



Holy Cross Monastery
Retreat Programs Schedule
April 2018 - December 2018

April 2018

Say No To Stroke And Alzheimer's

Wednesday, April 24

Led By: Dr. Alleyne B. Fraser, MD

Fee: \$32 (Deposit: \$0)

We all want to live long healthy lives. We want to think clearly into old age. We want to avoid strokes and dementia. But how do we do that? Many people think that brain health is all about luck, good genes, or just hoping for the best. But did you know there are 10 Steps you should be taking every day to reduce your risk of stroke and Alzheimer's? This workshop will help you make the connection between body and brain. With the group and in individual time with the leader you'll learn what to do, and then make your plan to achieve optimal brain and overall health.

Alleyne B. Fraser, MD has a B.A. in biology from Harvard College and an M.D. from SUNY/Upstate Medical University. She completed a neurosurgery residency at Mt. Sinai Medical Center and has been practicing neurosurgery for more than 20 years. In addition to treating patients for stroke, brain tumors, herniated discs, and other brain and spine conditions, she educates people on brain health through her website and blog, SayNoToStroke.com.

To register for this event please email our guesthouse at guesthouse@hcmnet.org

May 2018

May Garden Days

Tuesday, May 1 – Friday, May 4

Led by: Br. Aidan Owen

Fee: \$200; (Deposit: \$100)

Join the monastic community in the Benedictine rhythm of work and prayer, help us maintain and restore our garden spaces, and enjoy the beauty of the Hudson Valley in the Spring. We will have morning and afternoon work periods as well as time for the work, rest, and recreation.

Contemplative Days

Tuesday, May 8 – Friday, May 11

Fee: \$255; (Deposit: \$100)

Join the brothers in this time of complete silence, with no programs or spiritual direction offered and a reduced worship schedule.

Learning from Byzantium

Friday, May 11 – Sunday, May 13

Led by: Christine Hales

Fee: \$580; (Deposit: \$100)

Beginners and advanced welcome. If you've taken class with Christine before and wish to do a different Icon, after registration, email her with your ideas and a photo of what you would like to write. Otherwise, Basic concepts of Icon writing, history and methods of painting will be demonstrated. We will also have meditation and prayers on Mary as this is Mother's Day Weekend and we will do a Mary Icon together. Icons have played an important role in healing and bringing forth peace to nations, and there are many examples of Icons in Belarus, and Eastern Europe that are attributed to healing miracles, often these are Mary Icons. Fee includes Icon Materials, meals and overnight accommodations.

Christine Hales is a well-loved teacher and iconographer whose icon commissions are at St. Vincent's Church in Albany, the Spiritual Life Center in Greenwich, NE and many private collections. She has taught icon-writing workshops for over ten years, and her style of icon writing is both contemporary and honors the ancient traditions of iconography. For more information, visit newchristianicons.com.

Celtic Spirituality

Tuesday, May 15 – Friday, May 18

Led by: Br. Scott Wesley

Fee: 355; (Deposit: \$100)

How Celtic tradition shaped a monastic tradition and how that shapes our Anglican tradition. Celtic Monastic sites like Skellig Michael are among the oldest intact Christian sites on earth. Most of the practice of Christianity from this time is shrouded in mystery or lost to time, yet there is still a distinct Celtic spirit in the Anglican/Episcopal tradition. In this retreat we'll use music, pictures, and guided imagination to explore how the voices of our forebears may speak to us today.

Making a Difference: A Course for Those Who Minister

Tuesday, May 15 – Friday, May 18

Led by: The Mastery Foundation

Fee: \$550 (Deposit: \$150)

This is an interfaith workshop for both lay and ordained persons, in church settings and wherever you serve others. It will challenge you to rethink what is possible for yourself and for your ministry, and it will provide you with tools to successfully bring about a future that is a match for your vision and commitment.

This course challenges old assumptions and creates new tools to empower you to deal effectively with the issues that are most basic and urgent to ministry—the daily business of fully living out your calling, making thoughtful choices, relating powerfully to others, and having your life and ministry make the difference you want them to make. Rather than providing answers, tips, or rules, Making a Difference provides you with the tools to create a new and direct access to your own power and effectiveness.

For more information contact Maggie Delia: Maggie@biaero.com. Or Sr. Shane Phelan: revdrshane@gmail.com. Register directly through the Mastery Foundation: <http://www.masteryfoundation.org/interfaith/schedule/index.php>

Centering Prayer and Praying Holy Scripture

Tuesday, May 22 – Friday, May 25

Led by: Leslee Anne Terpay

Fee: \$355; (Deposit: \$100)

This retreat offers an introduction to Praying Holy Scripture based upon the teachings of Fr. Thomas Keating. The presentations teach a contemplative way of listening to and reading Scripture known as the ancient monastic practice of Lectio Divina. We will learn and experience the scholastic moments of the prayer: reading, reflecting, responding and resting. The last conference will discuss the fruits of the prayer relationship: Becoming a Word of God. During the retreat, one will experience the interplay of the silence of Centering Prayer and Praying Holy Scripture through both group and individual prayer times combined with the rhythm of this Episcopal Benedictine monastic community's worship and prayer life. This contemplative retreat welcomes those comfortable with silence and having a yearning to learn this ancient way of praying rather than studying Holy Scripture.

Leslee Anne Terpay, is a retired entrepreneur and now spends her days sharing Fr. Thomas Keating's teachings on the contemplative dimension of the gospel, the Christian Contemplative Journey, Centering Prayer, Lectio Divina and leading retreats. She is a Contemplative Outreach commissioned presenter. As a Contemplative Outreach faculty member for Lectio Divina and Retreats, she is part of the service teams whom define workshop teachings and retreat experiences. Leslee is a spiritual director in Lone Tree, Colorado and will graduate from The Centering for Action and Contemplation Living School in 2018.

