

# CALENDAR 2024-2025

FOR MORE INFORMATION,  
VISIT [LINWOODSPIRITUAL.ORG](http://LINWOODSPIRITUAL.ORG)

## SEPTEMBER 2024

17-24 8 DAY GUIDED RETREAT  
27-29 THOMAS MERTON

## OCTOBER 2024

1-3 MACHINE QUILTERS RETREAT  
9 DAY OF PRAYER  
15-22 IGNATIAN DIRECTED RETREAT

## NOVEMBER 2024

1-3 AUTUMN SABBATH WEEKEND  
6 DAY FOR SPIRITUAL DIRECTORS  
8-10 WOMEN IN RECOVERY  
13 DAY OF PRAYER  
23 WOMEN'S DAY OF PRAYER

## DECEMBER 2024

6-8 ADVENT RETREAT WEEKEND  
11 ADVENT DAY OF PRAYER  
12 ADVENT EVENING OF PRAYER ON ZOOM

## JANUARY 2025

9 EVENING OF PRAYER ON ZOOM  
10-12 CO-ED RECOVERY  
17-20 MACHINE QUILTERS RETREAT  
31-1 PRAYING & PLAYING WITH SCRIPTURE

## FEBRUARY 2025

7-9 THE LITURGY THAT DOES JUSTICE  
12 DAY OF PRAYER  
13 EVENING OF PRAYER ON ZOOM  
14-21 IGNATIAN DIRECTED RETREAT

## MARCH 2025

5 ASH WEDNESDAY DAY OF PRAYER  
7-9 LENTEN RETREAT WEEKEND  
13 LENTEN EVENING OF PRAYER ON ZOOM  
14-16 MEN'S RECOVERY RETREAT  
21-23 FLOW: SELF CARE BY THE RIVER

## APRIL 2025

9 DAY OF PRAYER  
17-20 HOLY WEEK RETREAT

## MAY 2025

7 DAY OF PRAYER  
9-16 IGNATIAN DIRECTED RETREAT  
16-18 WOMEN'S RECOVERY RETREAT  
23-30 8 DAY GUIDED RETREAT

## JUNE 2025

3-6 BIO-SPIRITUAL FOCUSING WORKSHOP  
20-27 IGNATIAN DIRECTED RETREAT

## JULY 2025

11-18 IGNATIAN DIRECTED RETREAT

## AUGUST 2025

11-14 HAND QUILTERS RETREAT  
15-22 IGNATIAN DIRECTED RETREAT

## SEPTEMBER 2025

12-19 IGNATIAN DIRECTED RETREAT  
19-21 MEN'S RECOVERY  
26-28 FLOW: SELF CARE BY THE RIVER



Society of Saint Ursula  
50 Linwood Road  
Rhinebeck, NY 12572

## REGISTRATION

We invite you to register for programs online  
[www.LinwoodSpiritual.com](http://www.LinwoodSpiritual.com)



## COMING TO LINWOOD

Linwood overlooks the Hudson River, 3.3 miles west of Rt 9 in Rhinebeck, NY. Three hours west of Boston, two hours north of NYC, one and a half hours south of Albany and west of Danbury. Linwood is accessible by Amtrak. For more information and directions please go to our website.

## ACCOMMODATIONS

- Attached Main House with elevator, 24 single rooms, shared bath
- Separate Guest House with 1 flight of stairs, 10 single rooms, shared bath
- All rooms have twin bed, recliner, desk, river or garden views
- River view dining with seating for up to 50
- River view conference room for up to 45
- River view Pavilion with fireplace can accommodate up to 150
- Library, meditation room, and break-out rooms
- Chapel
- 51 acres with benches
- Seasonal pool
- Bicycles and helmets
- Trail
- Labyrinth
- Garden
- Wifi
- No TVs or ACs in bedrooms
- Smoke free, phone free

## PRIVATE RETREATS AND GROUP RATES

Linwood welcomes individual private retreats and outside group rentals. We often have rooms available for individuals seeking a quiet stay. Group rentals are not sponsored by Linwood, not open to the general public, and are not listed in our brochure. Groups book over a year in advance. Please contact us by phone or email for rates and availability.

## 2024-2025 PROGRAMS



This photograph of the Hudson River and the Esopus Meadows Lighthouse, as seen from the lawn at Linwood, was not only taken by our very own Sr. Kathy A. Donnelly, SU but it also graces the front cover of the 2024-2025 Rhinebeck, NY Chamber of Commerce Visitors Guide!

