



Crux est

M

undi Medicina

"The Cross is the Medicine for the World"

Holy Cross Monastery, West Park, New York
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Eastertide 2010

A Seminary Intern at Holy Cross Monastery. Br. Scott investigates.

It is one of the great joys at Holy Cross Monastery that we are able to welcome many guests for many reasons — but this year we had a new type of guest. Matthew Leaycraft, in his final year at Berkeley Divinity School at Yale, needed to complete his field placement; and he wanted to do that with us. So we welcomed an intern.

A monastery is not the most usual choice for a field placement, but Matthew was familiar with Holy Cross and was particularly aware of the role the monastery played in his own spiritual unfolding. Field placement, in large part, is about preparing students for parish work, but more than that, it's about preparing students for ministry. So while not the most obvious choice, the monastery was for Matthew a very fine choice.

Matthew wanted in particular to explore the ministries of retreat leadership and spiritual direction. Beyond that, Matthew says he was "attracted to the monastery itself without practical expectations". As much as anything, Matthew was looking to deepen his understanding of the rhythm of monastic life and worship.

Now that Matthew's time with us is drawing to a close, it is a good opportunity to find out how the monastery worked as a field placement.

Matthew is, to say the least, enthusiastic about his experience. "It's been a fabulous preparation for the priesthood" says Matthew. In particular he notes that in a parish placement his experience would have been



Matthew visiting Canterbury this past March

limited to that parish, but at the monastery he worked with inner-city parishes, with small and large suburban parishes, with undergraduate students, as well as a broad range of individuals from all walks of life. He says "it has been an invaluable opportunity to explore my capacity for being in the moment with people".

Being immersed in the regular worship of the monastery was also very important for Matthew. The Benedictine origins of the Book of Common Prayer are profound, and Matthew says "being immersed in a Benedictine community makes a deeper connection between the Benedictine roots and the use of the Book of Common Prayer today".

Matthew was particularly excited that his Divinity School training proved so relevant. "It's very rich" he says, "to see that the years of schooling provided me with tools to put ministry into practice".

Matthew will pursue the process of ordination in the Diocese of New York and he is certain that he

wants to carry with him into parish work his passion for retreat ministry and spiritual direction.

Here at the monastery we are grateful to the Diocese of New York for giving Matthew permission to do his placement here. We are also grateful to Berkeley Divinity School and the Office of Supervised Ministries of Yale Divinity School for facilitating this work. And most of all, we are grateful to Matthew for allowing us to be part of this formative process for him.

We look forward to future experiences with Matthew and also the possibility that future Yale/Berkeley students will be able to share this experience with us as well.

A Scottish Tour

with Holy Cross' most Caledonian Brothers



This October Brs. Andrew and Scott will lead a group through Scotland. Leaving on the 10th we will begin in the West of Scotland, spending time in the Burns country and Glasgow. We will visit the Burns Heritage Centre, Culzean Castle, the St Mungo Museum of Religious Life and Art and New Lanark — an 18th century utopian community, the

forerunner of New Harmony in Indiana. We will spend a day at Loch Lomond, Helensburgh with a trip to the Charles Rennie Mackintosh Hillhouse. There will be some free time in Glasgow and a visit through Stirling, to boot!

From there we head to the Highlands through Fort William and thence to the Isle of Skye. On Skye we will visit Sabhal Mor Ostaig, the Gaelic College in Sleat, where we will have supper and be treated to the exquisite Gaelic singing of Christine Primrose. We will attend St Columba's Church in Portree on Sunday morning.

Continued on page 4

CRUX EST MUNDI MEDICINA

Eastertide 2010

Holy Cross Monastery
P O BOX 99, West Park, New York 12493
(845) 384-6660
www.holycrossmonastery.com

Guest House
guesthouse@hcmnet.org

Monk's Cell Book and Gift Shop
bookstore@hcmnet.org
(845) 384-6660 ext. 3004
Tuesday - Saturday 1:30 - 4:30 pm EST
Sunday 1:00 - 2:30 pm EST
Closed Monday

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Br. Bernard Jean Delcourt OHC,
Editor

The Horarium

7:00 - 7:30 am	Matins
7:45 - 8:15 am	Breakfast
9:00 - 9:30 am	Holy Eucharist
9:30 am	Great Silence ends
12:00 - 12:20 pm	Diurnum
12:30 - 1:00 pm	Lunch
5:00 - 5:30 pm	Vespers
6:00 - 6:30 pm	Supper
8:30 - 9:00 pm	Compline
9:00 pm	Great Silence begins

The monastery guesthouse closes Sunday evening and reopens Tuesday at 2:00 pm.

About Holy Cross Monastery

Holy Cross Monastery is one of four monastic communities within the Order of the Holy Cross. We are a monastic order within the Anglican Communion/Episcopal Church and follow the rules of our Founder, James Huntington and St. Benedict. The other houses of the order are located in Santa Barbara, California; Toronto, Canada; and Grahamstown, South Africa.

The brothers of Holy Cross Monastery worship Jesus Christ by our lives of prayer, work, and study within the community of the monastery. We live by the three-fold Benedictine vow of stability, obedience, and conversion of our lives to the monastic way of life.

Ways we serve our guests and the wider Church:

- Inviting guests to share in our monastic prayer and the peace and stillness of the monastery's sacred space.
- Facilitating your parish or group retreat at the monastery
- Providing spiritual direction
- Hosting and/or leading retreats and quiet days
- Hosting Education for Ministry (EfM) groups
- Offering programs on special topics at the monastery, including times designed for adults who work with youth, persons living with HIV/AIDS, Christian meditation, and a variety of other topics and groups
- Missions to parishes; leading quiet days, adult forums, and preaching.

Please contact the guesthouse office if you are interested in having a brother lead a program or retreat for your group or parish.

Ways you can help our community:

- Pray for us
- Visit the monastery on retreat
- Support us financially
- Include us in your will
- Invite us to preach, speak, offer a quiet day or weekend retreat. Topics can include Benedictine life, prayer, meditation, *lectio divina*, vocations, and more.

To schedule a retreat for yourself or your group:

Contact the guesthouse office at guesthouse@hcmnet.org or phone (845) 384-6660 ext. 3002 with your requested dates and someone will confirm with you. Please keep in mind that weekends are often full many months in advance but that single rooms at times do become available. Tuesday to Thursday nights are usually less crowded!

Visit us online at www.holycrossmonastery.com

The Monk's Cell Book & Gift Shop Invites You to Visit or Call!

We offer these services to our guests...

