

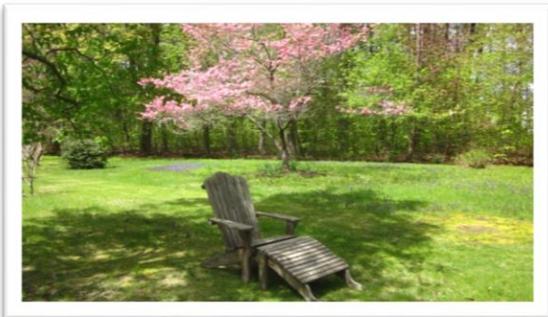


Dear Prospective Sabbatical Guest,

Warm greetings from Genesis Spiritual Life and Conference Center.

The information contained in this packet will help you plan your sabbatical time at Genesis. It is our experience that people who come to Genesis for sabbatical time are in different places and therefore have different needs. Our program is designed to meet you wherever you are and assist you in designing your time at Genesis according to your sabbatical goals and personal interests. Generally, a sabbatical at Genesis is a good fit for religious leaders, scholars, writers, artists & others who are drawn to an individualized approach.

Our sabbatical seasons extend from January to June and from September through the 20th of December each year. Genesis closes a few days before Christmas and reopens for our Prayerful Pause at Year's End Retreat, which begins on December 29<sup>th</sup> or 30<sup>th</sup>. One of the unique aspects of sabbatical time at Genesis is that you determine your own arrival and departure times, as well as the length of your stay.



#### **Abundance of Peace and Tranquility**

Located in scenic Western Massachusetts, the Genesis Center is an oasis for rest, reflection, relaxation and study. Set on 19 acres in Westfield, Massachusetts, Genesis' land is home to the Providence Arboretum, where we tend to the grounds in concert with nature's wisdom – free of synthetic fertilizers and pesticides. Wooded groves

and mature specimen trees, many 100 to 150 years old, surround the property. Within are broad expanses of lawn, commemorative plantings and ornamental trees, shrubs, and gardens which enhance the natural beauty and contemplative nature of the land. Comfortable benches and lounge chairs invite you to commune with wildlife and the land. A Compassionate Curve pathway, spiral of life, peace pole, and labyrinth provide other means for inspiration and meditation.

The mission of Providence Arboretum is to raise awareness about the interconnectedness of all creation, infused with the Divine energy that makes us all One. A small fruit orchard, community vegetable gardens, compost pile, black squirrels, and a variety of birds and other wildlife participate in the council of all beings at Genesis.



## **History Shall Guide Us**

Genesis is situated on land, first settled in the 1500's by the Native American tribe, Waranoak of the Algonquin Nation. The Algonquin believed that land was not the individual property of any one person but rather a sovereign right of a whole people to gather and share their political and ecological territory.

The property became the Crane Estate in the early 1800s. The Crane Mills, operating in the Berkshires in Western Massachusetts, continue to make paper for the United States currency. The historic Carriage House, built in 1829, remains, alongside a newer main building – all of which combines as a restful, inspiring and contemplative sanctuary. The main building is where you will find our private guest rooms, dining hall, and chapel, open for all to enjoy.

## **Join us for an inspirational experience that feeds your body, heart and soul.**

Hospitality is the hallmark of Genesis. We take great pride in making sure you feel welcomed and supported throughout your stay. We are fortunate to have a great relationship with the Westfield YMCA, which provides our guests with a significant discount on membership. Many of our sabbatical guests enjoy having this opportunity to use the YMCA facilities. We also offer an array of on-site and online health and wellness classes and programs, which you may register for during your stay.

We invite you to review the information in this packet and visit the Genesis website for more information, including upcoming programs and events that coincide with your planned stay. Please email or call us with any questions you may have.