June 2018

Individually Directed Retreats

Tuesday, June 26 – Friday, June 29

Led by: the Monastic Community & Friends

Fee: \$355; (Deposit: \$100)

*Short written assignment before the retreat begins

*Limited registration

Spend some time with a director and a good deal of time in silence. This is a retreat in which prayer and silence will be practiced as an invitation for deeper union with God and in which each participant will work with a spiritual director chosen by the monastic community.

June Garden Days

Tuesday, June 26 – Friday, June 29

Led by: Br. Aidan Owen

Fee: \$200; (Deposit: \$100)

Join the monastic community in the Benedictine rhythm of work and prayer, help us maintain and restore our garden spaces, and enjoy the beauty of the Hudson Valley. We will have morning and afternoon work periods as well as time for the work, rest, and recreation.

July 2018

Associates Retreat

Friday, July 6 – Sunday, July 8

Led by: Josép Martínez-Cubero and members of the Monastic Community

Fee: \$200; (Deposit: \$100)

Program to be announced. Please check our website listings.

Discovering the Self: Vulnerability as Spiritual Practice

Tuesday, July 10 – Friday, July 13

Led by: Erika Murphy

Fee: \$355; (Deposit: \$100)

Fresh insights about our true nature often begin with a sudden opening up, with a small fissure in our established thinking. This retreat will explore the possibilities of Spirit that arise when we intentionally create that opening by listening to our deepest inner voice. Meditative physical movement and guided sitting meditation will allow us to take root in the spiritual centeredness that we all naturally possess. During these practices of harmony and stillness we will reflect on what we hear: what are our bodies telling us? What do we need to embrace about ourselves in order to become more connected to ourselves, others, and God? Participants will have the opportunity to interweave their personal reflections with these guided practices as we find ways to appreciate the gift of our humanity. Join us as we bring our bodies and minds – and their accompanying vulnerabilities – into the vibrant light of spiritual awareness.

Erika Murphy, M.Div., Ph.D., teaches religious studies in Fairfield, CT. Her work in theology and spirituality has led her to explore the rich world of the mind-body connection through meditation and other mindfulness practices. She is also a practitioner of the internal martial art I Liq Chuan, an art based on Tai Chi philosophy and Zen principles, which focuses on the body as a path to awareness, stability, and mindfulness.

Natural Dye Workshop: Local Plant Color for Eco-Citizens with Katrina Rodabaugh

Friday, July 13- Sunday July 15, 2018

Led By: Katrina Rodabaugh

Fee: \$400 (Deposit: \$100)

This Slow Textiles Retreat focuses on natural dyes, hand-stitching, mending, and various ways of incorporating sustainable, mindful, and holistic textile arts into creative work. Students will learn simple yet beautiful hand-stitching techniques to mend, darn, and repair garments or to add thoughtful embellishment to various fiber projects.

Katrina will share textile techniques; delve deeper into the conversation around slow textiles, slow fashion, and slow living; share favorite resources, tools, and materials; and foster an inclusive community that allows participants to engage with the rural atmosphere of the monastery gardens, walking trails, outdoor labyrinth, and seating for taking in the view of the Hudson River Valley.

Katrina Rodabaugh is an artist, writer, and crafter working across disciplines to explore environmental and social issues through traditional craft techniques. Mostly, she rethinks the relationship between fiber art, sustainability, and slow fashion. Her work has appeared in galleries, magazines, theaters, books, juried craft fairs, and alternative art venues across the United States. She received her BA in Environmental Studies and her MFA in Creative Writing where she focused on poetry and book arts, though her fiber arts training started as a child at the side of her mother's sewing machine.

She's received artist awards, grants, and residencies from the Vermont Studio Center, Zellerbach Family Foundation, Puffin Foundation, Creative Capacity Fund, and the Country Living Magazine Blue Ribbon Blogger Award, among others. Her first book, The Paper Playhouse, was published in January 2015 by Quarry Books. Since August 2013 she's been on a fashion fast, Make Thrift Mend, to focus on mending, plant dyes, and prioritizing handmade or secondhand garments over factory fashion. She grows, forages, and harvests dye plants near her farmhouse in the Hudson Valley and teaches mending, natural dyes, and slow fashion workshops across the United States. Visit www.katrinarodabaugh.com or [katrinarodabaugh](#) on Instagram.

Contemplative Days

Tuesday, July 17 – Friday, July 20

Fee: \$255; (Deposit: \$100)

Join the brothers in this time of complete silence, with no programs or spiritual direction offered and a reduced worship schedule.

Color and Light in the Icon

Tuesday, July 24 – Friday, July 27

Led by: Christine Hales

Fee: \$580; (Deposit: \$100)

This is a special class. Beginners are welcome, and it is also for advanced Iconographers who want to learn more about color in Icons. We will cover color symbolism, color theory, the Iconographer's palette, and more fun and in depth topics on color. We will write the Icon of Jesus as the Good Shepherd. If you have a different Icon you'd like to paint, email hales@halesart.com Christine with the image and you can work together before the class to make that possible. Fee includes Icon Materials, meals and overnight accommodations.

Christine Hales is a well-loved teacher and iconographer whose icon commissions are at St. Vincent's Church in Albany, the Spiritual Life Center in Greenwich, NE and many private collections. She has taught icon-writing workshops for over ten years, and her style of icon writing is both contemporary and honors the ancient traditions of iconography. For more information, visit newchristianicons.com.

August 2018

Associates Retreat

Friday, August 31 – Sunday, September 2

Led by: Led by Josép Martínez-Cubero and members of the Monastic Community

Fee: \$200, (Deposit: \$100)

Program to be announced.

