

RETREATS • CONFERENCES
PROGRAMS • EVENTS



GENESIS

Spiritual Life & Conference Center

GATHER REST PRAY RENEW

*Your home for
hope, healing and hospitality.*

CREATION
SPIRITUALITY

CONTEMPLATIVE
LIVING

WHOLENESS
SPIRITUALITY

CHRISTIAN
LIVING

WELCOME HOME

Welcome to the Genesis family. As you step across the threshold of Genesis Spiritual Life Center, you embark on a fresh journey of faith and self-discovery. Here, you will discover a rich array of programs crafted to nurture your spirit and deepen your connection with the Divine.

Genesis is a sanctuary of hope and healing, where beauty, mystery, and love seamlessly weave together. Immerse yourself in the transformative power of silence, contemplation, and meaningful connection—with each other and with the wonders of creation. This sacred space fosters an environment that reveals God's love for all creation and brings renewal to every visitor.

Founded in 1976 by the Sisters of Providence, our mission is to create an environment that reveals the love of God for all creation and brings hope and healing to all who come. We offer pathways of spiritual renewal through on-site and online programs, workshops, retreats, and spiritual direction, welcoming people of all faiths, spiritual paths, and backgrounds. Within this nurturing space, respect and authentic relationships flourish. Our commitment to spiritual growth is intertwined with ongoing efforts to protect cultural heritage and the environment, creating a transformative setting where mind, body, and spirit can thrive.



Scan or Click to visit our website.



The Heart of Hospitality

Our historic Carriage House offers meeting rooms, art gallery, ecology library, and meditation space. The Guest Wing includes 29 private rooms, a guest kitchen, fireplace room, chapel, and a gift shop. Enjoy home-style cuisine prepared by our chef, creating a warm, welcoming atmosphere for all visitors.



Providence Arboretum

Step outside to explore the Providence Arboretum—a tranquil 19-acre landscape alive with trees, wildlife, and the winding Compassionate Curve Pathway. Experience the blossoming trees, vibrant plant life, radiant flowers, and lovingly tended gardens as living expressions of the deep interconnectedness we share with all creation.

Come, renew your spirit at Genesis—a place where hope blossoms and healing begins.

Spiritual Pathways

At Genesis, spiritual transformation comes alive through four Spiritual Pathways—Creation Spirituality, Contemplative Living, Wholeness Spirituality, and Christian Living. Each invites you to explore life's sacred depth through an integrated, holistic approach, offering distinctive opportunities for growth, reflection, and deeper connection with the Divine.

CREATION
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CREATION SPIRITUALITY



Creation Spirituality

Creation Spirituality weaves together contemplative practices, theological insight, and hands-on experience to deepen spiritual awareness and nurture a more harmonious relationship with the natural world. Rooted in awe, wonder, and reverence for creation, this pathway invites you to recognize the profound interconnectedness of all life and to engage your innate creativity as an expression of the divine.

Drawing wisdom from indigenous traditions, mystical pathways, and contemporary science, Creation Spirituality offers a holistic framework for those seeking deeper meaning and purpose. Its practices naturally inspire commitment to social justice and environmental stewardship, embracing a spirituality that is both grounded and transformative.



**Scan or click to visit our current listing
of Creation Spirituality programs.**

Themes of Creation Spirituality

Divine Presence

Exploring how the sacred manifests in the natural world around us.

Contemplative Practices

Mindfulness and reflection amidst creation.

Forest Bathing and Nature Immersion

Explore the healing benefits of spending time in nature.

Cultivating Care for Creation

Developing a sense of kinship with our planet.

Meditation and the Cosmic Christ

Spirituality through the lens of universal love and presence.

Interconnectedness of All Beings

Exploring the profound connections that unite all forms of life.

Art and Creativity

Artistic practice, creative expression, and the divine.

Indigenous Wisdom and Spirituality

Learning from traditional ecological knowledge.

Science and Spirituality

Bridging modern cosmology with spiritual insights.

Integrating Creation Spirituality

Applying spiritual principles to daily life and community action.



CONTEMPLATIVE LIVING



Contemplative Living

Contemplative Living invites a profound inward journey that encourages pausing amid life's busyness to connect with deeper currents of existence. It nurtures fuller engagement with life by exploring the sacred dimensions within. Rooted in practices of silence, solitude, and heart-centered awareness, contemplative living reveals the divine in everyday moments and supports a non-judgmental, mindful approach to experience.

Contemplative Living programs offer a transformative opportunity to deepen your connection with God through intentional practices and supportive community. Through prayer, workshops, retreats, and immersive experiences, it fosters peace, purpose, and understanding, cultivating a deep recognition of the sacredness in all aspects of life and nurturing a compassionate, present way of living.



