Mission
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, vulnerable or marginalized and those who work in solidarity with them. We seek to invite those at the center of need and those at the center of influence to reflection, reverent dialogue and meaningful partnerships.

Vision
*Connect – Inspire – Find Hope*

Values
We witness to mercy when we...
Reverence the dignity of each person
Create a spirit of hospitality
Pursue integrity of word and deed
Tend relationships that are compassionate, just and joyous

Cranaleith is a place to...
Imagine hope for the planet
Undo the spiritual knots of racism
Embrace nonviolence as the only path forward
Ensure women’s rights and place in the world
Respect the dignity and humanity of immigrants
For 25 years, Cranaleith Spiritual Center has welcomed seekers of every background and belief into a remarkably powerful experience of reflection, renewal and growth. We remain dedicated to meeting the pressing, widespread need we see in our society for spiritual growth, meaning in life and for connection. In our city and across our society, we see a hunger for meaning and spiritual grounding.

The societal challenges we face are spiritual challenges, too. The environmental crisis we are witnessing—which Pope Francis recognizes as having spiritual dimensions and requiring “an ecological conversion.” The racial healing our nation seeks and requires—because the wounds and divisions transcend the physical, social and economic. The epidemic violence our city and nation are enduring—with its enormous spiritual costs and its deeply rooted causes. The polarization of our society and the weaponization of misinformation—also with enormous spiritual costs. The closing of our borders to immigrants—and the injustice and needless pain that result.

During the fiscal year 2022-2023, Cranaleith experienced a strong rebound from the pandemic, hosting a site-total of 4,106 individual visits as individuals representing the diverse Philadelphia community participated in programming, events and retreats intentionally designed to address the spiritual needs of our time for all seeking connection, inspiration, and hope. The reflective process we use at Cranaleith is as simple as it is powerful and starts from experience (from our lives, encounters with nature, ourselves, others), moves forward through an invitation to reflect (through writing, prayer, meditation), which leads to connection (to the Divine, all of Creation, society and culture, to others around us), and, then, to a discernment of action (applying new insights, drawing on fresh inspiration, identifying ways toward positive change).

When I stepped into my new role as Executive Director in June 2022, I was seeking purpose and meaning in my personal and professional life. I have found that the whole of Cranaleith—its mission, volunteers, staff, board members, program participants, grounds, historic house, honeybees, chickens—creates a liminal space, an “opening” to awareness, restoration, and healing. In these beautiful, peaceful, quiet ten-acres, each can find the contemplative space that enables us to listen to the spirit within and find our paths forward.

I hope that you can find your way here, too.

In Mercy,

Dawn L. Hayward, Ph.D.
Executive Director
**DEVELOPMENT**

Cranaleith’s donors and supporters recognize the critical importance of spiritual programming and events provided to the community—especially for those who are poor, vulnerable or marginalized.

Total Raised: $ 443,822

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**HISTORIC HOUSE FUND PROJECT**

Cranaleith’s historic house was designed by the first female architect in the United States: Minerva Parker Nichols. The house was highlighted in the exhibit at the University of Pennsylvania and will be featured in an upcoming publication from Yale University Press.

Total Raised: $ 9,155.00

Donations used for: Upgrade the comprehensive fire and security alarm system in the house; Reserve for matching funds to apply for Historic Preservation Keystone Planning Grant Application; support costs and upgrades for replacing windows and the HVAC system.

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**POLLINATOR GARDEN PROJECT**

As part of its ongoing efforts to be a model of Eco spirituality practices, staff and volunteers have begun the work on creating a Landcare Management Strategic Plan and to reconsider current land and water practices.

Total Raised: $ 1,500.00

Donations used for: Native plantings near waterfall; Queen bees for honey hives and upgrades to honey processing site; Important tree maintenance (including treatment for 350 yr old American Elm; Bioswale reparation efforts)
FINANCIAL SUMMARY

Income

Individual Donations: $280,826  
Grants: $160,600  
Program Fees: $203,862  
Contributed Services/In-Kind: $75,650  
Investment Income: $75,230  
Gift Shop & Misc: $13,088  

Total Income: $809,256

Expenses

Program Expenses: $552,418  
Management/General: $134,053  
Development: $66,378

Total Expenses: $752,849

WAYS TO GIVE

Donations from individuals like you made up one quarter of Cranaleith Spiritual Center's income in the 2022-2023 fiscal year. Thank you for continuing to support equitable and accessible spiritual retreats and spiritual programs!

To make your online contribution, please visit cranaleith.org/donate. Choose an area of need that speaks to your heart, such as "scholarships" or "trees and gardens."

