

# Genesis

*...A place  
for new  
beginnings...*

**January to August 2012**

Genesis Spiritual Life & Conference Center - 53 Mill Street - Westfield, MA 01085-4253  
Website: [genesiscenter.us](http://genesiscenter.us) Phone: 413/562-3627 - Fax: 413/572-1060 - Email: [genesis@genesiscenter.us](mailto:genesis@genesiscenter.us)

**A Sponsored Ministry of the Sisters of Providence**



*We believe* that when persons of different lifestyles and spiritualities connect, God's creative and healing energies are released. We have special concern for those in the health and helping professions, for artists and craftspersons, and for those who feel alienated from church or society...

*We are committed* to designing and hosting programs that foster holistic integration of body, mind and spirit...

*We believe* that each person is a seed of God, meant to grow into the likeness of God, and we strive to make Genesis a place where that seed can be nourished and nurtured toward full maturity...

*Our logo, a tree,* reflects the belief that creation is ongoing and that each person always has the possibility of new beginnings in life and prayer.

## bring your group to genesis

For groups and organizations, our space may be rented for day and evening events as well as for programs that require overnight accommodations. Our main conference facilities are found in our 1889 Carriage House. The Carriage House, renovated in 1991, has a distinctive style and charm that will provide the perfect "change of scenery" conducive to productive work sessions.

The Carriage House is a unique conference center, situated in a peaceful setting, with the character and beauty of an historic building. Its conference rooms are spacious, private, and feature state-of-the-art audio-visual equipment. One conference room has an adjacent breakout room for smaller group meetings.

The Carriage House Loft provides a large area for guests of the conference center to recreate and reflect. The space includes a reading corner, a reflection room overlooking the garden, and a large open area for creative arts.

# Genesis

*...A place for new beginnings*

**January to August 2012**

Dear Friends of Genesis,

Warm greetings to each of you from all the staff at Genesis. We recently reviewed our program evaluations of the past few months. After reading your comments, the following quote from Helen Keller came to mind:

*"When we do the best we can, we never know what miracle is wrought in our life or in the life of another."*

Our goal at Genesis is always to do the best we can to create a welcoming space and an atmosphere of hospitality which will enhance your stay. Thank you for your feedback and particularly for the times you make suggestions that help us to remain faithful to this goal. We invite you to take the time to peruse this brochure of events for the upcoming season with your own needs in mind, and hope that you will find the offerings of interest to you. We have listened to your feedback which has resulted in many new offerings this season.

When you join us in future months, you will see that the refurbishing of the guest wing has been completed. Thanks again to so many who contributed so generously to this project. You will also want to spend time with our new inspirational triptych in our chapel painted by Michael Moran, CP. Like the triptych of the middle ages, it reflects the story of our culture and the presence of Christ in our time. It is an outstanding art piece and a source of meditation that was made possible through a generous donation in memory of a dear woman who frequently visited our chapel. You will also rest your feet on beautiful new carpeting. This too was made possible through a donation honoring a very special woman. We are truly blessed!

Now for the report on the Halloween storm: The cleanup was extensive and continues at this writing (wish there was room for pictures). We regret to inform you that we lost some of our ornamental memorial trees. Kudos go to Nik and Mike and young helpers who, along with our tree service, have cleared most of the HUGE piles of fallen branches. We were very fortunate that minimal damage was done to our buildings. While the cleanup was in progress, during the beautiful weather in November, our gardens were tenderly prepared for the winter by two of our volunteers, Tom and Mary.

We conclude this "catch up" with the good news that our hens at Poultry Plaza have begun to gift us with eggs! These are not just ordinary eggs, they are aqua--naturally colored for Easter! So, once again, come and see what has transpired in these past months.

There is something so mysteriously beautiful about winter as it draws one into the rich barrenness of one's own soul. With Earth, we wait for signs of new life. In the waiting, we are warmed by the rays of our winter sun, nourishing and energizing us. Here, at Genesis, we are continually reminded of the Paschal Mystery ever present in our lives.



Wishing you blessings of happiness and good health in this New Year!

*Sr. Ann Horgan, SP*

Sr. Ann Horgan, SP, Administrator

*Elizabeth Oleksak, SP*

Elizabeth Oleksak, SP, Foundress

# monthly programs at-a-glance

## january - pp. 5-6

jan 8	The Relaxability Technique
jan 16-22	6-Day Silent Directed and Focusing Directed Retreats
jan 22	Dorothy Day: Don't Call Me A Saint
jan 25	Winter Wisdom Retreat Day
jan 25, feb 1, 8 15, 22 and 29	Visioning and Creating Your New Life - 6-Week Series
jan 27-29	Usui Shiki Ryoho Weekend Workshop
jan 28	Golden Heart Yoga: A Day Retreat for Self-Renewal
jan 29	Jesus and the Woman with an Infirm Spirit

## february - pp. 6-7

feb 10-12	11th Step Centering Prayer Weekend
feb 11	Gentle Qigong and Yoga
feb 17-18	Heartfelt Get-Away: The Wisdom of Friends
feb 19	Mother Teresa
feb 24-25	Enneagram Weekend Workshop
feb 25	World Enough & Time: On Creativity and Slowing Down

## march - pp. 7-9

mar 7	Christian Celtic Spirituality Today
mar 7, 14, 21, 28 apr 4, 11	Spring Renewal Yoga - 6-Week Series
mar 9-11	Healing Your Hurts
mar 10	Opening Your Feng Shui Eyes at Home
mar 11	Dreaming a New Vision of Earth
mar 17	Psychological Dimensions of Prayer and Meditation
mar 18	Reconciliation: Putting a Burden Down
mar 23-25	Boundaries, Balance and Being!
mar 25	Labyrinth Walk
mar 30-apr 1	Opening the Book of Creation: Rediscovering Contemplative Christian Nature Spirituality
mar 30-apr 1	Living in Recovery: A 12-Step Retreat Weekend for Women and Men
mar 31	Ukrainian Easter Eggs

## april - pp. 9-10

apr 5-8	Holy Week Triduum Retreat
apr 15	Cooking the Mediterranean Way
apr 21	The Relaxability Technique
apr 22	Seven Sustainable Skills for the Long-Term Care Journey
apr 22	Journey of the Universe: A Film Discussion
apr 27-28	Seizing Hope in a Season of Despair
apr 27-29	Focusing II Weekend: Deepening the Art and Practice of Focusing
apr 29	Cosmic Creativity
apr 29	Contemplative Stargazing

## may - p. 11

may 5	Staying Healthy: It's Easier Than You Think!
may 12	Self Care Yoga, Qigong and Meditation: A Gentle Day of Renewal for Women

## june - p. 11

jun 4-11	7-Day Silent Directed Retreat
jun 18-21	Mini-Silent Directed Retreat
jun 18-21	Guided Mini Retreat: The Art of Focusing
jun 26-jul 2	6-Day Silent Directed Retreat

