

**2011–2012
Calendar of Events**

**1071 Ramapo Valley Road
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www.carmelretreat.com

WELCOME!

Over 50 Years of Peace, Quiet, Hospitality

Carmel Retreat began with the dreams of two men. In 1905 Clarence E. Chapman, a New York financier, opened his country house in the Ramapo River Valley and called it Welawiben, an imaginary name which he believed expressed health, happiness and family. For nearly 40 years, his beautiful Dutch Colonial home welcomed scores of guests. In 1955 Fr. Brice Riordan, O. Carm. opened Carmel Retreat at Mr. Chapman's estate. Carmel (Hebrew for Garden of God) has been an oasis for thousands seeking a place for rest and renewal.

Enjoy quiet serenity nestled in the rolling Ramapo Mountains of northern New Jersey. The beautiful renovated 100 year old mansion provides a comfortable and prayerful atmosphere for individuals and groups. Carmel Retreat offers 31 air-conditioned bedrooms (65 beds) with private or hall baths, meeting spaces, a chapel, an elevator, limited handicap accessibility, home-style meals, gardens and walking areas with views of the Ramapo Mountains.

CARMELITE SPIRITUALITY

Carmelite spirituality is rooted in the desert of the Holy Land. In their hazardous beginnings on Mount Carmel, the founding community had to trust in God alone. The first Carmelites drew their inspiration for living in God's presence from the prophet Elijah in the Old Testament and Mary of Nazareth in the New Testament. Carmelites respond with prayer and a prophetic voice as they take to heart the words of Elijah, "God lives, in whose presence I stand."

The contemplative charism of openness to God, modeled by the saints of Carmel, is the spirituality that we at Carmel Retreat hope to make available to all, guided by the rich heritage of the Carmelite mystics.

CARMEL RETREAT MISSION STATEMENT

For 800 years, the Carmelites have walked in the footsteps of Jesus Christ and lived a life of silence and solitude. Carmel Retreat embodies the spirit of Elijah and Mary. As disciples of Jesus, we offer the people of God the atmosphere of peace, quiet and hospitality. We gently invite pilgrims to reflectively hear and act upon our God's Word.

Ministerial Staff

Eileen T. McGovern, SSJ, *Director*

Thomas Murphy, O.Carm.

Michael J. Wastag, O.Carm.

TYPES OF RETREATS

A **Silent Retreat** is time to stop one's busy life and come away to a quiet place to be with God. Our silent retreats invite you into the contemplative experience and daily Eucharist. Since silence is maintained throughout the retreat including mealtimes, retreatants are asked to avoid conversation and noise.

A **Directed Retreat** is a silent retreat that gives the retreatant the opportunity to meet daily with a qualified spiritual director to share the prayer experience. Spiritual direction is not counseling, though the two are often intertwined. Spiritual direction is aimed at union with God, primarily through a deepening prayer life.

A **Preached Retreat** is a silent retreat with daily themed group presentations and reflections.

A **Private Retreat** is like a directed and preached retreat except that the retreatant does not see a director nor participate in the group presentations.

A **Day of Recollection** is a one day retreat that usually consists of presentations, reflection time, sharing, prayer and liturgy.

Spiritual Direction, Supervision and Days of Recollection

The retreat staff is available for spiritual direction, supervision of spiritual directors and for conducting days of renewal. Call us regarding dates, topics, availability and fees.



Directed and Private Retreats

Fall 2011 - Spring 2012

October 9–14	(5 day)
November 6–11	(5 day)
February 10–17	(7 day)
April 22–27	(5 day)
May 20–27	(7 day)
May 25–27	(2 day)

Summer 2012

July 1–8	(7 day)
July 19–26	(7 day)
August 6–13	(7 day)
August 24–31	(7 day)

Fall 2012

October 7–12	(5 day)
November 11–16	(5 day)

Summer 2012 Preached Retreats

With Clear Eyes You Can See the Spirit

Ashley Harrington, O.Carm.

July 11–16

July 29–August 3

Women of Scripture: Companions on the Journey

Margaret Ellen Burke, scny

August 16–21

Please register for all retreats at least three weeks before the retreat.

Sabbath Mornings for Women

9:30 AM – 1:30 PM

A series of Sunday mornings for women to reflect on Scripture and discover the Holy One in one's life today. Each complete session runs from 9:30 AM to 1:30 PM and includes input, reflection, sharing and liturgy.