You can also mail a check made payable to "Cranaleith Spiritual Center" to: 13475 Proctor Road; Philadelphia, PA 19116

Cranaleith Spiritual Center 2022-2023 Annual Report
OUR IMPACT
In the 2022–2023 fiscal year, Cranaleith Spiritual Center served a total of 3,862 participants (4,106 individual visits) through:

159 Spiritual Programs
109 Private Retreats
4 Veterans Retreats
68 Humanitarian Organizations Supported
39 Evenings of Contemplative Prayer
5 Counties in Southeastern Pennsylvania, Primary Focus

BOARD OF DIRECTORS 2022-2023

Steve Hart, Chair, Senior Consultant and Executive Coach, The Professional Development Group

Gemmika Champion, Enhanced Case Manager at PMHCC Inc.

Kathryn Conallen, Mercy Health System (retired)

Yvonne DeBruin, Director Ministry Services, School Sisters of Notre Dame Atlantic-Midwest Province

Colleen Lange, Associate Director, Global Communications, Merck & Co.

Carolyn Hirsh Lindy, Chief Innovation Officer, Lindy Communities

Jim McFadden, President & CEO, American Telecast Products

Brother Ernest Miller, Jr., Brothers of the Christian Schools


Ellen Murray, RSM, Professor Emerita, Gwynedd Mercy University

Maureen O'Connell, Associate Professor and Chair Theology and Ministry Program, LaSalle University

Frank Trainer, CEO, General Sullivan Corp.

Mary Trainer, RSM, Founder, Cranaleith Spiritual Center

Marian H. Uba, Executive Director, Mercy Volunteer Corps.

STAFF

Dawn Hayward, Executive Director
Quintel Coles, Chef
Sr. Maria DiBello, Associate Director of Programs
Gene Gourley, Apiary Manager
Jim Gutknecht, Finance Consultant
Elizabeth Hoffman, Director of Hosted Groups
Ruben Joseph, Director of Grounds and Facilities
Ruth Picozzi, Gift Shop Manager
Bernadette Rudolph, Director of Facilitation and Strategic Partnerships & Presenter

Special welcome to new staff:
Angela Megasko, Director of Development and Marketing, Consultant
Joziah Reynolds, Marketing Manager, Consultant
Mandie Curtis Banks, Manager of Programs & Events
I feel called to deepen my own spirituality and provide spiritual companionship with others. How can I answer this call?

Drawing from the rich wellspring of the contemplative tradition and the charism of Mercy, the two-year certificate Spiritual Direction Formation program nurtures and supports those who wish to deepen their own spirituality and discern spiritual companionship with others. The curriculum includes a particular (but not exclusive) focus on the art of spiritual accompaniment with those on the margins of society. While many program graduates go on to serve as spiritual directors, others apply the skills they acquire in the fields of church ministry, education, healthcare, social work and more. Program Curriculum Includes:

- History of and various approaches to spiritual direction;
- Human growth and spiritual development;
- The spirituality of mercy as inspired by Jesus and Catherine McAuley, founder of the Sisters of Mercy;
- Traditions of prayer; Discernment; Scripture in spiritual direction;
- Operative theological assumptions; God's identification with the marginalized;
- The distinctions between spiritual direction & pastoral counseling;
- Social justice and the critical concerns of the Sisters of Mercy;
- Contemplative action;
- The ongoing spiritual growth of the spiritual director.

The Spiritual Direction Formation program concluded its 2-year cohort for its graduating class of 13 participants and admitted its new class of 17 for Fall 2023. Cranaleith has been invited to foster spiritual direction in a community center in West Philadelphia. The words from the recent graduates held the team in gratitude and awe. Listen to them here:

“The women I accompanied have helped me to listen with the ear of my heart, putting aside ego, and all the conceptual and theological speculations I have studied over the years. Listening with the heart is much more difficult and costly than any theological conversation. I can access my empathy and compassion authentically in relationships that are mutual. Encountering those who are marginalized has introduced me to “the authority of those who suffer.”

“ The program was life changing on a deep spiritual level, and I found so many attractions to both the content and form. The foundational idea that God reveals as God sees fit, including among our cohort and in the lived experiences of those on the margins, really created a strong starting point for how we sit with directees and with ourselves. The readings, especially Elizabeth Johnson and Ilia D’elio, were profound in wisdom. I especially found freedom in hearing from those who have been on the margins themselves, either from lived experience or direct accompaniment.”
Is this all there is? What does it all mean? How do I draw closer to God?