## july - p. 12

jul 4-10	6-Day Silent Directed and Focusing Directed Retreats
jul 13-18	Mothers, Sisters and Daughters: Standing On Their Shoulders
jul 19-22	Mini Directed and Focusing Directed Retreats
jul 23-29	6-Day Guided Retreat: God, Jesus and Prayer in a New Story of the Universe
jul 31-aug 7	7-Day Silent Directed Retreat
jul 31-aug 7	7-Day Guided Retreat: Put Out Into Deep Water

## august - p. 13

aug 10-17	7-Day Silent Directed Retreat
aug 19-26	7-Day Silent Directed Retreat
aug 19-26	7-Day Guided Retreat: The Heart of Creativity: Contemplation, Art and Mystery
aug 28-31	Mini Silent Directed and Focusing Directed Retreats

### CONTENTS INDEX

about genesis/bring your group.....	2
sisters' greetings.....	3
monthly programs at-a-glance.....	4
january programs.....	5-6
february programs.....	6-7
march programs.....	7-9
april programs.....	9-10
may programs.....	11
june programs.....	11
july programs.....	12
august programs.....	13
other offerings/sabbaticals.....	14
registration/staff & volunteers.....	15
directions.....	back cover

Welcome!

# january

## january 8 – sun afternoon THE RELAXABILITY TECHNIQUE™

The RelaxAbility Technique™ supplies proven methods to reduce stress. These tools can be used immediately, when you need them most. People with stress-related illnesses will find this workshop especially beneficial. Persons in the helping professions will take away techniques they can rely upon in their own professional setting.

2:00 to 4:00 p.m. Fee, \$30. Pre-registration is required.

**Leader: Jessica Sarfaraz Berger, RN, RYT**, is a Stress Reduction Facilitator, Registered Yoga Teacher and Registered Nurse.



## january 16-22 – mon evening to sun lunch 6-DAY SILENT DIRECTED AND FOCUSING RETREATS

Please see below for retreat descriptions. Begins Monday evening with 6 p.m. supper and concludes with lunch at noon on Sunday. Cost \$425. Deposit \$100. Balance due ten days prior to start of retreat.

### Directed Leaders:

**Sr. Mary Horgan, SP, MDiv**, is an experienced spiritual director and has served many years in pastoral ministry.

**Rev. William Sheehan, OMI**, has broad experience in pastoral ministry and has led many Centering Prayer workshops and retreats across the country.

### Focusing Leaders:

**Kathi Bangert** is a certified Focusing facilitator and has taught this process as a member of the Bio-Spiritual Focusing Team at Bon Secour Spiritual Center in Maryland.

**Sr. Ruth McGoldrick, SP, MRE**, consultant at Genesis, is an experienced retreat and spiritual director and Focusing facilitator.

**Sr. Elizabeth Oleksak, SP**, foundress of Genesis, is an experienced retreat and spiritual director and certified Focusing facilitator.

## january 22 – sun afternoon

### DOROTHY DAY: DON'T CALL ME A SAINT

Now being considered for sainthood, this convert to Catholicism believed that Christianity is the religion of love that we are called to live. Dorothy co-founded the Catholic Worker movement and urban "houses of hospitality" which she guided for 50 years. She struggled with her own flaws, took controversial stands for peace and social justice, and, made enemies. Can she, should she, be considered a "saint for our time"? This presentation includes an outstanding documentary video and time for discussion.

2:00 to 4:30 p.m. Fee \$25.

**Leader: Hope Luder** is an enthusiastic and experienced teacher of history (MAT) and anthropology. She is also the author of several articles as well as a ground-breaking pamphlet on 19th century American women.



## january 25 – wed WINTER WISDOM RETREAT DAY

Winter invites us to the silence and solitude needed to do our inner peacekeeping. A presentation on May Sarton, the well-known poet, novelist and journal-writer who sought wisdom through solitude, will prepare you to work in your own inner life. An **overnight option** is available for an extended time in quiet prayer. The fee is an additional \$55 and includes up to three additional meals.

10:00 a.m. to 3:00 p.m. Fee, \$50 with lunch; \$40 without lunch. Pre-registration is required.

**Leader: Sr. Ruth McGoldrick, SP**

See this page, left column for leader bio.

## jan. 25, feb. 1, 8, 15, 22, and 29 VISIONING AND CREATING YOUR NEW LIFE: A SIX-WEEK WEDNESDAY EVENING SERIES

Start the New Year right with this series focused on visioning and creating the life you want in relationships, work, finances, or spirituality. The classes will be experiential and are designed to help you discover what you really want, leading you on a step-by-step journey to the life of your dreams. Each class will include guided visioning exercises, many helpful tips, and support from both the instructor and the group.

6:30 to 7:30 p.m. Fee, \$99 for the series. Pre-registration is required.

**Leader: Bill Bradley, RD**, has led over 1500 wellness workshops and recently led a two-year weekly series on "Visioning and Creating Your New Life".



## what are silent directed, silent focusing directed and guided retreats?

**SILENT DIRECTED RETREATS** are designed to provide time, space for prayer, and solitude. There will be opportunity to meet daily one on one with a spiritual director thus providing time to reflect on your spiritual journey, and the presence and action of God in your life.

**SILENT FOCUSING DIRECTED RETREATS** are about presence to self, others and God, and guide you to the deepest levels of awareness inside your body. A Focusing session one on one with the retreat director each day will be the practical and simple framework for the retreat.

**GUIDED RETREATS** focus on a particular topic, field of scripture or life and faith issues. Guided Retreats can last for a couple of days, like a weekend, or for up to a week. In addition to group meetings, they typically also provide a quiet atmosphere for prayer and contemplation.

# january (cont'd)

# february

## january 27-29 – fri evening to sun lunch USUI SHIKI RYOHO CLASS

First-degree students will experience traditional teaching of the Usui Shiki Ryoho system. Learning this simple hands-on healing art includes: hearing the story of Usui Shiki Ryoho, four initiations of this practice which make the healing energy available, hand placements for treating ourselves and others, and practice to integrate the skills. No prior training is necessary. The weekend format, in four distinct sessions, ensures integration of energy and learning.

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$295; Semi-private room \$275; Commuter with meals \$225; Commuter without meals \$195. Deposit \$50. Balance due ten days prior to start of program.*

**Leader: Francine Freeman, MEd, MA**, Usui Shiki Ryoho Master, has been a practitioner since 1982 and has been teaching Usui Shiki Ryoho for many years.

## january 28 – sat GOLDEN HEART YOGA: A DAY RETREAT FOR SELF-RENEWAL AND REJUVENATION



Start the new year right with a stress-reducing mini retreat. Nurture yourself through gentle yoga, Qigong, journaling techniques and more. Golden Heart Yoga emphasizes the concepts of mindfulness and healthy living through movement and meditation resulting in a greater sense of well-being, vital energy and inner peace. Please bring your yoga mat.

*9:30 a.m. to 4:00 p.m. Fee, \$55 with lunch, \$45 without lunch. Pre-registration is required.*

**Leaders:**  
**Kathleen Peterson, BA, DDCG**, has been an educator for over 30 years. She has worked with diverse populations and is a certified Da Dao Chan Gong practitioner.