- Books on Christian Spirituality, Prayer, Monasticism, Scripture, Anglicanism, Ethics & Personal Growth
- Fr. Keating's DVD's, CD's, and a full range of books from Contemplative Outreach
- Meditation Timers, Incense, Tibetan Singing Bowls and everything needed to support your meditation/silent prayer practice
- Icons & Christian Art
- CD's on Gregorian Chant, Russian Orthodox Chant, & Choral Music
- A great selection of gifts

We offer these signature items made at or for Holy Cross Monastery...

- Holy Cross Incense—made by Br. Bede
- Anglican Rosaries—made by Br. Charles
- Holy Cross Monastery Logo Jewelry, Incense, T-Shirts, Coffee & Tea Mugs, Journals, Pens, Tote Bags, & Postcards

We partner with these companies...

- Tea Forte—The Art of Tea
- Shoyeido—Traditional Japanese Incense
- Paddywax Candles—Hand-Poured Aromatherapy Candles
- Caswell-Massey Apothecary Products
- Divine Chocolate—Supporting the cocoa bean growers of Ghana
- Lovell Designs Jewelry
- Creator Mundi Bronze Art
- Contemplative Outreach
- Orthodox Byzantine Icons

We feature local artist, artisans, and sustainable crafts from indigenous peoples...

- Bridge For Africa—Hand-woven Baskets by the Zulu Tribes of South Africa
- Sarah Rubin—New York artist for Ceramics & Wall Plaques
- Hudson Valley Artists for Hand-Painted Icons
- Greeting Cards with landscape scenes painted at Holy Cross Monastery
- Monastery Soap made by the Brothers at St. Joseph's Monastery, Natchez, MS
- Kairos Music—Our "Artist In Residence" with recordings made in our Monastery Chapel

We welcome mail-order request and offer a "Direct To Home" service on books and gifts.

Contact us at bookstore@hcmnet.org or by calling 845-384-6660 ext 3004.

We look forward to welcoming you!

Join our Facebook Fan Page for the latest news and events

From Skye we go to Inverness with plenty of time to sight see at Loch Ness with its Visitor Centre and an evening of Scottish Fiddle music with the Inverness Fiddlers (wonderful!).

We'll then travel from Inverness through Royal Deeside to Edinburgh, where we will stay for a few nights. Using Edinburgh as a base we will visit the Border country, see Melrose Abbey. We'll have plenty of time to explore the wonderful city of Edinburgh itself.

Our last evening will be in the Village of Temple, founded by the Knights Templars, where we will hear a concert by Alison Kinnaird, a premiere Scottish harper and glass engraver whose work is exhibited around the world. We will have a final dinner with some people of the village at Alison's home which is an old Kirk.

A few of the travelers will proceed to Iona for a couple of nights just to reflect and enjoy that holy place.

If you are interested please contact andrew@hcmnet.org for pricing information. The group is limited to twenty and is beginning to fill up.

Transatlantic Hospitality by Dennis Berk

It seemed like an auspicious date upon which to arrive at Holy Cross Monastery because the Tuesday that I showed up on their doorstep was the day commemorating St. Aelred. Only one month prior to my arrival in West Park, I'd been residing in Yorkshire. That is the northern region of England in which is located Rievaulx Abbey — the medieval monastery of which Aelred was the abbot.

This past October, as the autumnal leaves were turning their lovely colors, I'd gone to the town of Mirfield in the Yorkshire region and entered the Community of the Resurrection as a postulant. Unfortunately, immigration paperwork required me to

leave England in December and return to Pennsylvania to file an application for an extended stay visa from within this country that officially is my permanent residence.

By the time I arrived at Holy Cross Monastery my anxieties and frustrations had been escalating and causing me increasing worry since nearly two months had gone by without any progress being made by the government agencies responsible for considering my visa application. Thankfully the global monastic network came to my rescue when the Superior at the Community of the Resurrection inquired with OHC's Superior about my spending some time at West Park. Br. Robert Sevensky graciously consented and that is how I ended up standing upon their doorstep on January 12th.

In the Rule of Saint Benedict, chapter 61 is entitled "The Reception of Visiting Monks" and it deals with how such a person is to be welcomed and received when that visitor wishes "to stay as a guest in the monastery". Earlier in St. Benedict's Rule, in chapter 53 entitled "The Reception of Guests", we are told that "All guests who present themselves are to be welcomed as Christ, for he himself will say: 'I was a stranger and you welcomed me'". This spirit of Benedictine hospitality was marvelously manifested to me when I arrived in West Park as a stranger to the brethren of the monastery. Very rapidly they welcomed me into their home and enabled me to participate in the life of their community.

Due to the inefficient nature of the bureaucracy that is involved with visa applications, my time at Holy Cross eventually extended to span a period of two months. Although I was not in Yorkshire where originally I'd anticipated living as a postulant, not one bit of my time spent at West Park was wasted in idly cooling my heels or twiddling my thumbs while waiting for my immigration paperwork to be completed. Instead I was able to continue engaging in the journey of discernment and formation that is an essential part of the postulancy, and I consider myself extremely fortunate to have been able to have kept moving forward in the ongoing exploration and testing of a monastic vocation.

Thanks to the gracious hospitality of all of the brethren at West Park, my two months spent living at Holy Cross Monastery passed by so swiftly that I could hardly believe it when the time came for me to leave them. Eventually the immigration services finally completed my paperwork, and thus the date had come for me to leave New York and return to the Yorkshire lands of St. Aelred.

With my heart filled with gratitude I bade farewell in the month of March to the wonderfully welcoming brothers at Holy Cross. Even though now I am heading off on a transatlantic journey to rejoin the brethren at the Community of the Resurrection and resume my postulancy with them, yet I know that the monastic family that welcomed me for these two months always will have a cherished place in my affections and in my prayers. May God richly bless the Order of the Holy Cross for so wonderfully living into the fullness of the Benedictine call to hospitality!



Dennis helping out in the Monastic Library

Community News

Capital Projects Update



Br. Scott Borden
Bursar of Holy Cross Monastery
and Guesthouse Director

Sometimes it seems that we have become just a little bathroom obsessed here at Holy Cross Monastery. But for the last year or so, we have been raising money and spending it on fixing up bathrooms. The bathrooms in our guesthouse used to be described with words like “quirky” or “charming in their own way” or “somehow monastic”. These are polite ways of saying poorly designed, poorly functioning, and decrepit.

When our worst bathrooms on the second floor

suddenly became our best bathrooms, the pressure was on. So when enough money was in hand in January, we sent the crew in to demolish old 3rd floor bathrooms and construct new ones. The first 3 went into service near the end of January. By the time you are reading this, the second 3 will be in service and the job will be done.