[Scan or click to visit our current listing of Contemplative Living programs.](#)

Themes of Contemplative Living

Centering Prayer

A method of silent prayer cultivating inner stillness.

Lectio Divina

A contemplative way of reading scripture with openness.

Mindfulness Meditation

Techniques to develop present-moment awareness.

Contemplative Walking

Blending physical movement with spiritual reflection.

Breath Awareness

Using the breath as an anchor for meditation and prayer.

Exploring Divine Presence

Recognizing and connecting with the sacred in daily life.

Embracing Mystery

Opening to the unknowable aspects of spirituality and existence.

Contemplative Art

Creative expression as a spiritual practice.

Nature Immersion

Deepening connection with the divine through time in nature.

Silence and Solitude

Cultivating stillness and quiet reflection for spiritual growth.



WHOLENESS SPIRITUALITY

Wholeness Spirituality

Wholeness Spirituality is a transformative journey that transcends physical limits, aligning spirit, soul, and body to foster a profound sense of completeness. It encourages embracing your entire being—both light and shadow—to find healing and inner harmony by balancing thoughts, emotions, and actions. This path deepens your connection to a sacred source, nurturing self-realization and authentic living.

Wholeness Spirituality invites ongoing growth through meditation, creative expression, and community support, fostering compassion, presence, and acceptance. It offers a state of inner balance where nothing is missing or broken, deepening your connection to yourself, others, and the divine.



[Scan or click to visit our current listing of Wholeness Spirituality programs.](#)

Themes of Wholeness Spirituality

Biospiritual Focusing

Healing and self-discovery through body awareness.

Yoga

Connecting body, mind, and spirit through integrative movement.

Spiritual Direction

Spiritual growth and discernment with a companion.

Silent Directed Retreats

Deep prayer, reflection, and divine connection.

Everyday Mindfulness

Cultivating calm and connection by being fully present in daily tasks and making mindful choices.

Grief Work

Healing loss through rituals and community support.

Healing and Recovery

Using art therapy, meditation, ritual, and recovery tools.

Contemplative Art Therapy

Spiritual expression and self-discovery through creativity.

Integrative Dream Analysis

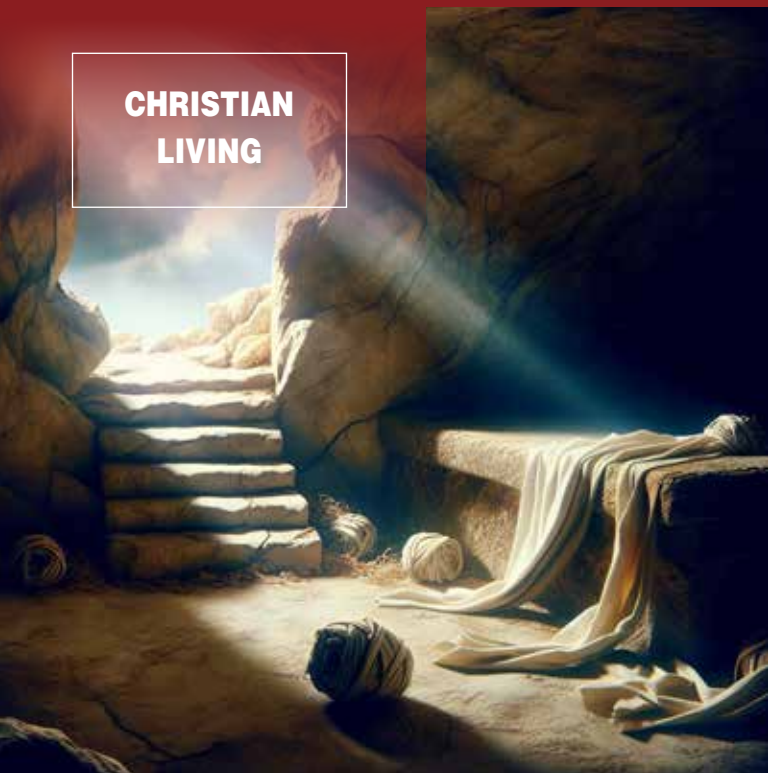
Gaining insight for personal growth.

Spiritual Journaling Circles

Writing to deepen self-awareness and reflection.



CHRISTIAN LIVING



Christian Living

Christian Living is a transformative path that centers on loving God, humanity, and all of creation by following Christ's example of simplicity, compassion, and joy. The journey calls us to walk in the footsteps of Christ, where our relationship with God shapes how we treat others and engage with the world. Finding God in ritual, practice, and everyday experiences, we embrace incarnational theology and reverence for creation.