**Karen Bailey Cawrse, BA, LMT, NCTMB**, is a licensed massage therapist, polarity therapist and registered yoga teacher.

## january 29 – sun afternoon JESUS AND THE WOMAN WITH AN INFIRMED SPIRIT



Gift yourself with time to reflect on Jesus' desire to unleash ever more deeply the courageous spirit of discipleship planted deep within our hearts...a spirit that cannot be silenced by voices that sometimes beckon us to be bent over and paralyzed by fear. Taste anew the invitation to stand up straight and praise God with your whole being.

*1:30 to 4:30 p.m. Fee, \$30. Pre-registration is required.*

**Leader: Sr. Maureen Casey, SND**, currently on staff at Miramar Retreat Center in Duxbury, MA, is co-director of the Spiritual Direction Internship Initiative held in Brighton, MA.

## february 10-12 – fri evening to sun lunch 11TH STEP CENTERING PRAYER WEEKEND

*"Sought through prayer and meditation to improve our conscious contact with God as we understood Him..."*

Centering prayer is a method for doing the 11th Step that improves our conscious contact with, and deepens our relationship to, our Higher Power. It is simply moving deep within oneself, in silence, saying nothing, asking for nothing, just being and allowing our Higher Power to be with us.

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$275; Semi-private room \$250; Commuter with meals \$200; Commuter without meals \$165. Deposit \$50. Balance due ten days prior to start of program.*

**Leaders:**  
**Sr. Madeleine Joy, SP, BSN**, is a Chaplain at Farren Care Center in Turners Falls and Mercy Medical Center in Springfield. She is an experienced 12- Step Recovery retreat director and reflection group facilitator.

**Sr. Elizabeth Oleksak, SP**  
*See Page 5 for leader bio.*

**Rev. William Sheehan, OMI**  
*See Page 5 for leader bio.*

## february 11 – sat afternoon GENTLE QIGONG AND YOGA

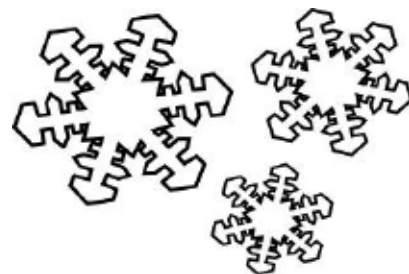


Recommended for anyone who is interested in increased vitality while at the same time eliminating anxiety and filling the heart and soul with peace, Qigong is a low force movement and breathing exercise that restores energy and has amazing healing potential on the mind, body and spirit. We will incorporate gentle yoga to improve posture and strengthen the body while connecting us to our highest consciousness. No experience necessary. Please bring your yoga mat.

*2 to 4 p.m. Fee, \$25. Pre-registration is required.*

**Leaders:**  
**John McCann** is a licensed massage therapist and craniosacral therapist, yoga teacher and Qigong practitioner.

**Janet "J" Vecchia** is a licensed Anusara-inspired yoga teacher and a 500-hour Registered Yoga Teacher (RYT).



**february 17-18 – fri evening to sat afternoon**  
**HEARTFELT GET-AWAY:**  
**THE WISDOM OF FRIENDS**

Take time to refresh your soul and do it with someone you love! Ad"dress" your inner and outer beauty and enjoy some pampering with quiet reflections, delicious meals, sunrise yoga and meditation, and a visit from the "Zesta Stylists" with a fun and interactive fashion experience like no other! NOTE: Healing touch, massage, facials and foot reflexology available for additional fee.

*Begins with supper on Friday at 6:00 p.m. and concludes on Saturday at 5:00 p.m. Resident with private room, \$125; Semi-private room, \$100. Deposit \$50. Balance due ten days prior to start of program.*

**Leaders:**

**Kathy Irr, RN**, is a spiritual director and seasoned retreat leader in the area of spiritual restoration and addictions.

**Donna O'Connor, BS**, offers spiritual direction at Genesis and has been a certified fitness instructor for the past 25 years.

**Guest presenters: Anita Eliason and Jennifer Roberge**, co-founders of *Zesta Style*: A home party fashion business!

**february 19 – sun afternoon**  
**MOTHER TERESA**



Best selling author and lecturer, Susan Conroy, traveled to Calcutta, India, as a 21-year old college student to work with Mother Teresa among the "poorest of the poor". There began their journey of friendship that lasted until Mother Teresa's death in 2007. In India, Susan found hell on earth, but she also found a deep sense of peace and incredible happiness. Susan's experiences with Mother Teresa are chronicled in her book entitled, *Mother Teresa's Lessons of Love and Secrets of Sanctity*. This best seller, along with Susan's other books, will be available for purchase and signing.

*2:00 to 4:00 p.m. Fee \$25. Pre-registration is required.*

**Leader: Susan Conroy**, personal friend of Mother Teresa, is a renowned author, lecturer, and television host.

**february 24-26 – fri evening to sun lunch**  
**ENNEAGRAM WEEKEND WORKSHOP**

The Enneagram is a psycho/spiritual tool that offers insight and practical knowledge of the development of personality. Based on an understanding of Ignation spirituality, Jungian psychology and eastern wisdom, the Enneagram is a holistic paradigm of personal growth and wisdom. We will explore nine personality types and how they develop from compulsive coping styles into compassionate awareness of self, others, and our ever-deepening relationship to God.

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$275; Semi-private room \$250; Commuter with meals \$200; Commuter without meals \$165. Deposit \$50. Balance due ten days prior to start of program.*

**Leader: Sr. Elaine Deasy, RSM**, is an experienced retreat and spiritual director, with over twenty-five years experience teaching the Enneagram.

**february 25 – sat**  
**WORLD ENOUGH & TIME:**  
**ON CREATIVITY AND SLOWING DOWN**



Saul Bellow once said, "*Art has something to do with the achievement of stillness in the midst of chaos.*" There are many doors to that place of stillness, such as reading, writing, drawing, dreaming, walking, praying, and simply telling stories. We will explore our own relationship with time, luxuriating in the opportunity to slow down and reconnect with our creative selves. Please bring a notebook, ideally with plain pages.

*10:00 a.m. to 3:00 p.m. Fee, \$55 with lunch, \$45, without. Pre-registration is required.*

**Leader: Christian McEwen** has taught poetry and various forms of creative non-fiction at Lesley University, Smith College and Williams College. She is editor of several books and author of *World Enough & Time: On Creativity and Slowing Down*. You may purchase a copy at the Genesis Bookstore prior to this workshop or pick one up when you arrive.

# march

**march 7 – wed**  
**CHRISTIAN CELTIC SPIRITUALITY TODAY**

The early Christian Celts valued such paradoxical opposites as staying at home and wandering abroad, feminine leadership, hospitality, song, dance, prayer and pilgrimage. Their nearness to God and nature made them sensitive to the sacredness of boundaries that connect the seen and unseen worlds. We will explore some of the history and values of Celtic Christians and the relevance of Christian Celtic Spirituality for today.

