

2017 RETREATS

Graymoor SPIRITUAL LIFE Center



Dear Friends;

Blessing and Peace!

Welcome to our 2017 Retreat schedule. Whether you're looking for a quiet, contemplative weekend or a weekend retreat in which you can "work the steps of recovery", the Graymoor Spiritual Life Center is an ideal destination for you. I invite you to come to the "Holy Mountain" here at Graymoor where you can find time & space to reflect, pray, relax and enjoy the wonder of this special place. For many years now men and women have come to Graymoor to attend one of our many retreat offerings and have gone away refreshed and renewed for the journey of life that lies ahead. Hear God's call, seek God's healing grace and find awareness of God in all life!

We believe that there is something for everyone at the Center, and I encourage you to explore the many programs offered to you in the coming year that are detailed in this brochure. We are pleased to have added a few new day workshops and new women's weekend. As a ministry of the Franciscan Friars of the Atonement, the Center provides the hospitality and space for people of all religious and non-religious traditions to come away for a while and to become "at-one" with the gift of their hearts and lives. Our retreats and our hospitality have continued to bless countless lives. I hope you will chose to share in one of our many blessed moments here at Graymoor. Please take a moment and visit the Center's website at www.graymoorcenter.org where you can register for one of our retreats listed here or find out more about our Center and the programs we offer.

With the blessing of St. Francis, I pray "peace and all good" to you as you continue your journey of spirituality and wholeness.

Fr. Tom Orians, S.A.

Fr. Tom Orians, S.A.
Director

The **GRAYMOOR SPIRITUAL LIFE CENTER** is a ministry of the Franciscan Friars of the Atonement, a Roman Catholic religious community dedicated to the reconciliation, or *at-one-ment*, of people with themselves, each other, and God. The Center sponsors and hosts many retreats, conferences, days of renewal and recollection, pilgrimages, meetings and other events.

The Center has 56 guest rooms that can accommodate up to 112 people; seated dining for as many as 300; and several meeting and chapel spaces for up to 650.

Unless otherwise noted, **single occupancy** for a *weekend* retreat is **\$225 per person & \$150 per person** for a **double occupancy** room. Both fees include all content of our retreat, the two overnight stays and all meals starting with Saturday's breakfast and ending with lunch on Sunday. *Midweek* retreats are **\$200 per person** for **both single & double occupancy** rooms and include meals from Tuesday's dinner through Friday's lunch. The Center has vending machines with snacks and beverages but you are welcomed to bring your own and store it in our guest lounge refrigerators. Towels, linens and one pillow per bed are provided and bathrobes are recommended for shower use. Please bring your own alarm clock, any extra pillows and toiletries you may need.

Pre-registration is required as retreats are limited in number of participants. If registering through the mail please verify beforehand that space is still available. The deadline for registration is one week before the retreat. **A \$50 deposit per person is due at the time of registration and is non-refundable or transferable should you cancel for ANY reason. We appreciate payment in full at the time of registration as it will make the registration process go faster on the day of your arrival, but we do not require it.** We recommend that you pre-register online by visiting www.graymoorcenter.org. Our website will have the most up to date information on the retreat. You can also call us at 845-424-2111.

For weekend programs, please arrive between 5:00 PM - 7:00 PM on Friday for registration in the Spiritual Life Center Office on the 5th floor. For midweek retreat registrations arrival is between 2:00 PM - 4:00 PM again in our 5th floor office. **Please do not arrive early as rooms and staff may not be adequately prepared at earlier times.** Weekend retreats end after Sunday lunch at 12:15 PM and weekday retreats end after 12:00 PM lunch on Friday. Balances if any, are due at the time of arrival and can be fulfilled by either cash, check or major credit cards.

DIRECTIONS

Graymoor is located off US Route 9 in Garrison, NY, five miles north of Peekskill, NY, and 13 miles south of I-84. Use 40 Franciscan Way, Garrison, NY 10524 for GPS assisted driving directions.

By Train: Take Metro-North's Hudson River Line from Grand Central (or 125th Street) to Peekskill. Taxi service is available from Peekskill to Graymoor for approximately \$30.

Wed. Jan. 18-Wed. Jan. 25

WEEK OF PRAYER FOR CHRISTIAN UNITY The Franciscan Friars and Sisters of the Atonement are dedicated to prayer for Christian Unity. This special time in the life of the Church will be celebrated at Graymoor in a variety of ways. For a schedule of events at Graymoor, visit www.geii.com.

Fri. Jan. 27-Sun. Jan. 29

MATT TALBOT MEN # 9 This is a retreat that brings together alcoholic men in recovery to share in prayer and reflection to help further open their spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous.