During spiritual direction sessions, individuals meet with a certified spiritual director to discuss where God is present in the individual’s life. While spiritual direction may resemble a counseling session in some regards, it is not about “fixing” anything. Rather, it is attending to how God moves in each life, in good times and in bad. It allows the individual, called a “directee,” to choose how to respond to the Spirit’s invitation to fullness of life. During the past fiscal year, Cranaleith supported 244 spiritual direction sessions.

- My Spiritual Director has a beautiful gift of active listening and helping me listen to God weaving in and through my life.

CONTEMPLATIVE PRAYER

How can I find God as a living presence in me?

The online, virtual Contemplative Prayer sessions enable all to join for a simple time of quiet presence to the merciful heart of God within us and within our broken/blessed world. Led by Sr. Maria DiBello, RSM, participants shared the gift of silence with a guided invitation to prayer, and the availability of supportive practices. During the year, 20 to 40 individuals participated in the evening practice offered on Monday evenings for a total of 39 sessions for the year.
PROGRAMS AND RETREATS

How can I feel less lost and alone? How can I recover my sense of hope and restore my connections to the earth, to one another, to the wisdom of faith traditions, to my culture and family?

During the fiscal year, Cranaleith facilitated 159 programs for 1949 individual participants and 109 private retreats. Programs centered on reflective practices designed to support racial healing initiatives, eco-spirituality, immigration awareness, anti-violence and issues related to women. Cranaleith continued its practice of providing formal and informal wellness retreat days for homeless, abused, addicted, mentally ill and other marginalized populations served by our social-service partners, mostly from inner-city Philadelphia, including CATCH (Citizens Acting Together Can Help), St. John’s Hospice and Project HOME (for men and women experiencing homelessness). Spiritual therapy programs provided included gardening and art. 48 children from the Philadelphia Cambodian Refugee Association attended a weekly summer camp in Cranaleith’s safe, beautiful and natural setting and 58 veterans registered to attend 4 programs specifically designed to meet their spiritual needs. Overall, survey respondents indicated 4.7 on a 5.0 scale that their “hopes [were] realized“ as a result of their participation.
Undoing the Knots of Racism
Facilitator: Maureen O’Connell, Ph.D.

Maureen H. O’Connell is an Associate Professor of Christian Ethics in the Department of Religion and Theology at La Salle University. She holds a BA in History from Saint Joseph’s University and a PhD in Theological Ethics from Boston College.

Racism is an inheritance, a way of seeing and being in the world that gets passed from one generation to the next. For some, the weight of this legacy and the urgency of divesting from it are unbearably obvious. For others the dividends of racism are far more subtle but just as insidious. They gradually tie us in knots of fear and guilt, confusion and anger that keep us from becoming our truest selves. What's more, there are spiritual dimensions to the inheritance of racism that get handed on and mark certain spaces, rituals, bodies and ways of understanding and relating to God and others as more sacred. In this way, our communities of discipleship also get tied up in knots that keep us from reaching out with mercy across racial divides. Most of us recognize that we need to undo these knots, but how?

In the three-part virtual series, Maureen led the participants through the process that allowed us to take stock of our racist inheritances and reclaim the gifts our spiritual traditions offer for the ongoing work of anti-racism. Maureen used excerpts from her new book, Undoing the Knots: Five Generations of American Catholic Anti-Blackness and from a podcast conversation she had with Gloria Purvis of America Media.

Participants were invited to identify their own spiritual inheritance where racism is concerned in order to name the knots needed to be undone. Each were guided in developing a spiritual discipline of loosening the knots. Sessions included prayer, time for quiet reflection, small group sharing in breakout rooms and activities to foster spiritual growth toward racial justice.

Participants noted that:

“I appreciated the phrase "transformative justice – we must transform ourselves in order to transform the world. And the reminder that it's all about daily practice. Each day we aim to consciously step out of our ego and envision community.”

“It was so invigorating to engage in the deep work of transformation together.”

“I need to have more faith in people's desires for change from a spiritual perspective!”
**From Stress to Peace: Thérèse of Lisieux and the Way of Nonviolent Love (onsite)**

**Facilitator: Marisa Guerin, PhD**

Marisa Guerin, Ph.D., is a writer, teacher, and retired consultant to nonprofit, business, and religious organizations. Earlier in her career she served as the Director of the US Bishops’ Office of Youth Ministry and also worked as the Corporate VP of Human Resources for an international manufacturing firm. Marisa is the co-author of a book with Brother Joseph Schmidt, FSC, on the wisdom of Thérèse of Lisieux for contemporary people, *Life Lessons from St. Thérèse of Lisieux*, published by Word Among Us Press.