*10:00 a.m. to 3:00 p.m. Fee, \$55 with lunch, \$45 without. Pre-registration is required.*

**Leader: Sr. Ruth McGoldrick, SP**  
*See Page 5 for leader bio.*

**march 7, 14, 21, 28, april 4, 11**  
**SPRING RENEWAL YOGA:**



**A SIX-WEEK WEDNESDAY EVENING SERIES**

Celebrate the return of light and earth's rebirth. Be renewed with inspirational readings, cleansing breathwork, and guided meditations, while revitalizing your body with deep stretches and strengthening poses. Refresh both your inner and outer being, and carry that new energy out into your daily life. All ability levels welcome. Please bring a yoga mat.

*6:30 to 7:45 p.m. Fee, \$55. Pre-registration is required.*

**Leader: Kathy Niedzielski** is an experienced Certified Hatha and Vinyasa Yoga teacher.

***does your soul need nourishing? see page 14...***

# march (cont'd)

## march 9-11 – fri evening to sun lunch HEALING YOUR HURTS: A LENTEN WEEKEND RETREAT



A variety of tried and true as well as new understandings of forgiveness will be presented along with healthy alternatives when forgiving is neither doable nor desirable. The Spirit of Love within your own heart will guide your journey of healing. Don't let the hurts you have suffered or the guilt or shame you are carrying burden you any longer. It's time to heal, live lightly, and be at peace once again...or for the very first time!

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$275; Semi-private room \$250; Commuter with meals \$200; Commuter without meals \$165. Deposit \$50. Balance due ten days prior to start of program.*

### Leader:

**Gary Egeberg** is a former lay Catholic prison chaplain. He is author of *The Forgiveness Myth* and *From Self-Care to Prayer*. He facilitates workshops and retreats throughout the country.

## march 10 – sat OPENING YOUR FENG SHUI EYES AT HOME

Feng Shui literally means wind and water. Tap into the wisdom of this ancient practice to refresh and enliven your home. Learn about "hot spots", find your most "commanding position", and meet the "bagua" map – a fascinating key to understanding and working with your space. New insights will be offered on dealing with the perpetual challenge of clutter.

*10:00 a.m. – 3:00 p.m. Fee, \$60 with lunch; \$50 without lunch. Pre-registration is required.*

**Leader: Susan LaForte** is a Certified Feng Shui Practitioner.

## march 11 – sun afternoon DREAMING A NEW VISION OF EARTH



Participants will explore the New Story and its possibilities to bring a new vision to our journey with Earth. The Cosmic Story is one of evolution, with all its mystery and beauty. We will be challenged to reconnect with the universe as central to our way of being and behaving, and invited to moments of transformation in our relationship with Earth. This workshop weaves art, music, poetry, story and dance into an experience of living in an Earth centered way.

*1:30 to 4:30 p.m. Fee, \$30. Pre-registration is required.*

**Leader: Sr. Linda Neil, CSJ, BS, MA**, teaches Theology and Environmental Science at Catholic Central High School in Troy, NY.



## march 17 – sat PSYCHOLOGICAL DIMENSIONS OF PRAYER AND MEDITATION



Christian contemplatives and other spiritual seekers have become increasingly aware of psychological and emotional dimensions to prayer and meditation. As one becomes more inwardly "empty" and sensitive to the nuances of one's emotions, thoughts, memories and desires, one often begins to realize dimensions of personal experience that one has brushed aside because of our busy, multi-tasking lives. Sometimes, one discovers a phenomenon called "spiritual bypassing", whereby one inadvertently uses religious or spiritual practices to repress unpleasant, fearful or even joyful and creative experiences. How can we better integrate our spiritual and psychological experience? Included are presentations, silent meditation and prayer, and group discussion.

*10:00 a.m. to 3:00 p.m. Fee, \$55 with lunch, \$45 without. Pre-registration is required.*

**Leader: Dr. Robert Jonas, EdD, MTS**, is a retreat leader, biographer of Henri Nouwen, musician, videographer, and environmental activist.

## march 18 – sun afternoon RECONCILIATION: PUTTING A BURDEN DOWN



In every act of reconciliation, we connect again with the boundless love of God. Through brief presentations and conversations, as well as silent prayer and guided meditation, this Lenten retreat will give us space to explore and to pray about the places in our lives where God may be inviting us to let go burdens of resentment, guilt or shame.

*1:30 to 4:30 p.m. Fee, \$30. Pre-registration is required.*

**Leader: Margaret Bullitt Jonas, PhD**, is an Episcopal priest, author, and retreat leader.

## march 23-25 – fri evening to sun lunch BOUNDARIES, BALANCE AND BEING!



Do you keep telling yourself that one of these days you'll get your act together? If your answer is a resounding "yes," join author & life coach, Betty Hill Crowson for a weekend to step back, RELAX (what a concept!), relate with other women, and realize some new ways of handling old situations. You are promised better balance, more defined boundaries, and a greater appreciation of yourself as a human being rather than a human doing. Through a combination of presentations, humor, optional group sharing, music and ritual, this weekend is guaranteed to be informative, relational, spiritual, and fun!

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$275; Semi-private room \$250; Commuter with meals, \$200; Commuter without meals, \$150. Deposit \$50. Balance due ten days prior to start of program.*

**Leader: Betty Hill Crowson, LSW**, is an experienced retreat director who is well known throughout the Northeast for her life-enhancing and empowering work with women of all ages and stages.

## march 25 – sun afternoon

### LABYRINTH WALK

A labyrinth walk invites us to set aside the stress, chaos, and violence found in each day. Walking the labyrinth's sacred path provides an opportunity to nourish our spiritual hunger and discover the Divine Wisdom within each of us, simply by placing one foot in front of the other.

1:30 to 4:30 p.m. Fee, \$30. Pre-registration is required.

**Leader: Sr. Lorry Villemaire, SSJ, MA**, has an extensive teaching background and is a certified labyrinth facilitator.

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## march 30-april 1 – fri evening to sun lunch

### RETREAT WEEKEND: OPENING THE BOOK OF CREATION



*"My book is the nature of created things, and as often as I have a mind to read the words of God, it is at my hands."*

~ St. Anthony of Egypt

Drawing upon the nature spirituality of the Desert Mothers and Fathers and St. John of the Cross, this retreat will include training practices to enhance our capacity for deep listening to the Divine Presence in nature and daily prayer. We will also explore the rich heritage of Christian nature spirituality and how it can inform and support our relationship with Creation today.

*Begins Friday at 7:30 p.m. and concludes with lunch at noon on Sunday. Resident with private room \$275; Semi-private room \$250; Commuter with meals, \$200; Commuter without meals, \$150. Deposit \$50. Balance due ten days prior to start of program.*

#### Leaders:

**Mark Kutolowski** is an Oblate of St. Benedict, committed to living a monastic spirituality in daily life. He is a wilderness guide and traditional skills instructor.