Bathrooms are utterly humble in their way. But on a very practical level, poor bathrooms damage our ability to offer the ministry of hospitality. In the context of Christian life, humble service can not be over-valued.

Renovation always brings surprises. Imagine the surprise of our builders when they removed part of the old bathroom floor to discover that all the floor joists had big chunks cut out of them in order to run a drain pipe. From one side of the room to the other, what should have been 2x10 joists had been whittled down to 2x4 joists. Don't try this at home, as they say. It should never have been done and we could not leave it that way.

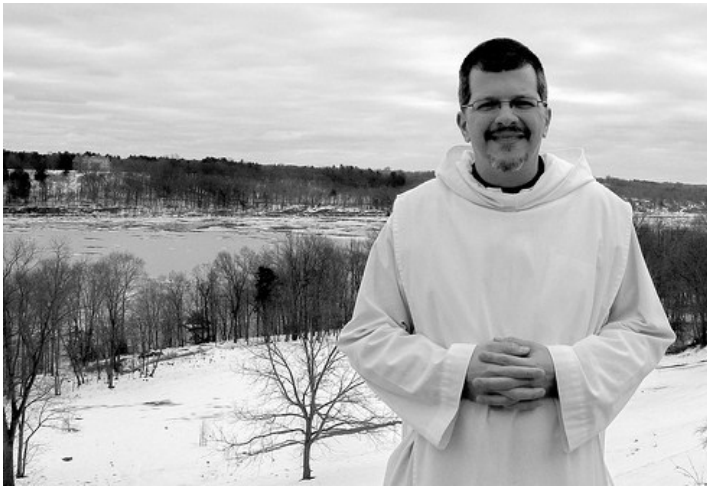
Work stopped while new joists were “sistered” to each damaged joist. The new joists had to extend a certain length beyond the cuts and be securely bolted in place. There had to be one new joist on each side of the damaged joists. It's a lot of time consuming work. But the floor is as strong as it was when new — perhaps even stronger.

Of course an extra week of work was not in the budget. But there was no alternative.

We know that you treasure these old houses as important places of prayer, retreat, and spiritual renewal. And we know that you are generous in your support of our ministry. But if you are able, we hope you will be moved to make a contribution to our Capital Projects Fund. That fund makes these bathroom renovations possible. It will make future improvements in accessibility, energy efficiency, and functionality possible.

Your support of our Capital Projects Fund enables these buildings to continue to serve as a vital home to the monastic community and to our various ministries. You can make a contribution by sending a check with “Capital Projects Fund” in the memo line, giving us credit card information, or by using the PayPal feature on our web site.

God bless you in your generosity.



Br. Randy moves to Holy Cross Priory, Toronto.

On March 21 I moved from Holy Cross Monastery to Holy Cross Priory, Toronto. While as an Order of four communities we define the monastic vow of stability to be understood as to the Order of the Holy Cross as a whole, moving from one place to another is done with discernment and care that the life of the community and the brother will be enriched and life deepened.

The prompting for my move is to attend seminary at Wycliffe College in Toronto and discern and pursue the process leading toward ordination while continuing to live the shared monastic life with the brothers in the priory. I also hope to use my experience in youth ministry in a parish or the diocese.

I am reviving a path that was more common in the Order in the 1980s and before when lay brothers could pursue studies after Life Profession and serve as priests within the monastic life. Over the last 25 years or so this has been rare, but I pray I am not the last one!

One of the strengths of the Order of the Holy Cross is our encouragement of brothers to explore our unique callings and interests within the wider context of the prayer, work, and life which we share in common as monks. Those “calls within the call” are rich and varied and each, when offered to God as a sacrifice, is a grace which points back to the Giver of every gift.

The call of monastic priesthood for me is a ministry of modeling and reminding the Church of its radical and revolutionary work — to seek and serve Christ — especially in the midst of the many and varied distractions and

pressures of church life. I appreciate your prayers during this transitional time and as I begin school in September.

Please visit our website for the latest news, retreat updates, blog entries, photos and more!

www.holycrossmonastery.com

Retreat Schedule July to December 2010

Bibliophile’s Extravaganza Library Volunteers Retreat

Tue, Jun 29 — Fri, Jul 02

Accompanied by Br. Adam and Br. Bernard

Holy Cross monks and their friends have been collecting books since 1884. The West Park part of the Holy Cross Library has over 15,000 volumes and counting...

In recent years, the librarians have embarked on yet another conversion experience: shifting the catalog from index cards to an on-line medium. This is a long-term project that requires a lot of labor. We are starting by cataloging a large backlog of donated books. The influx of newly cataloged books also entails physical work: re-stacking, cleaning, archiving.

At present, one or two monks can spend a small fraction of their time on all of these tasks. If you’d like to help come and join us on this retreat to become a Holy Cross Library Volunteer. We will balance work, rest, prayer and recreation. Each day, we will work from 9.30 to 11.30 a.m. and from 2.30 to 4.30 p.m. The librarian(s) will provide the necessary training and supervision. Work in the library can be dusty; bring appropriate clothing for your work times.

Fee: \$210 Deposit: \$80

Summer Associates Weekend

Fri, Jul 09 — Sun, Jul 11

Led by members of the Monastic Community

Each year we offer opportunities for members of the As-

sociates of Holy Cross, and anyone interested in exploring association with Holy Cross to come together in an atmosphere of community and prayer to share their experiences of living a rule of life in the Benedictine tradition.

This weekend will provide ample time for sharing and conversation as well as relaxation and recreation. Come and be a part of the community of Associates who share their lives with us and with one another.

Fee \$170 Deposit \$70

**Words made Flesh:
Deepening a Relationship with the Spirit of God
In the Theater of your Imagination**

Tue, Jul 13 — Sun, Jul 18

Led by Br. James

This workshop is intended for anyone interested in deepening a relationship with God by exploring that relationship in the realm of their imagination. Employing theatrical creativity, specifically utilizing ritual and myth, we will explore the Incarnation of our God within the Theater of our Imaginations. Lovers of the theater with any level of training or experience (or none) are welcome.

The only requirement is the willingness to be actively involved in creating theatrical pieces to assist us in understanding and communicating our deepening relationships with God, both individually and communally. A considerable amount of time will be given to improvisation, theater games, writing, rehearsing original scripts and the like. Meditation periods and talks will round out the workshop experience.

Before he became a monk, Br James was a professional theater director with more than 100 shows to his credits, a teacher, having taught theater to thousands of students of all grade and professional levels, and director of live television events seen throughout the world. He lived and worked in NYC and spent a great deal of time with writers, actors and students creating new theatrical pieces in both traditional and improvisational formats.