Thérèse of Lisieux, an unexpected mentor, learned to live and teach a way of daily, creative love without violence to herself, to others, or to the circumstances of life itself. Thérèse is often dismissed by those who think her life of simple holiness is not relevant today. Thérèse tackled the inner dramas that keep us tied up in knots. She grasped the insidious trap of perfectionism, the tyranny of our willful egos, the ways that we bully ourselves and others under the guise of doing good and being better.

In this retreat, participants reflected on the strikingly modern psychological and spiritual wisdom of Thérèse as a model for a life of nonviolent love. Marisa showed how her wisdom helps us to avoid beating up on ourselves when we inevitably fail to be perfect, and how to compassionately love others on their terms, not ours, while also honoring our own boundaries. The retreat involved two rounds of presentation, quiet personal reflection time, and opportunities for both small and large group conversation.

**When asked if they had experienced any spiritual insights from their time spent in this program, participants noted that:**

“It was helpful to share in the small groups. Seeing that we all have our struggles, I found that I need to be more gentle with myself and others. I was especially intrigued with the story of Therese’s patience with her sisters in the convent – especially the sister with the mental health difficulties. It was a good illustration of how I can choose to be more accepting of others, despite their behavior.”

“[I was inspired] to try and find ways to love others while setting boundaries.”
Nice Racism
Facilitator: Tylia Barnes

Tylia joined the Sisters of Mercy, South Central in March 2011. On September 24, 2012, she answered her call, making covenant as a Mercy Associate on Mercy Day. Currently, she serves as Executive Director of Association and is directly responsible for more than 3,000 associates across the United States, Central and South America, the Caribbean, and the Pacific. She also serves on the Core Team for the Office of Anti-Racism and Racial Equity.

In a four-part conversation circle, participants discussed Nice Racism: How Progressive White People Perpetuate Racial Harm by Robin Di Angelo. In a spirit of humility and faith, the series engaged participants in conversation and spiritual practice which challenged and enlightened participants’ consciousness while examining the dissemination of suppressed and inherent racist patterns exercised daily by well-intentioned people. During each two-hour circle, participants collectively and individually explored aspects of Di Angelo’s claim, white progressives cause the most daily harm to people of color. Through a lens of compassion and integrity, the conversation yielded greater understanding of the influence systemic racism has on personality formation and its collective consequence. Together, the Cranaleith community seeks to build and grow as a faith community striving towards racial equity.

When asked if they had experienced any spiritual insights from their time spent in this program, participants noted that:

“It feels like we are all in a stage of healing from a sickness / grief. It will take time and understanding. Not everyone is ready or accepted the diagnosis. It’s a healing process, but if not attended to could cause more damage.”

“Many. Although not only spiritual. Antiracism is an embodied, incarnate work. The adjective "spiritual" can sound like it is separate and more valuable than words like "emotional, social, political, psychological, personal". I was helped in all of these ways.”
To Sustain You: Spirituality in Social Justice

Facilitator: Rev. Dr. Phaedra D. Blocker

"He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and love kindness, and to walk humbly with your God?" Micah 6:8

Rev. Dr. Phaedra D. Blocker is a preacher, teacher, consultant, retreat leader, and singer. Founder and Principal of Word&Wisdom, she is dedicated to empowering individuals and organizations (particularly clergy and congregations) to move toward wholeness and actualize their potential as agents of change and shalom in the world. She is also the Founder and Executive Director of the Center for Clergy & Congregational Wellness, a nonprofit organization that empowers ministry leaders to facilitate health and wholeness in themselves, their ministry contexts and their adjacent communities.

What does it mean to "walk humbly with God" as we "do justice and love mercy?" How do we discern our part in the struggle and not become overwhelmed by the magnitude of the societal issues that need to be addressed? How do we "ground" our spiritual journeys in ways that help us to act from a place of love and wholeness as we embody Christ to bring healing to a broken world? Participants in this retreat explored the intersectionality of healthy spiritual formation and positive social action as they reflect on their own roles in the Church and in society.

“More continues to be revealed. I personally continue to evolve spiritually in ways I had not realized but with some resistance. The workshop evoked a compassion I had not known was within.”
Program and Retreat Highlights:

Awareness and Oneness: Finding New Spiritual Pathways for Men
Facilitators: Kevin Barr, Bernard Weeks and Jim O’Neill

Jim O’Neill earned his Doctor of Chiropractic degree in 1979 from the National College of Chiropractic in Lombard, Illinois and has been involved in Male Spirituality work since his early thirties. He received his Yoga Teacher certification at Graterford Prison and has been teaching yoga to incarcerated men for the past ten years.