Fri. Feb. 3-Sun. Feb. 5

WINTER RE-CREATION WEEKEND \$275.00 single occupancy, \$200 per person, double occupancy. In collaboration with Skip Doyle, a member of the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings. *Register early as space is limited.*

Fri. Mar. 3-Sun. Mar. 5

DAN EGAN RETREAT Getting its name from the "Junkie Priest", aka the late Fr. Dan Egan SA, this retreat is a spiritual weekend for men and women recovering from drug addiction.

Fri. Mar. 10-Sun. Mar. 12

S.O.A.R. (Surviving Our Alcoholic Relationships) Designed for those in an alcoholic relationship, this weekend will focus on spirituality and the Al-Anon program.

Tue. Mar. 21-Fri. Mar. 24

MIDWEEK RETREAT FOR SENIORS This is an opportunity to inaugurate Older Americans Month and reflect on one's relationship with God and with other people. Arrive Tuesday between 2:00 - 4:00 PM and return home Friday after 12:15 PM lunch. (Discounted to \$200.00 per person)

One Day - Sunday, Apr. 2-9:30 AM until 3:30 PM

THE SPIRITUAL DIRECTIONS - LENTEN MINI-RETREAT \$40.00 for the day, lunch included. *Payment in full at time of registration is required.* In the Franciscan tradition, this outdoor Lenten retreat will explore: "What is the greatest commandment?" and "How should we pray?" A three mile walk, led by Skip Doyle, on the Appalachian Trail will be included allowing participants to enjoy the effects of the vernal equinox.

Fri. Apr. 7-Sun. Apr. 9

MATT TALBOT MEN # 9 This is a retreat that brings together alcoholic men in recovery to share in prayer and reflection to help further open their spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous.

Wed. Apr. 12-Sun. Apr. 16

HOLY WEEK RETREAT Time for prayer and reflection as the church celebrates "The Three Days" and Easter. Arrive between 2:00 - 4:00 PM on Spy Wednesday (or later, if necessary) and return home after 12:15 PM dinner on Easter Sunday. (\$350 per person, single occupancy or \$300 per person, double occupancy)

Fri. Apr. 28-Sun. Apr. 30

WOMEN IN RECOVERY This retreat is for women in all levels of recovery. Our retreat has an emphasis on enhancing their spirituality and sober way of life. It is intended to foster spiritual recovery as suggested by AA's 12 step recovery program.

Fri. May 19-Sun. May 21
MAN MATTERS: THE RELATIONAL FLOW OF GIVING & RECEIVING
\$250.00 single occupancy, \$175 per person, double occupancy. This retreat is for men seeking a deeper understanding of God in their lives. This year's retreat will consider the basic spiritual questions that can lead to the essential truths for the lives of Men in God.

Fri. May 19-Sun. May 21
COUPLES IN RECOVERY: CHAPTER 9 This weekend retreat offers couples in recovery a chance to share their experience, strength, and hope as couples so that they may solve their common problems and help bring harmony to their own and other relationships in recovery.

Fri. Jun. 16-Sun. Jun. 18
SUMMER RE-CREATION WEEKEND \$275.00 single occupancy, \$200 per person, double occupancy. In collaboration with Skip Doyle, a member of the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings. *Register early as space is limited.*

Fri. Jul. 7-Sun. Jul. 9
SPANISH-SPEAKING MATT TALBOT MEN # 119 This retreat is for Spanish-speaking alcoholic men with emphasis on the spirituality of Alcoholics Anonymous.

Fri. Jul. 14-Sun. Jul. 16
SPIRITUALITY OF THE 12 STEPS Our 12 Step Retreat can help everyone discover the spiritual part of themselves (especially participants in 12-step programs).

Fri. Aug. 4-Sun. Aug. 6
WOMEN IN RECOVERY This retreat is for women in all levels of recovery. Our retreat has an emphasis on enhancing their spirituality and sober way of life. It is intended to foster spiritual recovery as suggested by AA's 12 step recovery program.

Fri. Aug. 18-Sun. Aug. 20
WONDER WOMAN WEEKEND A weekend for women to explore and honor the treasures they bring to the world while learning to let go of anything that no longer serves them. Activities offered will help participants examine their inner lives & relationships through reflection and group discussion.

Fri. Aug. 25-Sat. Aug. 26
JOURNALING WORKSHOP MINI-RETREAT \$95.00 Arrive at 5:00 for dinner leave after lunch on Saturday. *Payment in full at time of registration is required.* This workshop will provide the participants with the tools associated with journaling and their application to everyday life. This workshop might be useful for someone in any type of recovery program.

Fri. Sep. 1-Sun. Sep. 3
DO NOT FEAR TO HOPE A weekend specially designed for people living with HIV/AIDS. To register or for more information please call Fr. Bob Warren of Do Not Fear to Hope at (845) 424-3671.

