

**Wisdom from Some of the Companions
on Our Journey:**

"The world is crowded with God. The real labor is to remember, to attend. In fact, to come awake. Still more, to remain awake."
—C.S. Lewis

"Contemplative spirituality calls us to step quietly and consciously into the presence of God"— Joan Chittister

"In our hearts, we are all potential mystics."
— Henri Nouwen

"Contemplation requires the willingness, honesty and courageous desire to face ourselves just as we are and our world just as it is..." — Gerald May

"... if you dare to penetrate your own silence and dare to advance without fear into the solitude of your own heart ... you will truly discover the light and capacity to understand what is beyond words..." — Thomas Merton

"I understand myself better because I learn from these mystics – 'brothers and sisters of the free spirit' – a language that brings my own experiences closer to me and lets them shine." — Dorothee Soelle



MARIANDALE
RETREAT AND CONFERENCE CENTER

Mariandale is an ecumenical retreat and conference center conveniently located 35 miles north of New York City in Westchester County, New York.

We offer programs covering various dimensions of religion and spirituality from a Christian perspective. We are known for the diversity of the groups that call Mariandale their home and for our welcoming hospitality.

Conveniently located on 55 wooded acres on the eastern bank of the Hudson River, Mariandale welcomes non-profit groups of all kinds for day or overnight workshops, conferences and spiritual retreats. Mariandale is a beautiful and peaceful setting for planning, teaching, training, studying or meditating.

MARIANDALE
RETREAT AND CONFERENCE CENTER

299 North Highland Avenue
Ossining, New York 10562-2327
914-941-4455

www.mariandale.org

Awakening the Spiritual Heart:



Contemplative Formation Program 2013-2014

*Grounded in the Christian
Contemplative Tradition and the
Richness of Silence . . .*

Mariandale
Retreat &
Conference
CENTER

“Slipping on my shoes, boiling water, tasting bread, buttering the sky – that should be enough contact with God in one day.” — Rumi

Mariandale’s Contemplative Formation Program will provide a unique experiential and educational opportunity...

- for all those who yearn to live from a centered place amidst their daily busyness and overextension in order to experience the fullness of the present;
- for those who desire to bring the fruits of stillness into their ministries and works of justice; and
- for those who wish to be in the company of others who are also serious about awakening to deeper consciousness in a life of spiritual practice.

Grounded in the richness of silence and Christian contemplative tradition, the program will invite participants into an exploration of their relationship to the Holy and to their own deeper Selves, through study, dialogue and myriad contemplative practices, while encouraging a deepened appreciation of their own faith tradition.

Specifics

Beginning on the weekend of February 8 - 10, 2013, and ending in March of 2014, the program will consist of:

- five residency weekends (Friday night - Sunday afternoon) 2013: Feb. 8-10; May 17-19; Sept. 13-15; Dec. 6-8; 2014: Mar. 14-16
- ten monthly contemplative group/circle meetings (weekday or evening), facilitated by a team member
- at-home spiritual practices, monthly reflections sheets, journaling, suggested reading, etc.

“Deep calls to deep.” Psalms 47:7

Participants will explore such areas as contemplation and:

- the everyday
- the psychodynamics of spirituality
- practices of stillness and awareness
- scripture
- the arts
- being justice in the world
- the cosmic body of Christ
- the mystical tradition

Through topics such as:

The Transformative Journey; Holy Listening and Discernment; Love and Conscious Suffering; Healing, Compassion and Gratitude; and Contemplative Life and Ministry

Staff

Don Bisson, FMS, D.Min.
Janet Corso, MA
Renate Craine-Sutterlin, PhD
Gaynell Cronin, MA
Jack Rathschmidt, OFM Cap., PhD
and guest speakers

“Wherever you turn, there you will find God’s footprints.”

— Jean Pierre de Caussade

Fees

The cost is \$1,500 for the complete program and covers tuition, meals, lodging and handout materials (not including the cost of recommended books). It may be paid at the beginning of each weekend (5 payments) or in full at the beginning of the program.

Application

To receive an application form:

- *download the application:*
www.mariandale.org
- *call Mariandale: 914-941-4455*
- *email Janet Corso at*
jcorso@ophope.org

Application deadline: November 1, 2012. A non-refundable fee of \$50 (to be applied to tuition) will be required at the time of application.

Call 914-941-4455 for an application or go online at www.mariandale.org