Dear Friend of Genesis,

As 2019 came to a close, Genesis bade farewell to our beloved Facilities Manager, Nick Lukomskey, who served Genesis faithfully for more than 17 years. Nick has moved to South Carolina where his retirement will include helping his son build a house. We acknowledged this transition as the “end of an era.” And—at Genesis we believe in new beginnings: we are grateful (and relieved) that Wayne Cumberlander will be stepping into the role.

This past November we were also delighted to welcome Annette Lally as part-time Administrative Assistant to the Genesis team and family. We’re grateful to have her!

In 2019, Providence brought Genesis a year of unprecedented stability and collegiality through scores of people who offer their gifts and yearnings in fulfillment of Genesis’ mission:

- Trustees generously give of themselves in both governance and support of our annual Wine Taste fundraiser—which was spectacular in 2019 as we honored five Board members from prior years with the Seed-Tender recognition: Marc Hanks, Mary O’Neil, Rick Sullivan, Karen Webb and Kathleen Witalisz—Genesis is in your debt!
- Genesis’ faithful office, registration, and garden volunteers collectively contribute more than a thousand hours of support every year—Gratitude to each of you for every minute!
- Genesis staff-colleagues are remarkable in every capacity, truly outstanding in team-work and mutual affection! We have learned well from the Sisters the ministry of presence that is part and parcel of our work, no matter the role we play. Genesis is truly blessed!
- Donors-partners and sponsors play an invaluable role in Genesis’ stability and sustainability. The retreat “industry” is labor intensive and we are committed to removing financial obstacles to participation in our programs even as the minimum wage rises each year. Although much of our work is confidential, we do what we can to share the testimony of lives transformed through experiences, rest and prayer at Genesis—made possible only through the flow of financial generosity, such as the anonymous donor of 10 free respite overnight stays for people living with cancer or their caregivers. Deep bow of gratitude!
- The Genesis School for Contemplative Living, 2019 – 2020 Cohort launched in September with 22 enthusiastic participants, while at least half of the 2018 – 2019 cohort have returned for continuing education reunions; gratitude to Deirdre Griffin, SSJ, for coordinating those efforts.
- Genesis continues evolving our mission of hope and healing through the Hub, a band of kindred spirits who meet regularly throughout the year to plan and carry out an array of recovery spirituality programs for adults and families in Westfield, the Hilltowns, and surrounding communities.
- We’re thrilled to partner with renowned re-treat presenters Brother Don Bisson, Paula D’Arcy, Michael Morwood, and Jan Phillips this year. We’re expanding our programming reach as we Zoom for a week with Diarmuid and stream a Unitive Consciousness weekend with Richard Rohr, Cynthia Bourgeault and James Finley from the Center for Action and Contemplation.
- None of us would be here without 43 years of the unwavering support, leadership and example of the Sisters of Providence of Holyoke: Elizabeth’s vision, tenacity and felt sense; Kathleen’s business sense and sensibility; Caritas’ “Yes”; Ruth’s listening and discerning ear; Julie’s guest rapport and table adornments; Madeleine’s wise counsel and twinkling eyes; Ann’s gentle presence, and the prayers and encouragement of Gerry, Marty, Joan and all the Sisters, both here now and those who’ve gone home to God. We honor you!
- All our efforts are in the service of you, our guests, who answer the whisper of the One Who Calls to ‘come away for a while.’ Your presence is both blessing to us and fulfillment.
- The people of Genesis list is incomplete without mention of Gracie, who continues to offer spiritual example for those who have eyes to see: stretching out and abiding in patches of sunlight in the mornings, offering visitation among the offices throughout the day, taking the occasional outdoor stroll to commune with other natural elements, and maintaining a disciplined nap regimen.

On another note, we are still mourning the departure of the chickens. So, we’re continuing to honor their memories with a few special incentives: see page 4 for the Chicken/Early Bird; Birds of a Feather; and Flock to the Roost discounts.

Please also check out the Healing Arts section of the Genesis website. Pro tip: You will want to book your massage with Jean before you arrive as her time slots have been filling up.

May your New Year be auspicious and abundant!

In Providence,

Liz Walz, ASP

MISSION STATEMENT Each of us is a seed of God that is meant to grow into the likeness of God. Genesis Spiritual Life and Conference Center is a place where the seed can be nourished towards full maturity.

MISSION The mission of Genesis Spiritual Life and Conference Center is to create an environment that will reveal the love of God for all creation and bring hope and healing to all who come. Sensitivity to atmosphere, devotion to the land, and attention to program design invite everyone to experience God’s providential care and a sense of well being.

CORE BELIEFS • God’s love is present and active in all creation and in the lives of all persons; therefore all are related and sacred.
• Since creation is ongoing, each person has the capacity for awakening and healing, which can impact all levels of our global community.
• The warmth of human caring reveals the presence of a loving God. Our reflection on this experience can transform our lives by deepening our prayer and commitment to loving service to others.
• A welcoming and supportive community offers gifts of peace and hope in a hectic and materialistic world.
• Natural beauty and a reflective atmosphere invite a deeper awareness of the divine presence.

PRIORITIES Genesis Spiritual Life and Conference Center will have as its focus:
• Those who are striving for a more holistic life and deeper connection with self, God, and others;
• Those who are in need of welcome, nurturing, reflection, and support;
• Those who foster a world view that sees all people and creatures as part of one community;
• Those who serve others in pastoral ministries, health care, human services, education, and the arts;
• Those who are alienated from formal religion but are desiring to fulfill their spiritual yearnings and live a life of loving service, and
• Those who are marginalized in our communities.

STRATEGIES Genesis Spiritual Life and Conference Center is committed to:
• Creating an atmosphere of hospitality which welcomes persons of all faiths, spiritual paths, and walks of life;
• Presenting programs that promote the experience of God’s love for all creation, the healing and growth of body, mind, and spirit, and the relationship between individual, community, and Earth;
• Inviting resource persons and program leaders who share the values of Genesis Spiritual Life and Conference Center, and
• Providing hospitality and hosting programs for those church, civic, and community groups seeking accommodations.
## Monthly Programs at a Glance, *March to September 2020*  

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Ongoing Groups

SUNDAYS THROUGHOUT 2020
Contemplative Practices
Beginning in March, join us the first Sunday of each month from 4 – 5pm for a practice of Lectio Divina. On the second Sunday of the month, experience Centering Prayer from 4 – 5:30pm. The third and fifth Sunday of each month, experience a Contemplative Practice from 4 – 5pm. Every fourth Sunday, Fr. Norm Comtois, OMI, will celebrate an eco-spiritual, contemplative Eucharist from 4-5pm. Please register in advance before 3pm on Friday by calling the Genesis office. A basket will be passed for a free will offering at each session.

12-Step Men’s Discussion Group
Since 2006, the Wednesday night men’s group has been meeting weekly at Genesis. Each week men gather in a safe and supportive environment to discuss topics related to recovery from addiction to alcohol and/or other substances. Any man struggling with addiction issues who is seeking recovery and fellowship is invited to attend. Contact phone 413-786-9559.

12-Step Spirituality and Recovery Support
Meet the third Wednesday of every month from 7 – 9pm. Facilitated by Sr. Madeleine Joy, SP. This monthly gathering is an opportunity to reflect on your lived experience of 12-Step Recovery themes. Sr. Madeleine has conducted 12 Step retreats, spirituality and addiction programs, and reflection groups since 1989. She is a NACC certified chaplain and a 12 Step Recovery Retreat facilitator. Sr. Madeleine also works with people struggling with addiction, and family members of persons who are addicted, in one-on-one sessions at no charge. To make an appointment with Sr. Madeleine, call 413-575-4049.

CODA
CODA is an anonymous fellowship of individuals who support one another as we develop healthy, loving and fulfilling relationships with ourselves and others. We rely on the 12 Steps and 12 traditions and a Higher Power of our own understanding as a foundation for growth, self-discovery, healing and recovery. All are welcome. 6:30pm on Mondays. Contact 413-527-8700.