Fee: \$430 Deposit: \$80

Insight Meditation Retreat

Fri, Jul 23 — Sun, Jul 25

Led by Jose Reissig

This retreat is appropriate for both beginners and experienced practitioners. It consists of periods for sitting, walking, receiving instruction, listening to talks, and inquiring.

Participants should not bring any reading materials or

electronic devices, and should plan to keep writing to an absolute minimum. Sittings will occupy most of the day. Bring a cushion or a bench, and a zabuton or blanket to place underneath (unless you prefer to sit on a chair). Please bring only fragrance-free hygiene products and no perfumes.

Please note: Holy Cross Monastery is hosting this program, but registration is handled by the presenter. To register, please send an email to raquelrabinovich@frontiernet.net that includes your mailing address.

Jose Reissig's teachings are inspired by the teachings of the Buddha. (Br. Bede has long attended Jose's weekly meditation sitting in Rhinebeck, NY).

Fee: \$170 Deposit: \$30

Introduction to Centering Prayer Workshop

Sat, Aug 28

Led by Bruce Gardiner, hosted by Br. Charles

Based in the Christian contemplative heritage, and most particularly in the anonymous 14th century English classic, *The Cloud of Unknowing*, Centering Prayer is a method of response to God's invitation to enter into loving intimacy and ever-deepening relationship. The practice prepares us to be open, available, and present to God's action and presence in the innermost recesses of our being. It facilitates a process of interior transformation initiated by God and leading, as we consent, to divine union.

Centering Prayer has been given its contemporary expression by Trappist abbot, Fr. Thomas Keating, O.C.S.O., who also founded Contemplative Outreach in order to bring the riches of the Christian contemplative heritage to a lay audience beyond the cloister.

"An Introduction to Centering Prayer" will consist of four brief talks and two periods of centering prayer. The talks explore prayer as relationship, the method of centering prayer, and its fruits. Also there will be ample time for responding to participants questions.

Bruce Gardiner is the local contact person for Contemplative Outreach in the Albany and upper Hudson Valley area. He is a graduate Formation for Ministry Program (Roman Catholic Diocese of Albany) and has served as an FMP retreat leader and staff member. Bruce has been commissioned by Contemplative Outreach and Fr. Thomas Keating to teach Centering Prayer and Lectio Divina. With over thirty years of management and church consulting experience, Bruce is currently affili-

ated with the Princeton-based consultancy Kepner-Tregoe, Inc.

Fee: \$35 for day, includes lunch

Deposit: \$35

Going on Before, Celtic Tradition

Wed, Sep 8 — Fri, Sep 10

Led by Br. Andrew

We customarily think of the past as behind us — long gone and finished. But there are traditions, the Celtic for one, that see the past as having gone ahead, making ready the road that we will travel. In this retreat we will look at ways the Celtic people paved our way and so help us walk on into God's future.

Fee: \$170 Deposit: \$70

Bibliophile's Extravaganza

Library Volunteers Retreat

Tue, Sep 14 — Fri, Sep 17

Accompanied by Brs. Adam and Bernard

Holy Cross monks and their friends have been collecting books since 1884. The West Park part of the Holy Cross Library has over 15,000 volumes and counting...

In recent years, the librarians have embarked on yet another conversion experience: shifting the catalog from index cards to an on-line medium. This is a long-term project that requires a lot of labor. Over the past few years we have accomplished a great deal with the help of enthusiastic volunteers — and we have plenty more to do.

The work week balances work, rest, prayer and recreation. Work in the library can be dusty; bring appropriate clothing for your work times.

Fee: \$210 Deposit: \$70

Fall Associates Weekend

Living with your Rule

Fri, Sep 17 — Sun, Sep 19

This retreat is a time for Associates, working with members of the Monastic Community and other Associates, to explore ways of enriching your life through a clearer understanding of the Benedictine Rule and the individual Associates Rule.

We share insight and experience as we journey together on our conversion of life. This program is particularly well suited to newer Associates (or to those considering becom-

ing Associates) who are looking for guidance in developing and maintaining their rule.

Fee: \$170 Deposit: \$85

A Feast for the Soul

Retreat for Adults Who Work With Youth

Tue, Sep 28 — Fri, Oct 01

Led by Jenifer Gamber and Fran McKendree

Since 2007, youth leaders from across the country have gathered for a time of spiritual refreshment, learning and networking at Holy Cross Monastery in West Park, NY.

Join Jenifer Gamber and Fran McKendree in September 2010 for "A Feast for the Soul." Our time together will focus on prayer as the heart of our lives and the lives of the youth we serve.

Through worship, music, conversation and meditations we will explore a variety of spiritual disciplines that ground our life and ministry. Come and explore within the peace of a monastic setting. Special guests Ana Hernandez will lead a session of chants and Becky Neilson will lead a session in painting icons.

Jenifer Gamber is the author of My Faith, My Life: A Teen's Guide to the Episcopal Church and Your Faith, Your Life: An Introduction to the Episcopal Church.

Fran McKendree is a singer, songwriter, and recording artist. He lives in Hendersonville, North Carolina and can be frequently found at Kanuga's

Come and See

Monastic Living as a Vocation

Tue, Oct 05 — Fri, Oct 08

Led by members of the community

A program for single men aged 20 to 48 who are interested in exploring Benedictine monastic life as a possible vocational path.

Join the brothers of Holy Cross Monastery for three full days of prayer, work, study and conversation. Discover what this ancient way of life can offer you today.

Begins at 2 p.m. on Tuesday and ends after lunch on Friday.

Fee: \$50 - to be paid as a deposit at the time of reservation

Paint Your Faith

Tue, Oct 05 — Fri, Oct 08

Led by Elizabeth Rundquist

How can you express your faith without words? If you would like to join a group of people who have questions, and are eager to explore new art media, come join us. The structure of this retreat will be in workshop format. We will move from group discussion to individual art expression. There will be ample individual reflective time.

The Monastery and the life within it inform our journey, adding to our deepening understanding of what faith is for each of us. Although the retreat is geared towards visual expression, writers may find different ways of using words. Directed activities, designed to enhance flexibility and increase expression, will be presented.

Art materials will be provided. Journals for writing and sketching to use during the retreat and take home will be provided. Come; be prepared for a challenging journey, while anticipating the growth of new branches.

Elizabeth Rundquist, MA, ATR-BC, is a practicing artist and art therapist/psychotherapist. She has many years experience working individually and in groups. She is a graduate of Education for Ministry.