September 2018

Life as Spiritual Journey

Friday, September 7 – Sunday, September 9

Led by Erika Murphy

Fee: \$355; (Deposit: \$100)

The big question is whether you are going to be able to say a hearty yes to your adventure. – Joseph Campbell

The events and challenges of our lives often leave us with a sense of confusion or incoherence, leaving us wondering where the Spirit is in our spiritual journey. If we reframe our stories through an archetypal lens – through the context of ancient myth and legend – we emerge with a new outlook that celebrates each of us the main character in our own spiritual quest. Joseph Campbell famously outlined the mythic path of the human journey that begins with a call to adventure and culminates with a transformed return to the world, a pattern exemplified by the lives of great spiritual leaders such as Jesus and Buddha. Over the course of this weekend we will explore how our own stories vibrate with deeper meaning when we map our individual lives onto the mythic journey. Reflective journaling and meditative exercises will allow us to venture beyond the mundane and empower our sense of adventure as we open up to the abundant richness inherent in each of our life stories.

Erika Murphy, M.Div., Ph.D., teaches religious studies in Fairfield, CT. Her work in theology and spirituality has led her to explore the rich world of the mind-body connection through meditation and other mindfulness practices. In her academic work, Erika is often drawn to explore the theological resonances between vulnerability, transformation, and spirituality.

Seeking Christ Sophia: A Gender-Integrated Christianity

Friday, September 7 – Sunday, September 9

Led by: Sr. Elizabeth Broyles CMA and Sr. Shane Phelan CMA

Fee: \$350; (Deposit: \$100)

It's easy to overlook the feminine face of God in Christianity, but she is hiding in plain sight. The figure of Sophia, of Wisdom, is enfolded in Jesus in ways not often acknowledged by the later tradition. But she keeps showing up, sharing her gifts. Christ Sophia unites masculine and feminine, and invites us to unite these energies in ourselves. In this retreat we will explore the Biblical figure of Wisdom and see how feminine images are used to describe Jesus. We will trace this tradition, and access that imagery and that energy in our lives.

Sisters Shane and Elizabeth are founding members of the Companions of Mary the Apostle, a new ecumenical community for people of all genders dedicated to fostering diverse images of the divine and, through that, empowering people for ministry. They live in the Hudson Valley of New York.

Centering Prayer: Lectio Divina and the Four Senses of Scripture

Tuesday, September 11 – Friday, September 14

Led by Leslee Anne Terpay

Fee: Cost \$355, (Deposit \$100)

This retreat offered in an atmosphere of silence and community focuses on The Four Senses of Scripture based upon the teachings of Fr. Thomas Keating deepens the experience of those familiar with praying Holy Scripture. The presentations explore the four moments of Lectio Divina as expressions of the four sense of scripture, namely, the literal, allegorical, behavioral/moral and unitive senses. As we interiorize the four senses of scripture our understanding of scripture deepens, as does our faith.

After a review of the four scholastic moments of the prayer, both individual and group prayer will focus on the monastic form of Lectio Divina, thus encouraging a less structure engagement of the text. Centering Prayer times are offered in this retreat because out of the silence the Word of God is heard on a much deeper level and with greater openness. During the retreat, we will also experience the rhythm of this Episcopal Benedictine monastic community's worship and prayer life. This contemplative retreat welcomes those comfortable with silence and having a yearning to deepen their relationship with God, themselves and others through praying Holy Scripture in an organic way.

Leslee Anne Terpay, is a retired entrepreneur and now spends her days sharing Fr. Thomas Keating's teachings on the contemplative dimension of the gospel, the Christian Contemplative Journey, Centering Prayer, Lectio Divina and leading retreats. She is a Contemplative Outreach commissioned presenter. As a Contemplative Outreach faculty member for Lectio Divina and Retreats, she is part of the service teams whom define workshop teachings and retreat experiences. Leslee is a spiritual director in Lone Tree, Colorado and will graduate from The Centering for Action and Contemplation Living School in 2018.

Jordan Stream: Wading into the Depths of the African American Mystical Christian Tradition

Tuesday, September 18 – Friday, September 21

Led by: The Rev'd. Marcus Halley

Fee: \$355 ; (Deposit: \$100)

The mystical syncretism between African religious traditions and reclaimed Christianity provided the spiritual well from which many enslaved and freed African Americans drew strength to endure white supremacy and racism in the Americas. The current "Black Church" is the inheritor of this powerful, spiritual tradition. We will both explore the history and theology of these practices as well as exploring their depths for our contemporary struggle against these prevailing systems. This retreat will explore Christian scripture as historical and contemporary voices from black women and men.

The Rev'd. Marcus Halley is the 18th Rector of Saint Paul's Church on Lake of the Isles in Minneapolis, Minnesota; an adjunct professor in Diversity and Racial Justice at Bishop Kemper School for Ministry in Topeka, Kansas; and an avid writer and blogger. With degrees from Johnson C. Smith University, the Interdenominational Theological Center, and the School of Theology at the University of the South (where he is currently a Doctor of Ministry student), Marcus has interests around the intersections of race, sexuality, faith, and politics.

Iconography Garment Drawing and Painting Workshop

Tuesday, September 18 – Friday, September 21

Led by: Philip Davydov and Olga Shalamova

Fee: \$700 ; (Deposit: \$100)

In order to facilitate a deeper immersion in the prayer and rhythm of the monastic community, workshop sessions will begin at 8 AM so that students may attend Holy Eucharist at 9. After the Eucharist, the workshop continues until Vespers at 5 PM (with 1-hour lunch break at noon and one or two short breaks for coffee/tea in the afternoon).