#### Sr. Elizabeth Oleksak, SP

*See Page 5 for leader bio.*

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## march 30-april 1 – fri supper to sun lunch

### LIVING IN RECOVERY: A 12-STEP RETREAT WEEKEND FOR WOMEN AND MEN

Women and men, in any 12-Step program, are welcome to join us as we journey in recovery. Through prayers, music, presentations and sharing, we will reflect on 12-Step themes and the practical applications of the steps in our lives.

*Begins Friday with supper at 6:00 PM and concludes with lunch at noon on Sunday. Resident with private room, \$250; Semi-private room, \$225; Commuter with meals, \$175; Commuter without meals, \$145. Deposit \$50. Balance due ten days prior to start of program.*

#### Leader: Sr. Madeleine Joy, SP

*See Page 6 for leader bio.*

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## march 31 – sat afternoon UKRAINIAN EASTER EGGS

The decorating of Ukrainian Easter Eggs, handed down through generations, is practiced the world over. Legend has it that as long as eggs are decorated, goodness will prevail over evil throughout the world. Learn how to decorate eggs using a stylus, beeswax and dyes. Fee includes the use of all materials to decorate your own eggs.

1:30 to 4:30 p.m. Fee: \$30. Pre-registration is required.

**Leader: Susan Urban** has been teaching Pysanky, the art of painting Easter eggs, for over 25 years.

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# april

## april 5-8 – thu supper to sun brunch HOLY WEEK TRIDUUM RETREAT

This weekend contains the most solemn and beautiful liturgies of the liturgical year and allows these liturgies to be central, to speak the mystery of Jesus' dying and rising in the members of His Church. A daily conference and additional times of prayer will assist our participation in the paschal mystery.

*Begins with 6:00 p.m. supper on Thursday and concludes with 10:00 a.m. Sunday brunch. Resident with private room \$325, Semi-private room, \$275; Commuter with meals, \$200; Commuter with Easter brunch only, \$175. Deposit \$50.*

**Leader: Fr. Ed Quinnan, SJ**, experienced retreat director, is the Pastoral Assistant for the New York Province of Jesuits.

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## april 15 – sunday afternoon COOKING THE MEDITERRANEAN WAY



In this workshop you will learn about the healthiest diet in the world, as Bill Bradley, Registered Dietitian, creates a feast from different Mediterranean countries. Course includes dinner, a "how-to-eat-Mediterranean" manual, and recipes.

3:00 to 6:00 p.m. Fee, \$55. Pre-registration is required.

**Leader: Bill Bradley, RD**, lecturer and cookbook author, has led over 1,500 workshops, including many on the health benefits of Mediterranean cuisine and lifestyle. Recently, Bill went to the island of Crete to research the traditional cooking techniques of the healthiest people in the world.

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## april 21 – saturday THE RELAXABILITY TECHNIQUE™

*See Page 5 for program description.*

10:00 a.m. to 3:00 p.m. Fee: \$55 with lunch, \$45 without. Pre-registration is required.

#### Leader: Jessica Sarfaraz Berger

*See Page 5 for leader bio.*

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# april (cont'd)



## april 22 – sun afternoon SEVEN SUSTAINABLE SKILLS FOR THE LONG-TERM CARE JOURNEY

This respite retreat program is created for unpaid family care partners journeying with a loved one through extended illness. Learn and experience seven skills (breathing, meditation, restorative postures and more) that will help sustain you on the long-term care journey. Sharing between caregivers will be facilitated. Included in the program fee is a journal/pocket guide which can be used in the program and/or at home.

1:30 to 4:30 p.m. Fee: \$40. Pre-registration is required.

**Leader: Mary MacDonald, MA**, is the founder of Marymac Missions, a social enterprise that champions improved life quality for caregivers and adults living with extended illness.

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## april 22 – sunday afternoon JOURNEY OF THE UNIVERSE: A FILM DISCUSSION



Welcome to the *Journey of the Universe*, an epic story of cosmic, earth, and human transformation. This film is a collaboration of acclaimed author and evolutionary philosopher, Brian Thomas Swimme, and Yale University historian of religions, Mary Evelyn Tucker. They weave a tapestry that draws together discoveries in astrology, geology, and biology with humanistic insights concerning the nature of the universe.

2:00 to 4:30 p.m. Free Will Offering. Pre-registration is required.

### Discussion Facilitators:

**Stephan Martin, MS**, is an astronomer, educator, and author who has taught astronomy and physics at colleges and educational centers across the U.S. for over twenty years.

**Sr. Elizabeth Oleksak, SP**

See Page 5 for leader bio.

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## april 27-28 – fri evening to sat afternoon SEIZING HOPE IN A SEASON OF DESPAIR

In the face of ecological crisis, what spiritual resources inspire and sustain us as we struggle to protect God's Creation? What gives us energy and hope? How do we move through denial and despair into the joy of resurrected living? This retreat will explore our relationship with God and the natural world, giving particular attention to the ways that God encounters us throughout Creation.

Begins with supper at 6:00 p.m. on Friday and ends at 4:30 p.m. on Saturday. Resident with private room, \$125; Semi-private room, \$100. Deposit \$50. Balance due ten days prior to start of program.

**Leader: Margaret Bullitt Jonas, PhD**

See Page 8 for leader bio.

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## april 27-29 – fri supper to sun lunch FOCUSING II WEEKEND: DEEPENING THE ART AND PRACTICE OF FOCUSING



**Prerequisite: Focusing, Part 1: The Art and Practice of Focusing, or equivalent experience of the Gendlin Method.**

Gain confidence to work more deeply with your own Focusing practice. Learn to companion others and hone listening skills. We will look at roadblocks that prevent us from being present to ourselves and others, and explore solo Focusing.

Begins with supper on Friday at 6:00 p.m. and concludes with lunch at noon on Sunday. Resident with private room, \$285; Semi-private room \$260; Commuter with meals, \$210; Commuter without meals, \$165. Deposit \$50. Balance due ten days prior to start of program.

### Leaders:

**Kathi Bangert**

See Page 5 for leader bio.

**Deborah Jones** is a Certified Focusing Facilitator who inspires others to live as unique and valued expressions of God.

**Roberta Whitney** is a Certified Focusing Facilitator who works with individuals to engender healing and well-being through self-connection.

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## april 29 – sun COSMIC CREATIVITY



As humans, we are expressions of a creative evolving cosmos and have the capacity to express the universe's creative impulse through us in everything we do. Through creative expression, we can open more deeply into the creative heart of life itself, so that our lives become living works of art and conduits for divine inspiration and expression. No prior experience with art is required. Come connect to your inner artist and play!

10:00 a.m. to 3:00 p.m. – Fee, \$55 with lunch, \$45 without. Pre-registration is required.

### Leaders:

**Stephan Martin, MS**

See left column for leader bio.