Christian Living balances contemplation and action, seeking to live gratefully and lovingly in everyday moments. Participation in worship, sacred seasons, and community fellowship strengthens faith and inspires compassionate service, inviting continual growth in God's transformative love and grace.



**Scan or click to visit our current listing
of Christian Living programs.**

Themes of Christian Living

God is Love

Embracing original goodness, love, relationship, and the Trinity.

Seeing Christ, Being Christ

Living as love and compassion in the world.

Foundational Practices

Engaging in rituals, scripture, and Christian tradition.

Observing Sacred Seasons Celebrating Advent, Christmas, Lent, Easter, and seasonal cycles.

Follow My Example

Exploring Saints' lives and teachings for inspiration.

Spiritual Growth

Transforming through prayer, contemplation, love, and suffering.

Practical Living

Applying faith in family, community, loss, and grief.

Providence of God

God's loving presence and care working in and through all of creation.

Building Community

Fostering fellowship and mutual support among Christians.

Discipleship

Growing faith and guiding others through spiritual disciplines and service.

The Cosmic Christ Triptych



Visit Genesis' chapel and reflect upon this contemporary altarpiece that depicts Christ permeating the entire cosmos, reflecting Thomas Berry's ecological theology and St. Paul's vision of cosmic unity through Christ.

IMMERSION EXPERIENCES

Genesis Immersion Experiences

Fully engage yourself by joining a Genesis Immersion Experience. Each immersion experience offers a unique rhythm of contemplation, discovery, and growth—drawing you deeper into connection with yourself, with others, and with the Sacred Presence that infuses all life.



BioSpiritual Focusing Immersion Experience

Embark on an 18-month journey of contemplative presence, discovering the sacred wisdom your body holds. Rooted in the work of Dr. Eugene Gendlin and refined by Fr. Peter Campbell and Fr. Ed McMahan, this compassionate practice awakens awareness of the “felt sense”—the body’s subtle language—inviting healing, wholeness, and communion with Divine mystery.



Contemplative Living Immersion Experience

This year-long journey invites you into deeper peace, purpose, and presence through transformative retreats and sustained practice. Guided by gifted teachers, you’ll explore Christian contemplative wisdom—learning to rest in stillness, live beyond ego, and encounter God in all things. With Heart-Centered Meditation support, this immersion nurtures reflection, renewal, and a grounded rhythm of grace.



Forest Bathing and Nature Immersion Experience

Enter a sacred rhythm of stillness and wonder in this week-long retreat rooted in forest bathing. Through guided nature walks, meditation, creative expression, and reflection, you’ll attune to Earth’s living wisdom and your place in the web of life. Each day, silence, ritual, and community nurture gratitude, renewal, and an encounter with the Divine in creation’s beauty.



Scan or click to learn more about our Immersion Experiences.

PERSONAL RETREATS

Genesis Personal Retreat Experiences

Rest, renewal and Divine presence await you. Experience the peace of a Genesis personal retreat—where stillness restores the soul and God’s presence renews the heart. Each Silent Directed and Private Retreat invites you to step away from everyday demands and rediscover what truly matters.



Silent Directed Retreats

In silence, the Spirit speaks. Guided by experienced spiritual directors, these transformative retreats include daily one-on-one sessions, balanced with ample time for reflection, prayer, and creative expression. Each day offers the freedom to listen deeply and discern how God is working in your life.



Private Retreats

Find your sanctuary of rest and clarity. These retreats provide a personalized experience for spiritual, mental, and physical renewal. Whether you’re a ministry leader seeking rejuvenation, a professional in need of calm, or simply longing for solitude, Genesis offers an environment where you can unwind and reconnect with your deeper purpose.



Spiritual Direction

Spiritual Direction (also called spiritual companionship) is a private, one-on-one conversation that helps you notice how God is present in your life. In this gentle companionship, you grow in self-awareness, deepen intimacy with God, discern invitations and next steps, and find clarity, courage, and peace for your journey.

For more information, call **(413) 562-3627**.

Scan or click to learn more about
our Personal Retreat Experiences



GATHER ❖ REST PRAY ❖ RENEW



Hosted Programs

Genesis Hosted Programs offer your organization a welcoming setting to design and lead your own retreats, trainings, and spiritual or wholeness gatherings. Your group can focus on your mission while Genesis provides warm hospitality, well-equipped meeting rooms, chapel and meditation spaces, and a peaceful natural environment that supports reflection and renewal. Overnight accommodations and freshly prepared meals, with attention to dietary needs, make multi-day programs comfortable and simple to plan.