Workshop description:

After teaching a number of workshops that went through the whole process of painting an icon from the beginning till the very end, we have decided to introduce a range of more specialized workshops dedicated to drawing as an essential skill for all iconographers, mural painters, and carvers.

We are happy to invite iconographers who use proris' (stylized linear drawing) for their icons, and also those who create their own drawings. We teach drawing because with special training in freehand drawing even copying becomes more thoughtful and conscious.

Therefore this 4-day icon drawing and painting workshop is structured to teach students a professional approach to the form-building process. We will teach with both pencil and brush, taking into account students' questions and needs. Drawing is a basic skill for any good image, but even if you continue to paint using linear drawing on paper, you will understand that process better after attending this workshop. From a practical point of view, we will teach drawing in different media, which will allow you to control the results of your work at every stage so that your finished icon will look more integral and whole.

Who should attend:

This workshop is appropriate for both advanced students and beginners.

It's a course, dedicated to different ways of drawing, form building, modelling, shading and highlighting. Anyone who wishes to learn how to carry your work forward in a professional way is very welcome!

Philip Davydov and Olga Shalamova are founders of Sacred Murals Studio (Saint Petersburg, Russia). Philip holds an M.A. in State Fine Art from the Academy of Saint Petersburg, faculty of Theory and History of Art. He is a professional, second-generation iconographer with more than 15 years of teaching experience. He is also a professor at the Institute of Theology and Sacred Arts and the head of The Sacred Murals Studio in St. Petersburg, Russia.

Olga Shalamova holds an M.A. in State Fine Art from the Academy of Saint Petersburg, faculty of Theory and History of Art. She is a member of the Union of Artists of Russia and is chief artist of the embroidery workshop at Feodorovsky Cathedral in Saint Petersburg. She is also an active participant in exhibitions of contemporary ecclesiastical art.

Living Love Mystically and Apostolically

Thursday, September 20 – Sunday, September 23

Led by Sr. Greta Ronningan, CDL and Br. Bernard Delcourt

Fee: \$385; (Deposit: \$100)

During this retreat we will explore the stories of the Beguines, 13th century women who sought to live the apostolic life, and how they might inspire our lives today. How can their lives and writings promote greater human flourishing in our lives and communities? These women left lives of comfort in order to live love with the suffering of humanity and to live love in mystical union with God. These women were prepared to die if necessary to 'go and tell' their stories – let us resurrect their stories, poetry, and theology and in so doing possibly become Beguines.

Sr. Greta Ronningen is a monk and founding member of Community of Divine Love, an Episcopal monastery in San Gabriel California that is committed to the contemplative life and dedicated to works of justice and acts of mercy. She is Co-Director of Prism Restorative Justice and is the Senior Chaplain at Century Regional Detention Center – the adult women’s facility in the Los Angeles County Jail System. Sister Greta holds a Master’s Degree in Spiritual Formation from Claremont School of Theology. She is the author of Free on the Inside – Finding God Behind Bars. Sister Greta is a writer, yoga teacher, public speaker and retreat leader.

Br. Bernard Delcourt is the Prior of Holy Cross Monastery and a spiritual director. He used to walk in the Grand Beguinage of Leuven, Belgium as a child and has been fascinated by the life and spirituality of the Beguines for the last 10 years.

Sacred Geometry in Composition of the Icon

Tuesday, September 25 – Friday, September 28

Led by *Christine Hales*

Fee: \$580; (Deposit: \$100)

This is the class when we discuss in depth the sacred geometry that is the foundation of Icon compositions. Sacred geometry is a method of understanding the pictorial space and relationships of images and colors within the Icon and It is an essential part of an Iconographer’s training. There will be a slide talk one evening as well as hands on exercises to demonstrate the concepts. We will endeavor to complete an Icon by the end of this workshop using sacred geometry.

Christine Hales is a well-loved teacher and iconographer whose icon commissions are at St. Vincent’s Church in Albany, the Spiritual Life Center in Greenwich, NE and many private collections. She has taught icon-writing workshops for over ten years, and her style of icon writing is both contemporary and honors the ancient traditions of iconography. For more information, visit newchristianicons.com.

Your Life as Story

Friday, September 28 – Sunday, September 30

Led by: Beverly Donofrio

Limited to 10 participants.

Fee: \$390; (Deposit \$100)

Are you stuck, looking for a way in, unable to figure out how to proceed, wondering how to make a cohesive story and a compelling read from the raw material that is your life? To master memoirist Beverly Donofrio writing is about diving deep to find your truth, and then shaping your experiences into a story others will not want to put down: because your truth, pain, shame, obsessions, help them face their own. And because telling your story not only has the potential to heal the teller, but the reader, too.

Beverly will offer in-class exercises designed to unearth memory and approach your material in a safe, fun, and original way. She will instruct you in the craft of plot, setting, and reflection, teach you how to move back and forth in time seamlessly and to write detailed, visually descriptive language.

Beverly Donofrio has published three memoirs: her first, The New York Times bestseller, Riding in Cars with Boys, was made into a popular movie; her second, Looking for Mary was chosen as a Barnes and Noble Discover Book; and her latest, Astonished, is still collecting accolades. She has also published three children’s books. She has taught creative nonfiction workshops across the United States and is currently on the faculty of the low-residency MFA program at Wilkes University. Ms. Donofrio lives in Woodstock, NY. Visit beverlydonofrio.com to read some of her essays.

October 2018

Journey to Success

Friday, October 5 – Sunday, October 7

Led by: Lorenzo S. Brown (Zo Brown), MSW,

Fee: \$300; (Deposit: \$100)

Embarking on the journey to success is like trying to steer an off-roading vehicle at night. You think you're in control, but the terrain might have other plans. Although your headlights are on, you may not always see the twists and turns that reside on the winding roads of life. Although you may have a destination in mind, you have no idea how you're going to get there. The Journey to Success Retreat is designed to help you decide what success really means for you. Meaningful activities and connections with other like-minded people will be a catalyst for transformative change. We all have our own paths to take and together, we will receive the tools to create our own journey to success!

