

**Directions: Christ the King
Spiritual Life Center**

1. I-787 North
2. Exit 9E (merge onto Route 7 East)
3. LEFT onto Route 40 (10th Street)
Continue on Route 40 for approximately 3.5 miles.
4. Turn RIGHT onto Route 142/Route 40, then take
your FIRST LEFT to continue on Route 40 for 19.5
miles.
5. Turn RIGHT onto Burton Road.

just past Cheeses Factory Road.
6. Proceed on Burton Road approximately 1.3 miles
until you see the signs for Christ the King Spiritual
Life Center .
8. Once on the grounds of the Spiritual Life Center,
follow the signs for the Church of St. Mary.

From the Church of St. Mary the ride is approximately
36 miles and travel time is approximately 1 hour.

Christ the King
Spiritual Life Center
575 Burton Road
Greenwich, NY 12834

Church of St. Mary
at Clinton Heights

*SPIRITUAL
SPA*

Women's
Retreat

Saturday
March 12, 2011
to
Sunday
March 13, 2011

Christ the King
Spiritual Life Center
575 Burton Road
Greenwich, NY

REGISTRATION FORM

Name

Address

City/State/Zip Code

- I prefer a private room
- I prefer to share a room with

Name of roommate

PLEASE NOTE ANY SPECIAL NEEDS OR DIETARY RESTRICTIONS:

COST: \$125.00

Includes 3 meals, afternoon and evening refreshments and overnight accommodations

MAKE CHECK PAYABLE TO:

Church of St. Mary

PLEASE SEND REGISTRATION BY MARCH 6

Maureen Smith
Church of St. Mary
163 Columbia Turnpike
Rensselaer, NY 12144

Church of St. Mary Women's Retreat , a Spiritual Spa Day for Women

As Spring and Season of Lent fast approach, This is the wonderful time to slow down, reflect, pray and spend time in relationship with God. Your Spiritual Spa Weekend!

Join us for a women's overnight retreat, March 12-13, 2011 as we use the body, mind , spirit connection of through reflection and Meditation gardening.

The retreat begins on Saturday at 10:00AM and will end at 10:00AM on Sunday, giving us plenty of time to attend the 11:00AM mass at the Church of St. Mary.

What is Meditation Garden?

Meditation gardens are really a new concept. These gardens are built with the aim of providing relaxation. Meditating in meditation gardens has proven to foster stress recovery by inculcating positive feelings and reducing negative emotions and stressful thoughts. These special kinds of gardens have an invigorating ambiance to revitalize your body, mind and soul.

Meditation gardens are ideal places for those who prefer outdoor meditation. They are conducive to peace and tranquility. Meditation gardens bond human beings with nature. They are ideal for relaxation, reflection and cogitation.

What if I don't have a Green Thumb?

No worries! Have you ever heard of a Zen garden, or Japanese Rock Garden, A Zen garden refers to the Japanese tradition of rock gardens, where a few simple and natural elements are combined to create a tranquil, stark and symbolic garden.

About our Retreat Facilitator:

Ruth Moon

Ruth is currently the Pastoral Associate at St. Joseph's Church in Scotia, NY. She has her master's degree in organizational development, and is a master gardener with co-operative extension. As a mother of two, she finds time to serve as adjunct staff for the Diocese of Albany, and has been facilitating retreats for over 30 years..

Ruth will Marge will facilitate the retreat and help us focus on the presence of God within and discovering God's activity in the ordinary.

About the Retreat Facility:

Christ the King Spiritual Life Center

The unique atmosphere of this historic country setting fosters a spirit of open mindedness and perfect surroundings for spiritual renewal. The retreat will be held in Barry House Residential Library (photos below). The accommodations really set the tone for the retreat with a relaxing environment and breathtaking views.



Check out more photos at www.christthekingcenter.org

For additional information please contact Maureen Smith at 449.2232 x12 or at paec@nycap.rr.com