Fee: \$260 Deposit: \$70

Meditation in the Christain Tradition I (Silent)

Fri, Oct 29 — Sun, Oct 31

Led by The Rev. Mary Gates
& Br. Bede

This retreat will introduce the participants to the major practices of meditation currently used in Christianity. Each method will be introduced and a generous amount of time allotted to practice each one, so full familiarity with the meditation practice can be begun. Plenty of time is also allowed for questions and for sharing the experience of the practices. We also touch on the meditative stage where techniques need to be abandoned so a deep and silent awareness of God can be cultivated. Beginners will find plenty of help in getting started and people with experience will find challenge to develop their practice.

The Rev. Mary Gates has studied with Thomas Keating and has taught Centering Prayer for more than 20 years.

Br. Bede is Prior of Holy Cross Monastery and active in the ministry of spiritual direction and teaching meditation.

Fee: \$250 Deposit: \$80

Benedictine Spirituality and the Arts

Channels of Grace for Daily Living

Thu, Nov 04 — Sun, Nov 07

Led by Jane Tomaine

One of life's joys is to experience the arts—music, fine art, craft, architecture, poem and story. Yet, the arts do more than provide an experience of beauty. They are God's Presence and Spirit touching a place deep within us to bring peace, energy and hope. How might we be open on a deeper level to the grace that comes through the arts? How can the arts become a daily experience of God's presence? How can the arts help us see the sacred in the ordinary? This retreat will explore how the arts are windows to the holy that teach us to look deeply at life around us and how they support the spirituality found in the Rule of St. Benedict.

We will explore ways that the arts are channels of God's grace and presence, and seek God's presence through reflection and prayer using the fine arts, music, poem and story. We will look for ways to bring the spiritual gifts of the arts into daily life and share how the arts have been meaningful to us. We will also learn ways that Benedictine Spirituality can prepare us for this experience of God through the arts and in our daily life with all its challenges and joys.

Please bring to the retreat an example of the arts that has been important and meaningful to you. This could be an actual painting or a craft item, picture of a painting, sculpture or building, a piece of music, a poem, play, movie or ballet, etc. These can be religious in subject matter but do not need to be. Choose an example that has deeply moved you. At the retreat you will have an opportunity to reflect on and share your experience with this meaningful example of the arts.

Jane Tomaine is an Episcopal priest and nationally known retreat leader from New Jersey and is the author of St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living, published by Morehouse.

Fee: \$420 Deposit: \$85

Unity in Contemplation A Centering Prayer Retreat

Tue, Nov 16 — Fri, Nov 18

Led by Br Charles

This Centering Prayer immersion retreat will give participants an opportunity to deepen their Centering Prayer practice. We will also view a series of talks by Fr. Thomas

Keating on the Spiritual Journey. The talks include The Divine Economy, The Symbol of the Cross, and The School of Love. The basic method of Centering Prayer will also be reviewed making this retreat appropriate for both new and long time practitioners.

Fee: \$240 Deposit: \$70

Thanksgiving — the Monastery Way

Tue, Nov 23 — Fri, Nov 26

Thanksgiving is a national holiday with deep spiritual roots. In our lives filled with tremendous blessings it is vital to take time to give God thanks. Join us to help put some holy into your holiday. And yes — we do have a lovely and traditional thanksgiving feast.

Join us for as many of these days as you like.

Fee per day: \$70 Deposit: \$35

Awakening in Advent (Silent)

Fri, Nov 26 — Sun, Nov 28

Led by Carolyn Bluemle

Wake up in mind body and spirit to the unbelievable gift of God's incarnation among us. This Advent, let us strip away layers of busy-ness, tension, distractions, and exhaustion... Let us allow ourselves to be open and vulnerable enough... That we may awaken to the gift of God's presence that is given every day, and is celebrated at Christmas.

In this guided retreat we will pray with silence, with song, and with our bodies, as each is inspired and able. We will practice yoga to open and integrate our bodies with our minds and spirits. We will pray with postures to music and words. By working with the postures and song, we can tap into the depth of our longing and the depth of our hope. Also: beautiful prayer with the monks, Taize Chant together, guided nap, and times of silence and stillness for meditation.

No previous yoga experience is necessary. All sequences and poses can be adapted for any and every body. Discover how opening your body can help to deepen your relationship with God.

Please bring a symbol of your intention for the retreat to place on a prayer table in the practice room.

Carolyn Bluemle has taught yoga since 1989 and is Iyengar certified. She teaches at Unity Woods Yoga Center and in the Sacred Circles program at the Washington National Cathedral.

During doctoral studies in philosophy at UC Berkeley, she honed her analytical skills. Years as a dancer inspired her appreciation of the rhythms and poetry of the body. Through the healing practices of yoga, meditation, and Taize chant she has renewed her Christian faith with joy and compassion. Her teaching, precise and enthusiastic, reflects her deep experience of yoga as prayer.

Fee: \$240 Deposit: \$80

Advent Retreat (Silent)

Fri, Dec 03 — Sun, Dec 05

Leb by Br. Bede & The Rev. Suzanne Guthrie

Music by Sr. Helena Marie, CHS

Darkness and light, endings and beginnings, longing and fulfillment. These are the themes of Advent; and we will weave them together through reflection, silence, music, and story, to help you prepare for the living of the coming Mystery of Christ among us.

*Suzanne Guthrie is an author and conductor of retreats and conferences. Her books *Grace's Window* and *Praying the Hours* have been widely read and appreciated, and her retreats at Holy Cross and elsewhere have been greatly valued by those who have attended. She concentrates on the spiritual tradition of Christianity, especially the Carmelite mystics, and uses their teachings in her work with young people and with retreatants of all ages.*

*Br. Bede is Prior of Holy Cross Monastery. He has been active in the practice of spiritual direction for many years and in teaching about spiritual direction and meditation. He is the author of the widely-read booklet, *Using the Jesus Prayer*.*

Fee: \$240 Deposit: \$80

Individually Directed Retreats

Tue, Dec 07 — Fri, Dec 10 or Sun, Dec 12

Limited Registration

Spending time in prayer and silence is a classic way to deepen your spiritual life and to enhance your experience of Advent. Participants will meet individually each day with a Spiritual Director who will assist and guide you in responding to God's movement in your life and in responding to the invitation to deeper union with God. Participants start the retreat on Tuesday and may conclude on Friday or Sunday, depending on your needs.

Participants are asked to include a brief synopsis of your spiritual journey and a statement of your hopes for the retreat.