Lorenzo S. Brown (Zo Brown), MSW, Rutgers University, is the founder of coaching and consulting agency, Zo Brown Speaks. Zo is the creator of the online professional development series, The Class and the professional networking event, Build & Sip. Brown has over 20 years of group and case management experience in Social Work and now specializes in community and entrepreneurial development. Additionally, he has presented at both national and local conferences, and is considered an expert in presentation and networking and serves as a consultant to non-profit organizations and universities. Zo is a part-time lecturer at the Rutgers School of Social Work, where he teaches Professional Development and Diversity Courses. Brown also teaches several Sociology/Social Work related courses at Union County College and Middlesex County College.

After the Whirlwind: Stances of Prayer Inspired By The Book of Job

Tuesday, October 9 – Friday October 12

Led by: Suzanne Guthrie

Fee:\$355; (Deposit: \$100)

This retreat draws on the character of Job, God's beloved suffering servant. Job, already a man of deep prayer, grows and transforms throughout his ordeal and even after his encounter with the theophany in the whirlwind. We look at ways of prayer that Job inspires; wonder, transcendence, and exploration, resistance, drawing upon cosmology, anthropology, art and architecture. The experience circles around the question of preparing the mind and heart for stances of open-ended prayer.

In addition to writing, Suzanne leads retreats and workshops throughout the United States. She has served the Episcopal church as a parish priest, a children's priest, a Christian Education consultant, columnist on children's spirituality and as a college (Vassar) and university (Cornell) chaplain. She has raised four children who are now grown.

Her interest in mystical theology began at the age of twenty-two when she read the Autobiography of Teresa of Avila. She interested in questions about how people "learn" to discern layers of consciousness of the Holy and particularly fascinated by the unending mystery of prayer itself.

Enneagram Insight Retreat

Tuesday, October 9 – Friday October 12

Led by: Michelle Meech

Fee:\$355; (Deposit: \$100)

This 3-day retreat offers the opportunity to go deeper with the Enneagram by utilizing group instruction, individual and group processing, movement, and meditation to help participants work directly with their own Ennea-type via Don Riso's Levels of Development. These Levels provide us with deep insight into how our Ennea-type functions and help us locate signposts of health as well as triggers that set off our fears and unhealthy behaviors. By inquiring directly and gently into our experience we can discover more about our motivations and see more clearly how God is calling us to liberation.

Format: 3-hour evening, 6-hour day, 6-hour day. For people who have more than an introductory knowledge.

Michelle Meech is an Episcopal priest and has been teaching the Enneagram in workshop and discussion formats for 15 years. She was trained through the Enneagram Institute by Don Riso and Russ Hudson and is dedicated to the work of transformation through helping people bring more compassion to themselves and the people in their lives. Michelle is currently the Rector of St. John's Episcopal Church in Kingston, NY where she lives with her dog Bella.

Ballroom Dancing for Couples

Friday, October 13 – Sunday, October 15

Led by: Julie and Joe Donato

Fee: \$600 (Deposit: \$100) per couple which includes tuition, room and board.

To register or ask questions please contact Julie Donato at 845-227-2706 or JulieMB@prodigy.net.

Have you always wanted to learn to dance? This is a joyful weekend for committed couples seeking to learn to dance or improve their dancing, to develop an activity to enjoy together, and through this activity, deep in their faith. Through the verbal and nonverbal instruction of partner dancing and the role of leading and following, we learn how to improve communication, create trust, and find more joy in relationship. We will learn the basics of waltz, foxtrot, swing, rumba, cha-cha and merengue in a relaxed, noncompetitive and fun style. The week and also includes time for reflection and quiet.

Joe and Julie Donato met at a swing dance. Joe was a long time ballroom teacher in the Philadelphia area, and moved to the Hudson Valley when they were married and 2012. They opened their own studio in Poughkeepsie and have enjoyed teaching couples and singles there and throughout the Hudson Valley. With members of this dance duo also have many years of leading retreats, worship groups and small group ministry. They are known as patient encouraging teachers and have led hundreds of people to enjoy the mental, physical and spiritual benefits of social dancing.

Sketching as prayer (watercolor)

Tuesday, October 16 – Friday October 19

Led by: Melissa Fisher

Fee: \$355; (Deposit: \$100)

“Since all life is holy, we don't want to let it pass by unnoticed. We give our attention as fully as we can to what we are doing at the moment and to what is going on around us. Being present here and now helps us to be mindful of the continuing presence of God. “(from OHC's Associates Rule)

While most of us would like to be mindful of God's presence, it is often difficult to notice that which is quiet and subtle. God more often whispers than shouts and leaves fingerprints for us to seek rather than neon lights flashing in our faces. Sketching can be a pathway to being present here and now, seeing those fingerprints in the world around

us, and becoming aware of God's presence. And in the process we are drawn into prayer, either with words or in silent communion with the Master Artist.

In this retreat we will open our sketchbooks, eyes, and hearts to God's presence in his creation. We will cover the basics of sketching to capture the essence of a subject, whether person, animal, or landscape, and look with eyes of faith into the world to see God's touch all around us, as we enter into prayer through the pages of our sketchbooks.

Melissa Fischer combines art and writing in her sketchbooks, with a particular interest in sketching from life in order to see and share the wonder and beauty present in the world right around us. Melissa teaches and occasionally exhibits her art locally and during artist residencies, but her real passion is helping people step out of the rat race and into quiet awareness of God's presence through recording the ordinary moments of life in a sketchbook journal. Visit melissafischer.com to see Melissa's artwork and blog.