Conscious Contact 11th Step Meeting
Anyone in recovery from any addiction or working any 12 Step program who is seeking to improve their conscious contact with a Higher Power is invited to attend our weekly 11th Step meetings on Thursday nights from 7:00 – 8:00pm and Sunday mornings 10:30 – 11:30am. Women and men gather in a safe and supportive environment to sit in silent meditation together then discuss the role of prayer and meditation in their recovery. Contact Brian at 413-519-4237.

Daily Reflections
Reading of a passage from the book “Daily Reflections” followed by discussion. Everyone will have an opportunity to reflect upon the reading and share with the group. Meeting is open to all, especially those recovering from alcoholism and other addictions. Every day from 7am – 8am in the Chapel. Contact Liz Walz at 413-562-3627.

Westfield Meditation Group
The Westfield Meditation Group meets on alternate Thursdays from 7pm – 8:30pm to share mindfulness practices followed by thoughtful discussion. All are welcome. Contact John Meiklejohn at jmiserve183@gmail.com or 413-348-2848.

Women’s Group Therapy
Share stories and experiences from your life, at your comfort level, and receive camaraderie, confidentiality, caring, and loving support from a small group of women. NEW GROUP FORMING, ongoing Tuesdays, facilitated by Faith Sullivan, MDiv., a psychotherapist in Northampton, MA. For more information and to register, contact Faith at 413-530-2262.

Event, Meeting and Conference Services
We welcome groups to hold meetings, conferences and events at Genesis, a lovely alternative to busy meeting sites. Groups may rent space for day or evening events, or multi-day programs that require overnight accommodations.

The Carriage House is a unique conference center with the character and beauty of a historic building. An original structure built in 1889, the Carriage House was renovated in 1990. The meeting space can be arranged in several different configurations to optimize your meeting time.

Conference rooms are spacious and private, and have a distinctive style and charm that will provide the perfect “change of scenery” conducive to productive work, training or planning sessions.

SPECIAL OFFERS & DISCOUNTS
Birds of a Feather
Bring a new friend to Genesis and you both enjoy a 10% discount off your registration.

Early Bird
Receive 10% off when you register and pay at least 30 days in advance.

Flock to the Roost
Free overnight for referring a new group who books their overnight conference/meeting/stay. If the new group books one overnight stay, receive one overnight free. If group books two or more overnights, receive a free weekend overnight stay.

Private Retreat, Mid-week Special
Good for Monday through Thursday nights based on availability. One night $85; Two nights $140; Three nights $205; Four nights $270. Includes supper on evening of arrival and breakfast and lunch the following day, for each night of stay.
Retreats, Sabbatical Stays, and Spiritual Direction

Come away to a distant place and rest awhile...

“He said to his disciples, ‘Come away to some distant place all by yourselves and rest for awhile,’ for there were so many coming and going that there was not time for them even to eat.” ~Mark 6:31

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**Retreats**

Genesis offers several models of retreat. All retreats feature free time for reflection, integration, reading, and walking. Often, silent dining is encouraged during mealtimes. Mass is offered during most retreats, although not daily. We do offer transportation to nearby parishes for liturgy upon request. For inquiries about retreats, call the Genesis office.

**Guided Retreat** is facilitated by one or two leaders who offer daily group presentations, including prayer and ritual, on a selected topic or theme, over the course of a week.

**Silent Directed Retreat** is when an individual meets daily with their Director, or Spiritual Companion, for one-on-one sessions. During the session, experiences from the outdoor world, poetry, and/or scripture may be interwoven with the story of God’s activity in your life.

**Silent BioSpiritual Focusing Retreat**—The format of these sessions is similar to Directed Retreats, with the focus of the conversation on noticing and nurturing feelings held in your body. There is a daily meeting with a director.

**Private Retreat**—Schedule and structure your own time away for one or several days. Healing Arts sessions are available, we suggest making appointments in advance of your stay. Discount rates are available for Monday – Thursday night stays.

**See Retreat pricing, page 16**

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**Sabbatical Stays—Two Flavors**

**NEW: Autumn in New England—**

**a Contemplative Sabbatical**

**October 3 – October 31, 2020**

Autumn in New England is glorious—beautiful autumn colors, combined with crisp air, crunching leaves and the taste of apple cider. Genesis is a fabulous setting to enjoy the wonder of Autumn!

Come to Genesis for a month sabbatical and allow the soothing rhythm of Autumn to relax and restore you.

Highlights of the sabbatical include:
- Time for daily contemplative group prayer
- Weekly trips to sites of beauty and historical interest
- Participation in additional Genesis programs (optional)
- Weekly spiritual direction
- Conversations on contemplative prayer practices

Cost: $2,765 includes lodging, meals, admission fees to pilgrimage sites, and spiritual direction

Sabbatical time can be extended either before or after the set program at additional cost.

**Anytime Sabbatical**

Do you hear a familiar echo in the passage from Mark, above? Are there so many people or things in your life, ministry, or work “coming and going” that you have little time left for quiet reflection? Genesis lends itself to whatever you are seeking. In a relaxed and informal atmosphere, the time and space are provided for rest, reflection, reading, and the pursuit of your individual interests.

Since each guest is in search of something different, you will have the benefit of one of our staff members to assist you in planning your own program. Sabbatical space is available for a one-month stay, or up to nine!

Please contact Jane Comerford, CSJ at 413-562-3627 for more information.

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**Spiritual Direction**

Do you wish to deepen your spiritual journey? Would you like to integrate your spiritual insights into your life choices? Meeting regularly with a professionally trained Spiritual Director enables you to expand your spiritual life and journey with God. The simple sharing of your life experiences is a rich source of meaning and understanding of how God is ever present and active in your daily life and how you may be called to greater fullness of life. Genesis has a staff of professionally trained Directors with a variety of areas of experience and expertise, including aging, body image and food issues, grief and loss, and 12-Step Spirituality and recovery issues. To learn more, please contact the Genesis office 413-562-3627.

Directors: Jo Ann Bourquard; Jane Comerford, CSJ; Ruth McGoldrick, SP; Donna O’Connor; Elizabeth Oleksak, SP; Liz Walz, ASP.

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**Silence is a Beautiful Gift**

As you know, some of our programs are in silence and many are not; and sometimes both kinds of programs share the Center’s space.

We ask that all guests observe silence in overnight Guest Rooms to support your neighbors who are sleeping, reading, or resting. Genesis offers both a Silent and a Social Dining experience whenever possible and as a program dictates.

If you would like to be in silence during your stay, please let us know when you register. If you will not be in silence, please ask someone in the office where you can enjoy social conversations and make cell phone calls.

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**Eucharist**

We make every effort to arrange Liturgy of the Eucharist and Communion Services during week-long retreats. Genesis is within a 5-minute drive of three Roman Catholic parishes, and the schedules for Mass are both posted and available in the guest rooms. We are happy to arrange transportation for guests without cars. If you would like to attend daily Eucharist and will not have a car at Genesis, please let us know when you register.
Spirituality and Prayer

Tuesdays, March 3, 10, 17, 24, 31, and April 7
Living After Loss

This six week grief support group offers education and information about the grief process, discussion and exploration of practical strategies for coping, and the opportunity to receive support and understanding from others. Sponsored by Firtion-Adams Funeral Service's Grief Support Center. The program is open to the public and free of cost. Registration is required as space is limited. Please contact Jill Adams at 413-562-3133 to register or for more information.

Jill Adams, MSW, LICSW and MaryAnn Rode, BA, MS
5:30 – 7:00pm

Saturday, March 21
Come to the Table Women’s Spiritual Retreat

“We said to Moses, ‘I AM WHO AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”

Exodus 3:14

We all have many names that tell a story about parts of us: Daughter, Child, Friend, Sister, Aunt, Mother, Senior, Co-Worker, Volunteer, Widow. In this retreat we will reflect on our names and the names by which scripture and we call God.

Val Liptak & Liz Walz, ASP
9:00am – 3:00pm • $35, includes lunch

Sunday, April 19
Sacred Spaces

Sacred space begins within. Cultivating the space to sense, feel and know sacredness starts with a simple shift that carries us from doing to being. In this reflective and interactive day long program, we will practice making the shift into holy presence. Megan will lead the group in various experiences including silent reflection, breath awareness and prayer dance. We will explore the relationships with our body, breath and shared stories and spend time being in sacred relationship with ourselves, nature and one another. Program includes a silent meal. Please bring a journal and wear comfortable clothes.

