

## May 30, 2020 - Open House at Adelynrood

### A Complimentary Neighborhood Picnic & Craft Fair

Mark your calendars now!

Free, but groups of four or more are encouraged to RSVP.

**June 2-4** (Tuesday dinner–Thursday lunch)

### The Enneagram and Your Spiritual Journey

The spiritual journey is one sparked by a desire to deepen our relationship with God. As we journey, we often become aware of habitual and sometimes painful patterns of thought and behavior that can imprison us and keep us from experiencing God's wild and extravagant love. The good news: God is patiently waiting for us to release ourselves and become a new creation, opened to God's love and living fully into our birthright as beloved children of God. This is how the Enneagram is used most powerfully – to help us more clearly see the prison we are already in and how we can get out. This workshop offers deeper instruction on the Enneagram and how we can use its wisdom on our spiritual journey. We will engage in large group discussion/reflection and small group and individual exercises. Having a working knowledge of the Enneagram will be helpful to participants.

**The Rev. Michelle Meech** is dedicated to helping people develop more compassion for themselves and others. She trained with the Enneagram Institute and has been teaching the Enneagram for over 20 years in various formats across the country. Michelle currently works as rector for St. John's Episcopal Church in Kingston, New York, where she lives and grows things with her beloved wife Ana and their sweet dog Bella.

Website: <https://foldedandunfolding.wordpress.com>

**Program fee \$130; room and board \$230. Total cost \$360**

**Program check-in: 4:00–6:00 pm Tuesday**

**June 5-7** (Friday dinner–Sunday lunch)

### Holy Imagination: How a Creating God Inspires Creative Community

In Genesis, we meet a God who makes a world out of nothing, bringing day and night, land and sea, and a cacophony of creatures into being. What might happen if we pattern our spiritual lives, as Christians and as leaders, after an imaginative, creating God, who draws a world into being. God's work is collaborative, working with the materials of creation, rather than fighting with them. Participants in this retreat will have an opportunity to awaken their creative minds, practicing deep listening, imagining new possibilities for life and ministry, and gaining tools to allow dreams to become reality. Creative worship, time singing, praying, and working with our hands, as well as a reading from Emily's forthcoming book, will make for a rich, nurturing and sustaining experience.

**The Rev. Emily Scott** is a church planter. She serves as the founding pastor of Dreams and Visions, a spiritual community rooted in the LGBTQ+ community. From 2008-2017, Emily served as the founding pastor of St. Lydia's Dinner Church in Brooklyn, where worship is a full meal, shared around a dinner table. St. Lydia's is now a national model for new church starts and congregations seeking to explore the practice of Dinner Church. Her book, *For All Who Hunger: Searching for Communion in a Shattered World*, will be released in spring 2020 from Penguin Random House.

Website: [www.emilymdscott.com](http://www.emilymdscott.com)

**Program fee \$130; room and board \$230. Total cost \$360**

**Program check-in: 4:00–6:00 pm Friday**

**June 8–12** (Monday dinner–Friday lunch)

### Adelynrood School for Spiritual Direction

#### The Nature of Spiritual Companionship

Please see description online at [www.adelynrood.org](http://www.adelynrood.org)

Jeanette Renouf, SCHC, DMin, PhD; Joan Bowers, SCHC, MA

**June 11** (Thursday 9:00–4:00) *Quiet Day*

### Deepening Prayer, Strengthening Communion

This quiet day will explore three aspects of a life of prayer: the mystery of our lives in the great cloud of witnesses, especially the gift of praying in the company of women, gratitude as a spiritual discipline, and intercession as a primary contemplative practice. Brief addresses, supported by scripture and art, will be followed by times for quiet reflection and journaling, guided by suggestions for meditation on the themes.

**Deborah Smith Douglas, SCHC** has degrees in literature and law. A trained and experienced spiritual director, writer, Camaldolese Benedictine oblate, and member of the Episcopal Church, she has taught classes and led retreats across the United States and in Scotland, England, and Canada. Her essays have been published in *Weavings, Commonweal, Spiritual Life, Desert Call, the American Benedictine Review*, and the *Christian Century*. She is the author of *The Praying Life: Seeking God in All Things*, and (with her husband David Douglas) the co-author of *Pilgrims in the Kingdom: Travels in Christian Britain*.

Website: <https://deborahsmithdouglas.com>

**Program fee \$80 (includes lunch)**

**Program check-in: 8:30 am Thursday**

**July 10–12** (Friday dinner–Sunday lunch)

### Memoir: Freeing the Writer Within

Do you love to write but don't find the time for it? Have you started a memoir and find it is more about the facts of your life and less about the soul of your life, the things that really matter? Join the instructor on a journey into writing practice. We will leave the inner critic at the door and keep our hands moving across the pages of our notebooks. Our weekend together will include teaching, reading, small group and individual work, and time to quiet the mind with periods of silence and meditation. In this noisy world of ours, we will listen to the inner voice and trust what comes. You will take away from this retreat methods on how to continue your writing practice long after the weekend is over. All are welcome, no experience necessary.

