

RETREATS • CONFERENCES  
PROGRAMS • EVENTS



# GENESIS

Spiritual Life & Conference Center

## 2027 Programs

GATHER REST PRAY RENEW

*Your home for  
hope, healing, and hospitality.*

CREATION  
SPIRITUALITY

CONTEMPLATIVE  
LIVING

WHOLENESS  
SPIRITUALITY

CHRISTIAN  
LIVING

# Welcome Home



Welcome to Genesis—where your journey of renewal, faith, and discovery begins. Rooted in the mission of the Sisters of Providence since 1976, Genesis offers a sanctuary of hospitality and inclusiveness for all people and spiritual paths. Here, beauty, mystery, and love intertwine, inviting you to encounter the Divine through silence, reflection, and connection—with yourself, others, and creation.

Our on-site and online retreats, workshops, and spiritual direction nurture the whole person—mind, body, and spirit—while inspiring care for the Earth and its diverse cultures. Within our historic Carriage House, you'll find welcoming gathering spaces, an art room, an ecology library, and a meditation chapel. Comfortable guest accommodations, a cozy fireplace room, and our chef's home-style cuisine complete the experience.



## Providence Arboretum

Step outside to explore the Providence Arboretum—a tranquil 19-acre landscape alive with trees, wildlife, and the winding Compassionate Curve Pathway. Visit the community garden where Genesis Lavender flourishes.

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



**Scan or Click to visit our website.**



## Spiritual Pathways

At Genesis, spiritual transformation unfolds through four vibrant Pathways—Creation Spirituality, Contemplative Living, Wholeness Spirituality, and Christian Living—each offering unique avenues for exploring life's sacred depth and meaning.

■ **Creation Spirituality** awakens you to the sacredness of all life, drawing from mystical traditions, indigenous wisdom, and science. Through contemplative practices and hands-on engagement with nature, this Pathway inspires awe, gratitude, stewardship, and justice, cultivating a holistic, creative connection to the universe.

■ **Contemplative Living** gently guides you inward, fostering stillness amid life's busyness. Rooted in practices like centering prayer, mindfulness, and silence, this Pathway encourages you to embrace the present moment, finding the sacred in everyday life and deep inner peace.

■ **Wholeness Spirituality** focuses on integrating body, mind, spirit, and community. Through workshops, embodiment, and healing rituals, this Pathway nurtures self-acceptance and authentic well-being, helping you experience greater harmony within yourself and with others.

■ **Christian Living** grounds your journey in the Christian tradition, centering on Christ's love. Through prayer, worship, sacred ritual, and compassionate service, this Pathway invites deep faith and loving action toward God, neighbor, and creation.

Together, these Pathways create a warm and supportive foundation for spiritual growth, healing, and transformation. In the pages ahead, you'll find each Pathway clearly marked to help you find your way.

CREATION  
SPIRITUALITY

CONTEMPLATIVE  
LIVING

WHOLENESS  
SPIRITUALITY

CHRISTIAN  
LIVING

Scan or Click to visit  
our full program calendar.



# Genesis Programs

January-April 2027

At Genesis, you'll discover a welcoming space to explore your spiritual and personal development through a variety of programs and retreat experiences. We're dedicated to meeting your unique needs. From the stillness of silent directed retreats to the engagement of facilitated groups and the convenience of day and evening programs, Genesis has something for you.

*In order to increase flexibility, many programs are offered with different **options** such as Overnight Weekend, Weekend Commuter, Saturday Commuter, Extended Program, Day Retreat, Virtual*