Megan Elliott, E-RYT, C-IAYT
10:00am to 4:00pm • $55, includes lunch

Thursday thru Saturday, April 30 – May 2
Springtime Petite Retreat

For those yearning to get away, but can't devote an entire week, we invite you to discover the liberating experience of time away with God. There will be brief times of optional prayer, an opportunity for optional spiritual direction, and extended periods of silence, rest and allowing the resplendent, spring grounds of Genesis to nurture you.

Jo Ann Bourquard
Begins with supper at 6pm on Thursday and ends with supper at 6pm on Saturday. See Weekend Retreat pricing, page 16.

Elizabeth Oleksak, SP
9:30am – 4:00pm • $65, includes lunch

Saturday, March 7
A Day of Centering Prayer: Beyond Conversation With God

Centering Prayer moves us beyond conversation with God into communion and mystery. During this day of introduction you will learn the history of Centering Prayer, the method as taught by the late Trappist monk, Fr. Thomas Keating, and how this method of prayer might be integrated into your daily life.

Val Liptak & Liz Walz, ASP
9:00am – 3:00pm • $35, includes lunch

Sunday, March 22
Thomas Merton: The Arc and Insights From a Modern Christian Contemplative Journey

The writings of Thomas Merton, one of the 20th Century’s spiritual masters, document the road map of a modern Contemplative Spiritual Journey. Share this afternoon with other Contemplative seekers exploring the arc and insights of Merton’s Spiritual Journey and how it relates to your present life, journey and spirituality. Together, we’ll reflect on key portions of Merton’s own writing which illustrate the key turning points in his Journey and the evolution of his Spiritual Understanding. We’ll see how Merton navigated the stages of his own Spiritual Journey and appreciate some of the unique Spiritual Legacy he left us.

Mike Smoolca
1:30 – 4:30pm • $35

Saturday, March 21
Spring Equinox

Come celebrate the official beginning of Spring. Join others in ritual as you plant seeds for those ideas/dreams you want to bring to fruition in the summer. We will honor the change of the season through a morning retreat focused on the themes of the season concluding with a ritual to honor the arrival of Spring!

Jane Comerford, CSJ
9:30am – noon • $25, lunch available for an additional $15 – please call by Thursday at 4pm to reserve
Friday thru Sunday, May 15 – 17
Center For Action and Contemplation—Live Stream: Unitive Consciousness

This live stream conference from Albuquerque, NM with Cynthia Bourgeault, James Finley, Barbara Holmes, Brian McLaren and Richard Rohr begins Friday at 11:00am and concludes Sunday at 7pm. Join us in community to pray together and view and discuss the presentations.

See CAC Unitive Consciousness pricing, page 16

Friday thru Saturday, June 12 – 13
Praying With the Senses

A time away for those who feel their prayer life has become stuck, or for those who seek a more holistic relationship with the Holy. We are used to coming to God in our minds and with words, but the senses can be reclaimed as the vessels of communication with God that they were meant to be. This short retreat will allow us to focus on each sense, participate in experiences that engage that sense, and reflect on that experience with silence, guided questions, and journaling.

Jo Ann Bourquard
Begins with supper at 6pm on Friday and ends with supper at 6pm on Saturday. $95

Saturday, June 20
Summer Solstice—Welcoming Summer!

People have celebrated the turning of the seasons through a variety of rituals for centuries. As Earth spins on its axis we honor the Sun, the source of life on our planet. Join others in celebrating the arrival of summer as we explore the themes of summer—rest, relaxation and play! We will close with a solstice ritual.

Jane Comerford, CSJ
9:30am – noon • $25, lunch available for an additional $15—please call by Thursday at 4pm to reserve

Saturday, June 27
Mindfulness Eating

Mindfulness is the practice of being aware of what is happening in the present moment, to be conscious of all that is going on within and all that is happening around you, with an awakening heart and mind. Mindful eating is the continuation of a mindful life. Being present helps us make purposeful choices around food and eating. During this day long program, we will consider how the world we live in, Earth’s rhythms, and our body rhythms affect how, when and what we eat. We will take time to share stories and reflect on how we can come back to food as nourishment and the act of eating as sacred ritual. You will learn a few simple body based mindfulness practices, pre and post eating rituals and take home a few seasonal recipes to try. This program will include a guided mindful lunch with gentle movement for all bodies. Please wear comfortable clothes.

Megan Elliott, E-RYT, C-IAYT
10:00am to 4:00pm • $55, includes lunch

Saturday, August 15
Entering the Heart of Christ: Christianity as Participatory Mystery

This day of contemplative retreat, prayer, and teaching is an opportunity to journey more deeply together into our union with God and one another. We’ll explore ways of moving beyond Christianity understood primarily as a “belief system,” and instead engage our core doctrines of Trinity and Incarnation as participatory mysteries that Christ calls us to enter into and experience for ourselves. We’ll give particular attention to the “unitive” or “nondual” dimension of Christian faith, the recovery of heart-centered Christian contemplative practice, and pioneering Christian voices such as Teilhard de Chardin and Raimon Panikkar.

Rev. Matthew Wright
9:30am to 4:00pm • $65, includes lunch

Saturday, September 26
Autumn Equinox

Come celebrate the official beginning of Autumn. Join others in ritual as you harvest the abundance of those ideas/dreams that came to fruition in the summer. We will honor the change of the season through a morning retreat focused on the themes of the season concluding with a ritual to honor the arrival of Autumn!

Jane Comerford, CSJ
9:30am – noon • $25 with lunch available for an additional $15—please call by Thursday at 4pm to reserve
Guided Retreats

Thursday thru Sunday, April 9 – 12
Easter Triduum
Join us as we take a contemplative and cosmic look at the Paschal Mystery through the life of Jesus as Wisdom Teacher. This retreat will include presentations, Holy Week liturgies and rituals, group dialog, and ample time for personal reflection.
Fr. Norm Comtois, OMI; Jo Ann Bourquard; Jane Comerford, CSJ; Karen Fisk; Elizabeth Oleksak, SP; Liz Walz, ASP
See Triduum pricing, page 16

Monday thru Saturday, June 8 – 13
A Radical Spirituality to Survive Contemporary Theological Questioning
We are living through the greatest shifts in theological thinking ever. The biblical and doctrinal notion of “God” is giving way to notions of “God” being shaped in our contemporary knowledge of the universe and our place in it. The retreat will explore this shift and articulate ground on which to stand as we consider revelation, Jesus, prayer, and the urgent need to shape religious belief in accord with reality.
Michael Morwood
See 5-Day Guided Retreat pricing, page 16

Sunday thru Friday, June 21 – 26
Remember to Live!
See program details under Spirituality of Aging and Saging, page 9. See 5-Day Guided Retreat pricing, page 16

Sunday thru Friday, July 5 – 10
When the Disciple Comes of Age, Spiritual Maturity Today.—Live Stream
During this retreat, Diarmuid will illuminate the spiritual journey of a small but rapidly growing Christian movement of those who seek to transcend inherited religions precisely because their enlarged sense of adult maturity requires them to do so.
For some, this means discarding a great deal of what no longer feels credible or useful. For others, it means reworking the tradition to make it relevant for the 21st century. For all, it involves an evolutionary imperative calling forth new levels of engagement with the complex spiritual awakening of our time.
Diarmuid’s presentations will be through live stream video. Group prayer, small group process and dialog, and supplemental activities will be facilitated on-site at Genesis.
A remote-viewing option through Zoom is available for those who cannot travel to Genesis for the retreat.
Diarmuid O’Murchu, MSc, PhD
See O’Murchu Guided Retreat rates, page 16