When asked if they had experienced any spiritual insights from their time spent in this program, participants noted that:

“I was lead to see the diversity of everything, from the trees to each of the men. At the same time I was struck by the interconnected nature of everything.”

The men enrolled in this successful program were invited to move beyond habitual, fear-based thoughts and emotions and become aware of an inner knowing, an open mind/heart coherence that allows us to experience and embody more of the divine flow of the life force of God. In a special way, this day was an opportunity for men to recognize and let go of habitual and limiting thoughts and feelings, to ask the right questions and to rise up and become aware of an INNER knowing of who they really are, beloved sons of God. At this retreat, participants used images, questions (not answers), faith stories, rituals, reflections, inspiring videos and revitalizing time in nature.
Living the Questions Through Change and Transition: An Overnight Retreat  
Facilitators: Michelle Sherman and Lisa Mehalick

Michelle Sherman (she/her) is the 50th Anniversary Coordinator for Pax Christi USA. She earned a BA from Saint Mary’s College and an MA in Theology with a certificate in Pastoral Ministry from Villanova University. She completed the Spiritual Direction Formation Program at Cranaleith Spiritual Center in 2019.

Lisa Mehalick holds a BS in Psychology from Kutztown University, an MA in Theology and a certificate in Pastoral Ministry from Villanova University where she also worked as a Campus Ministry Intern. She completed the Spiritual Direction Formation Program at Cranaleith Spiritual Center in 2019.

This retreat centered on the understanding of the moment in time that has been hailed as “The Great Resignation,” a time of re-aligning life choices with personal values, prioritizing relationships and career downsizing. The attendees of the retreat took time away to reconnect with themselves, explore the questions of the heart and honor the outward changes and inner transitions that “this moment” held and continues to hold.

“I’ve learned to slow down and live in the present.”

“Yes, during my reflection time, I felt as though God was telling me to learn be gentle with myself and to let go and let him lead the way. He reminded me that He is the light in the darkness.”
Women veterans gathered at Cranaleith for retreat days in every season. The simple format of these days drew on metaphors from creation that reflected their own journeys. Over the months and years of these gatherings, a network of support and connection slowly emerged. The women hold one another in the healing and wisdom they discover in their journeys and often continue to reach out to one another over time.

“The Cranaleith is the only place where Veterans receive something they truly need. At every other place, someone wants something they can use for funding... Before now, I was just offered meds and sent home. This is a place where I am listened to, cared about, and given support to discover a new insight about myself and about life. I feel as if my life has meaning. I am with others who understand my experience and give me courage to heal.”
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<td>An August Afternoon of Music &amp; Poetry</td>
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<td>Hastings, Rasheeda</td>
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<td>DiBello, Maria</td>
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<td>Anxiety and the Christian Spiritual Life</td>
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### PROGRAMS AND RETREATS OFFERED IN THE PAST YEAR

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<td>Have Mercy on the Earth</td>
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<td>From Stress to Peace: Therese of Lisieux and the Way of Nonviolent Love</td>
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<td>Allow the Light: Women Veterans Retreat</td>
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<td>Be Like a Watered Garden: Ash Wednesday Retreat</td>
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<td>Converting from Vice to Virtue w/ Help of EG</td>
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<td>“A Place to Call My Own:” The Home as a Space for Social Justice</td>
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<td>Nice Racism: Spring Book Circle</td>
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<td>The Holy in Nature: A Reflective Photography Workshop</td>
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<td>Joy, a Full Bud Emerging: Women Veterans Retreat</td>
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<td>By the Waking of our Hearts: The Power of Pentecost Part 4</td>
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<td>The Labyrinth: Where Psyche Meets Spirit</td>
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<td>The Mystery of Vibration: Tibetan Singing Bowls</td>
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<td>Awareness and Oneness: Finding New Spiritual Pathways for Men</td>
<td>Barr, Kevin</td>
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<td>Community Drumming Circle</td>
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RETREATS AND PROGRAMS FOR HUMANITARIAN PARTNERS

How can we find renewed hope for our work and community?

Cranaleith helps re-ignite and integrate the spiritual dimension of work. During the fiscal year, Cranaleith continued its support in strengthening the leadership capacity of the staff and social service agencies serving poor, vulnerable or marginalized communities, hosting 65 organizations for a total of 1590 visitors. These hosted non-profit organizations represented social-service, education and healthcare organizations supporting racially and socio-economically diverse populations from all (or no) faith traditions. The educational opportunities provided in the contemplative, restorative space of Cranaleith helped the attending leaders, administrators, staff and volunteers cope with the demands of their work–related levels of stress, secondary trauma and more through reflection, dialogue, training, and exploration of relevant issues, such as: mission, visioning, teambuilding, communication, conflict resolution and the impact of trauma on human functioning.