**Barbara O'Neil, MED** is a life-long teacher and writer. She leads writing groups for students in the Boston area and a yearly writing retreat in Taos, New Mexico. She finds writing to be a powerful vehicle for self-expression and creativity and is passionate about guiding others on their path as writers.

In 2017, Barbara was awarded a writing residency at the Mabel Dodge Luhan House in Taos, New Mexico.

Website: [www.writinglifebarbaraoneil.com](http://www.writinglifebarbaraoneil.com)

**Program fee \$130; room and board \$230. Total cost \$360**

**Program check-in: 4:00–6:00 pm Friday**

**July 21–22** (Tuesday 4:00–Wednesday 4:00)

### Spirituality for the Second Half of Life

Richard Rohr suggests in his book *Falling Upward: A Spirituality for the Two Halves of Life*, "You cannot walk the second journey with the first journey tools. You need a whole new toolkit." Second half of life spirituality offers opportunities for individuals 50 and beyond to consider expectations and longings for this stage of life and how God offers to enter into both the adventure and the concerns/challenges that lie ahead. But this exploration of new tools continues into our 90s and beyond – with seemingly

ever-changing contours. This workshop will be valuable for those contemplating their own spiritual journey and for those such as spiritual directors and church leaders who are accompanying others in the second half of life.

**Linda M. Williams, CSD** received her PhD in sociology from Arizona State University. Linda is particularly drawn to exploration of life transitions, discernment, second half of life spirituality, contemplative living, and presence. She has served the faith community by developing and co-leading a Second Half of Life Spirituality ministry within the Arizona Episcopal Diocese. However, the opportunity to walk alongside those exploring their spiritual journeys is her most precious experience.

**Program fee \$100; room and board \$115. Total cost \$215**

**Program check-in: 2:00 Tuesday**

**July 24–26** (Friday dinner–Sunday lunch)

**World as Lover, World as Self: A Weekend**

**Immersion in the Work that Reconnects**

Join a small community for this immersion in the Work that Reconnects, a body of ideas and group practices known worldwide for empowering change-makers in the transition to a more just and sustainable world. Joanna Macy and her colleagues have been evolving this dynamic work over the course of four decades, inspiring many thousands of people to engage wholeheartedly in a Great Turning to a life-sustaining society. The work, an experiential approach, honors both the beauty and despair that exist in our world. Learn how to be fully present to the suffering of our world and experience a shift from feelings of despair and apathy to enthusiasm for collaborative action and collective liberation.

**Kirstin Edelglass, MA**, is a wilderness guide and counselor. She began studying with Joanna Macy twenty years ago and facilitates the Work That Reconnects in a variety of settings. She enjoys strengthening communities through singing, mindfulness practice, and exploration of the natural world.

**Coleen O’Connell’s** mission for the past 38 years has been to facilitate people’s relationship with the radical interconnectedness we have with the natural world. Yearly retreats for the past 25 years with Joanna Macy, sometimes as a co-facilitator, have been critical to Coleen’s staying present and active in the healing of our world.

Websites: [www.workthatreconnects.org](http://www.workthatreconnects.org) [www.joannamacy.net](http://www.joannamacy.net)

**Program fee \$130; room and board \$230. Total cost \$360**

**Program check-in: 4:00–6:00 pm Friday**

**August 3–7** (Monday dinner–Friday lunch)

**Adelynrood School for Spiritual Direction**

**Supporting the Development of a Spiritual Life**

Please see description online at [www.adelynrood.org](http://www.adelynrood.org)

Jeanette Renouf, SCHC, DMin, PhD; Joan Bowers, SCHC, MA

**August 5** (Wednesday 9:00–4:00)

**Quiet Day**

**Knot, Hazelnut, Mother and Child: The Symbols of Julian of Norwich**

Julian of Norwich’s teachings about living in the flow of God’s love inspired visionaries like Pauli Murray, Thomas Merton, and Evelyn Underhill, and her symbols about spiritual life continue to resonate. In our day together, we will explore twelve core symbols in *Revelations of Divine Love* that express Julian’s understandings of divine presence, the human condition, and the natural world. The knot, hazelnut, mother and child are explicit symbols, but we will consider her implicit symbols as well. Given our distressing historical context, we will give special attention to consoling symbols for times of upheaval. Our format will consist

of meditations, discussions, and use of material objects. Hopefully, our exploration will illumine the depth of intimacy between God and the human soul.