Fee for Tue — Fri: \$250 Deposit: \$80

Fee for Tue — Sun: \$430 Deposit: \$80

Christmas or New Year's the Monastery Way

Tue, Dec 21 — Sun, Dec 26

Tue, Dec 28 — Sat, Jan 01

Christmas time at the Monastery is quite remarkable. It is a time filled with feasts and celebration. Many evenings in the Pilgrim Hall are accented with a story reading or carol sing. Most of all it is a time to gather, as those shepherds did in Bethlehem, to offer praise to God and pray for peace on earth using the ancient cycle of monastic prayer. Join us for any or all of these days.

**Fee: \$70 per weeknight, \$85 per weekend night
Deposit \$35**

“Cheshbon Nefesh”

An Accounting of the Soul at the New Year

Thu, Dec 30 — Sat, Jan 01, 2011

The retreat begins at 2 PM on December 30th

Led by Br. James

“Cheshbon Nefesh” is the practice of our Jewish sisters and brothers of accounting for their soul and for their community between Rosh HaShanah and Yom Kippur (the Jewish New Year and Day of Atonement which occurs in the Autumn). This is a spiritual practice with ancient roots and one that can apply to our Christian heritage as well.

We invite you to spend the New Year holiday in a relaxing and peaceful atmosphere in which we will have ample time and silence to reflect on the past year and prepare for the new one as well. There will be meditations led by Brother James on the turning of the year, and in private reflection discerning how our soul's account ledger adds up at this point in time. Additionally, we will “pray in the New Year” (voluntarily) with a meditative service from 11:30 pm until 12:30 am over the New Year.

Fee: \$160 Deposit \$70

Hold the dates:

Joan Ball — Rest, Rejuvenate, Reflect and Write, a Winter Retreat for Writers
(Tue, Jan 18 — Sun, Jan 21)

Winter Associates Retreat
(Thu, Jan 27 — Sun, Jan 30)

Diana Butler Bass — A Peoples Spirituality: Following Our Ancestors Footsteps to a Hopeful Future — for Clergy, Diocesan Staff, Vestries and Church Growth ministers focusing on theology and leadership in congregations, faith

communities and societies. — Feb 1 to 4 (Tue — Fri)

Diana Butler Bass — A Peoples Spirituality: Following Our Ancestors Footsteps to a Hopeful Future — for Individuals focusing on personal spirituality and prayer. — Feb 4 to 6 (Friday to Sunday)

Esther De Waal — Reflections on Thomas Merton
(Fri, Feb 11 — Sun, Feb 13)

Fr. Carl Arico, VP of Contemplative Outreach — Divine Forgiveness & Compassion: A Centering Prayer Immersion Retreat (Tue, Feb 15 — Sun, Feb 20)

Esther De Waal — Interpreting Monastic Architecture
(Tue, Feb 22 — Fri, Feb 25)

Martin Smith — Lenten Retreat
(Fri, Mar 18 — Sun, Mar)

News from the Brothers

Br. Bede

This winter found me in Kansas again — this time not for pleasure, but for the funeral of a very old and dear friend. I went on very short notice and stayed for a couple of weeks. I preached at the funeral and managed to be of some help to the family afterwards with all of the things that needed to be dealt with. I did have time, though, to see a number of friends, including one or two that I haven't seen in some years, and that was very good. And I had some relaxing evenings and good conversation — not to mention some KU basketball!

Lent this year was a particularly rich experience for me. It was a time to go forward in several small but important ways, and left me feeling more ready for Holy Week and Easter that I sometimes am. It was also a time for the flu — 2 kinds (or 2 different experiences of the same one). We used to say that it was taking a long time to get over it. Now we talk about Post Viral Exhaustion. There's something satisfying about a label with capital letters. When spring finally comes fully, I'll get completely well. That's how it seems to work with me.



Br. Ronald

In my last News notes I said “I am thinking about the rest of winter and a kind of quiet time.” Well the time was not quiet! The Guesthouse was in high gear and work on the Guesthouse bathrooms on the third floor was in high gear (still is).

I have been busy with my usual ministries and occupations. Our weather was interesting. Forecasts were for lots of snow in our area, and we ended up in a “donut hole” with little snow on our ground. At the present time, the weather is warm and we are all looking forward to late Spring after a wonderful Holy Week and Easter.



Br. Robert

I am writing my newsnotes from our priory in Toronto, which means that my spring travels have begun. Not that winter didn't see me on the road. I was privileged to present at a meeting of the military and federal chaplains in Washington, DC, on spiritual issues surrounding trauma.



I then went on to Santa Barbara for my official visitation there, wisely avoiding the great January snows on the East coast. Then on to Oceanside, CA, where I participated in the annual workshop for (mostly) Roman Catholic Benedictine Abbots, where I was warmly received and from which I benefited greatly. I returned to DC to conduct a Lenten quiet day at St. Columba's Church, a large and active congregation with many Holy Cross friends.

I also attended several meetings of leaders of religious communities in the NY area, including a luncheon given annually by our own visitor, Bp. Mark Sisk, and with our vocations director, Br. Bernard, to a fascinating conference on the changing demographics and concerns of those considering religious/monastic life in the Catholic Church. Much applied to us Anglicans as well.

We were graced this winter by two guests. The first, our Companion Dr. Esther de Waal, spent six weeks in residence and offered several programs in our guest ministry while sharing with us her quiet wisdom. And the Rev. Dennis Berk, an American priest who is a postulant in the English Community of the Resurrection, spent two months with us while awaiting a visa permitting him to return to the UK. He was a delightful addition to the monastic household in every way.

One of the delights of this winter has been the

(re-)institution of community nights...one Sunday a month we have a quiet dinner together, just us, and another Sunday each month we have a pizza and movie night. As we get increasingly isolated at our computers, even for entertainment, we have rediscovered the joys of just hanging out together. So far we have seen three movies. My favorite: All About Eve, which I'd never seen before. Now someday soon I will probably have to watch The Wizard of Oz.

Br. Scott

As I write, we're at that very interesting shift from Winter to Summer (I guess its called Spring...) when the landscape changes not just by the day, but even by the hour. Yesterday's bare tree limbs today are green. There is such an important pattern to nature of richness and emptiness; of dramatic change in season — at least in this part of North America. Super Market culture tells us everything is always in season — but its a lie. In Spring nature seems to be making clear that things are ever changing. I'm a bigger fan of Fall and Winter, partly because I'm no fan of heat, but also because the abundant green of Summer covers up so much subtler color.



Of course the real news in my news notes must be to report on Hildegard... She remains a very affectionate, but rather unambitious sort of cat. She seems to welcome any time I spend in my cell — since that is time spent with her. It is a great joy to have her sit in my lap and purr loudly.