Presenter: *Eileen McGovern, ssj*. **Fee: \$30 includes lunch.**

Date	Title	Registration Deadline
Oct. 2	The Samaritan Woman	Sep. 23
Nov. 13	Elizabeth and Zachary	Nov. 4
Dec. 11	Mary, Simeon and Anna	Dec. 2
Jan. 22	A Woman Healed	Jan. 14
Feb. 26	A Woman to be Stoned	Feb. 17
Mar. 18	The Women Under the Cross	Mar. 12
Apr. 22	The Women of the Resurrection	Apr. 17

Sunday Supper and a Movie

4:00 PM – 8:00 PM

These popular "dinner, movie and discussion" evenings enable one to experience film as a source for spiritual growth. Presenter: *Michael Wastag, O.Carm.* **\$30 per evening includes supper at 4 PM. Register by Friday before each film.**

Oct. 2	<i>The King's Speech</i>
Nov. 13	<i>Hereafter</i>
Dec. 11	<i>Toy Story 3</i>
Jan. 22	<i>True Grit</i>
Feb. 26	<i>Another Year</i>
Mar. 18	<i>Of Gods and Men</i>
Apr. 22	<i>Secretariat</i>

JOIN US FOR SUNDAY MASS AT 11:30 AM

SPECIAL PROGRAMS AND EVENTS

Spiritual Exercises (Annotation 19) Experience

The Exercises in daily life. Included are one hour of prayer daily and a weekly meeting with a spiritual director. A requirement is experience of ongoing spiritual direction. Call for information.

Spiritual Direction Training Program

September 2012-May 2013

This basic training program was developed and used for over three decades at "The Center for Spirituality and Justice" in the Bronx and New Rochelle. The seventeen sessions over eight months include basic skills, theology, practicum, individual and peer supervision. Participants who complete the course objectives are awarded a certificate in spiritual direction. Visit the website or call for requirements and details.

The Reading Group

1:30 PM – 3:30 PM

Reading is a solitary activity but it doesn't have to be a lonely one. Join us as we discuss our reading of novels by Ron Hansen, Wendell Berry, Louise Erdrich, William Faulkner and others. Moderator: *Tom Murphy, O.Carm.* **Free-will offering. Register by Sep. 28.**

Alternate Tuesdays: Oct. 4 – Dec. 13

OR

Alternate Saturdays: Oct. 8 – Dec. 17

Seasons of the Heart Five Weeks of Carmelite Spirituality

6:30 PM (5:30 optional dinner)

Seasons of the Heart by Jack Welch, O.Carm. was originally written for members of the Carmelite communities, but has proven useful for anyone who is trying to deepen one's relationship with God. We will address one of the book's five chapters for each week's discussion and prayer. Presenter: *Tom Murphy, O.Carm.* **Fee: \$225 (sessions with dinner) or \$150 (sessions only).**

Wednesdays: Oct. 19 – Nov. 16; Register by Oct. 12

OR

Wednesdays: Feb. 29 – Mar. 28; Register by Feb. 21

A Time Apart for Men

5:30 PM – 8:30 PM

A bi-weekly gathering of men who are interested in their spiritual growth. We will gather for a meal. Brief readings from Scripture and contemporary writers will be followed by quiet reflection, discussion and prayer. Presenters: *Tom Murphy, O.Carm. and Michael Wastag, O.Carm.* **Fee: \$40.00 per session.**

Alternate Tuesdays, Oct. 25 – Dec. 6; Register by Oct. 16.

OR

Alternate Tuesdays, Jan. 17 – Apr. 24; Register by Jan. 9.

Christmas at Carmel

December 4th

2PM – 7 PM

Enjoy the magic of the Christmas season and experience Carmelite hospitality at our popular “Annual Christmas Open House Benefit.” Join us for this extra-special event which features wines to suit John of the Cross, hors d'oeuvres befitting Teresa of Avila and desserts to delight Thérèse of Lisieux. Carmel's Christmas cheer and holiday delights will soothe away the shopping blues. Please join us! **Free-will offering. Due to limited space, reservations are needed. Register by Dec. 1.**

A Spiritual New Year's Eve Gala

December 31 – January 1

Join us for a delicious meal. Program includes 7:30 Dinner, Year End Reflection, Midnight Cheer, New Year's Day Mass for Mary, Mother of God, and a New Year's Brunch. **Fee: overnight experience (\$125) or the New Year's Morning 9 AM Liturgy and Brunch (\$35.00). Register by Dec 22.**

ASH WEDNESDAY

February 22

Start Lent with prayer, silence, a simple meal and liturgy. Join us as we begin our Lenten journey to the High Holydays of the Triduum. **Fee: \$45.00. Register by Feb. 20.**

**LENTEN EXPOSITION OF THE BLESSED SACRAMENT
with a Soup Supper**

Feb. 29, Mar. 7, 14, 21, 28
4 PM – 7:30 PM

Join us in the traditional Lenten practice of prayer, fasting and almsgiving. **Free-will offering.**

THE SACRED TRIDUUM

April 5 – 9

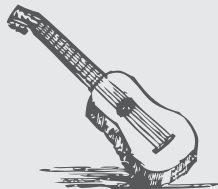
Celebrate the Christian community's high holy days in an atmosphere of beauty, peace and tranquility. Our presentations will enrich your understanding and experience of yourself and the Paschal Mystery. At the heart of our retreat are the powerful and beautiful liturgies of the Mass of the Lord's Supper, the Celebration of the Lord's Passion, and the Easter Vigil. Begins Wednesday with 5:30 PM supper and concludes Sunday morning with an Easter breakfast. **Fee: \$320. Register by Apr. 1.**

MUSIC AT CARMEL

Mark your calendars for our Sunday dinner and music evenings.

This year's performers will be announced by the first week of April.
Visit our website, www.carmelretreat.com
or Facebook page for more information.