We are pleased and excited to share with you our 2024-2025 retreat offerings. We are constantly adding new programs and events so please follow us on Facebook & Instagram, check our updated website regularly, and sign up for our occasional emails to be sure you don't miss any new offerings. We look forward to welcoming you to Linwood!

50 Linwood Rd, Rhinebeck, NY 12572 | 845.876.4178 | [LinwoodSpiritualOffice@gmail.com](mailto:LinwoodSpiritualOffice@gmail.com)



Truly, God is in this place... "Genesis 28:16"

## SPIRITUAL CENTER STAFF

**Executive Director  
Programming/Spiritual Direction**  
Mary T. Naccarato, PBVM

**Master Gardener**  
Mary Isaac Koenig, SU

**Support Staff**  
Lois Zingaro, SU

**Retreat Staff/Spiritual Direction**  
Elizabeth Anne DiPippo, SU  
Kathy A. Donnelly, SU  
Thomas Scirghi, SJ  
Maureen Steeley, SU

**Finance & Registration**  
Dale Allison  
  
**Hospitality**  
Doreen DeCarolis  
Kathy Kelly

## PRESENTERS AND DIRECTORS

**Don Bisson, FMS** spiritual director, formator, supervisor & presenter.  
**Virginia Blass, DMin** author, parish mission & retreat director, spiritual director.  
**Maureen Casey, SND De Namur** retreat leader & spiritual director.  
**Patricia Davies** retreat leader & spiritual director.  
**Elizabeth Anne DiPippo, SU** spiritual director whose main interest is women's spirituality.  
**Kathy A. Donnelly, SU** retreat leader, spiritual director, offers supervision & bio-spiritual focusing.  
**Mary Isaac Koenig, SU** hand quilter, master gardener, curator of floral pieces.  
**Mary McQuaid** Certified Addiction Recovery, Reiki Master/Teacher.

**Mary T. Naccarato, PBVM** administrator, retreat leader, spiritual director & offers supervision.  
**Carol Perry, SU** author, teacher, presenter.  
**Joy Scarano** massage therapist, presenter.  
**Thomas Scirghi, SJ** retreat leader & spiritual director.  
**Maureen Steeley, SU** retreat leader, spiritual director, her joy is in sharing the conversation about our God in our every day lives.  
**Women of the Waters** multigenerational retreat team of women from various parishes in the CT, NJ, NY area who originated at CYFM, Garrison, NY.

# PROGRAMS 2024-2025

SW=Spirituality & Wellness | DG=Directed & Guided | PT=Professional Training | AA=Twelve Step  
Unless specified, programs are gender inclusive | For more information, visit [LinwoodSpiritual.com](http://LinwoodSpiritual.com)

## SEPTEMBER

- 17-14 **GUIDED RETREAT ~ WALKING WITH GOD'S MYSTICAL HEART... -DG-**  
Come and gift God and yourself with an opportunity to treasure and savor some of the women and men who have been open and transparent with God's Mystical Heart. Sr. Maureen Casey, SND de Namur. **\$800**
- 27-29 **THOMAS MERTON, RADICAL COMPANION -SW-**  
This weekend conference will gather together folks who appreciate the work and wisdom of Thomas Merton. The five presentations will apply his time to our own: poverty, racism, injustice, discrimination, political chaos, war and peace, the rise of fascism and religious paralysis. Br. Don Bisson, FMS. **\$325**

## OCTOBER

- 1-3 **MACHINE QUILTERS -SW-**  
Come let Linwood's brilliant fall landscape inspire your creative projects. Please bring your own machine and supplies. Space is limited. Sr. Isaac Koenig, SU. **\$325**
- 9 **DAY OF PRAYER ~ FINDING GOD IN ALL THINGS... -SW-**  
Imagine that! Yes, our God desires to communicate with us always. So we say "yes" to God's invitation to "come away with me and be my love". Pat Davies. **\$45**
- 15-22 **IGNATIAN DIRECTED RETREAT -DG-**  
A directed retreat invites us to be especially attentive to the movement of the Holy Spirit within an atmosphere of solitude and silence. Regular meetings with an experienced director provide opportunities for talking about one's prayer to discern how to continue to listen carefully to what God is saying in my life. Scripture and life experience provide the primary material for prayer. **\$800**