Friday thru Tuesday, July 17 – 21
Ministry on the Margins
Some are called to minister at the edges of church. Some are called to minister at the edges of society. Some are called to minister at the edges of the world. The people who live at these edges include those impacted by poverty, immigration status, mental health or substance abuse issues, sexuality or gender identity, imprisonment, and other factors. This retreat can assist all those called to such margins to grow as persons, to seek proper supervision, and to not lose hope while serving others.
This retreat will support Spiritual Directors currently working on the margins as well as those who are discerning a call to such service. It will also support those who are not trained Spiritual Directors but who are currently serving, or feeling called to serve, a marginalized population. Sessions will include audio CD presentations from Brother Don Bisson, time for reflection, group sharing and prayer, facilitated discussion and ritual, and a panel presentation. Time for rest, personal integration, prayer, and soul-nurturing will be structured into each day.
Rev. Oscar Brockmeyer and Liz Walz, ASP
See 4-Day Guided Retreat pricing, page 16

Saturday thru Friday, August 1 – 7
6-Day Guided BSF Retreat
See program details on page 11

New Life Garden and Providence Arboretum—Many people choose to honor or memorialize loved ones with a gift to our New Life Garden. Please call 413-562-3627 or visit us online to learn more. Thank you!
 Guided Retreats continued

Monday thru Friday, July 27 – 31
Intuition and Creativity
Explore spiritual creativity and its source. Creativity and intuition are soulful perceptions of an inner reality. They assist us to bring forth God’s creative spirit to be incarnated through life-giving expressions. But there can also be a dark component, an engulfment from which we need to protect ourselves. This week will include presentations, sharing and creative expressions, all through the lens of Jungian psychology.
Br. Don Bisson, FMS
See 4-Day Guided Retreat pricing, page 16

Friday thru Wednesday, September 4 – 9
A New Genesis Story: Creating a Faith for Today That is Authentic, Transformative and Connected to the Earth
These times are calling for a shift from ordinary to extraordinary. Our global consciousness is undergoing an evolutionary leap and we are feeling its push and pull. We know it is time to remove the blinders and become conscious creators of our lives, our families, our communities.
To do this, we need to reconnect our heart and brain, re-examine our cultural and spiritual myths, and release our attachment to the past. In this workshop, through music, poetry, images and stories, we dissolve the obstacles to our creativity, find our authentic voice, and discover what joy emerges when we speak from our original wisdom.
This workshop addresses creativity as a sacred gesture—one that involves collaboration with the Divine Mystery so that it is infused with beauty, elegance and intelligence. The week will be uplifting, life altering, and joyful with plenty of silence and plenty of communion.
Jan Phillips
See 5-Day Guided Retreat pricing, page 16

Spirituality of Aging and Saging

Friday thru Sunday, April 24 – 26
Using Lectio Divina to Appreciate God’s Working Through Our Aging
The lectio divina is a form of prayer intended to deepen our sense of God’s presence and action in our lives and in the world through the reading of sacred writings, especially the Scriptures. The lectio divina leads us to this deeper awareness in four steps: (1) lectio (read), (2) meditatio (meditate), (3) oratio (prayer), and (4) contemplatio (contemplation).
In this retreat we will seek God’s presence and working in and through all the realities of our aging, the good, the bad and the ugly, using the lectio divina. What better sacred writing to focus upon than the narrative of our own lives, God’s co-creative action through us, with us, and in us, bringing us to human wholeness and sacred holiness.
Dr. Robert Weber
See Weekend retreat pricing, page 16

Sunday thru Friday, June 21 – 26
Remember to Live!
Awareness and acceptance of second-half of life realities like aging and health challenges can bring a clarity and richness to the limited, precious moments of life, and foster a special care for relationships and priorities. This retreat offers a faith-filled way of facing our finitude, of preparing for and integrating loss, whether of things or loved ones, all the while awakening us on a deeper level to the gift of life that is ours to live now.
Fr. Tom Ryan, CSP
See 5-Day Guided Retreat pricing, page 16

Linger A Little Longer at Breakfast
This new series at Genesis will occur on Wednesday mornings with a hearty breakfast served at 8:30am followed by a presentation on the theme of the day and table discussion from 9:15am to 10:30am—all for $15 per session!
We request your reservation by Monday at 4pm with any food allergies noted, before the Wednesday session.
March 4
When Love Meets Dust: A Fresh Approach to Lent
Liz Walz, ASP

May 6
May Day: A Celtic Legacy
Jane Comerford, CSJ

July 1
Providence Spirituality
Elizabeth Oleksak, SP

September 2
Autumn Wisdom, the Gift of Letting Go
Donna O’Connor

Register Online – GenesisSpiritualCenter.org | Register by Phone – 413-562-3627 GUIDED RETREATS/SPIRITUALITY OF AGING AND SAGING
Sunday, March 1
Tai Chi and Chai Tea
Come join us for some meditative movement with Tai Chi for Health Institute Senior Trainer, Deborah Yaffee. We will play with some very gentle, very simple tai chi movements to help release stress and feel better fast. In the afternoon, Chef Marty will help us warm up with a lesson in making delicious chai tea from scratch. Oh yes, we WILL be enjoying that with our afternoon snack! There will be both a dairy and nondairy chai tea option. No prior tai chi experience required.
Debbie Yaffee and Martin Yaffee
10:00am – 3:00pm • $55, includes lunch

Thursday, March 5 – April 30, (no class April 9, Holy Thursday)
Awakening Spring Yoga Series
After a long winter’s nap, the frozen Earth unfurls, uncurls and opens itself to bask in the strengthening rays of the sun. Open to your own spring awakening with this Yoga series. We’ll detoxify and release stale winter energy with mindful warming posture sequences, reviving ourselves with refreshing breathwork. Sink your roots deep into the softening ground of your inner being to nurture the seeds of intention and uncover new possibilities in your life. Gift yourself this spring with the joy of movement and reawakening your spirit. Bring your own mat, all other props will be provided.
Kathy Niedzielski
6:30 – 7:45pm • $85 for the entire 8 weeks; $70 for any 6 weeks; drop in rate $12 — preregistration required.

Sunday, September 27
Caring for the Giver
This day is offered for the givers: For we who forget to take time for ourselves as we selflessly offer our time to loved ones, clients, patients, students, or staff. It is okay to return to the well to replenish; in fact, it is imperative that we care for ourselves as we continue to give to others. On this day, we bring our healing focus to ourselves and our needs. We will talk about what stress looks like for caregivers and how it can develop into chronic stress if not addressed. We will discuss a variety of realistic self-care practices that we can bring into our lives. Guided restorative practices will soothe and rejuvenate our mind, body, and spirit. We will also share stories about our caregiving roles and bond with other caregivers.
In this program we will practice some yoga moves and spend time getting up and down from the floor, as well as being outdoors. Please wear clothes you can comfortably move in, stable shoes, bring layers and a notebook or journal.
Megan Elliott, E-RYT, C-IAYT
10:00am to 3:00pm • $55, includes lunch

I feel a presence of peace, calm, and God here at Genesis.
BioSpiritual Focusing (BSF)

Mondays, March 9 – May 4
BioSpiritual Focusing Book Study and Practicum

In this eight-week in-depth practicum and study, we will explore the practice of BSF based on the book written by Fr. Peter Campbell, Ph.D., and Fr. Edwin McMahon, Ph.D., entitled, Rediscovering the Lost Body-Connection Within Christian Spirituality, available through the Genesis bookstore. Each evening includes group discussion on the topics of specific chapters, followed by actual focusing sessions led by experienced facilitators.

Elizabeth Oleksak, SP; Becky Crane, Kathy Irr, Annemarie O’Connor, Donna O’Connor
6:30 – 8:30pm • $175

Saturday thru Friday, August 1 – 7
6-Day Guided BSF Retreat

In this guided retreat, morning group learning sessions and afternoon one-on-one Focusing experiences will provide the structure of each day.

Elizabeth Oleksak, SP; Becky Crane, Kathy Irr, Annemarie O’Connor, Donna O’Connor
See 6-Day Guided Retreat pricing, page 16

Saturday, September 26
BioSpiritual Focusing: A Day of Presence

This workshop is an overview and introduction to the history and practice of BSF and includes prayer, presentations, experiential exercises, reflection, and discussion. No prior experience with Focusing is needed. This workshop serves as a prerequisite for other BSF programs.