Courageous Ministry In The Age of Tribalism

Tuesday, October 16 – Friday October 19

Led by: Ed Bacon

Fee: \$400; (Deposit: \$100)

Through a rhythm of addresses, guided meditations, ample space for sitting and walking contemplation, and journaling, Ed Bacon will facilitate an examination of the cultural, political, and religious context for ministry today. We have moved from healthy adversarial democracy to a politics of tribalistic polarization and fearmongering. Effective ministry is rooted in the Whole making path of Christ, which heals and is rooted in Thomas Merton's claim that "We are already one. But we imagine that we are not. And what we have to recover is our original unity. What we have to be is what we are."

Ed Bacon is an Episcopal priest and a national voice on issues of faith and justice for all regardless of race, gender, religion, or sexual orientation. His energies focus on leadership in anxious times; living a love-based life as opposed to a fear-based life; peacemaking; interfaith relations; contemplative practices and their impact on relationships, creativity, and brain functioning; and, articulating the Christian faith in non-bigoted, science-friendly, and inclusive ways. Until his retirement in May 2016 Bacon was the rector of All Saints Church in Pasadena, California. The author of 8 Habits of Love, he has been both a guest and a regular guest host on Oprah Winfrey's Soul Series on Oprah & Friends Radio, and a guest panelist in the Spirituality 101 segment of The Oprah Winfrey Show's "Living Your Best Life" series.

Prayerful Stitches

Thursday, October 18 – Sunday, October 21

Led by: The Monastic Community & Friends

Fee: \$400; (Deposit: \$100)

Join us for our annual stitching retreat! This year's theme is "contemplative ecology." We'll be exploring how our crafting leads us deeper into a spirituality that is grounded in an experience of ourselves as creatures of the earth. Retreat talks will offer a framework of ecologically-grounded, contemplative Christian spirituality as well as time for group sharing. There will also be plenty of time for socializing with fellow stitchers and for enjoying the beauty of the Hudson Valley in the fall. And, of course, we'll spend our Saturday at the New York Sheep and Wool Festival (better known in the knitting world as "Rhinebeck"). Stitching during retreat talks is encouraged. Bring your needles or hooks, yarn, and an open heart. All meals and accommodations are included in the cost of the retreat, as is the festival entrance fee, and transportation to the festival.

Prosopon School of Iconology Icon-Writing Workshop

Tuesday, October 23 – Sunday, October 28

Led by: Led by: Tatiana & Dmitri Berestov

Fee: for new students: \$1175 (Deposit: \$100)

Limited to 16 participants

The Prosopon School of Iconology will conduct a six-day intensive workshop, its first at Holy Cross Monastery. The Prosopon School was founded by Vladislav Andrejev and has introduced thousands of students to the ancient Christian art of iconography. First-time Prosopon School students will complete an icon of the Archangel Michael using traditional methods and natural materials rich with symbolic meaning: carved wood boards prepared with gesso made from chalk, marble dust, and glue; finely ground red clay, pure gold leaf, and ground mineral pigments in an emulsion made from egg yolk. In addition to step-by-step instructions, students will be introduced to the underlying theology of the icon, as each technical step has a corresponding symbolic meaning. Continuing Prosopon students will be assigned an icon appropriate to their experience.

Previous artistic experience is helpful but not necessary as iconography is as much a form of contemplative prayer as an artistic endeavor. The fee includes tuition, all materials, room and board. The fee for continuing students will vary depending on the size of the assigned icon. For more information about the Prosopon School, see www.prosoponschool.org. For more information about the workshop contact workshop coordinator Maureen McCormick maureen@iconodulestudio.com (preferred) or 609- 462 - 0975 (days).

October Garden Days

Tuesday, October 23 -Friday, October 26

Led by: Br. Aidan Owen

Fee: \$200; (Deposit: \$100)

Join the monastic community in the Benedictine rhythm of work and prayer, help us maintain and restore our garden spaces, and enjoy the beauty of the Hudson Valley in the Fall. We will have morning and afternoon work periods as well as time for the Office, rest, and recreation.

Fall Contemplative Days

Tuesday, October 30 – Friday, November 2

Fee: \$255, (Deposit: \$100)

Join the brothers in this time of complete silence, with no programs or spiritual direction offered and a reduced worship schedule.

November 2018

Embracing Deep Rest in Turbulent Times

Thursday, November 8- Sunday, November 11

Led by Carl McColeman

Fee: 385, (Deposit: \$100)

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.” (John 14:27). These words from Jesus represent a profound promise — and speak to a need in the human heart which has never been greater. Everyone knows that these are challenging times; how do we live in the peace and courage that Jesus promises us? This retreat, which blends restful silence with nurturing reflections on themes such as rest, serenity, and courage, is designed to celebrate the peace that comes from God: a peace that provides lasting rest, but which also impels us to make our world a better place.

Carl McColman is the author of several books, including [Befriending Silence](#), [Answering the Contemplative Call](#), and [The Big Book of Christian Mysticism](#). He blogs on Christian spirituality and contemplative living at www.Patheos.com. McColman is a life-professed Lay Cistercian, under formal spiritual guidance of Trappist monks, affiliated with the Monastery of the Holy Spirit in Conyers, Georgia. He has been a practitioner of Christian contemplative prayer and meditation for over 30 years.