## NOVEMBER

- 1-3 **AUTUMN SABBATH WEEKEND -SW-**  
Gift yourself with some Sabbath Time in the autumn beauty of Linwood's spacious grounds. We welcome you into an atmosphere of contemplative silence. We will gather on Friday evening for an introduction and the rest of the time is yours! Presentations and Spiritual Direction will be offered for all those who wish to partake. Kathy A. Donnelly, SU & Mary T. Naccarato, PBVM. **\$325**
- 6 **DAY FOR SPIRITUAL DIRECTORS -PT-**  
A day for spiritual directors for ongoing formation. Luz Marina Diaz, Ph.D. **\$65**
- 8-10 **DIGNITY & GRACE ~ A RETREAT FOR WOMEN IN RECOVERY -AA-** Come gather with us by the river for a soul nourishing weekend. Connect with a wonderful community of like-minded, spirited women, as we deepen our understanding of our program & spiritual way of life. Mary McQuaid. **\$325**
- 13 **DAY OF PRAYER ~ PRAYING WITH THE GOSPEL OF MARK -SW-** This day of retreat and prayer will focus on the Jesus we see and read about in the Gospel of Mark. There will be time for reading, personal reflection, as well as time for sharing together the Jesus we encounter in Mark's Gospel. Please bring your own Bible. Elizabeth Anne DiPippo, SU **\$45**
- 23 **WOMEN'S DAY OF PRAYER ~ PARABLES... JESUS' SPECIAL TREASURES TO DISCOVER -SW-** Join us for this day retreat and learn more about this abundant treasure that Jesus gifted to us! Please bring a journal. Women of the Waters. **\$50**

## DECEMBER

- 6-8 **ADVENT RETREAT -SW-**  
Our lives are an Advent – a time of waiting, listening, and hoping, a time of openness to the unimaginable gift of God. Come and pause in quiet reflection in these hectic days of hurry up and wait. Facilitated by The Linwood Team. **\$325**

- 11 **ADVENT MONTHLY DAY OF PRAYER -SW-**  
Advent offers us a wonderful opportunity to Watch with Wonder. Join us as we explore Prophetic Expectations, the Birth Narrative and the joy of experiencing God with Us. Mary T. Naccarato, PBVM. **\$45**
- 12 **ADVENT EVENING OF PRAYER -SW-**  
Sr. Carol Perry, SU on Zoom. **\$25**

## JANUARY

- 9 **EVENING OF PRAYER ~ CONTEMPLATIVE PRAYER PRACTICES -SW-** Rev. Arlene R. Wilhelm. on Zoom. **\$25**
- 10-12 **11TH STEP RECOVERY RETREAT FOR MEN AND WOMEN -AA-** Our weekend is open to all people in recovery. All lengths of sobriety are welcome. Ed & Mary McQuaid. **\$325**
- 17-20 **MACHINE QUILTERS -SW-**  
Enjoy the quiet of winter as you work on your own projects. Please bring your own machine and supplies. Space is limited. Sr. Isaac Koenig, SU. **\$450**
- 31-2/1 **PRAYING AND PLAYING WITH SCRIPTURE -SW-**  
Are you looking for a way to deepen your spiritual life? Are you trying to enliven your Ministry as a catechist or youth minister? Lorraine Hartin-Gelardi and Karen Pillsworth. **\$95**

## FEBRUARY

- 7-9 **THE LITURGY THAT DOES JUSTICE -SW-**  
Some still ask, what does Sunday Mass have to do with justice? Join us as we explore how our liturgy is a dialogue between God and humanity. In this dialogue, there is an inherent relationship between the Church's worship and the Judeo-Christian mandate for justice. Thomas Scirghi, SJ. **\$325**

- 12 **DAY OF PRAYER ~ LEANING INTO THE HEART OF GOD -SW-** Kathy A. Donnelly, SU. **\$45**
- 13 **EVENING OF PRAYER -SW-**  
Sr. Peggy Murphy, OP on Zoom. **\$25**
- 14-21 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to the October description. **\$800**