In Providence,

Sister Elizabeth Oleksak, SP,  
*Foundress, Sabbatical Team, Spiritual Director*

## Frequently Asked Questions

### **Am I the right fit for a sabbatical at Genesis?**

Generally, Genesis is a good fit for religious leaders, scholars, writers, artists & others who are drawn to an individualized approach. With the assistance of a Genesis staff member, you will be able to create your own program from start to finish, including length of stay. Our experience has been that people are looking for a place conducive to deep focus, reflection, study, and solitude in an atmosphere of quiet and beauty. For some, a sabbatical is about relaxing and processing the events in their lives. Others create their program by selecting from our extensive calendar of programs, workshops, and retreats. How your sabbatical looks is entirely up to you.

### **What can I expect during my sabbatical stay?**

Sabbatical guests enjoy access to the many quiet and contemplative spaces at Genesis, including the Carriage House and Providence Arboretum. We provide a private dining room for those in sabbatical. Our food is prepared with love and local farm-fresh vegetables whenever possible. Genesis has seasonal vegetable and herb gardens and we love sharing the daily harvest with guests.

Sabbatical guests also have free use of our private TV room, laundry and fitness facilities as well as access to the pool and classes at the local YMCA. Genesis has an excellent, up-to-date library of books and videos relating to eco-spirituality, earth literacy and contemporary spirituality. You may register for our Healing Arts activities during your stay, including yoga, meditation, and massage. Upstairs in the Carriage House, there are areas for reading, writing, meditating, arts and craftwork.

You may also choose to experience some of the rich historical, cultural and educational attractions offered in Western Massachusetts, including (but not limited to), the Emily Dickinson Museum, Hancock Shaker Village, the Norman Rockwell Museum, The Amazing World of Dr. Seuss Museum, and Tanglewood. Visit: <https://www.visitma.com/> for more information.

While a car is helpful during your stay, it is not necessary unless you intend to venture out. There is local bus access to stores and a nearby mall. Car rental fees are quite reasonable in Westfield. With advance notice and depending on availability, Genesis can provide transportation to various locations in and around Westfield.

Generally speaking, Eucharistic liturgy is available at Genesis during select retreats, not daily or weekly. If you do not have a car and wish to attend daily liturgy, Genesis provides transportation to one of the local churches.

### **Where will I stay at Genesis?**

Genesis provides peaceful, private rooms with in-room sinks and shared bathrooms. Each room has Wi-Fi, desks, reclining chairs, comfortable beds, plush bath linens, nightstands, and rugs or carpeting. With our shared bathrooms, you will have a private toilet and shower stall.

Genesis believes in caring for our Mother Earth, and we utilize environmentally-friendly best practices, wherever possible, including:

- Recycling
- Composting
- Recycled paper products
- Compostable plastic
- Eco-friendly cleaning products
- Energy efficient, LED lighting
- Low flow faucets
- Towel reuse
- Energy Star-compliant air conditioners

We invite you to engage in Earth-friendly ways of being during your stay with us.

### **What should I plan to bring to Genesis?**

There is Wi-Fi in all guest rooms, the main building and the Carriage House, so please bring a laptop or tablet, as you see fit. We understand that for some, this will be a working sabbatical. If you have a need to bring a desktop computer and monitor, you may do so. We ask that you also bring headphones or ear buds to keep noise to a minimum.

We recommend comfortable clothing, keeping in mind seasonal changes in weather. This is New England, where seasons are often unpredictable. If you plan to use the Genesis fitness room or local YMCA, don't forget your workout clothes, shoes and swim suit.

If you're inclined, bring your hiking shoes and bike, as the area boasts extensive opportunities for hiking along the Holyoke Range and in the many land trusts and conservation areas that surround Genesis. Bike trails can be found throughout the area, as well.

In the USA, it is not possible to get a prescription filled without first visiting a doctor. With this in mind, it is advisable that you bring a generous supply of your medication. You will need to have all pertinent health insurance cards with you in case you need to visit a doctor or emergency room during your stay. There is a small community hospital located a short distance from the Genesis Center.

### **How much will it cost?**

The following information is intended to assist you with financial planning during your Sabbatical at Genesis. As you review this information keep in mind that the monthly total will vary depending on the number of programs you attend and the number of spiritual direction and health and wellness sessions you take part in during your stay.