**Donyelle McCray, ThD** serves as Assistant Professor of Homiletics at Yale Divinity School where her research focuses on preaching, Christian spirituality, and lived theology. Donyelle’s new book, *The Censored Pulpit: Julian of Norwich as Preacher* is with Lexington/Fortress Academic Press and is currently writing *The Apostle Pauli: Preaching as the Invitation to Freedom* which examines turning points in Pauli Murray’s prayer life and vocation. Before entering academia, Donyelle worked as an attorney and as a hospice chaplain; she brings insights from these experiences to her teaching and scholarship.

**Program fee \$80 (includes lunch)**

**Program check-in: 8:30 am Wednesday**

**August 11–14** (Tuesday dinner–Friday lunch)

**Listening Deeply: An Extended Silent Retreat**

Do you yearn to be alone with God yet also want to be near others who are listening to, searching for, and loving God? This silent retreat provides unstructured time with optional 1:1 spiritual direction, group sharing, and guided meditations (with additional guidance for those new to the experience of a silent retreat). We’ll create a temporary, intentional community in the spirit of the Desert Elders. Together we will attend to the Wisdom – the voice of God – within each of us. Particular focus will be on *doorways*. Are you at a threshold of transition in your life? This retreat may be fruitful for the recently widowed and for those who are: changing a job, retiring, considering a residential move, down-sizing, having a baby, emptying the nest, or otherwise seeking discernment on a decision. Come draw close to the wells of inner peace and listen deeply.

**Diane Simoni, SCHC, LICSW**, a clinical social worker and trained spiritual director, is an experienced retreat leader, presenter, and psychotherapist focused on wellness. Her years of listening in centering prayer and providing psychotherapy have led her to understand and promote three pillars of wellness: physical health, psychological resiliency, and spiritual wellbeing.

**Program fee \$130; room and board \$345. Total cost \$475**

**Program check-in: 4:00–6:00 pm Tuesday**

**August 14–16** (Friday dinner–Sunday lunch)

**Encountering Mary Magdalene**

Mary Magdalene is one of the most controversial figures in the history of Christianity. Known in the canonical Gospels as a healed disciple and the first person to whom the resurrected Jesus appeared, she has been labeled a prostitute and also Jesus’ lover or wife. With the discovery of materials such as the Gospel of Mary another Mary emerged, one in whom we can witness the battles over women’s place in the movement centered on Jesus.

We will look at the images and stories about Mary Magdalene to encounter her as a disciple and apostle, but also to better understand the energy that clusters around her. Through her we can see openings into new possibilities for reclaiming our passion as sacred and imagining a Church that is truly inclusive. Bring your journal and your imagination!

**Sr. Shane Phelan, CMA** is co-founder of the Companions of Mary the Apostle, an ecumenical community for all genders following Jesus with Mary Magdalene. Before becoming an Episcopal priest and spiritual director, she taught and wrote on women studies, LGBT politics, and political theory at the University of New Mexico, and later spent nine years in an Episcopal women’s community. She leads retreats on 12-Step recovery and transformation in ministry as well as “religious” themes.

Website: [www.companionsofmarytheapostle.org](http://www.companionsofmarytheapostle.org)

**Program fee \$130; room and board \$230. Total cost \$360**

**Program check-in: 4:00–6:00 pm Friday**

**August 18–21** (Tuesday–Friday)

### **Time and Space to Create**

If you have a creative project that you rarely work on or have not begun because of time or space constraints, bring it to Adelynrood for three-and-a-half days in a creative space. Whether your passion is drawing, painting, writing, music, photography, knitting, needlework, or something else, you will have the time to pursue your favorite, self-guided project in a supportive and beautiful place. Each evening following dinner, you are invited to join other artists in sharing what has been created. This is your time to connect with your creative muse. If you prefer, come for one, two, or more days from Monday evening to Friday afternoon. **Check-in begins Monday, August 17 at 4 pm.**

**Program fee \$15 per day; regular room and board charges apply.**

**October 17** (Saturday 9:00–4:00)

### **Mandala: A Mindful, Creative Practice**

The mandala is a symmetrical design that has historically appeared in art forms, architecture, and ceremonies around the world. This day retreat is designed to introduce participants to the experience and practice of creating their own, unique expression using an art technique that is accessible to everyone. The creative process, shared with others, can be a powerful, illuminating experience. When creating a personal mandala, full attention is placed on the experience, in the present moment. A completed mandala is a guiding means for meditation and self-reflection; we can see ourselves with perspective and compassion. **Peg Considine, BFA, MEd** has taught visual art for twenty years, emphasizing the creative process as an expression of self. She has found the mandala to be an accessible creative process and transformative experience. Peg currently leads mandala retreats throughout New England.

**Program fee \$80 (includes lunch)**

**Program check-in: 8:30 am Saturday**