Elizabeth Oleksak, SP; Becky Crane, Kathy Irr, Annemarie O’Connor, Donna O’Connor
9:00am – 5:00pm • $80, includes lunch

Creative Expression

Friday thru Sunday, April 3 – 5
Praying With Hearts and Hands—Prayer Shawl Retreat

Come for a weekend with fellow knitters as we joyfully share in the care of God’s people by using the gifts of our hands to knit or crochet sacred prayer shawls. Whether you will be making your first shawl or if you are a seasoned disciple, you will experience helpful assistance and wonderful fellowship in a beautiful, prayerful setting. Our prayers and blessings are woven into the shawls as our hands work to fashion them. Shawls are then given to people for comfort, healing or in celebration. Join the Holy Knitters Prayer-Shawl Ministry for a spring weekend open to all who have basic knitting and crocheting skills.

A detailed list of required materials will be sent upon registration. Space is limited.

Connie Bartelson
See Weekend Retreat pricing, page 16

Friday thru Sunday, April 3 – 5
Illuminated Lettering: More Celtic Knotwork

Learn to draw mysteriously interwoven and beautiful knots, step by step, and connect with the inner Spirit while drawing. This retreat will have you understanding how to draw beautiful interlaced knotwork forms—circles, hearts, and more. We’ll look at simple examples from ancient manuscripts and take a glimpse at the historical side of this ancient art. A special project and studio time with a variety of materials is included. Time for Mass for Pentecost Sunday at a local parish will be integrated into the schedule. Materials fee included. This is an expanded version of the one-day lettering workshop with studio time to make a personal project. There will be more on knotwork, lettering, an opportunity to make a special journal to store your illuminated letters.

Sadelle Wiltshire
See Illuminated Lettering Retreat pricing, page 16

Tuesdays, April 7 and June 2, August 4, October 6, December 1
Full Moon Drum Circle Health Rhythms: Group Drumming

Group drumming is an uplifting and inspirational means of expressing and getting in touch with our inner spirit. The positive effects are well documented in research and include alteration in brainwave activity similar to other meditation practices, a boost in immune system function, stress reduction, and improvement of mood. This group activity also fosters social support and community building. Drum circles remind us of our greatest synergistic potential, and they are FUN! No prior music training or drumming experience is required as we will be tapping into the rhythmic spirit that resides in us all. Drums will be provided.

Maureen Marotte
6:30 – 8:00pm • $25 per session or $100 for all 5
How
Did the rose
Ever open its heart
And give to this world
All its
Beauty?
It felt the encouragement of light
Against its Being.
Otherwise,
We all remain
Too
Frightened

—Hafiz
Friday thru Sunday, April 17 – 19

Living in Recovery: 12-Step Retreat Weekend

Women and men, in any 12-Step program, are welcome to join us as we journey in this recovery retreat through prayer, music, presentations, and sharing. We will reflect on recovery themes and their practical application in our lives.

Madeleine Joy, SP
See Weekend Retreat Pricing, page 16

Saturday, April 25

Healing Families Together

Grandparents and family members raising grandchildren face emotional, financial, and physical challenges. The grandchildren are also impacted. This day will offer age-appropriate sessions for grandchildren whose parents are not present due to addiction. Tools for grandparents and other family members helping raise the children will be shared. Topics include addiction and recovery, meditation and prayer, communication, and coping with grief and loss.

Cindy Marty Hadge; Madeleine Joy, SP; Christine Trethewey; Liz Walz, ASP
9:00am – 1:30pm • There is no cost for this program. Pre-registration required.

Saturday, May 9

Searching For a Loving Higher Power Through 12-Step Experiences

Throughout recorded history people from a variety of faiths, and sometimes without any faith, have reported having spiritual experiences. Life changing spiritual experiences can happen in a moment or over time. In either event, they can lead to a spiritual awakening. 12-Step programs of recovery invite us to seek a relationship with a loving Higher Power of our own choosing and understanding. In this workshop we will explore a variety of spiritual experiences including the “white light” experience of Alcoholics Anonymous co-founder Bill Wilson, as well as accounts from everyday people.

We will explore how people define and attempt to connect to spirituality and some of the barriers encountered while seeking a loving Higher Power. Some of the ways people use to develop a conscious contact with a Higher Power will be shared. Participants will be invited to share their experiences and perspectives on developing a spiritual connection in an open, accepting and non-judgmental space.

This day will include, lecture, discussion, individual and small group work, and opportunities to participate in a variety of practices such as meditation, prayer and self-reflection. Pre-registration required for lunch and materials.

Brian Gwozdz and Cindy Marty Hadge
9:30am – 3:30pm, includes lunch • $20 – $45 sliding scale

Friday thru Wednesday, August 21 – 26
(May 29 – June 3 dates, Wait List only)

5-Day

Deep Healing Retreat

Many of us are among the walking wounded. Sometimes we know it; oftentimes, we don’t. We just know that we feel driven, drained, and/or chronically distracted, all of which are symptoms of unresolved, unacknowledged, or under-healed pain.

In this five-day retreat, Betty Hill Crowson will outline her proven four-step “process” for identifying, moving through, and recovering from these inner wounds of ours. The retreat will provide a safe, interactive environment for participants to examine, uncover, and ultimately transform inner pain into substance and worth; includes conferences, written exercises, rituals, individual time with the retreat director, small group sharing, music, practical steps for healing, and even humor!

Due to the nature of this retreat, group size will be limited to 20.

Betty Hill Crowson
See Five Day Guided Retreat pricing, page 16

Saturday, May 30

Pilgrimage to Stepping Stones

Stepping Stones is the historic home of Alcoholics Anonymous co-founder Bill Wilson and his wife, co-founder of Al-Anon/Alateen Lois Wilson, in Bedford Hills, New York. Jump on the bus of our recovery pilgrimage for fun, fellowship, a guided tour of the Wilson Home and Bill’s hermitage, and a meeting. Genesis will provide a picnic lunch to be enjoyed outdoors on the Stepping Stones grounds.

9:00am – 4:00pm
$45 includes lunch, 10 partial scholarships available
Saturday, September 19
Pilgrimage to Wilson House in East Dorset, VT

The mission of Wilson House, the childhood home of AA co-founder Bill Wilson, is to responsibly maintain the historic birthplace, memory, spirit, and purpose of Bill Wilson. Jump on the bus for a day of fun, fellowship, a tour of the house and library, and a Wilson House meeting. Genesis will provide a picnic lunch to be enjoyed outdoors on the grounds of Wilson House.

9:00am – 5:30pm • $45 includes lunch, 10 partial scholarships available

Sunday, September 26
Substance Use, Emotional Distress and Spirituality

This program will be a safe environment to discuss the needs and challenges that people with trauma and mental and emotional health challenges face in recovery programs. We will discuss the stigma that mental health diagnosis carries, and offer perspectives and tools to create recovery circles that welcome the whole person. Our time together will include presentation and group discussion. All are welcome! Pre-registration required for material preparation.

Steve Bode and Jodee Pineau-Chaisson
1:00 – 4:00pm • $10 – $25 sliding scale

Earth and Cosmic Spirituality

Saturday, April 18
Active Hope—
The Spiritual Journey of Facing Climate Change: An Intergenerational Exploration

“Be joyful, even though you’ve considered all the facts!”
—Wendell Berry

The momentous environmental changes and social disruptions that are occurring offer a profound opportunity for spiritual growth as we do the work needed to meet them. This crisis situation can be experienced in very different ways by younger and older folks. Daniel, in his 30s, and Verne, in his 70s, will co-facilitate the approach of Joanna Macy—over 50 years in the making—called The Work That Reconnects to explore the challenges, opportunities and spiritual openings offered by the present moment. Humor, song, and short outdoor activities will be part of this process. With the fresh perspectives we will explore ways we can heal the planet and create a sustainable way of life.

Verne McArthur and Daniel Kieval
10:00am – 4:00pm • $35

Friday thru Sunday, May 22 – 24
The Way of the Universe:
Aligning Our Lives and Our Spirituality
With Cosmic Process

Join us with astronomer, author, and educator Stephen Martin as we immerse ourselves in the sacred dimension of the universe and explore our role in the unfolding cosmic story coming to us from science. Find yourself rooted in the dynamics of cosmos, and learn how to access new sources of support, inspiration and guidance from this emerging cosmic perspective.