Fri. Sep. 8-Sun. Sep. 10
MATT TALBOT MEN # 9 This is a retreat that brings together alcoholic men in recovery to share in prayer and reflection to help further open their spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous. *A 9/11 Memorial Service will be held during the retreat at our World Trade Center Cross Memorial.*

Fri. Sep. 22-Sun. Sep. 24
AUTUMN RE-CREATION WEEKEND \$275.00 single occupancy, \$200 per person, double occupancy. In collaboration with Skip Doyle, a member of the Appalachian Mountain Club, this program provides participants an opportunity to fully experience the spirit of nature while relaxing the mind. It will include social interaction, nature education, and instill a sense of gratitude for our healthy beings. *Register early as space is limited.*

Fri. Sep. 29-Sun. Oct. 1
THE LEGACY OF FRANCIS & CLARE: SIMPLICITY & JUSTICE This retreat will explore the lives and the writing of the two most known influences of the Franciscan tradition, St. Francis and Clare. It will focus on living a simple life today as a model of becoming and being instruments of peace.

Fri. Oct. 6-Sun. Oct. 8
DE MELLO RETREAT A retreat that will focus on the message of Anthony de Mello, and includes spiritual themes and exercises that can transform and enrich your life. It will be led by Jonathan Galente & Desmond Towney who are trustees of the De Mello Spirituality Center located in New York City. This conference can help you to rediscover your life and wake up to its joy! Become more aware of the joy that lives in the center of each moment of your life.

Tue. Oct. 10-Fri. Oct. 13
MIDWEEK RETREAT FOR SENIORS This is a great opportunity to celebrate life, enjoy the fall colors, and reflect on one's relationship with God and others. Arrive Tuesday between 2:00 - 4:00 PM and return home Friday after 12:15 PM lunch. **(Discounted to \$200.00 per person)**

Fri. Oct. 20-Sun. Oct. 22
S.O.A.R. (Surviving Our Alcoholic Relationships) A co-ed weekend focusing on the spirituality of the Al-Anon program and how it applies to those in a relationship with an alcoholic.

Fri. Oct. 20-Sun. Oct. 22
AUTUMN NATURE PHOTOGRAPHY WORKSHOP & SPIRITUAL RETREAT Spend an autumn weekend with photographer Bruce Colin, photographing outdoors and exploring your spiritual and creative side where nature serves as a source of inspiration and enlightenment. This retreat is especially beneficial for people that are in recovery.

Fri. Oct. 27-Sun. Oct. 29
HEALING THE CHILD WITHIN This co-ed retreat can help you discover and heal your Child Within. Our retreat will be led by Julia Floyd-Ventura, a credentialed Alcohol & Substance Abuse Counselor who has extensive experience working in the mental health field.

Fri. Nov. 10-Sun. Nov. 12
WOMEN IN RECOVERY This retreat is for women in all levels of recovery. Our retreat has an emphasis on enhancing their spirituality and sober way of life. It is intended to foster spiritual recovery as suggested by AA's 12 step recovery program.

Tue. Nov. 14-Fri. Nov. 17
SENIORS IN RECOVERY This midweek retreat is for those that have been in recovery for many years and are looking for something in their senior years that will add to their spiritual path of recovery.

Fri. Nov. 17-Sun. Nov. 19
MATT TALBOT MEN # 9 This is a retreat that brings together alcoholic men in recovery to share in prayer and reflection to help further open their spiritual path to recovery. The retreat is based upon the spirituality of Alcoholics Anonymous.

One Day-Sunday, Dec. 3 from 9:30 AM until- 3:30 PM
THE SPIRITUAL DIRECTIONS – ADVENT MINI-RETREAT
\$40.00 for the day, lunch included. *Payment in full at time of registration is required.* This retreat will be similar to the Spiritual Directions Mini Lenten Retreat during February and will celebrate the Advent season in the Franciscan tradition.

Fri. Dec. 8-Sun. Dec. 10
12 STEP WORKSHOP FOR MEMBERS OF AL-ANON Step Study is an essential part of recovery for people in Al-Anon. During this weekend you will complete an intensive study of the 12 Steps in fellowship and a spiritual environment, sharing our experience, strength and hope. Bring a copy of "Paths to Recovery" and as optional reading "Reaching for Personal Freedom."

Sat. Dec. 23-Mon. Dec. 25
CHRISTMAS AT GRAYMOOR Come and celebrate the Nativity of Our Lord Jesus Christ in the Franciscan tradition. A Reconciliation Service and Our Christmas Eve Mini Retreat are part of your experience.