## MARCH

- 5 **ASH WEDNESDAY DAY OF PRAYER -SW-**  
Join us as we enter into Lent. Liturgy and distribution of ashes included. Tom Scirghi, SJ. **\$45**
- 7-9 **LENTEN RETREAT WEEKEND -SW-**  
As we enter the liturgical season of Lent in the Church's calendar, let's take time to slow down, pay attention and revisit our relationship with God. The weekend will provide some input with suggestions for personal prayer with plenty of time for reflection and relaxation. Take advantage of the sacred ground of Linwood, the chapel, library, and Eucharistic liturgy. Set the tone for the days before our celebration of the Paschal Mystery. Led by the Linwood Team. **\$325**

- 13 **ADVENT EVENING OF PRAYER -SW-**  
**NOW I BEGIN AGAIN** with Virginia Blass on Zoom. **\$25**
- 14-16 **MEN'S RECOVERY WEEKEND ~ PILGRIMAGE OF RECOVERY: THE UNEXPECTED BLESSINGS -AA-**  
Brother Wayne J. Fitzpatrick, M.M., M.A., M.S., C-GCM

- 21-13 **FLOW: SELF CARE BY THE RIVER ~ NEW BEGINNINGS -SW-** Come celebrate the arrival of spring; new life, new beginnings and new choices. Awaken your body, mind and spirit as we explore meditation, energy work, gentle yoga, guided practices and relaxation techniques. This thoughtfully curated retreat is a beautiful blend of holistic modalities and movement to soothe our souls and elevate our self-care. Practicing essential self-care allows us to listen to our inner wisdom, shift our perspective and tap into our innate abilities and gifts. Mary McQuaid. **\$475**

## APRIL

- 9 **DAY OF PRAYER SPIRITUAL JOURNALING ~ TRUSTING GOD DURING DIFFICULT CIRCUMSTANCES -SW-**  
On this day we will explore how a practice of Spiritual Journaling—writing regularly to the God of our understanding and listening for the replies by re-reading our journals—can help us to trust God and fully live, even as we question. Anne Samson. **\$45**
- 17-20 **HOLY WEEK RETREAT -SW-**  
This Triduum retreat is a special invitation to spend time apart in an atmosphere of prayer and silence so that we may enter more deeply into the Paschal Mystery. Each day of the retreat will center around the liturgical celebration and will provide some guidance for personal prayer. Led by our Linwood Team. **\$450**

## MAY

- 7 **DAY OF PRAYER -SW-**  
Prayer & Poetry with Alice Feeley, RDC & Regina Bechtle, SC. **\$45**
- 9-16 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to the October description. **\$800**
- 16-18 **WOMEN'S RECOVERY RETREAT ~ TO THINE OWN SELF BE TRUE -AA-**  
This weekend is an invitation to spend some quality time with yourself and like minded women exploring the topic of "To Thine Own Self Be True" and what that means to us as sober women. Our retreat is rooted in the spiritual principles of our program, prayer and meditation. Mary McQuaid. **\$325**
- 23-30 **8 DAY GUIDED RETREAT -DG-**  
Please check our website for the topic & presenter. [www.LinwoodSpiritual.com](http://www.LinwoodSpiritual.com)

## JUNE

- 3-6 **BIO-SPIRITUAL FOCUSING WORKSHOP -SW-**  
This workshop will be conducted in a contemplative atmosphere, with presentations, small group work and individual practice in bio-spiritual focusing. Patty Bruck, SU & Kathy A. Donnelly, SU. **\$450**
- 20-27 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to the October description. **\$800**

## JULY

- 11-18 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to October description. **\$800**

## AUGUST

- 11-14 **HAND QUILTERS RETREAT -SW-**  
Bring your hand crafts and join us for some contemplative crafting at Linwood. Mary Isaac Koenig, SU. **\$450**
- 15-22 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to the October description. **\$800**

## SEPTEMBER

- 12-19 **IGNATIAN DIRECTED RETREAT -DG-**  
Please refer to the October description. **\$800**
- 19-21 **MEN'S RECOVERY -AA-**
- 26-28 **AUTUMN FLOW: SELF CARE BY THE RIVER FOR WOMEN -SW-** Join us for a wonderful weekend devoted to you, in the beautiful Hudson Valley. This transformational weekend is designed to tap into the "flow" within and around us through gentle restorative yoga, energy work, meditation, guided exercises, intention setting and creative journaling. Savor the connection to nature, great conversations, small intimate groups and a vibrant community of powerful women. Mary McQuaid. **\$475**