Stephan Martin
See Weekend Retreat pricing, page 16

Sunday, May 24
Bask in Nature

Look at what is around you. Is the sky clear or are there clouds? Listen to the sounds you hear. Are the birds singing, is the wind blowing? Smell the fragrant flowering trees and bushes. Touch a flower or a leaf, how does it feel? Feel the wind and sun on your body. Sense intuitively.

This class includes: meditation, nature walk, sharing about our experience, and making an essential oil spritzer for you to take home.

Bonnie and Tom Druschel
1:00 – 3:00pm • $15
DIRECTED RETREATS

Sunday thru Saturday, June 28 – July 4
6-Day Silent Directed Retreat
Jane Comerford, CSJ; Maria Decsy; Janet Weber, RSCJ

Sunday thru Saturday, July 12 – 18
6-Day Silent Directed Retreat
Jane Comerford, CSJ and Mary Costello, RSM

Thursday thru Friday, August 27 – September 4
7-Day Silent Directed Retreat
Kitty Hanley, CSJ and Nancy Sheridan, SASV

Sunday thru Saturday, September 20 – 26
6-Day Silent Directed Retreat
Ruth Duffy, SND; Carol Fitzsimmons, CSJ; Cathleen Murtha, DW

WEEKEND AND GUIDED RETREAT RATES

All retreats begin with supper at 6:00pm on the day of arrival and conclude with lunch at noon on the day of departure, unless otherwise noted. Deposit $100 for Weekend retreats; $150 for Guided and Directed retreats. Balance due 14 days prior to the start of the retreat. Please call the Genesis office at 413-562-3627 to inquire about rates for sharing a room or commuting.

Weekend Retreat
Resident with private room $305; Semi-private room $280; Commuter with meals $220; Commuter without meals $175.

Illuminated Lettering Retreat
Weekend Retreat cost plus $30 materials fee

Easter Triduum, April
Begins on Holy Thursday at 2pm and concludes with brunch on Easter Sunday at 10am. Resident with private room $435

CAC Unitive Consciousness, May
Begins 11am Friday and concludes at 7pm on Sunday. Resident with private room $325

O’Murchu Guided Retreat, July
Resident with private room $615; Live stream from your home $435. (Must meet technological requirements, please call to clarify.)

3-Day Guided
Resident with private room $435

4-Day Guided
Resident with private room $490

5-Day Guided
Resident with private room $615

6-Day Guided
Resident with private room $715

DIRECTED RETREAT PRICING

All retreats begin with supper at 6:00pm on the day of arrival and conclude with lunch at noon on the day of departure. Deposit $150. Balance due 14 days prior to the start of the retreat.

5-DAY Resident with private room $500 • 6-DAY Resident with private room $560
7-DAY Resident with private room $655

Genesis School For Contemplative Living 2021 Cohort

Sept. 17 – 20, 2020; Dec. 11 – 13; Jan. 15 – 17, 2021; Mar. 5 – 7; May 13 – 16

“I appreciate that the instructors provided well-planned content from many sources and authors, and discussion was well-facilitated.”

“This experience was incredibly healing, comforting and hopeful. I felt “held” in loving arms, cared for, and loved.”

2018 – 2019 COHORT COMMENTS

Do you have a hunger for a more deeply rooted spiritual life? Are you seeking answers to the perennial questions of life? Would you like to live in a slower, more contemplative manner? If so, then consider participating in the Genesis School for Contemplative Living. Our third cohort will begin in September, 2020. With five residential weekends, and in-person or online group meetings in between sessions, the school is a nine month formation program for the contemplative journey, rooted in the Christian wisdom tradition and an emerging interspiritual, ecological, and socially engaged framework. Applications can be downloaded at GenesisSpiritualCenter.org and are due June 30. For more information, contact Jane Comerford, CSJ at 413-562-3627 or jcomerford@GenesisSpiritualCenter.org. The GSCL qualifies for CEU credits through the Elms College.

GSCL, 5 residential weekends over 9 months
$2,800 if paid in two or more installments or $2,500 if paid in full by August 1, 2020. Financial aid is available.
Connie Bartelson has many varied experiences as a facilitator of Prayer Shawl knitting groups throughout Maine, Massachusetts, and New Hampshire. She is the coordinator of the St. Rafqa Prayer Shawl Ministry at St. John’s Church in Worcester, MA, as well as overseeing the hat, scarf, mitten drive for the homeless at the St. Francis Xavier Food for the Poor Center, Worcester, MA. She has been in this ministry since 2005 and has been knitting since she was 7. Connie is a retired math teacher, wife, mother, and grandmother.

Theresa Bessette, MPH, CYT is a health and wellness educator and advocate whose journey of joyful living is firmly rooted in 12-step principles and spirituality. She is a certified yoga teacher who loves sharing the healing and transformative practices of meditation, breath work, and movement safely and gently in workshops and retreats.

Stephen Bode is a counselor working in the field of addiction for more than three years. He is a graduate of the Addiction Counselor Education Program at Westfield State University. He is also trained for the administration of Narcan.

Brother Don Bisson, FMS, is widely respected as a specialist in the training, formation and supervision of spiritual directors. A Marist brother based in Esopus, NY, he has graduate degrees in liturgy, spirituality, and transpersonal psychology, and earned his Doctor of Ministry at the Pacific School of Religion specializing in Spiritual Direction and Jungian Psychology. With more than 60 live audio recordings available, Brother Bisson is internationally recognized for his lectures, workshops, and retreats on the interrelationship of Christian spirituality and Jungian psychology.

Oscar Brockmeyer, MDiv, MSW, is Co-Director of the Spiritual Life Center in West Hartford, CT. A retired pastor and experienced spiritual director, Oscar provides individual and group direction and trains interns to serve as spiritual companions.

Jo Ann Bourquard is an experienced spiritual director and supervisor with a Masters Degree in Ministry with a Concentration in Spirituality from Hartford Seminary and holds a certificate in Women’s Leadership. She is knowledgeable in Jungian spiritual direction. An experienced educator, speaker; and retreat leader, Jo Ann has facilitated discernment days of reflection with themed topics such as loss, self-care, prayer, and life transition. She has particular experience with ministry to widowed and divorced persons as well as those with serious illnesses.

Jodee Pineau-Chaisson M.ED, LCMHC, LSW, is a graduate of Springfield College with a Master’s in Marriage and Family Therapy. She has worked over the past 30 years with 12 step recovery and mental health services. Jodee has training in Hospice counseling, Drug and Alcoholism treatment, holistic approaches to healing and trauma focus supports. She is currently working as a Director of Social Services, consulting Social Worker and a Therapist in private practice.

Jane Comerford, CSJ is a Sister of St. Joseph of Carondelet who has served as the director of spirituality centers in Seattle, Spokane, and Tulsa, Oklahoma. With degrees in education and spirituality and a certificate in expressive arts therapy, she is known for innovative and creative programs and retreats. Jane has taught in several spiritual direction training programs and designed and led pilgrimages to sacred sites in Nepal, India and Ireland.

Register Online – GenesisSpiritualCenter.org | Register by Phone – 413-562-3627
Program Leaders

**Rev. Norman Comtois, OMI, MA** is an ordained Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate. His experience in Pastoral Counseling, Intentional Eucharistic Communities, and Renewal programs for women religious continue to inform his ministry as a current retreat director. In the year 2000, Father Norm completed an Earth Literacy program at Genesis Farm, Blairstown, New Jersey. Since then he has devoted his interest and education toward developing retreats and courses that bring the Universe Story to life in a spiritually relevant and meaningful way. He also serves as team member and consultant for La Vista Ecological Learning Center. Father Norm encourages those attending his presentations and retreats to ponder the wisdom of their religious traditions in the context of the Story of the Universe.

**Mary Costello, RSM** is a Sister of Mercy of the Northeast. She has graduate degrees in Education and Spirituality. Mary has directed retreats in the Northeast, Canada and, New Zealand. She is a Spiritual Director and trainer of Spiritual Directors, and has been involved in the ministry of retreats and spiritual direction for over 35 years.