Sun. Dec. 24-Mon. Dec. 25
CHRISTMAS EVE MINI-RETREAT \$100.00 per person single or double occupancy includes overnight accommodation. *Payment in full at time of registration is required.* Our mini retreat begins with First Vespers of Christmas which will be followed by a blessing of the crèche and tree. Festivities will continue with a Christmas Eve dinner, a Christmas Mass and concludes with 12:15 PM lunch on Christmas Day. Please arrive between 2:00 and 4:00 PM on the 24th.

Sat. Dec. 30-Mon. Jan. 1, 2018
NEW YEAR'S ON THE MOUNTAIN Take an opportunity to give thanks to God for blessings received during the past year and to ask for continued blessings in the New Year. Retreat includes an optional interfaith prayer service for peace at the nearby Chuang Yen Buddhist Monastery in Carmel, N.Y. Our New Year's Eve Mini Retreat is included.

Sun. Dec. 31-Mon. Jan. 1, 2018
NEW YEAR'S EVE MINI-RETREAT \$100.00 per person single or double occupancy includes overnight accommodation. *Payment in full at time of registration is required.* Retreat will begin with First Vespers and includes a festive New Year's Eve dinner, exposition of the Blessed Sacrament, a candlelight procession at midnight and the First Mass of the New Year. Retreat will conclude with 12:15 PM lunch on New Year's Day. Please arrive between 2:00 and 4:00 PM on the 31st.

YOUNG ADULT DISCERNMENT WEEKENDS

Fri. Feb 17-Mon. Feb. 20 | **Thur. Mar. 16-Sun. Mar. 19**
Thur. Oct. 19-Sun. Oct. 22 | **Thur. Nov. 30-Sun. Dec 3**

These weekends are for single, Catholic men and women (ages 18 to 40) who may be thinking about a life of service as a lay person, religious brother or sister, priest, or for those who are undecided and want guidance in determining how God is calling them to serve. Participants will gain valuable discernment tools and engage in rich prayer and discussion.

TO REGISTER OR LEARN MORE GO TO:

www.AtonementFriars.org/discern or contact Paul Krenzeloak at 845-424-2122 or pkrenzeloak@atonementfriars.org

DAYS OF GRACE: Year-round opportunities – usually weekdays, but occasionally weekends – to relax, reflect, read and pray on a space available basis. **Phone Reservations Only Please** at \$95.00 per person, per day (includes three meals and overnight accommodation). *Payment in full at time of registration is required.*

NEW THIS YEAR

SATISFYING SATURDAYS SERIES We are happy to offer these new One Day Mini Retreats. Each retreat will start at 9:30 AM and conclude at 3:30 PM. Cost will include conferences, activities, lunch and social time with refreshments.

Feb. 11: Compassionate Communication A workshop to enhance the language of peace.

Apr. 22: Laudati Si & Creation Alive An Earth Day Celebration and workshop.

May 6: Mary ~ Queen of the Most Holy Rosary Rosary making & history tutorial. **\$50.00** includes workshop and supplies.

Jun. 17: Finding Peace ~ Mindfulness Meditations Learn meditation techniques from a Buddhist Monk.

Aug. 12: Catholic Social Teaching During this retreat you will learn the central and essential elements of our faith.

Oct. 7: Francis ~ Journey of the Wounded Warrior A day of spirituality dedicated to veterans & their families.

Oct. 28: Grief Workshop This workshop serves to assist participants in furthering resolution surrounding loss of all kinds.

Nov. 4: Enneagram ~ Getting to Know Yourself Full Circle A day of insights that can help one come to know themselves more fully and be liberated to move towards a more loving and fulfilling life.

Pre-registration and payment in full at time of registration is required. Register online at www.graymoorcenter.org or call the Spiritual Life Center at 845-424-2111. **Each Day Retreat (unless otherwise noted) is \$35.00 Per Person.**

SPECIAL EVENTS IN 2017

Sun. Feb. 26 Burning of Blessed Palm Branches.
Tue. Feb. 28 Mardi Gras Pancake Supper.
(Pre-registration is required. \$20. Suggested Donation)

Wed. Mar. 1 Ash Wednesday: Blessing and Imposition of Ashes.

Sun. Mar. 12 Corned Beef & Cabbage Buffet Dinner.
(Pre-registration is required. \$20. Suggested Donation)

Wed. Apr. 12 – Sat. Apr. 15 The Sacred Triduum
(see Holy Week Retreat)
Great Vigil of Easter
Easter Sunrise Service at the Founder's Tomb
Blessing and Planting of Wildflower Seeds.
Sat. Apr. 15 Feast of St. Anthony of Padua Celebration
Sun. Apr. 16 Procession and Blessing of Animals.
Sun. May 7 Christmas Eve Mass in the Night at 10:00 PM
Sun. Jun. 11 Chorale starts at 9:00 PM
Sun. Oct. 1
Sun. Dec. 24