ITEM	COST
Private room, 3 meals per day, access to all buildings (if not occupied), and the Providence Arboretum	\$85/night
Spiritual Direction/ Bio-Focusing session	\$50/session
Healing Arts sessions: Massage, Yoga Therapy or Yoga Private (Paid directly to the provider).	\$65

A deposit of \$200 is due upon acceptance (applied to room and meal cost). The remainder of your room and meal cost for the first month is due upon arrival. Any other costs incurred will be billed monthly. Please visit [GenesisSpiritualCenter.Org](http://GenesisSpiritualCenter.Org) to learn more about our programs and retreats and associated pricing; **Sabbatical guests pay the Commuter without Meals rate for retreats, and tuition-only for day and weekend programs.**

If you are away from Genesis for 5 consecutive nights during your stay, we will deduct the cost of meals for that period. We regret we are unable to apply the deduction for fewer than 5 consecutive nights.

**INTERNATIONAL GUESTS:** All checks made out to Genesis must be made in U.S. dollars and drawn on a U.S. bank.

**How do I submit a sabbatical application?**

Since Genesis is a Retreat/Conference Center, we reserve a certain number of rooms for our sabbatical guests each semester. In light of this, if you want to sabbatical at Genesis, we strongly suggest you contact us about available dates. Your room will be reserved after we have received your completed application and deposit. Due to the number of requests, we are unable to reserve space without a completed application and deposit.

The sabbatical application is the last page in this packet. Please scan and email to [dondo@genesisspiritualcenter.org](mailto:dondo@genesisspiritualcenter.org).

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Thank you for considering Genesis for your sabbatical. We hope the enclosed information will assist you with your planning and answer any questions you may have about your stay. For any questions, please contact Deb Ondo, Program and Marketing Manager at 413-562-3627, Ext. 106. Or email [dondo@genesisspiritualcenter.org](mailto:dondo@genesisspiritualcenter.org).

Please also visit our website at <https://www.genesisspiritualcenter.org/>



## GENESIS SABBATICAL APPLICATION

Please include a resume, CV or biographical sketch along with this form.

CONTACT INFORMATION		
Name:	Date:	
Address:		
Cell phone:	Home phone:	Email:
Arrival date:		
Departure date:		
EMERGENCY CONTACT		
Contact name:	Relationship:	
Address:		
Phone:	Email:	
SABBATICAL GOALS		
Sabbatical goals (if a member of religious order or clergy, please provide name of Order/Diocese):		
Reasons for choosing Genesis:		
REFERENCES (associated with your work, interests or past sabbatical experience)		
Reference name:	Relationship:	
Phone:	Email:	
Reference name:	Relationship:	
Phone:	Email:	

EDUCATION & WORK HISTORY			
<input type="radio"/> High School	<input type="radio"/> College	<input type="radio"/> Masters/Doctoral	<input type="radio"/> Other
If Other, please explain:			
Current ministry or occupation:			
Past ministry or occupation:			
GENERAL INFORMATION			
List any medically-related dietary needs:			
Do you have any serious medical problems?	<input type="radio"/> Yes	<input type="radio"/> No	
If yes, please explain:			
Do you have any allergies – to food, animals, the environment?	<input type="radio"/> Yes	<input type="radio"/> No	
If yes, please explain:			
Do you have difficulty walking or climbing stairs?	<input type="radio"/> Yes	<input type="radio"/> No	
If yes, please explain:			
Please list any medications you are taking (optional):			
Will you be arriving by car?	<input type="radio"/> Yes	<input type="radio"/> No	
If yes, please provide license plate number or indicate rental:			
Are you interested in spiritual direction during your stay?	<input type="radio"/> Yes	<input type="radio"/> No	
BILLING ADDRESS (IF DIFFERENT FROM CONTACT INFORMATION LISTED ABOVE)			
Name:			
Address:			

Please scan and email your application to [dondo@genesisspiritualcenter.org](mailto:dondo@genesisspiritualcenter.org). For any questions, please contact Deb Ondo, Program and Marketing Manager, by calling Genesis at 413-562-3627, Ext. 106, or emailing [dondo@genesisspiritualcenter.org](mailto:dondo@genesisspiritualcenter.org).