Conferences and Events

For conferences, staff retreats, board meetings, and events, Genesis provides flexible indoor and outdoor spaces suited to gatherings, workshops, and small-group conversations. Offering professional support with room setup, technology, and catering helps create smooth, memorable events for participants. Your guests are invited to enjoy walking paths, gardens, and quiet sitting areas between sessions, adding an element of rest and connection to the experience.



Carriage House

The Carriage House blends historic character with modern comfort to create an inviting, one-of-a-kind conference setting. Built in 1829 and thoughtfully restored, its spacious, private meeting rooms offer distinctive charm for retreats, gatherings, conferences, and special events.



Conference Rooms

The first-floor conference space offers flexible, fully equipped meeting rooms ideal for corporate trainings, board retreats, community gatherings, and faith-based programs. High ceilings, natural light, and a peaceful setting create a focused, distraction-free environment that supports collaboration, reflection, and creative thinking.



Art and Meditation Space

The second floor offers a quiet, contemplative art and meditation space designed to nurture creativity, wholeness, and quiet reflection. Groups can gather in the Creative Arts Space for painting, collage, writing, and other expressive practices, then move to the Mystic Corner and dedicated meditation area for silence, guided contemplative practice, or gentle movement, creating a transformative environment that supports mind–body–spirit renewal.

GATHER ❖ REST PRAY ❖ RENEW



Chapel

The Genesis chapel is a sacred and inviting space designed to inspire quiet reflection, prayer, and community worship. Its simple, elegant design embraces natural light and quiet surroundings, fostering a peaceful atmosphere that supports spiritual renewal. The chapel features a contemporary altarpiece, enhancing the contemplative experience.



Dining Experience

The dining experience at Genesis offers more than just delicious meals—it provides warmth, welcome, and thoughtful care. The dedicated kitchen team crafts fresh, nourishing meals that support guests' spiritual and personal journeys. Beyond daily dining, the kitchen prepares signature items like Genesis Granola and caters special events. This hospitality fosters a sense of community and belonging for all who visit.



Guest Wing

The guest wing offers a peaceful and comfortable setting for overnight stays. Each private room is simply furnished with a bed, writing desk, and a view of the surrounding woods, providing a quiet space for rest and reflection. Guests can relax in the inviting Fireplace Room, where warm light and a crackling fire create an atmosphere of comfort and connection. A convenient kitchenette area is available for preparing light meals or enjoying tea with others. Thoughtfully designed for privacy and renewal, the guest wing offers a restful environment ideal for personal retreats, quiet weekends, or small group gatherings.

OUR HISTORY

A HISTORY OF THE SISTERS OF PROVIDENCE



Founded in 1976 by the visionary Sisters of Providence of Holyoke, Genesis continues a legacy that began with compassionate service to the vulnerable and a deep devotion to spiritual growth, a beacon of hope, healing, and hospitality.

Founded and Early Work in Massachusetts

The Sisters of Providence originated from Montreal, Canada, established by Mother Gamelin in 1843, and they expanded their mission into the United States.

Arrival in Holyoke, MA

In 1873, Sisters of Providence from Kingston, Ontario, arrived in Holyoke, responding to the needs of the local immigrant population, and established their first hospital, which was the beginning of their healthcare ministries in the region.



Expansion of Ministries

They soon took on a variety of social services including hospitals, orphanages, homes for unwed mothers, and nursing homes across Western Massachusetts, including Holyoke, Springfield, and Worcester.

Development of Holyoke Facilities

The Holyoke community moved into a dedicated Providence Mother House in 1932, further consolidating their presence and expanding their healthcare and social service programs.



NCE AND GENESIS SPIRITUAL LIFE CENTER



Establishment of Genesis Spiritual Life Center

In Westfield, on property that once served as a novitiate and home for unwed mothers, they founded the Genesis Spiritual Life Center in 1976.

1929

The Roman Catholic Diocese of Springfield purchased the Crane Estate property in Westfield, Massachusetts.

1932

The Diocese transferred the property to the Sisters of Providence for their use.

1933

Holy Child Guild home for unwed mothers administered by the Sisters of Providence from 1933 – 1975.

1976

The Genesis Spiritual Life Center is founded as a retreat center for those seeking spiritual growth, contemplation, hope, healing and community.

1990

Extensive restoration of the 7,000-foot Carriage House on the Genesis property, providing meeting and conference facilities, art and mediation space.

2016

Providence Arboretum established at Genesis Spiritual Life Center.

2026

Genesis Celebrates 50 years of hospitality, hope and healing.



Ongoing Work and Reaffirmation of Mission

The Sisters continue their service in healthcare, education, and spiritual development, emphasizing social justice, environmental care, and community support.



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genesspiritualcenter.org



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