And my life remains filled with joyful things. I recently got to spend a day with folks from the Diocese of Ottawa, which was a wonderful treat. And I've gotten to spend a fair amount of time at Yale/Berkeley Divinity School, which is also wonderful and richly rewarding. And the guest house here has been full to bursting much of the time, which is also very gratifying. We've more or less completed work on 3rd floor bathrooms — what an improvement! And life goes on.

Br. Adam.

Dec. 29 was the 30th anniversary of my ordination as a priest. It was a joy remembering so many people, so many things. The New Year put me back on my regular schedule, leading the Novitiate class weekly, spending time with spiritual directees, working in the Monastery Library, keeping an eye on the Order's money



as Corporation Bursar, and leading the monthly Board meetings of the House of the Redeemer.

On January 28 I was guest of good friends Meg and James German for the annual dinner of the Church Club, where we heard a good address by the new Bishop of Long Island, Lawrence Provenzano.

In February I facilitated the retreat of the Episcopal college chaplains of Province II, and attended a reception for CDSP alumni at the Presiding Bishop's apartment in New York City. It was in honor of Donn Morgan, retiring as Dean and President. Donn was my Old Testament professor back in the 70's. Early in March I helped lead another Library Volunteers retreat, which is becoming an institution here. March also saw a second Come and See experience for potential new members of OHC. There were five participants.

On March 18 the House of the Redeemer honored two long-time volunteers at our Winter Benefit, which was lovely, and a success! On March 30 I was for the second time the confessor at the Mass of Collegiality for the clergy of the Diocese of New York at the Cathedral. From April 6 to 10 I will attend the annual Benedictine Formators' Conference, held this year at St. Meinrad's Abbey in southern Indiana. And from April 20-25 the Superior, Br. Scott and I will attend the annual CAROA conference, this year at the Convent of the Sisters of St. John the Divine in Toronto.

Br. Rafael

Happy Eastertide to all. I have been at Holy Cross Monastery in West Park, New York for almost a year. I am readjusting slowly. The winter is over and gone, and spring is here. The trees are getting greener and the flowers are blooming. Beautiful! I am getting to know the brothers. Putting names to faces.



On March 25th — the Annunciation to Mary that she would be the Mother of the Saviour — was my 26th anniversary of my ordination to the priesthood. I thank God for the opportunity of seeing another year in His service.

Br. Lary

Epiphany and Lent were very busy seasons for the monastery. Guests fill the guesthouse every weekend and most of the time during the week. Since we monks intend to welcome Guests like Christ, this was a joy for us, and now we are



looking forward to a busy Eastertide. Easter, as always, was profoundly moving. The services were splendid and spring arrived with Easter this year. The daffodils, jonquils, forsythia, and tulips enliven the whole countryside. The weeping cherry tree bloomed for the first time this year.

I have not been reading a lot. I recently re-read Henry Nouwen's *The Return of the Prodigal Son*. I like all of his books. Some people think he is a saint.

I took a late winter break from March 10 – 24 and went to Santa Barbara, where I stayed with the Mt. Calvary Community at St. Mary's. I enjoyed seeing everybody I know, and Santa Barbara is always beautiful. This trip I did not drive up the hill to the site of our former monastery.

I went to see *Alice in Wonderland* while it was there. I thoroughly enjoyed it. I am reading *The Girl with the Dragon Tattoo*. My younger brother sent it to me for Christmas, and he recommends it highly, as do I. To close, spring is getting lovelier and lovelier.

Br. Andrew

I've been very aware of the shifts that happen since I returned. The move from Winter to Spring, from Epiphany to Lent and now we have passed through the intensity of Holy Week and the Triduum into the joy of Easter. None of that is new but each day reminds me of God's faithfulness and goodness even in the face of natural disasters and other ills. I am grateful.



A highlight of Easter for me was to sing with Kairos at Easter Vespers. It was thrilling! I didn't come down again for hours!

I am getting into the swing of things more and more. Seeing more people in direction, enjoying AA, feeling less new and more settled all the time. Right now, Scott and I are busy organizing the tour of Scotland we will lead in October. Elsewhere in this edition there is a blurb on that. Why don't you think of joining us?

Br. Bernard

In January, Br. Charles and I led a delightful Prayerful Stitches retreat. As part of the retreat, we encouraged people to knit for the homeless and urban poor we encounter at shelters. Shawls, hats and scarves have kept coming in the mail. Thank you on behalf of our friends in Newburgh and Kingston. In emulation of our fellow



yarncrafters, I look forward to learning to knit socks and hats.

In February, I conducted my yearly mission to the good people of St Boniface, Sarasota, Florida. This was the third year we worked together and the deepening of relationships really came to bear on what the depth of what can be sustained and developed in a week's time. We keep praying for one another year-round and it shows. I preached, taught, led a quiet day, animated meetings and met with several people in spiritual direction.

In March, we met 5 interested and interesting inquirers who came for the Come and See Retreat. My Vocations Minister job keeps me in touch with several good men who deeply want to explore God's desire for their lives.

Lent has been a rich period of centering back on nourishing spiritual disciplines. Many had to do with bringing back balance in my daily routine. Now that Eastertide is ongoing, I'm happy to see that many disciplines seem to have gained tenure in my life.

Keep us in your prayers, let us know what you need prayers about.

Br. James

Alleluia! Christ is Risen!

A joyous Eastertide to all of our readers as I write to you toward the end of the first week of Easter. This is a glorious season for so many reasons and one I revel in. I hope you do as well. Much of my work these past weeks has been involved with the observance of Lent, Holy Week, and the Easter Triduum. I



don't tend to write much about my work as Sacristan and as a member of the Liturgy Committee, but it is work that I truly love and am so grateful that the Prior and Community place their trust in me to do this work. Our lives revolve around the liturgy, so we take it all very seriously. Of course, the Triduum is the penultimate liturgical rites for all of us – so my hands have been full.

I have worked on several parish retreats here in the house and led a New Year's retreat called Cheshbon Nefesh over that weekend. This was a particularly blessed retreat for so many reasons. I have also had the great blessing of spending time with folks in various parishes throughout Lent. In late February I preached at St. John's, which is a great parish in Kingston that is growing and reaching out to many around town. I also led their Adult Education program for the day. We talked about the differences between the Just War Theory and Pacifism. This was the introduction to the afternoon program the Episcopal Peace

Fellowship sponsored on that very topic. I facilitated the discussion among three worthy theologians and activists.

I also spent time with the homeless shelter that is part of the ministry of St. James Church in New London, CT which was very rewarding. They are doing great work and should be very proud of the way they care for the poor of their area. I also gave a Quiet Day at St. Mark's, Philadelphia where we have very active Associates. It was my second time at St. Mark's and I have real affection for them. They also minister to God's people in a very special way.