**Kim Bella, PhD**, is a psychologist and artist who specializes in expressive arts and creativity.

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## april 29 – sun evening CONTEMPLATIVE STARGAZING

Join astronomer Stephan Martin for an evening of stargazing as we contemplate the beauty and mystery of the night sky. We'll expand our hearts and minds as we explore the spring constellations, reflect on our place in the Milky Way galaxy, and discuss the origin and nature of the magnificent universe that surrounds us. In case of poor weather, we will move indoors, enjoying some of the most spectacular images of the universe as seen through the eyes of the Hubble Space Telescope and other cutting-edge observatories. Clear or cloudy, this is an evening you won't want to miss!

7:30 p.m. Fee, \$15. Pre-registration is required.

**Leader: Stephan Martin, MS**

See left column for leader bio.

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# may



may 5 – sat

## STAYING HEALTHY: IT'S EASIER THAN YOU THINK!

Learn the basics of nutrition (some that may surprise you), the foods that are best for YOU, some healthful and easy meal plans, what you can do to help avoid osteoporosis, the truth about sweeteners, and facts about hydration. We will also discuss why aging has been defined as the "demineralization of the body", facts on the ecological impact of our food choices and what the Bible has to say about food.

10:00 a.m. to 3:00 p.m. Fee, \$55 with lunch, \$45 without.  
Pre-registration is required.

**Leader: Judith Martel Peloquin** is a Nutritional Consultant who stumbled into the alternative health field after a health crisis left her with long-term, chronic and debilitating fatigue. As she recovered, her passion for vibrant health led her into studies on how to hasten and claim a better quality of life.

may 12 – sat

## SELF CARE YOGA, QIGONG AND MEDITATION: A GENTLE DAY OF RENEWAL FOR WOMEN

This program includes Self Care skills and relaxation techniques including gentle Self Care Yoga, easy-flowing Qigong--a practice which harmonizes flowing movements with meditative breathing --plus a walking meditation outdoors on the beautiful grounds of Genesis.

10:00 a.m. to 4:00 p.m. Fee, \$65. Pre-registration is required.

**Leader: Kate Forest, RYT**, is an Advanced Level Registered Yoga and Mindful Living Teacher. She is the Creator of Self Care Yoga.

# june

## june 4-11 – mon supper to mon lunch 7-DAY SILENT DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Monday and concludes with lunch at noon on Monday. Cost \$475. Deposit \$100. Balance due ten days prior to start of retreat.

**Leaders:**

**Sr. Elaine Deasy, RSM**  
See Page 7 for leader bio.

**Sr. Justine Lyons, RSCJ**, is an experienced retreat and spiritual director.

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

**Sr. Dorothy Welch, CSJ, MA, MDiv**, is an experienced spiritual director, grounded in the Spiritual Exercises of St. Ignatius of Loyola and the New Cosmology.

## june 18-21 – mon supper to thu lunch MINI-SILENT DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Monday and concludes with lunch at noon on Thursday. Cost \$300. Deposit \$100. Balance due ten days prior to start of retreat.

**Leader: Sr. Ellen Keane, SND**, is an experienced retreat and spiritual director.



## june 18-21 – mon supper to thu lunch GUIDED MINI RETREAT: THE ART OF FOCUSING Prerequisite: Focusing, Part 1: The Art and Practice of Focusing, or equivalent experience of the Gendlin Method.

As the sun opens to its fullest expression in summer, tap into the vast creative energies within you. Enjoy the practice of Focusing to access awareness deep inside the body. In optional group sessions, give expression to these innermost stirrings through movement, writing and other creative modes. There will be time for quiet reflection and one-on-one guided Focusing.

Begins with 6 p.m. supper on Monday and concludes with lunch at noon on Thursday. Cost \$300. Deposit \$100. Balance due ten days prior to start of retreat.

**Leaders: Kathi Bangert and Roberta Whitney**  
See Page 5 and 10 for leader bios.

## june 26-july 2 – tue supper to mon lunch 6-DAY SILENT-DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Tuesday and concludes with lunch at noon on Monday. Cost \$425. Deposit \$100. Balance due ten days prior to start of retreat.

**Leaders:**

**Fr. Terrence Devino, SJ, MDiv**, is an experienced retreat and spiritual director. He is assistant to the president of Boston College and director of Manresa House, which provides guidance for those considering a vocation to the priesthood.

**Sr. Lilyan Fraher, RSM**, is an experienced retreat and spiritual director who has ministered in education and administration.

**Sr. Peggy Luby, RSM**, is an experienced retreat and spiritual director who has ministered in education and community administration.

**Sr. Virginia Sheehan, SND, MA**, is an experienced retreat and spiritual director.

### Ongoing Group Therapy at Genesis

**Tuesday Evenings - 5:00 to 6:30 p.m.**

**Leader: Faith Sullivan, MDiv**, is a psychotherapist in Northampton, MA, and is spiritual counselor for hospice in Enfield, CT. **For more information or to register, please call Faith at (413) 636-8793. Faith's website: www.faithsullivanmdiv.com**

# july

## july 4-10 – wed supper to tue lunch 6-DAY SILENT DIRECTED AND FOCUSING DIRECTED RETREATS

See Page 5 for retreat descriptions. Begins with 6 p.m. supper on Wednesday and concludes with lunch at noon on Tuesday. Cost \$425. Deposit \$100. Balance due ten days prior to start of retreat.

### Leaders:

**Sr. Sylvia Comer, RSM, MA, STM**, is an experienced retreat and spiritual director, and serves as a pastoral minister at St. Joseph's College of Maine.

### **Sr. Ruth McGoldrick, SP (Focusing)**

See Page 5 for leader bio.

**Sr. Nancy Sheridan, SASV, MEd, CAES**, serves on the leadership team of the Sisters of the Assumption. She is involved in retreat ministries, spiritual direction and supervision in the USA and Canada.

**Sr. Kathleen Short, CSJ**, is an experienced retreat and spiritual director and licensed addictions counselor.

## july 13-18 – fri supper to wed lunch MOTHERS, SISTERS AND DAUGHTERS: STANDING ON THEIR SHOULDERS



We will enter the lives of some amazing women--both living and dead--environmentalists, poets, politicians, mystics, social activists, women in Scripture, martyrs and even some unknown women whose witness, courage and faithfulness will inspire and guide us on our own journeys. We will come to stand on the shoulders of these modern prophets and valiant women as we celebrate our own stories and possibilities!

Begins with 6 p.m. supper on Friday and concludes with lunch at noon on Wednesday. Cost \$440. Deposit \$100. Balance due ten days prior to start of retreat.

**Leader: Edwina Gateley, MA**, is an internationally known retreat director, speaker, and best-selling author of *Soul Sisters* who divides her time between writing and leading retreats. Her newest book is *In God's Womb*.

## july 19-22 – thu supper to sun lunch MINI DIRECTED AND FOCUSING DIRECTED RETREATS

See Page 5 for retreat descriptions. Begins with supper at 6 p.m. on Thursday and concludes with lunch at noon on Sunday. Cost \$300. Deposit \$100. Balance due ten days prior to start of retreat.

### Leaders:

### **Kathi Bangert (Focusing)**

See Page 5 for leader bio.

