 a.m.-3 p.m. Cost: \$80 (includes lunch)

Each of us has prophetic moments when we are called to attend closely to the signs of our times and then advocate in ways that are uniquely ours on behalf of humanity, the planet and all life on it. Our discernment of who we are and how we are to respond requires us to listen deeply to the heartbeat of our times, and to the still, small, guiding voice within us. We will spend the day pondering our own prophetic roles in these challenging times in the good company of other reluctant prophets. All creation awaits you; come awaken your heart anew and move past frustration and despair into Sacred Activism.

SCIENCE AND SPIRITUALITY: PARTNERS IN THE DANCE

Presenter: Marlene Skrobak, RSM Date: Sunday, March 29, 2020 Time: 1-3 p.m. Cost: \$30

Science and spirituality are like two amicable dancers, rocking 'n rolling us away from outdated views of reality while twirling us into new and expanded states of awareness. By participating in this workshop and joining in the dance, we are two-stepped into cutting edge concepts and spun into deeper and more profound truths about ourselves, our planet and the cosmos at large.

DO YOU FEEL LIKE YOU ARE IN THE DESERT? LET'S SEE WHAT WE MIGHT LEARN!

Presenter: Bernadette Rudolph Date: Thursday, April 2, 2020 Time: 6:30-9 p.m. Cost: \$25

The journey in Exodus of the Israelites to the promised land reveals many common pitfalls of the human spiritual journey. We will explore these common pitfalls and have time to reflect on our journey and share our desert experiences. Join us and gain clarity and wisdom from the period of desolation.

RE-IMAGINING YOUR LIFE FOR WOMEN (50+)

Facilitators: Cathy Maguire, RSM and Phyllis Strock
Dates: April 23-24, 2020
Times: Arrival: Thursday, 5 p.m. Departure: Friday, 5 p.m.
Cost: \$150 (includes lodging and meals)

There are times 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 invitations to reimagine our lives, to look at our mature years as an opportunity for a 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, and the rich wisdom of one another and the guidance of skilled mentors.

COMING HOME TO SELF: EMBRACING YOUR CALL AND YOUR VOICE

Presenter: Patti McGarvey Knebels Date: Saturday, April 25, 2020 Time: 10 a.m.-3 p.m. Cost: \$45 (includes lunch)

This workshop offers an opportunity to renew, refresh and recharge in a way that brings you back to your authentic self. Take this time to reflect on who you are and how you are using your gifts. Come away with a deeper sense of how you are being called.

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THE PROPHETIC VOICE IN ART

Presenter: Sr. Helen David Brancato, IHM Date: Saturday, May 16, 2020 Time: 10 a.m.-3 p.m. Cost: \$45 (includes lunch)

Seekers who are right-brained and visual will be drawn to the Prophetic Imagery of poets, artists and musicians such as Hildegarde of Bingen, Rainer Marie Rilke, Leisel Mueller, Marc Chagall, George Tooker and Leonard Bernstein. Their spiritual insights are expressed powerfully through their illuminations, paintings, poetry and music. This day will be insightful, inspiring and sure to influence the way you see various expressions of art.





Days of Reflection and Wellness for Female Veterans

COMING HOME, BECOMING WHOLE Facilitators: 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. These days of reflection, healing and wellness offer opportunities to come together in a supportive environment with others who have shared similar experiences. We invite you to come tend to your 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 7, 2019 | 10 a.m.-3 p.m.

Winter Stillness:

"Stillness is the flower of winter, all hope waits beneath a blanket of white." Saturday, January 11, 2020 | 10 a.m.-3 p.m.

Spring into New Life:

"Spring reminds us of how beautiful change can be."

Saturday, April 4, 2020 | 10 a.m.-3 p.m.

Summer Relaxation:

"Summer is the fullness of light within and without."

Saturday, June 20, 2020 | 10 a.m.-3 p.m.