Organizational leaders noted that their experience of Cranaleith’s hospitality and inspirational programming led to feelings of rejuvenation and restoration, enhanced feelings of community and grounding, and increased capacities for innovation.

One organizational leader shared that Cranaleith provided a “peaceful and tranquil setting that helped [their members to] center and concentrate.”

Leaders surveyed scored their experience as 90 on the Net Promoter Score (NPS). NPS scores above 50 are considered “excellent”, and above 75 is categorized as “world-class.” When asked if the participants “felt respected and accepted,” 100% indicated “completely.”

In a word or a phrase, what did you take away from your time spent at Cranaleith?
CATCH has continued to visit Cranaleith for programs in the garden and in the art room. Five clients and a staff person come from a different center three days/month. Through the Garden Wisdom program held every Thursday during the summer months, the participating men and women had the opportunity to work in the vegetable garden, find time for reflection and discussion and enjoy a meal. The visitors enjoy their hands-on work in the garden, gratified by seeing the seeds they planted grow and bear fruit, and they make profound connections between what happens in the garden and what happens in life—such as the virtue of “patient waiting.” During the times of the art program held every Thursday during the fall and winter, participants were led by Sr. MaryKay Eichman, RSM, in restorative and creative art projects!

When asked about the benefits of being patient, one visitor said, “When I am patient, I discover more in the other person.”

Another answered the same question: “If I can get myself to wait, someone steps forward to help me or an idea comes to me.”

Cranaleith welcomed 20 women from Project HOME for a retreat held in October. The women had asked for the opportunity, and all of us at Cranaleith were delighted to welcome them to experience the house and the grounds. During an earlier strategic planning event, Sr. Mary Scullion had asked the women what meant the most to them in their total experience with Project H.O.M.E., the women specifically named the experience of time at Cranaleith—its beauty and quiet! The day of their visit was simple: a slow walk, an invitation to see and listen. As with all of the retreats held at Cranaleith, it consisted of noticing and attending, not only to the faces and songs of creation all around, but to the participants’ own journeys. The day included being blessed by singing bowls and recognizing the echo of their own voice in their bodies.
RESTORATIVE MOMENTS FOR MEN WITH ST JOHN’S HOSPICE/SHELTER

The men who experience homelessness come every Thursday during the gardening season (April – July). They plant the garden, take care of it and then bring the produce back to the shelter to serve to the other residents. Cranaleith’s Chef Quintel noticed that one of the men had tears rolling down his cheeks after the feast of fresh vegetables was served. Chef “Q” went over to him to see if he was okay. The man named Joe looked up and said “I grew these, I never grew anything in my life and I grew these.”

In December, Cranaleith held a day for the men to share with other individuals from the suburbs what they learned from the experience of gardening. Reverence and awe seemed to come over them as they described what happened from “seed to fruition.” William, one of the gentlemen, described how he wants to help his granddaughter (who lives in North Philadelphia) plant something in a pot and watch it grow. At lunch, he smiled at the big pot of tomato/vegetable soup in front of him. “I am part of that soup,” he said, “I grew the tomatoes and corn.”

PROGRAM FOR CHILDREN W/ THE PHILADELPHIA CAMBODIAN REFUGEE ASSOCIATION

A new partnership with the Cambodian Association of Greater Philadelphia blossomed over the summer. Nearly 50 children (grades K-5) came to the grounds of Cranaleith for a summer camp one day/week for six weeks. Chef Quintel led the program for cooking. Outdoor activity stations included STEM stations, reading, outdoor games and water fun as well as a contemplation station for the children to be still in the beauty of Cranaleith. During one of the outdoor programs, the children were wonderfully quiet on the blankets, under the trees, listening to the fountain and the waterfall. The facilitator invited them to let the water reach the place inside where they could hear themselves. When the quiet time was over, they sat up, amazed: “That was awesome.” “That was important.” “I need to do that again.”
How can I find inspiration and purpose? How can I find hope for meeting the pressing concerns of our time?

Cranaleith hosted a series of art, music and nature-themed events throughout the year, each designed to highlight awareness of one of the Critical Concerns (earth, racism, immigration, women, nonviolence). Below are some brief highlights of the events held.