**Becky Crane, LICSW,** is a spiritual companion and licensed psychotherapist. She is a member of the BioSpiritual Focusing team at Genesis, companionsing individuals and co-leading workshops and retreats. She works as a psychotherapist on a college campus. She is an active lay leader in both her UCC congregation and an outdoor ecumenical worshiping community.

**Betty Hill Crowson** is a seasoned retreat director who is well known throughout the Northeast. She is also a holistic life coach, and the author of two books: *The Busy Person's Guide to Balance and Boundaries* and *The Joy is in the Journey: A Woman's Guide through Crisis and Change.* [thejoyisinthejourney.com](http://thejoyisinthejourney.com)

**Maria Decsy, PhD,** has degrees in Biochemistry, Chemistry, Pastoral Ministry and Spirituality. She is an adjunct professor teaching World Religions and Human Biology, a spiritual and retreat director and staff member of Our Lady of Calvary Retreat Center in Farmington, CT. A world traveler, Maria has been to Tibet, China, Peru, Egypt, and Greece and brings her knowledge of these cultures to her teaching.

**Ruth Duffy, SND,** has ministered in the area of Adult-Psycho-Spiritual Development for many years. She has extensive experience in spiritual direction and directed retreats and is a certified teacher in the Enneagram Oral Tradition with Helen Palmer Workshops. Most recently, she has just completed 10 years as Director of Notre Dame Spirituality Center in Ipswich, MA.

**Bonnie and Tom Druschel** are published authors of "N.I.C.E., Nature Inspired Creative Experiences. Bonnie is the Marketing Coordinator at Genesis.

**Brian Gwozdz, LADC,** has experience in Human Services, has been employed as an Addictions Counselor and facilitates group meditation. He was one of the founding members of Noble Hospital's partial hospitalization program and consults regionally and nationally on addiction and recovery.

**Cindy Marty Hadge, BS, CPS, IPS,** is a national trainer, providing training on Intentional Peer Support, Alternatives to Suicide Group Facilitation, Issues of Substance Use, Unusual/ Extreme Experiences, and Trauma-Informed Approaches. Cindy Marty is currently employed by The Western Mass Recovery Learning Community as a Trainer and as a Community Bridger, assisting people to connect to the communities of their choice after leaving psychiatric hospitalization and/or inpatient substance use treatment.

**Kitty Hanley, CSJ,** who leads the Holy Ground Spiritual Direction program in Albany, has presented and facilitated widely throughout the United States and internationally. She is an erratic but generally faithful journal keeper.

**Kathy Irr, RN,** is a certified spiritual director, retreat leader and BioSpiritual Focusing facilitator. She is the author of two books. She lives in Norwich, CT with her husband of 34 years and has two married sons. [kathymirr.com](http://kathymirr.com)

**Madeleine Joy, SP, BSN,** is the former Chaplain at Farren Care Center in Turners Falls and Mercy Medical Center in Springfield, specializing in Cancer Care, Grief Support, Long-term Care with the Mentally Ill, and Drug and Alcohol Services. She is an experienced recovery reflection group facilitator.

**Fr. Terrence Devino, SJ, MDiv,** is an experienced retreat and spiritual director. With over fifteen years of ministry at the college level in administration and pastoral ministry Terry now serves as a Chaplain at Brigham & Women's Hospital in Boston.
Program Leaders

Daniel Kieval is an educator, naturalist, musician, and uncle, among other things, living in Western MA. He has been involved with the Work That Reconnects since participating in their second Earth Leadership Cohort in 2015. Daniel has worked as an environmental educator and a Jewish spiritual educator for over 10 years in numerous settings and has also taught mindfulness meditation.

Valenda (Val) Liptak, RN, MM, Hospital CEO has facilitated spiritual retreats for Christian women of all ages in a variety of settings. She was a keynote speaker at the 2017 Faith on Fire Catholic Rally in Feeding Hills, MA. A Spiritual Director and member of St. Mary’s parish in Westfield, MA, she is passionate about connecting the stories of the bible to our daily life.

Pat Lovejoy brings years of experience as a Physical Therapist, Certified Feldenkrais Practitioner and Counselor. In her work she assists people in finding new ways of sensing, perceiving, thinking and acting. People experience freedom from habitual patterns and behaviors creating a powerful opening for self-discovery.

Maureen Marotte is a trained Health Rhythms Drum Circle facilitator and truly enjoys sharing this captivating and therapeutic experience with people.

Stephan Martin is an astronomer, educator, and author who has taught astronomy, physics, and consciousness studies at colleges, universities, and learning centers across the US for over twenty-five years. He is currently adjunct faculty in the Consciousness and Transformative Studies program at JFK University and also co-director of the continuing care program at the Center for Spiritual Emergence in Asheville, NC where he assists clients in living more conscious lives from an expansive perspective.

Verne McArthur is a retired college teacher, non-retired activist, workshop leader, singer, and song-leader. He taught adult students for over 30 years, specializing in critical thinking and sustainable community development. He has facilitated Active Hope workshops for over 5 years in formats ranging from 2 hour introductory sessions to week-long workshops. He is also a Unitarian lay worship leader and offers Sunday services in spirituality and sustainability. He’s very involved in environmental activism through the Springfield (Mass) Climate Justice Coalition, a strong voice for pro-active efforts to build sustainable and resilient community in Springfield.

Michael Morwood has over 30 years of experience in retreat, education, parish and youth ministries in Australia. Since 1990, he has worked in adult faith formation in almost every diocese of Australia in 34 USA states and in every Canadian province. He is interested in helping Christians examine what they believe and why they believe it, what they imagine and why they imagine the way they do. He has a particular interest in prayer and articulating faith in Jesus and in ways that resonate with a contemporary understanding of our place in the universe.

Cathleen Murtha, DW, is a Daughter of Wisdom religious sister with years in educational ministry, parish ministry and rural outreach. Sister Cathy has been a spiritual director for more than 30 years. She is committed to the journey toward Wisdom believing that “the welfare of the world depends on a growing community of the wise”—which includes us all.

Kathy Niedzielski, CYT, is an experienced, certified Hatha and Vinyasa Yoga teacher whose joy is guiding students to find their union of spirit, heart and body through adaptive movements, guided meditations, and deep breath work.

Annamarie O’Connor, MA, MSW, is a member of the BioSpiritual Focusing Team with a background in social work and pastoral ministry. She is active in retreat ministry and spiritual direction, and serves on the contemplative formation team at Mariandale Retreat Center in Ossining, NY. She also works with the Passionists at the UN, advocating for women and girls.

Donna O’Connor is a spiritual director and BioSpiritual Focusing facilitator, with a keen interest in helping people who struggle with weight, body image, and disordered eating. She has been a fitness and yoga instructor for over thirty years.

Diarmuid O’Murchu, MSC, PhD, a member of the Sacred Heart Missionary Order, is a social psychologist who has worked as a couple’s counsellor, in bereavement work, AIDS-HIV counselling, with homeless people and refugees. As a workshop leader and group facilitator he has facilitated programs throughout the world on Adult Faith Development. His best known books include Quantum Theology, Ancestral Grace, Jesus in the Power of Poetry, Christianity’s Dangerous Memory, In the Beginning was the Spirit, God in the Midst of Change and On Being a Postcolonial Christian.

Sr. Elizabeth Oleksa, SP, foundress of Genesis, semi-retired, is an experienced retreat and spiritual director and BioSpiritual Focusing facilitator and teacher of Centering Prayer. She is also an eco-spirituality resource person, historian, and flower garden supervisor.
Program Leaders

Jan Phillips is a writer, activist and photographer who connects the dots between evolutionary creativity, spiritual intelligence and social action. She is the author of ten award-winning books, has taught in over 25 countries, and has published work in many major periodicals. Jan teaches throughout the U.S. and Canada, leading retreats and workshops for organizations and individuals committed to evolutionary spirituality. Jan is founder and director of the Livingkindness Foundation, a grassroots activist organization supporting women in leadership and art in activism. Learn more at janphillips.com

Fr. Tom Ryan, CSP, leads retreats internationally and is the author of 17 books on a wide variety of themes in the spiritual life. He directs the Paulist North American Office for Ecumenical and Interfaith Relations, is a poet and lover of the out-of-doors, and his present home base is the Paulist Center in downtown Boston.