Conversations That Matter

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

Cost: \$45 per session (includes lunch) Some scholarship assistance available

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 or the imagination of change within us and in our society. This year's theme explores nonviolence from personal and social perspectives.

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The Nonviolent Heart: Personal Transformation

Date: Saturday, January 18, 2020 Time: 10 a.m.-3 p.m.

On this weekend, when we celebrate the legacy of Dr. Martin Luther King, Jr., we will explore our own complicity in violence and the call to live from a non-violent heart. Join us to learn how deep listening offers awareness of the subtle forms of violence that arise in us, preoccupy our thinking, permeate our speech and taint our actions. Come discover "inner wisdom" that can offer hope for ourselves and our communities.



Nonviolent Action: Social Transformation

Date: Saturday, May 2, 2020 **Time:** 10 a.m.-3 p.m.

According to theologian and social activist, Thomas Merton, "To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence." What is true nonviolent action? What does nonviolence look like in our interpersonal relationships, our work environments, our community and civic engagement? What is the connection between fear of the other and violence? What are the roots of gender violence? Join us as we learn to create transformative environments of reverence and trust.

What Our Guests Say....

the earth laughs in flowers

"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."

Host Your Next Meeting at Cranaleith

SPACE AVAILABLE NOW!



"The food was divine and the atmosphere simple and elegant."

You will find:

- A city-close but country-quiet location
- Unparalleled hospitality
- Garden-to-table cuisine
- · Beautiful grounds close to major transit
- Affordable rates

Businesses, nonprofits, and faith-based organizations have utilized our space for:

- Strategic planning
- Leadership and professional development
- Staff team building
- Mindful-based stress reduction retreats
- Yoga retreats
- · Guided time in nature to unlock inspiration and connection

Contact us at info@cranaleith.org or call 215-934-6206

Programs & Retreats 2019

	SEPTEMBER
3, 17	KNIT, CROCHET, PRAY TOGETHER
7	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: AUTUMN FREEDOM
11	DEEPENING OUR WISDOM YEARS
14	CONTEMPLATIVE PHOTOGRAPHY
21	ENGAGING ACTIVE HOPE KICK-OFF
25	PRAYING WITH SINGING BOWLS KICK-OFF
30	EVENINGS OF CONTEMPLATIVE PRAYER

OCTOBER

1, 15	KNIT, CROCHET, PRAY TOGETHER
7, 14, 21, 28	EVENINGS OF CONTEMPLATIVE PRAYER
6	FINDING GOD IN ORDINARY TIME
9	LESSONS FROM THE WOMEN PROPHETS
8, 22	DEEPENING OUR WISDOM YEARS
13	FALL FESTIVAL
18-19	OVERNIGHT DIRECTED RETREAT
20	ENGAGING ACTIVE HOPE WORKSHOP
23	PRAYING WITH SINGING BOWLS
25	12 STEP SPIRITUALITY
27-3	7-DAY DIRECTED RETREAT

NOVEMBER

KNIT, CROCHET, PRAY TOGETHER
ENGAGING ACTIVE HOPE WORKSHOP
EVENINGS OF CONTEMPLATIVE PRAYER
WORLD CONTEMPLATIVE SPIRITUALITIES
DEEPENING OUR WISDOM YEARS
FALL INTO AUTUMN GRATEFULLY

DECEMBER

3, 17	KNIT, CROCHET, PRAY TOGETHER
2, 9, 16	EVENINGS OF CONTEMPLATIVE PRAYER
7	HEARING THE SILENT CRY: LIVING THE MYSTICAL LIFE
8	HANDEĽS MESSIAH
10	DEEPENING OUR WISDOM YEARS
10	TAIZÉ PRAYER
14	THE INCARNATION: MYSTERY EVER NEARER