Jan 9



## **BioSpiritual Focusing Day of Presence**

*with Genesis BioSpiritual Focusing Team*

*Option: Day Retreat*

Jan 1-31



## **The Mystics Would Like a Word - Virtual Program**

*with Shannon Evans*

*Option: 4-Week Virtual Study*

Jan 15-17



## **Nurturing Your Spirit: Virtual Silent Directed Weekend Retreat**

*with JoAnn Bourquard*

*Option: Virtual Weekend Retreat*

Jan 30



## **Who Am I & Who Will I Be: The Ongoing Chapters of Life**

*with Lorraine Mangione, Ph.D. & Rosalind Forti, LICSW, Ph.D.*

*Option: Day Retreat*

Feb 3



## **Inviting & Writing: Journaling as a Spiritual Practice**

*with Jennifer Revill*

*Option: Day Retreat*

Feb 5-7



## **The Way It Is: The Wisdom of Elder Poets**

*with Mark Burrows*

*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*

- Feb 12-14 **Merton & Me: A Living Trinity - A Weekend Experience of Thomas Merton**  
with Doug Lory  
*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*
- Feb 16-Mar 16 **Lenten Conversations - Virtual Program**  
with JoAnn Bourquard, Colleen Mollica, Debra Ondo  
*Option: Virtual Evening - 3 Sessions*
- Feb 17-Apr 21 **BioSpiritual Focusing 10 Week Book Study and Practicum**  
with Genesis BioSpiritual Focusing Team  
*Option: 5-Week Virtual Study*
- Feb 19 **Sacred Balance: Integrating Spirituality & Mental Well-Being - Professional Development Seminar**  
with Rev. Miriam Diephouse-McMillan, BCC  
*Option: Day Retreat*
- Feb 19-21 **Spiritual Practices for an Anxious World**  
with Rev. Miriam Diephouse-McMillan, BCC  
*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*
- Mar 5-6 **Saint Francis of Assisi: A Vision for Our Time**  
with Jon M. Sweeney  
*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*
- Mar 20 **Revisioning Holy Week for a Troubled World - Virtual Program**  
with Diarmuid O'Murchu  
*Option: Virtual Day*
- Mar 25-28 **By His Cross and Resurrection: A Triduum Retreat**  
with Joseph Krans  
*Option: Overnight Retreat*
- Apr 2-4 **The Spiritual Journey: Lessons from Alice in Wonderland**  
with Lucy Abott Tucker  
*Options: Overnight Weekend, Weekend Commuter*

# Genesis Programs

April-August 2027

Apr 9-11



## **Gentle Awakening: Spring Yoga Retreat**

*with Sally Barber*

*Options: Overnight Weekend Retreat,  
Weekend Commuter, Saturday Commuter*

Apr 9-11



## **An Exploration of Art Journaling**

*with Peg Considine BFA, M.Ed.*

*Options: Overnight Weekend Retreat,  
Weekend Commuter*

Apr 16-18



## **Companioning Through Grief & Loss**

*with Joe & Louise Colletti*

*Options: Overnight Weekend Retreat,  
Weekend Commuter*

Apr 17



## **Wild Awakenings: Creativity as a Way of Life**

*with Debra Ondo*

*Option: Day Retreat*

Apr 30-May 2



## **Spring Awakening Retreat: A Celtic Journey of Renewal and Connection**

*with Simon de Voil & Christine Valters Paintner*

*Options: Overnight Weekend Retreat,  
Weekend Commuter, Saturday Commuter,  
Weekend Virtual*