### **Sr. Elizabeth Oleksak, SP (Directed)**

See Page 5 for leader bio.

## july 23-29 – mon supper to sun lunch 6-DAY GUIDED RETREAT: GOD, JESUS AND PRAYER IN A NEW STORY OF THE UNIVERSE.



This retreat will focus on the Divine Presence always present in an unfolding universe; on Jesus revealing that Presence always with us; and on prayer and ritual deepening our awareness of that Presence with us and challenging us to give the best possible human expression to it.

Begins with 6 p.m. supper on Monday and concludes with lunch at noon on Sunday. Cost \$485. Deposit \$100. Balance due 10 days prior to start of retreat.

**Leader: Michael Morwood**, a former Catholic priest and best-selling author of award-winning book, *Praying a New Story*, has 40 years' experience in retreat, education, parish and adult faith education ministries in Australia. He has lectured extensively in the USA, Canada and Ireland.

## july 31-august 7 – tue supper to tue lunch 7-DAY SILENT DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Tuesday and concludes with lunch at noon on Tuesday. Cost \$475. Deposit \$100. Balance due ten days prior to start of retreat.

### Leaders:

**Sr. Connie DeBiase, CSJ**, is an experienced retreat and spiritual director who leads Ignation-style retreats throughout the USA and Canada.

### **Sr. Kathleen Short, CSJ**

See left column for leader bio.

## july 31-august 7 – tue supper to tue lunch GUIDED RETREAT: PUT OUT INTO DEEP WATER



"Put out into deep water and...lower your nets for a catch."  
~ Luke 5:4

This is a scripture-based retreat inviting us to an ever-deepening call into the healing waters of Faith, Hope and Love.

Begins with 6 p.m. supper on Tuesday and concludes with lunch at noon on Tuesday. Cost \$475. Deposit \$100. Balance due ten days prior to start of retreat.

**Leaders: Fr. Harry Cain, SJ, and Virginia Blass, DMin**, as a team, have been offering spiritual direction, Ignatian-guided and directed retreats and parish missions for some twenty years. Stories, wisdom and humor are characteristics of their preaching.

# august

## august 10-17 – fri supper to fri lunch

### 7-DAY SILENT DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Friday and concludes with lunch at noon on Friday. Cost \$475. Deposit \$100. Balance due ten days prior to start of retreat.

#### Leaders:

**Sr. Carol Fitzsimmons, CSJ**, has 30 years of experience as a spiritual and retreat director. She most recently served as co-director of St. Joseph Retreat Center, Cohasset, MA.

**Fr. Ken Hughes, SJ**, directs retreats both nationally and abroad. He is a spiritual director at the Center for Ignatian Spirituality at Boston College and co-directs the New England Tertianship Program.

#### Sr. Dorothy Welch, CSJ

See Page 11 for leader bio.

## august 19-26 – sun supper to sun lunch.

### 7-DAY SILENT DIRECTED RETREAT

See Page 5 for retreat description. Begins with 6 p.m. supper on Sunday and concludes with lunch at noon on Sunday. Cost \$475. Deposit \$100. Balance due ten days prior to start of retreat.

#### Leaders:

**Sr. Catherine Hannigan, PBVM, MA**, is an experienced retreat and spiritual director and has provided training for spiritual direction for many years.

#### Sr. Mary Horgan, SP

See Page 5 for leader bio.

introduce a friend to  
genesis...

Register with **a friend who hasn't been to Genesis before** and receive a program discount for yourself and your friend. For Day or Series programs, the discount is \$5.00 for each of you. For an Overnight, Weekend or Retreat, the discount is \$10.00 for each of you. **Don't forget to ask for your discount when you register!**

## august 19-26 – sun supper to sun lunch 7-DAY GUIDED RETREAT: THE HEART OF CREATIVITY: CONTEMPLATION, ART AND MYSTERY

This retreat offers a method of meditation that enables retreatants to develop a contemplative stance towards life. We will explore correct looking as a form of prayer; the place of surrender in prayer; "wounds of the heart" that may arise in this meditation; the mystery that surrounds us, and the Christ who encounters us in prayer. There will be presentations, studio time, informal talks and contemplative prayer. Each retreatant will create a small acrylic painting from a still life. No artistic experience necessary. \$20 art materials fee is included in the cost.

Begins with 6 p.m. supper on Sunday and concludes with lunch at noon on Sunday. Cost \$490. Deposit \$100. Balance due ten days prior to start of retreat.

#### Leaders:

**Michael Moran, CP** is a Passionist Brother, artist, and teacher who preaches retreats throughout the country.

#### Sr. Elizabeth Oleksak, SP

See Page 5 for leader bio.

## august 28-31 – tue supper to fri lunch MINI SILENT DIRECTED AND FOCUSING DIRECTED RETREATS

See Page 5 for retreat descriptions. Begins with supper at 6 p.m. on Tuesday and concludes with lunch at noon on Friday. Cost \$300. Deposit \$100. Balance due ten days prior to start of retreat.

#### Leaders:

#### Sr. Ruth McGoldrick, SP (Focusing)

See Page 5 for leader bio.

#### Kathleen Irr (Directed)

See Page 7 for leader bio.

honor your loved ones...

Our gardens and ministry to the land can continue to blossom with your help. We encourage you to remember or honor your loved ones by making a donation in their name to the New Life Garden. Our land appreciates your generosity!



New Life Garden

# other offerings

## PRIVATE SPIRITUAL OPPORTUNITIES

### Spiritual Direction/ Guidance

Sister Mary Horgan, SP, Sr. Elizabeth Oleksak, SP, and Donna O'Connor are available for spiritual direction/guidance. For private spiritual opportunities with Genesis staff, the suggested offering is \$40 per session. However, no one will be turned away if unable to contribute. Please call the Genesis office to arrange all appointments.

### Focusing Sessions

Focusing provides a practical and simple framework within which your bodily sense for grace and God can become part of everyday awareness. You will experience a sensitive way of being more present to your own depths and develop a deeper sense of God's presence in your life. Sr. Elizabeth Oleksak, SP, is available for Focusing Sessions.

### Eco-Spirituality

An extensive library of books and videos, as well as consultation on eco-spirituality, are available from Sr. Elizabeth Oleksak, SP.

### Centering Prayer

Centering Prayer is a method of contemplative prayer placing a strong emphasis on interior quiet and the experience of God's presence. Arrangements may be made by calling the Registrar.

### Directed Retreats

Individually directed, centering, Focusing, ecospiritual and Enneagram Retreats may be arranged throughout the year depending on the availability of a director. Arrangements may be made by calling the Registrar.

### Individual Private Retreats

Individual private retreats are arranged throughout the year. Please call Genesis office for cost, mid-week special rates, and availability.

# ongoing

## QUILTING CLASSES

Come join Joanne at Genesis for relaxing and stress-free quilting classes. There are always new projects to start or you may bring your unfinished projects to work on. Quilters of all levels are welcome. This is a good time for beginners to get started.