**ART EXHIBIT: AN EVENING ON NON-VIOLENCE**

**Facilitators: Pamela Flynn and Patricia Griffin**

This evening event was a combination of art exhibit and presentation offering a perspective on gun violence in our society. Mixed-media artist Pamela Flynn shared her “Considering Harm” collection—a traveling art exhibit designed to bring awareness to the issue of gun violence and the effects this kind of violence has on our communities and society. Patricia Griffin’s presentation focused on a public health approach to community safety and community well-being, including “The Philadelphia Roadmap to Safer Communities,” a 5-year gun violence reduction plan.

Pamela Flynn, MFA; Professor of Art and the Fine Arts Coordinator at Holy Family University.

Patricia Griffin, PhD; Associate Professor of Criminal Justice at Holy Family University and Senior International Research Consultant for the United Nations Office of Drugs and Crime, Region of East Africa.
EVENTS

HONEY HARVEST
Facilitators: Gene Gourley (Beekeeper), Bernadette Rudolph (Program Director), Kathie Ulinski (Volunteer)

Any visitor to Cranaleith can't help but notice the brightly colored beehives near the upper orchard on the front lawn. They are part of Cranaleith's commitment to care for Creation. Since human impact has dramatically reduced the bee population, “keeping” bees assists them in pollinating food and habitats that support all life on the planet. Those individuals interested in learning about bees participated in Cranaleith’s early harvest in order to learn about bees from our beekeeper, Gene and reflect with Bernadette on the life of bees and the wisdom they have for all of our lives.

GARDENING FOR THE BIRDS AND INSECTS: NATIVE TREE PLANTING & REFLECTION
Facilitator: Greg Williams

Cranaleith committed time and resources to join with the efforts of the Chesapeake Bay Foundation and partner Pennsylvania Interfaith Power and Light to plant ten million native trees and shrubs in Pennsylvania by 2025. Cranaleith joined this project with a day of learning, planting native trees and reflection here in the “sanctuary of trees” and served as a secondary distribution site for nearly 700 free-of-cost native trees and shrubs. The facilitator shared his evolving understanding of the many fruitful paths to impact climate change and why he feels called to habitat restoration. The morning ended with a description of how hundreds of volunteers have tagged, distributed, and planted 10,000 native trees and shrubs across Pennsylvania this fall and how attendees can be involved in a similar process next spring and beyond. Program participants learned the how's and why's of tree planting as they planted and staked about forty trees provided by Chesapeake Bay Foundation on the grounds of Cranaleith.
In May, Cranaleith acknowledged the participation of the Cranaleith’s volunteers with a breakfast celebration. Forty volunteers were treated to a delicious brunch prepared by Chef Quintel. The Brunch provided a time to see old friends and meet new ones. Each volunteer received a small gift in gratitude for their work at Cranaleith. Dawn, Executive Director of Cranaleith, gave a heartwarming welcome to the volunteers, expressing her deep gratitude for them and all they do.

An important component of the morning was the special recognition of six retired volunteers for their 25 years of service, including: Pat Cantwell, Terri Fitpatrick, Madge Fox, Rita Connolly, Dolores Martin, Marge Venango. Sr. Mary Trainer spoke about each volunteer and their value to Cranaleith.

Pictured (from left to right):
- Terri Fitzpatrick
- Pat Cantwell
- Marge Venango
- Dolores Martin
- Madge Fox

Not Pictured: Rita Connolly
## VISION: Connect -- Inspire -- Find Hope

Sponsored by the Sisters of Mercy, Cranaleith is a place to: Imagine hope for the planet / Undo the spiritual knots of racism / Embrace nonviolence as the only path forward / Ensure women’s rights and place in the world / Respect the dignity and humanity of immigrants