May 6-27



## **Verses of the Soul: A Virtual Poetry Journey**

*with JoAnn Bourquard*

*Option: 4-Week Virtual Study*

May 7-9



## **Becoming The Wise Woman: The Sacred Path of the Elder**

*with Janice Olson*

*Option: Overnight Weekend Retreat*

May 16



## **St. Brendan on the Island of the Birds Who Sang the Psalms - A Virtual Pentecost Program**

*with Sharon Seyfarth Garner*

*Option: Virtual Evening*

May 21-23



## **Merton & Keating: True Self, False Self**

*with Fr. Bill Sheehan*

*Options: Overnight Weekend Retreat,  
Weekend Commuter*

Jun 7-Aug 2



**Nature's Wisdom: An Evening Experience - 3 Sessions**

*with Colleen Mollica*

*Option: Evening Program - 3 Sessions*

Jun 8-13



**Nature Immersion Experience: The Forest as Companion**

*with Colleen Mollica, Joseph Krans*

*Option: Extended Program*

Jun 15-20



**BioSpiritual Focusing Silent Directed Retreat - 4 Day**

*with Genesis BioSpiritual Focusing Team*

*Option: Overnight Retreat*

Jun 15-21



**Silent Directed Retreat - 6 Day - Nurturing Your Spirit**

*with Nancy Sheridan, SASV, Nicki Verploegen, Ph.D., Fr. Michael Broderick*

*Option: Overnight Retreat*

Jun 26



**Silent Saturday: An Intro to Silence**

*with JoAnn Bourquard*

*Option: Day Program*

Jul 21-23



**Lessons I Learned While Gardening**

*with Mary Naccarato*

*Options: Overnight Retreat, Commuter*

Jul 22



**Growing Together: Faith & Flowers - A Creative Family Experience**

*with Yetha Buckley*

*Options: Day Retreat*

Jul 23-25



**Faith & Flowers: A Creative Retreat for Rest, Reflection, & Reconnection**

*with Yetha Buckley*

*Options: Overnight Weekend Retreat, Weekend Commuter*

Aug 3-9



**Silent Directed Retreat - 6 Day - Nurturing Your Spirit**

*with Nancy Sheridan, SASV, Nicki Verploegen, Ph.D.*

*Option: Overnight Retreat*

Aug 12-17



**Guided BioSpiritual Focusing Weeklong Retreat**

*with Genesis BioSpiritual Focusing Team*

*Option: Overnight Retreat*

Aug 20-22



**An Exploration of Art Journaling**

*with Peg Considine BFA, M.Ed.*

*Options: Overnight Weekend Retreat, Weekend Commuter*

# Genesis Programs

September-December 2027

Sep 8



## **The Sacred Bridge: The Work - Retirement Continuum**

*with Jennifer Revill*

*Option: Day Retreat*

Sep 10-12



## **Wisdom, Aging, & the 12 Steps of Recovery: A Soulful Weekend Retreat for Women**

*with Janice Olson*

*Option: Overnight Weekend Retreat*

Sep 16



## **Come, Have Breakfast - Virtual Retreat**

*with Sr. Elizabeth A. Johnson, CSJ*

*Option: Virtual Evening*

Sep 17-19



## **Inner Peace: Fall Yoga Retreat**

*with Sally Barber*

*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*

Sep 17-19



## **Cultivating an Ignatian Imagination: Practices in Prayer and Prose**

*with Eric Clayton*

*Options: Overnight Weekend Retreat, Weekend Commuter*

Sep 18



## **The Path Through Loss & Grief: Creativity & Art Along the Journey**

*with Lorraine Mangione, Ph.D. & Rosalind Forti, LICSW, Ph.D.*

*Option: Day Retreat*

Sep 21-  
Mar 21



## **Becoming a BioSpiritual Companion**

*with Genesis BioSpiritual Focusing Team*

*Option: 6-Month Virtual Study*

Sep 24-26



## **Advanced BioSpiritual Focusing Companioning Workshop**

*with Mike Smoolca and Nancy Benben*

*Options: Overnight Weekend, Weekend Commuter, Weekend Virtual*

Oct 1-3



## **Embodied Grace: An Introduction to BioSpiritual Focusing**

*with Genesis BioSpiritual Focusing Team*

*Option: Overnight Weekend Retreat*

Oct 2



## **Hope & Healing After Loss**

*with Donna Dellacamera & Nancy Janiszewski*

*Option: Day Retreat*

- Oct 2  

**Harvesting Earth's Wisdom in Contemporary Spirituality - Virtual**  
*with Diarmuid O'Murchu*  
*Option: Virtual Day Program*
- Oct 8-10  

**Br. Don Bisson - 2027 Retreat**  
*with Br. Don Bisson, FMS*  
*Option: Overnight Weekend Retreat*
- Oct 22-24  

**Praying with Hearts & Hands: Prayer Shawl Ministry**  
*with Connie Bartleson & Janet Young*  
*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*
- Nov 2-7  

**BioSpiritual Focusing Silent Directed Retreat - 4 Day**  
*with Genesis BioSpiritual Focusing Team*  
*Option: Overnight Retreat*
- Nov 6  

**Come to the Table**  
*with Valenda Liptak & Michele Suhocki*  
*Option: Day Retreat*
- Nov 18  

**Meet Meister Eckhart (Hybrid)**  
*with Mark Burrows*  
*Options: In-person Day Retreat, Virtual Day Retreat*
- Nov 19-21  

**Living in Simplicity: Discovering the Deep Wisdom of Meister Eckhart**  
*with Mark Burrows*  
*Options: Overnight Weekend Retreat, Weekend Commuter, Saturday Commuter*
- Nov 29-  
Dec 20  

**A Simply Centered Advent – Virtual Retreat**  
*with Rev. Sharon Seyfarth Garner*  
*Option: 4-Week Virtual Study*
- Dec 3-5  

**Celebrate the Advent O's - Guided Advent Retreat**  
*with Nancy Sheridan, Nicki Verploegen, Ph.D.*  
*Options: Overnight Weekend Retreat, Weekend Commuter*
- Dec 10-12  

**Centering Prayer Retreat**  
*with Fr. Bill Sheehan OMI*  
*Options: Overnight Weekend Retreat, Weekend Commuter*
- Dec 17  

**The Wonder of the Nativity – Live at Genesis**  
*with Genesis Team*  
*Option: Evening Program*
- Dec 30-  
Jan 1  

**Mindful Transitions: A Contemplative Year End Retreat**  
*with Joseph Krans*  
*Option: Overnight Weekend Retreat*

# 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 McMahon, 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





53 Mill Street • Westfield, MA 01085

(413) 562-3627

[genesisspiritualcenter.org](http://genesisspiritualcenter.org)



NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
PERMIT #5860  
SPRINGFIELD, MA



*Genesis Spiritual Life and  
Conference Center is a sponsored  
Ministry of the Sisters of Providence.*