Wisdom Arts for Dying

Tuesday, November 13- Friday, November 16, 2018

Led by Rev. Lynda Elaine Carré, Interfaith End-of-Life Chaplain, Spiritual Care & Healing Arts

Fee: \$380 (Deposit: \$100)

Death touches all of us—sometimes from afar, sometimes up close and intimately personal, sometimes through our service in the world. In this unique, experiential Wisdom Arts for Dying workshop you will safely and creatively explore your personal readiness for dying well. You will deepen your knowledge about the optional conditions and tools you need to envision, prepare, and make it so. Rev. Carré draws from spiritual care, healing arts, and rituals from wisdom traditions in contemporary culture and from around the world. This workshop is suitable for adults of all faith traditions, or none. It is especially recommended for those serving as chaplains, social workers, therapists, nurses, physicians, hospice workers, death doulas, and personal or professional caregivers.

Program participants learn to:

- Move through fear to love
- Navigate expanded states of consciousness
- Ease symptoms through comfort care
- Incorporate healing arts of spiritual care, yoga, aromatherapy, sound, and subtle energy
- Use writing, painting, songwriting, and collage-making arts for healing, meaning-making, legacy, and hope

Rev. Lynda Elaine Carré—Interfaith Palliative and Hospice Chaplain, Sacred Crossings Certified Death Midwife, Home Funeral Guide (NHFA), Celebrant, Certified Yoga Therapist (C-IAYT), and Energy Therapist—has been studying meditation and complementary methods of healing since 1987. She has taught Spiritual Well-Being in Los Angeles, throughout the Hudson Valley through Death Cafés, and at Bard College, LLI, [Perspectives on End of Life: Spiritual, Emotional, and Existential Issues](#). She volunteers in the Healing Arts Department of Albany Medical Center Hospital. Rev. Carré was a former Board Member of Circle of Friends for the Dying, and is current Board Member, Vice President, of The Chaplaincy Institute. Visit WellspringPassages.com to learn more.

Library Retreat

Tuesday, November 13- Friday, November 16, 2018

Led By: Br. Bernard Delcourt

Fee: \$200 (Deposit: \$100)

Join enthusiastic volunteers for a labor of love – and balance work, prayer and recreation – as we continue the rewarding tasks of caring for and cataloging over 20,000 volumes.

Alexander Technique

Friday, November 16 – Sunday, November 18

Led by: Dan Cayer

Fee: \$400 for commuters, \$275 (Deposit: \$100)

This retreat features three days of intensive yet relaxing work using the Alexander Technique, a 100-year-old method aimed at improving the way the body is used. A few of the many benefits of the technique are learning how to reduce tension and stress, improving posture, and managing pain. Those who may benefit from the technique are people in pain, those with physical restrictions, those who want to improve their posture, performers, musicians, athletes, and those interested in the mind/body connection. The workshop will be full of hands-on work, dialogue, in-depth learning, and fun. All levels are welcome, from beginners to those who have studied the technique extensively. Why not take time for yourself in a special time, in a special place, and find a healthy mind/body balance?

Dan Cayer is a nationally-certified Alexander Technique teacher working in the field of pain, injury, and stress. He brings the unique experience of a life-changing injury and extensive mindfulness training to help students become less stuck in their bodies. Dan now teaches the Technique as a method of recovering balance and well-being. He has conducted workshops in New York, Las Vegas, and the United Kingdom. For more information, visit Dan's website at www.dancayerfluidmovement.com.

To register or ask questions, please contact Julie Donato at 845-227-2706 or JulieMB@prodigy.net.

Thanksgiving, the Monastery Way

November 20- November 23, 2018

Led By: With the Monastic Community

Fee: \$255 (Deposit: \$100)

Harvest Thanksgiving is a wonderful and ancient tradition that calls us into a thankful relationship with God and all of God's creation. As Americans, we join with our sisters and brothers without regard to faith tradition in giving thanks and praise to God at every opportunity. At the monastery, we blend American (yes, turkey, dressing, and the works on Thanksgiving) with religious tradition. Come join us for any or all these day.

Practices of Presence: Silent Retreat with Yoga and Meditation

November 23- November 25, 2018

Led By: Carolyn Bluemle

Fee: \$260 (Deposit: \$100)

Limited to 13 participants

Come, take refuge, enter a monastic rhythm of silence and presence. In yoga postures, align body and breath in prayer. In meditation, let yourself rest in God by letting God rest in you. In mindful walking and mindful eating cultivate presence and gratitude. Chant the psalms with the monks. Sing Taizé chants in the beautiful chapel.

We can think of the kingdom of heaven as a distant land, or we can enter the kingdom of heaven within through practices of presence. The kingdom is that land where our heart opens and it is in the present moment that can we bridge the gulf between ourselves and others. To enter the kingdom of heaven is to become available: available to the world, to ourselves, and to God. There Christ can become visible beside us, above us, below us, before us and we may see the face of Christ in those we meet. The day may dawn and the morning star may rise in our hearts—in the midst of our joy and in the midst of our suffering. The celebration of the Kingdom is the culmination of the church year before the quiet days of Advent and is a beautiful way to follow our celebrations of Thanksgiving and gratitude.

There will be a prayer table in the practice room. For that table, please bring something that will remind you of what you would like to be available for or available to. Yoga props are provided. Previous experience with yoga is not required but is recommended because familiarity with some of the postures makes it easier to enter the practice as prayer. All postures can be modified for any-body.

Carolyn Bluemle has taught yoga since 1989 and is Iyengar certified. She has led numerous retreats at Holy Cross and workshops in the Sacred Circles program at the Washington National Cathedral. She holds a Masters in ancient Greek philosophy from UC Berkeley and has enjoyed many years as a dancer. Through the healing practices of yoga, meditation, and Taizé chant she has renewed her Christian faith. Her teaching, precise and enthusiastic, with humor and compassion, reflects her deep experience of yoga as prayer. www.emagicisafoot.com

An Advent Retreat

Friday, November 30 – Sunday, December 2

Led by: Martin Smith

Fee: 355 ; (Deposit: \$100)

Description : TBA

December 2018

Advent Contemplative Days

Tuesday, December 4 – Friday, December 6

Fee: \$255, (Deposit: \$100)

Join the brothers in this time of complete silence, with no programs or spiritual direction offered and a reduced worship schedule.