I am nearing completion of my work with the Haden Institute for Spiritual Direction. It will be done in May. Just a few more papers to write! It has been a real gift to participate in this program and I have learned a great deal. I am very grateful to the community for this education and look forward to continuing to serve as a Spiritual Director.

And of course, Micah Ministries continues to help the community to see the face of those who suffer with poverty or illness as Christ himself. We are taught to receive so many blessings by those we serve that we really do often wonder who is serving whom.

Many blessings to you this Eastertide. The Lord is risen indeed! Alleluia!

Br. Charles

Recently I posted on my Facebook status that I was "listening to koh". It generated some very interesting responses. Everything from what the heck is koh to some amusing questions. But one person responded by asking "traditional Japanese or Holy Cross?". I knew she had gotten my cryptic message.



Koh is Japanese for incense. How does one "listen" to incense? Well, there is actually a whole incense ceremony built around the concept where one enjoys the incense attentively to see if they can identify the fragrances.

This past February I was given the reigns of our Book and Gift Shop and it has been a great joy for me to introduce many new items for the store. And one of these new items is Traditional Japanese Incense from Shoyeido. A 300+ year old family company from Kyoto, Japan, their quality is superb. Gentle fragrances, low smoke, hand pressed incense, all perfect for use at home...especially perfect for meditation and contemplative prayer. In fact, as I look around our Book and Gift Shop, it strikes me how many items we have that are ultimately about prayer. Tibetan Singing Bowls, meditation timers, aromatherapy candles by Paddywax, new icons, and I could go on...all items that take me to a place of silence, solitude, stillness...a place of prayer.

I hope on your next visit to Holy Cross you will stop by the store and ask what's new. I'd love to show you all of the new offerings. One thing that will stand out is all of the gift items that are hand-crafted, fair trade, and offer a meaningful living to the artisans. We have hand-woven baskets from the Zulu people of South Africa, new greeting cards with landscapes painted at Holy Cross, icons and paintings from a local Hudson River artist, jewelry from Lovell Designs, an artist in Maine. And our book selection just grows and grows. We even have a new gourmet tea line — Tea Forte. Whole leaf teas, hand blended with rough cut herbs and flowers, sourced from the four corners of the world, Tea Forte is the perfect companion to curl up in a chair and a good book. Enjoy it here at the Monastery or take it home with you. Either way I assure you it will be like no other tea you have ever experienced.

We are also offering a new service called "Direct To Home". Any book available through our distributor can be dropped shipped directly to your home. And we welcome any request to mail order any item in our store. So even when you're away from the Monastery we look forward to serving you. For all of your book and gift needs, we hope you will think of the Monk's Cell Book and Gift Shop first.

The other big activity occupying my days is the ministry of Centering Prayer. On the Saturday before Palm Sunday we had our first Introductory Workshop and there was a tremendous response. Thirty one people attended and many have signed up to participate in a weekly Centering Prayer group. Our group will begin meeting on Tuesday, April 13th. We are planning another Introductory Workshop for August along with several special retreats on Centering Prayer. In November I will lead "Unity in Contemplation", a centering prayer retreat based on a series of talks by Fr. Thomas Keating. Then in February, Fr. Carl Arico, Vice President of Contemplative Outreach will be here to lead a very special immersion retreat in Centering Prayer titled "Forgiveness and Compassion". I know many of you have been praying with me for God to bless this work and ministry. You have my heartfelt thanks and gratitude. And I am overjoyed to share the great response we are receiving to the workshops, weekly prayer group and retreats.

Easteride Blessings to each of you!

Chet Wilkinson and George Masters have returned to Holy Cross Monastery for the summer. Watch out for their News Notes in our Michaelmas issue (early fall).

May your summer be rich and
fruitful in Christ's Love!

You Know The Man...

...the one who loves God and neighbor deeply and yearns for keener purpose in his life with God. Please don't be shy and drop a word to that man.

We often grow in God by invitation. Amongst your friends or acquaintances, who has not yet considered God's invitation to look at the monastic way as a life for himself?

The Order of the Holy Cross is eager to engage him in conversation. Invite him to come and spend some time at the Monastery to check it out. Encourage him to contact our Vocations Minister for a conversation.

Br. Bernard Delcourt, OHC — Vocations Minister for North America — bernard@hcmnet.org

"O Lord, you have enticed me, and I was enticed,"
Jeremiah 20:7a

Making us part of Your Legacy

"Nothing worth doing can be achieved in a lifetime; therefore we must be saved by hope. Nothing that is true or beautiful or good makes complete sense in any immediate context of history; therefore we must be saved by faith. Nothing that we do, however virtuous, can be accomplished alone, therefore we are saved by love." Reinhold Niebuhr

Financial stability is an important element of enabling monastic life to continue to flourish in the Order of the Holy Cross beyond our own lifetimes.

Please join those generous souls in the Holy Cross Legacy Society who have included our Monastery in their planned giving.

Contact Br. Bernard to schedule an informative conversation to explore possibilities together — bernard@hcmnet.org

Holy Cross Monastery
Post Office Box 99
West Park, New York 12493

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Getting in Touch

www.holycrossmonastery.com
P O BOX 99
West Park, NY 12493
(845) 384-6660

Contact

Guest House
Incense & Publications
Monk's Cell Book & Gift Shop

Extension

3002
3003
3004

E-mail Address

guesthouse@hcmnet.org
publications@hcmnet.org
bookstore@hcmnet.org

Br. Robert Sevensky, Superior 3006
Br. Bede Thomas Mudge, Prior 3012
Br. Adam McCoy, Novice Guardian 3019
Br. Ronald Haynes, Dir. of Associates 3011
Br. Scott Wesley Borden, Dir. of Guest House 3005
Br. Raphael Campbell-Dixon
Br. Lary Pearce 3002
Br. Andrew Colqhoun 845-233-8321
Br. Bernard Delcourt 845-546-1813
Br. James Michael Dowd 3028
Br. Charles Mizelle 3004

superior@hcmnet.org
bede@hcmnet.org
adam@hcmnet.org
ronohc@hcmnet.org
scott@hcmnet.org

pearce1h@yahoo.com
bernard@hcmnet.org
bernard@hcmnet.org
james@hcmnet.org
charles@hcmnet.org

Guest House Reminders

The monastery guesthouse is open from Tuesday afternoon to Sunday afternoon.

Weekends are often full, so individuals are invited to consider a mid-week retreat if possible. Contact the guesthouse office for room availability.

We invite you to make a retreat and look forward to welcoming you for a time of quiet prayer, rest, and renewal in the presence of Christ!