Nancy Y. Sheridan, SASV, is a Sister of the Assumption engaged in full time ministries of spiritual direction, retreats and supervision in New England, Canada and Ireland. She facilitates contemplative dialogue and communal discernment with leaders of various religious congregations.

Mike Smoolca is the coordinator of the North-Central CT Chapter of the International Thomas Merton Society. He has been a student of Merton for over 15 years and has been presenting Thomas Merton programs since 2013. Mike is a practicing Spiritual Director, a student of BioSpiritual Focusing, a Commissioned Contemplative Outreach Presenter of Centering Prayer and Lecito Divina and a leader in the local Christian Contemplative Community.

Christine Tretheway is a licensed educator with her M. Ed. in Special Education. As a member of the MTA and NEA, she has worked passionately with children who have individual learning abilities. Since 1988 Christine has made the decision to live her life based on spiritual, physical, and emotional health. She now shares her message through retreats and workshops grounded in the steps and traditions.

Liz Walz, ASP, Executive Director of Genesis, draws on her experience as a Catholic Worker, Plowshares activist, non-violence trainer, yoga teacher and massage therapist. She is trained as a Spiritual Director and BioSpiritual Facilitator.

Janet Weber, RSCJ is an experienced retreat and spiritual director who also offers many art programs in the New England area.

Dr. Robert Weber is a former Jesuit and a retired Assistant Professor of Psychology at Harvard Medical School. Bob has a long-standing interest in the interrelationships among mental health, spirituality, and aging. He has co-authored a book entitled The Spirituality of Age: A Seeker’s Guide to Growing Older. He continues his private, psychological practice in Cambridge, MA, and continues to lead workshops, days of prayer, and retreats. SpiritualityofAge.com

Sadelle Wiltshire is committed to creating and teaching art as a spiritual practice, and loves playing with the intersections of marks, lines, ink, paint and color. Sadelle is a MultiMedia Artist, known for her Celtic, Abstract and Labyrinth influenced art, as well as her miniature tapestry work. She is a Veriditas Certified Labyrinth Facilitator, a Certified Zentangle® Teacher, and has taught in Quaker, Episcopal and Catholic settings as well as secular venues in the US and abroad. sadellewiltshire.com

Rev. Matthew Wright is an Episcopal priest, writer, and retreat leader working to renew the Christian Wisdom tradition. He serves as priest-in-charge at St. Gregory's Episcopal Church in Woodstock, NY and is a teacher for Northeast Wisdom and The Contemplative Society, non-profits rooted in the teaching lineage of Cynthia Bourgeault. Matthew lives with his wife, Yanick, alongside the brothers of Holy Cross Monastery in West Park, NY.

Deborah Yaffee is a Senior Trainer with the Tai Chi For Health Institute, Dr. Paul Lam’s internationally acclaimed educational organization for short, safe, effective tai chi programs focused on improving and maintaining health. Deborah is also a Certified Guided Imagery Specialist and a Veriditas Certified Labyrinth Facilitator.

Martin Yaffee is a chef and culinary educator. He is also a Certified ServSafe Food Safety Instructor.
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“Heaven is a banquet and life is a banquet, too.” —Dorothy Day
Will you help Genesis carry out our mission of Hope and Healing? A simple, flexible and versatile way to ensure we can continue our work for years to come is a gift in your will or living trust, known as a charitable bequest. This bequest to Genesis will help us in our mission of revealing the love of God for all creation. Your gift could also entitle your estate to a federal estate tax charitable deduction. For more information, please contact Liz Walz at 413-562-3627.

REGISTRATION INFORMATION

Special Diet Policy
Genesis serves a variety of freshly cooked, healthy meals. Vegetarian options are available when we serve fish, poultry, pork or beef. Please let us know if you are vegetarian when you register for your program or retreat, so we can ensure sufficient portions are available.

Gluten Free and Vegan meals can be prepared with notice of 7 days prior to arrival and for a surcharge of $5 per meal*. Gluten Free and Vegan meals cannot be guaranteed without prior notice.

Please let us know of food allergies when you register for a program and at least 7 days prior to your arrival. Guests with extensive dietary constraints may need to bring their own food; a refrigerator and microwave oven are available for your use.

Please contact us to discuss your dietary needs.

*Gluten-free fee waived with doctor’s note.
Genesis Program and Retreat Registration, Deposit and Cancellation Policies

For all programs and retreats:

- Register and pay online via PayPal, by phone using a credit card, or by sending a check via US mail.
- We accept US checks, VISA and MasterCard.
- Please note that no confirmation is sent unless requested.
- For online registrations, please note that your reservation is not confirmed until we contact you, usually within one business day of your submission.

- Registration for programs lasting 2 – 8 hours must be paid in full at time of registration.
- Registrations for overnight and weekend programs require $100 deposit upon registration. Payment in full is required 14 days prior to program start.
- Registration for programs 3 nights or longer require $150 deposit upon registration. Payment in full is required 14 days prior to program start.
- For cancellations up to 14 days before program start, receive a full refund less $35 processing fee.
- For cancellations within 13 days of start of program or retreat, your deposit is non-refundable.
- Should Genesis cancel a program or retreat, you will receive a full refund.

Mission Statement
The mission of Providence Arboretum is to raise awareness of the interconnectedness of all creation, infused with the Divine energy that makes us all One.

Vision Statement
The vision of Providence Arboretum invites all who come to experience the trees, individually and collectively, as a living Icon—a visible reflection of the invisible.

The more than 300 trees, shrubs, woody plants and flowers of Providence Arboretum are marked as native species or commemorative plantings throughout the New Life Gardens. Walking through, sitting in, or gazing upon this serene and contemplative environment is a balm to the soul, in our harried and overstimulating world.

Sr. Elizabeth Oleksak, SP is available for Eco-Spiritual consulting and presentations. For more information, please call her at 413-562-3627. Genesis also has an Eco-Spiritual Library with numerous books and articles.

Let the sights, sounds and scents of Providence Arboretum comfort and inspire you whenever you need it most. We, the Genesis Sisters, staff and volunteers, know the pressures of daily life compounded by news headlines can leave us feeling dispirited and overwhelmed—and in those moments, we step outside and walk among the trees. The trees are here for you, too.

If you’re feeling compassion fatigue, or if you just want a few moments to yourself between carrying out your responsibilities, please stop by and let our grounds minister to you.

You’ll find more than 365 identified trees, shrubs and flower beds, pathways both marked and unmarked, a Spiral of Life and a Living Labyrinth, chairs and lounges, swings, and a variety of creatures to amaze and delight you.

Our guests have told us:

- Coming back to Genesis, the place, buildings, gardens and settings say, Peace, Serenity, All is Well.
- The environment lends itself to experiences of God and I was able to be outdoors most of the time. So many beautiful places to sit and walk.
- The peaceful atmosphere and beautiful surroundings spoke of life and hope and a call of new life, and brought healing to a tired spirit.
- Everything here is permeated with hope and healing—the quietness, space, beauty within and without, makes the experience very sacred. Everything is intentional in a spacious, free way.
- Genesis is a little bit of heaven, actually a little bit of God’s earth. I love it here and thank you for the many ways you provide this heaven. Love to all!
Join thousands of others who believe as we do in nurturing the indwelling seed of God to full maturity. In our fast-paced and over-stimulating world, everyone deserves to get away to a beautiful space ~ and to discover the beautiful landscape within. Genesis is waiting for you!

Genesis Spiritual Life and Conference Center is located in Westfield, nestled in the foothills of the Western Massachusetts Berkshire Hills, just ten miles west of Springfield. We are within two hours of most major New England cities, mountains and seashores and three hours from New York City. We are ten minutes from the Mass Turnpike and only forty minutes from Bradley International Airport. For directions, you may call 413-562-3627 or visit www.GenesisSpiritualCenter.org.