May 13
June 10
July 8
August 5
September 9
October 14



DAYS OF RECOLLECTION

October 1

WENDELL BERRY AND OUR SACRED PLACES

9:30 AM to 3:00 PM

“There are no unsacred places;/There are only sacred places/ And desecrated places,” writes poet and farmer Wendell Berry. Spend some time with Scripture and passages from Wendell Berry’s writing as we ponder the value and sanctity of our own places. Presenter: *Thomas Murphy, O.Carm.* **Fee: \$45.00 includes lunch. Register by Sep. 24.**

October 5

DESERT DAY FOR WOMEN

9:30 AM to 3:00 PM

“Come away with me...and rest awhile.” Come spend time with the Source of All, the Giver of Life. Rest in the Love of the One who knows us and loves us just as we are. Be nourished by liturgy, prayer, reflection and sharing. Spiritual direction is available for an additional fee. Presenter: *Lorraine Kolankowski, LCSW*, **Fee: \$45.00 includes lunch. Register by Sep. 26.**

October 26

WITNESSES TO THE GOSPEL

Reflections on Saints and Others Who Inspire

9:30 AM to 3:00 PM

This retreat explores the lives of several holy men and women through the centuries and how they have responded to living the Gospel, thus challenging us to do the same. Presenter: *Rev. Dominic Ciriaco*. **Fee: \$45.00 includes lunch. Register by Oct. 20.**

October 29

LIVING A CONTEMPLATIVE LIFE IN A 24/7 WORLD

9:30 AM to 3:00 PM

Judy and Charles are busy professionals who struggle to live attentive and contemplative lives amid the din of distractions that plague us all. Using poetry, photography, music and film, Judy and Charles will lead us in exploring ways to tap into the sacred in our daily routines. Presenters: *Judith Valente and Charles Renard*. **Fee: \$50.00 includes lunch. Register by Oct. 14.**

November 12

GOOD GRIEF!

9:30 AM to 3:00 PM

How can grieving be good? To grieve is to allow ourselves to experience the pain of loss. Some of the ways we engage in the grief process can be life giving while some can lead to physical and/or emotional illness. Presenter: *Margaret Ellen Burke, scny*. **Fee: \$50.00 includes lunch. Register by Nov. 1.**

January 21

FILM'S WINDOW ON THE SOUL

9:30 AM to 3:00 PM

Join Br. Tom for an explanation of some key aspects of humanity's spiritual journey as found in the movies. There will be selected scenes from movies, quiet reflection and discussion. Presenter: *Thomas Murphy, O.Carm.* **Fee: \$45.00 includes lunch. Register by Jan. 13.**

March 24

STRESS MANAGEMENT: MIND, BODY & SPIRIT

A Bridge to Wholeness

9:30 AM to 3:00 PM

There is stress and then there is STRESS! Trying to balance career, family, technology, finances, relationships becomes a juggling act. Many stressors cross the boundaries between work, home and school. This day will provide an opportunity to look at personal and professional stress and is intended to be both interactive and informative. Presenter: *Kathy Pignatelli.* **Fee: \$45.00 includes lunch. Register by Mar. 14.**

March 28

IN THE SHADOW OF THE CROSS

A Prayerful Journey to the Cross with Christian Lives that Challenge

9:30 AM to 3:00 PM

These Lenten reflections, based on Pope John Paul II's scriptural Stations of the Cross, are intertwined with the lives of fourteen Christians who have experienced the Cross and triumphed as a result. Presenter: *Rev. Dominic Ciriaco.* **Fee: \$45.00 includes lunch. Register by Mar. 18.**

March 31

DESERT DAY FOR WOMEN

9:30 AM to 3:00 PM

"Be still and know that I Am..." With the hectic pace of our lives, it is healing for mind, body and spirit to pause and rest awhile with the great "I AM," the One who knows all about us and sustains us with unconditional Love. Come spend a day of guided prayer, quiet reflection, sharing and liturgy. Spiritual Direction is available for an additional fee. Presenter: *Lorraine Kolankowski, LCSW.* **Fee: \$45.00 includes lunch. Register by Mar. 23.**

GIFT IDEA

Give one you love a gift that will last forever.
Give them time and space to be with God!
Gift Certificates are available.

REMEMBER CARMEL RETREAT!

Remember Carmel Retreat in your Will. Give others the opportunity to experience God's Presence in this sacred space you have found so renewing. Donations in memory of a loved one are welcome. We will remember you and your loved one in our daily prayers.

Registration Form

Name _____

Street Address _____

City _____ State ____ Zip _____

Phone(h) _____ Phone (w) _____

Email Address: _____

Program 1 _____ Date _____

Program 2 _____ Date _____

Deposit (Non-transferable/non-refundable) _____

Before mailing in your registration form, please call us at 201-327-7090 to verify openings and deposit amount.

In addition to my deposit, I would like to help Carmel Retreat meet its operating expenses with a tax-exempt gift in the amount of _____.

Carmel Retreat encompasses three houses. Only the Priory is handicapped equipped. The Lodge and the Hermitage involve walking up a hill. Thank You!

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