*For cost and enrollment information contact Joanne Tryba at 786-8599.*

**Leader: Joanne Tryba** has been quilting for over 25 years, doing both hand and machine piecing. She is a member of the Pioneer Valley and Granville Quilt Guilds.

## SUPPORT AND OTHER ONGOING GROUPS

Genesis offers its space to people who gather to provide each other mutual help and understanding. Currently, the following groups are meeting at Genesis:

### Co-Dependents Anonymous (CODA)

Mondays at 7:30 p.m. For more info call 413-568-2875

### 12-Step Men's Discussion Group

Wednesdays at 7:30 p.m. For more info call 413-786-9559

### 12-Step Reflection Group

Third Wednesday of month at 7 p.m.

### Chair Yoga

Pre-enrollment required - Call Janice at 413-569-0444

Thursday mornings 10 to 11 a.m.

### Yoga for Cancer Survivors & Their Families

Pre-enrollment required - Call Niti at 413-243-1530

## sabbatical at genesis

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

*"He said to his disciples, 'Come away to some lonely place all by yourselves and rest for awhile' for there were so many coming and going that there was no time for them even to eat." ~ Mark 6:31*

Do you hear a familiar echo within this invitation? Are there so many people or things in 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 course, be it for one month or up to nine!

***Please contact Sr. Ann Horgan for more information on sabbatical time.***



# registration (please print)

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ First program at Genesis? \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Telephone \_\_\_\_\_ Evening Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Please register me for the following Genesis program(s):

Program Title \_\_\_\_\_

Program Date \_\_\_\_\_ Cost \_\_\_\_\_

**Please indicate: Resident:**  Male  Female  Commuter w/meals  Commuter without meals

Total \$ \_\_\_\_\_ Deposit Enclosed \$ \_\_\_\_\_ Balance \$ \_\_\_\_\_

**TOTAL AMOUNT DUE** \_\_\_\_\_ **PAYMENT METHOD:** **VISA** **MASTERCARD** **CHECK ENCLOSED**

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ / \_\_\_\_\_

Yes, sign me up for monthly E-Newsletter! Email address: \_\_\_\_\_

Medically-oriented needs: \_\_\_\_\_

Check if you would like to add supper on opening night of weekend programs - \$10.00 additional with deposit.

*Please consult program listings for specific meal details as some weekend programs include supper with cost.*

## genesis program registration and cancellation policies

- ◆ Register online, by telephone, email, or U.S. mail. We accept US checks, VISA or MasterCard.
- ◆ Day, evening, series programs paid in full when registering.
- ◆ Extended programs and retreats of four or more days - \$100 deposit due with registration.
- ◆ Overnight and weekend programs - \$50 deposit due with registration.
- ◆ All programs/retreats paid in full **10 days** prior to program start.
- ◆ No confirmation of registration is sent unless requested.
- ◆ For cancellations up to ten (10) days prior to program start, receive full refund less \$20.
- ◆ No refund of deposit within ten (10) days of program start date.
- ◆ Should a program or retreat be cancelled by Genesis, a full refund will be given.

## genesis staff and volunteers

### **Sr. Ann Horgan, SP**

*Administrator / Sabbatical Coordinator*

### **Sr. Mary Horgan, SP**

*Associate Staff / Sabbatical Team*

### **Sr. Ruth McGoldrick, SP**

*Consultant*

### **Sr. Elizabeth Oleksak, SP**

*Associate Staff / Foundress/  
Gardener / Sabbatical Team*

### **Cindy Lees**

*Financial Services*

### **Janet May**

*Hospitality Coordinator*

### **Donna O'Connor**

*Administrative/Program Assistant*

### **Trisha Riga**

*Registrar / Website / Graphic Design*

### **Pat Woodard**

*Executive Housekeeper*

### **Janet Kondrat**

**Mary LeClair**  
*Housekeepers*

### **Jeanne Aras**

*Head Cook*

### **Bill Bullard**

*Cook*

### **Rebekah Blishchik**

**Benjamin Call**

**Alina Shut**

**Michael Turner**

**Stephanie Yarmesky**

*Dietary Aides*

### **Nik Lukomsky**

*Plant Manager*

### **Mike LaLiberte**

*Maintenance and Grounds*

### **Kathleen Peterson**

*Volunteer Coordinator*

### **Evelyn Calleva**

**Sr. Julie Crane, SP**

**Mary LeClair**

**Ann McGaharn**

**Sr. Geraldine Noonan, SP**

**Robert O'Brien**

**Phyllis Oleksak**

**Sue Phelon**

**Thomas Ré**

**Lorraine Salvas**

**Mary Talarico**

**Joanne Viets**

**Barbara Zygarowski**

*Volunteers*

**Fluffy & Gracie** - Genesis Cats

**Tasha** - Convent Cat

**Ameraucana Hens**

*Animal Life at Genesis*

# directions

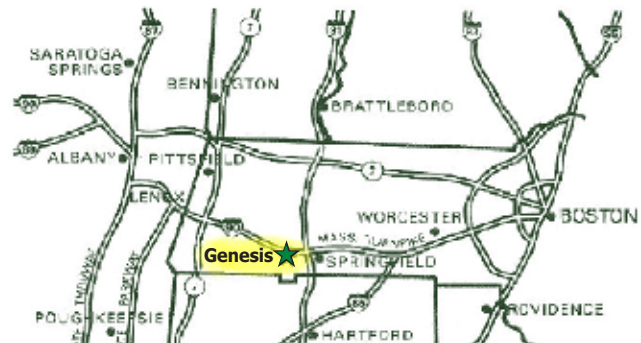
**Only 10 minutes from the Massachusetts Turnpike;  
only 40 minutes from Bradley International Airport.**

## **From East and West:**

Take Massachusetts Turnpike (1-90) to Exit 3 (Westfield). Turn right after the exit ramp onto Elm Street and continue for one and one-half (1-1/2) miles. Turn right at large sign "Route 20 West". At first light, turn left on to Washington Street. End of Washington Street, at light, turn right onto Court Street. At Noble Hospital, turn left onto Mill Street. Genesis is one-half (1/2) mile up Mill Street on the right. A red sign marks the entrance.

## **From North and South:**

Take 1-91 to Mass. Exit 14 which connects with Exit 4 (West Springfield/Holyoke) of the Massachusetts Turnpike. Drive west on the turnpike to Exit 3 (Westfield). Follow the East/West directions to Genesis.



## **A Shorter Route from the South:**

Take 1-91 to Exit 40 (Bradley International Airport). Drive three and one-half miles from this exit to the intersection with Connecticut Route 20 west. Drive six miles on Route 20 to Routes 10-202 in Granby, CT. Take a right, going north on Route 10-202 for approximately eleven miles into Westfield. Cross the Little River Bridge and take the first left, which is Mill Street. Genesis is one-tenth of a mile up Mill Street on the left.

**Reminder from the Genesis Board - Mark Your Calendar!**

*13th Anniversary Genesis Wine Tasting!*

**Friday evening - September 21, 2012**