Programs & Retreats 2020

	JANUARY
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7, 21	DEEPENING OUR WISDOM YEARS
6, 13, 20, 27	EVENINGS OF CONTEMPLATIVE PRAYER
11	DAYS OF REFLECTION AND WELLNESS FOR FEMALE VETERANS: WINTER STILLNESS
18	CONVERSATIONS THAT MATTER: THE NONVIOLENT HEART
22, 29	19TH AMENDMENT EDUCATIONAL PROGRAMMING
25	QUIETING THE BODY AND LISTENING TO THE SOUL: PRACTICING MINDFULNESS
28	GRIEF AND GRACE
31-1	OVERNIGHT DIRECTED RETREAT

FEBRUARY

2	THE CHARACTERISTICS OF MEN'S SPIRITUALITY
3, 10 17, 24	EVENINGS OF CONTEMPLATIVE PRAYER
4, 11, 18	GRIEF AND GRACE
4, 18	DEEPENING OUR WISDOM YEARS
4, 18	KNIT, CROCHET, PRAY TOGETHER
5, 12, 19, 27	19TH AMENDMENT EDUCATIONAL PROGRAMMING
22	UN-SELFING THE SELF: DISSOLVING INTO THE DIVINE
26	ASH WEDNESDAY RETREAT: JEAN VANIER AND THE
	WOUND OF LONELINESS

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3, 17	KNIT, CROCHET, PRAY TOGETHER
2, 9, 16, 23, 30	EVENINGS OF CONTEMPLATIVE PRAYER
4	19TH AMENDMENT EDUCATIONAL PROGRAMMING
7	FORGIVENESS: GRACE IN THE GIVING AND
	RECEIVING
8	TEA AND TOUR
10, 24	DEEPENING OUR WISDOM YEARS
14	CELTIC-SPIRITUALITY: OF WISDOM AND
	CONTEMPLATION
21	LISTENING AND SACRED ACTIVISM
25	PRAYING WITH SINGING BOWLS
29	SCIENCE AND SPIRITUALITY: PARTNERS IN THE
	DANCE

Programs & Retreats 2020

	APRIL
2	DO YOU FEEL LIKE YOU ARE IN THE DESERT?
4	DAYS OF REFLECTION AND WELLNESS FOR FEMALE
	VETERANS: SPRING INTO NEW LIFE
7, 21	KNIT, CROCHET, PRAY TOGETHER
6, 13, 20, 27	EVENINGS OF CONTEMPLATIVE PRAYER
21	DEEPENING OUR WISDOM YEARS
23-24	RE-IMAGINING YOUR LIFE FOR WOMEN (50+)
25	COMING HOME TO SELF: EMBRACING YOUR CALL
	AND YOUR VOICE

MAY

1-2	OVERNIGHT DIRECTED RETREAT
2	CONVERSATIONS THAT MATTER: NONVIOLENT
	ACTION
5, 19	KNIT, CROCHET, PRAY TOGETHER
4, 11, 18, 25	EVENINGS OF CONTEMPLATIVE PRAYER
13	PRAYING WITH SINGING BOWLS
16	THE PROPHETIC VOICE IN ART

JUNE

2, 16	KNIT, CROCHET, PRAY TOGETHER
20	DAYS OF REFLECTION AND WELLNESS FOR FEMALE
	VETERANS: SUMMER RELAXATION
21-28	7-DAY DIRECTED RETREAT

JULY

7, 21	KNIT, CROCHET, PRAY TOGETHER

Directed, Guided or Private Retreats

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

7-DAY DIRECTED RETREAT

Directors: Cranaleith Staff October 27-November 3, 2019 Arrival: Sunday, 7 p.m.; Departure: Sunday, 11 a.m. June 21–28, 2020 Arrival: Sunday, 7 p.m.; Departure: Sunday, 11 a.m. Cost: \$600

OVERNIGHT DIRECTED RETREAT

Director: Mary Anne Nolan, RSM October, 18-19, 2019, January 31- February 1, 2020, May 1-2, 2020 Arrival: Friday, 7 p.m.; Departure: Saturday, 7 p.m. Cost: \$100

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.



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.

Register

www.cranaleith.org

For detailed information about programs, presenters and to register.

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

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