### 2023-2028 Strategic Plan

<table>
<thead>
<tr>
<th>2023-2028 Strategic Plan</th>
<th>EMPOWERED COMMUNITY (Create meaningful RELATIONSHIPS with one another and the divine)</th>
<th>TRANSFORMATIVE EXPERIENCE (Cranaleith meets the needs of diverse communities)</th>
<th>COMPELLING STORY (Compelling storytelling inspires others)</th>
<th>FULFILLMENT OF PROMISE (EFFECTIVE PERFORMANCE) (Cranaleith fulfills its mission in effective and sustainable ways)</th>
<th>VALUES</th>
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<tbody>
<tr>
<td>EXTERNAL</td>
<td>Connect humanity to meaning, purpose, one another and the divine</td>
<td>Identify emergent needs through deep listening</td>
<td>Develop, share, and leverage our compelling and inspirational story</td>
<td>Participants provide compelling testimony related to place, program and events</td>
<td>We witness to mercy when we...Reverence the dignity of each person; Create a spirit of hospitality; Pursue integrity of word and deed ; Tend relationships that are compassionate, just and joyous</td>
</tr>
<tr>
<td>INTERNAL</td>
<td>Create a sustained and sustaining sense of interconnectedness and community across time</td>
<td>Develop holistic processes, programs and practices that meet the needs of diverse communities</td>
<td>Develop processes for listening and telling stories</td>
<td>Inter-related plans support the work and purpose of the whole</td>
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<tr>
<td>FINANCE</td>
<td>Engage donors, partners, sponsors</td>
<td>Identify and leverage development opportunities</td>
<td>Develop and leverage Case for Support</td>
<td>Revenue meets/exceeds expenses</td>
<td></td>
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<tr>
<td>LEARNING &amp; GROWTH</td>
<td>Learn how to best create enduring connections to people, place, processes, mission, the divine and all of sacred creation</td>
<td>Develop processes to ensure a reflective, interconnected, spiritual, liberatory organization</td>
<td>Learn from shared stories</td>
<td>Nurture and sustain connections to Mercy</td>
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### MISSION:
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, marginalized or vulnerable and to those who work in solidarity with them. We seek to invite those at the center of need and those at the center of influence to reflection, reverent dialogue and meaningful partnerships.

### Five Audacious Achievements for 2028
1. Serve as a national model for sustainable practice
2. 15,000 persons who are poor or vulnerable, served
3. $1.1 million in total annual revenue
4. Nationally recognized for programs leading to spiritual transformation: SDFP, Racial Healing, Eco-spirituality
5. Nationally recognized for historic house and cultural landscape
IN MEMORIUM

CRANALEITH'S "SKI" ULINSKI REMEMBERED

Zigmont “Ski” Ulinski 1940 – 2022

“I have fought the good fight, I have finished my course, I have kept the faith.” – 2 Timothy 4:7

Guests who have come to Cranaleith over the past 23 years experienced a man whose presence grew from the heart of Cranaleith’s mission. Ski offered a hospitality that was simple, compassionate, joyous and generous. Accompanied by his golden retrievers who extended the same gifts, we often found him chatting with guests in a way that was utterly other-centered and accepting. Men and women from every walk of life found Cranaleith “common ground” because of Ski. He truly enjoyed our guests, weaving bonds of respect and mutuality among the most diverse communities. A day might find him lifting an elderly guest up the few steps at our entrance, encouraging someone in their recovery, or mentoring young workers to use equipment or care for the grounds. People shared with Ski things they might never share in formal retreats. As the poet Seamus Heaney describes it, his presence was “intimate and helpful, like a cure you didn’t notice happening.

Ski cherished the land here, and nurtured it with diligent attention. He embraced the heritage of the generations who had lived here, especially his father-in-law Frank Trainer. He stewarded the beauty with care, and recognized the sacredness of mutual relationship with earth. Whether tending the fish and bees, the trees and gardens, or the young people he welcomed into his guiding hand, Ski embodied the values of mercy…reverence for the dignity of each person, creating a spirit of hospitality, and pursuing integrity of word and deed in our lives. As we continue to discover his imprint everywhere we look, we seek to preserve the legacy entrusted to us at Cranaleith.

“Our whole family have such great memories of being with Ski at Cranaleith. The care that he provided for Cranaleith helped to make it the beautiful, comfortable, embracing setting that it is.” – Tom, Catherine, Anthony, Thomas and Rita DiBello

“His love and sense of humor welcomed me each time I visited Cranaleith. Whether directing cars for an event or working out of the shed on an ordinary day, our warm-hearted interactions always left me smiling.” – Laura Craig
The practice of developing awareness—the very heart of the work of Cranaleith—is only made possible through the generous support of its donors and partners. We are deeply grateful for each and every person (482 in total) who ensures that this ministry can continue to support all who are poor, marginalized or vulnerable.

$50,000 to $150,000
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Otto Haas Foundation *multi-year pledge
Frank and Jeanne Trainer
Joe Rose *multi-year pledge

$10,000+
Commonwealth of Pennsylvania Historic Commission
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Cranaleith honors all those in search of healing, rest, and renewal, regardless of ability to pay for our services. Our goal is to be as generous as we can in granting financial assistance for programs, retreats, and spiritual direction, but we cannot do it alone. With sincere gratitude, we recognize those who have sustained our mission through their financial contributions this year. We make every effort to include the names of all donors with correct spellings. We apologize for any oversights or omissions.
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