Waiting with St. Joseph: An Advent Retreat for Men

Friday, December 7 – Sunday, December 9

Led By: Br. Aidan Owen, OHC

Fee: \$300; Deposit \$100

While we join our prayers to Mary the Godbearer as we await the coming of Jesus at Christmas, we often overlook Joseph, her spouse. In this retreat we will explore the wisdom of this silent witness to the Incarnation, particularly as it may inform the way we, as men of faith, respond to the urge to nurture the life of Christ in ourselves and the world around us. With Joseph we will pay particular attention to our dreams and to the generative and nurturing dimensions of male spirituality. We will look at ourselves as sons, fathers, lovers, spouses, brothers, and friends, and seek ways to draw on the energy of the male divine in ways that are neither dominating nor oppressive. Retreat talks will draw on scripture and offer plenty of space for silence and sharing from deep places in the company of other men. All male-identified people are warmly welcome.

The Lovingly Fierce Nature of the Divine Mother

Friday, December 14 – Sunday, December 16, 2018

Led By: Meghan Don

Fee: \$300; Deposit \$100

Our world is living in and through times of deep chaos, affecting our souls, our bodies, our earth. What can we do to navigate these times? What do we do with the anguish of our broken hearts? How do we maintain our spiritual stamina in the face of what seems to be now constant tragedy?

In this retreat we will be introduced to the Divine Mother through her fierce transforming nature. We will directly experience this Mother's transformative power through giving her our heart pain and receiving the gift of peace and equanimity in return. We will feel our fear being transformed into strength, and we will learn of both her tenderness and fierceness as Protector of her children on earth. In turn our own loving tenderness and fierceness will come alive, equipping us for the times we are now living in, and for the times to come.

When we enter into the field of this Mother's transformative power we will naturally be able to stand up, not only for our own lives and souls, but also for those around us who are living in great injustice. This Mother teaches us about true justice and guardianship, and how to enter into our liberated heart, not being weighed down by our fears or hopelessness, but being able to transform these into a power for the good of all.

This is a deeply experiential retreat, entering into spiritual dialogue, meditation, ancient feminine chant and sacred dance. Please bring a journal and dress comfortably.

*Meghan Don is an award-winning author, spiritual mentor, and retreat presenter. She has worked extensively with the Christian mystics, the Hebraic and Kabbalistic teachings, and Jungian psychology. She has taught at Omega Institute, Esalen Institute, Unity and New Thought Churches, and Episcopal and Methodist Churches. She has led many sacred pilgrimages to Europe, and is the author of *Meditations with Teresa of Avila: A Journey into the Sacred*, which won the Ashton Wylie/New Zealand Book Council Award for Best Book and Author in 2006. She has also authored *Sacred Companions Sacred Community: Reflections with Clare of Assisi*, and her newly released book, *The New Divine Feminine: Spiritual Evolution for a Woman's Soul*.*

Christmas, the Monastery Way

Friday, December 21- Tuesday, December 25, 2018

Led By: With the Monastic Community

Fee: \$80 per night (Deposit: \$100)

Christmas at the monastery is filled with solemnity and celebration as we observe the closing days of Advent and then the great feast of Christmas. We gather together, as the shepherds did, to offer praise to God and to pray for peace on earth and in our hearts. Join us as we observe the ancient cycle of monastic prayer from Advent into Christmas.

Welcoming the New Year: A Twelve-Step Retreat

Sunday, December 30 – Tuesday, January 1

Led by: Sisters Shane Phelan & Elizabeth Broyles, CMA

Fee: \$350; (Deposit: \$100)

Do you struggle with the holidays? Or do you just need a tune-up? Either way, the New Year is a great time to take stock of your spiritual program. Come listen for the ways God is calling you to new life in the coming year. We will have meeting time each day and time for silent reflection and journaling. Our theme this year is "Living the Serenity Prayer."

Sisters Shane and Elizabeth are the founding Companions of Mary the Apostle, a Christian community that is both residential and dispersed. They are retreat leaders, spiritual directors and Episcopal priests. People of all genders are welcome to participate.

Wisdom Arts for Dying

Tuesday, March 19- Friday, March 22, 2019

Led By: Rev. Lynda Elaine Carré, Interfaith End-of-Life Chaplain, Spiritual Care & Healing Arts

Fee: \$380 (Deposit: \$120)

Death touches all of us—sometimes from afar, sometimes up close and intimately personal, sometimes through our service in the world. In this unique, experiential Wisdom Arts for Dying workshop you will safely and creatively explore your personal readiness for dying well. You will deepen your knowledge about the optional conditions and tools you need to envision, prepare, and make it so. Rev. Carré draws from spiritual care, healing arts, and rituals from wisdom traditions in contemporary culture and from around the world. This workshop is suitable for adults of all faith traditions, or none. It is especially recommended for those serving as chaplains, social workers, therapists, nurses, physicians, hospice workers, death doulas, and personal or professional caregivers.

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Reservations

Reservations may be made by e-mail or phone. A *nonrefundable and non-transferable* deposit is required. We accept deposits and payments via all major credit cards, PayPal or personal check.

We offer hospitality assistance for some programs, if you'd like to visit but find the cost too burdensome.

Contact

Lori Callaway, Guest House Manager

Email: guesthouse@hcmnet.org

Phone: 845-384-6660, ext. 1

Tuesday – Friday

9:00 AM until Noon

1:30 PM until 4:30 PM