

Experienced Retreat Director

Retreats will be under the direction of **Sheila Peiffer**, a lifelong Catholic married to a Methodist minister. She has an M.A. in Theology and over twenty years of experience in directing religious education, teaching theology on all levels, facilitating for church transitions, serving on parish staffs and school faculties, doing marriage preparation, leading parenting courses and coordinating retreats, days of reflection and spiritual workshops of all sorts.



Presentations are designed to allow the Spirit to work for renewal, inspiration and peace as traditional disciplines and contemporary spirituality are interwoven.

“God does not ask anything else of you except that you let yourself go and let God be God in you.”

~Meister Eckhart

Olmsted Retreat Center

114 Bay View Avenue
P.O. Box 291
Cornwall-on-Hudson, NY 12520

845-534-7900

Call today to book a retreat or get more information about how you can:

- Nurture your inner stillness
- Learn prayer techniques that bring you closer to God
- Renew your sense of adventure and creativity
- Deepen your faith and your ability to relate scripture to daily life
- Relax in a setting that fosters both spontaneity and discipline
- Create conditions in yourself that make you open to the workings of the Holy Spirit

See inside for this season’s exciting retreat offerings. Custom retreat experiences can also be arranged.

New Spiritual Opportunities in an Historic Setting



Olmsted Retreat Center

Overlooking the majestic Hudson River Valley at the northern gateway to the Hudson Highlands, our seventy-six acre campus adjoins almost 5,000 acres of parkland and nature preserve. Storm King Mountain guards over you during your stay. A system of trails and a variety of recreational facilities augment the opportunities available. Peace and tranquility come naturally!

Treat yourself, your group or your church to a time apart that will renew your experience of God and yourself.

Get-Away to God

*“He leads me beside still waters; he restores my soul.”
(Psalm 23)*

Ready for a break? Feeling overwhelmed and harried? Give yourself the gift of a peaceful time apart to rejuvenate and discover new ways to connect to yourself and God.

This weekend will provide an opportunity to restore a sense of balance and harmony to your life. Explore the true meaning of “Sabbath” and how we can create strategies to reclaim peace in ourselves and in our surroundings. Reflections, lectio divina, meditation techniques and other simple practices will refresh our bodies and souls as we relinquish care and find paths to serenity.

When: Friday, October 15, 2010 -
Sunday, October 17

(Includes six meals, two overnights,
retreat direction and materials)

Cost: \$235

*One day versions of all proposed retreats
are also available – call for details*



Gratitude Pilgrimage

*“Give thanks to the Lord, for he is good; his steadfast love endures forever!”
(Psalm 118)*

A pilgrimage is a process where the journey is as important as the destination in taking us to a sacred “place” where we can grow in our love of God. Join us for a weekend exploration of gratitude, an important foundation of prayer and source of happiness and peace. Reconnect with simple ways to renew our spirit of thankfulness in all aspects of our lives.

Before launching into the stresses of the holiday season, take time to recognize the true values in your life and how to nourish them. Journaling, lectio divina, color prayer, centering prayer and other spiritual practices will enhance our ability to say “thank you” to God.

When: Friday, November 5, 2010 -
Sunday, November 7th

(Includes six meals, two overnights,
retreat direction and materials)

Cost: \$235

How Does Your Garden Grow?

*“Other seeds fell on good soil and brought forth grain, some a hundredfold....”
(Matthew 13:8)*

Join us for a mid-winter vision of blooms and greenery as we use the garden as a metaphor for our spiritual life. What needs weeding and pruning with some new discernment techniques? Where should we water with meditation? What kind of prayer fertilizer is best? Which blossoms or fruits of the Spirit are we trying to cultivate?

Our weekend will encompass many kinds of spiritual tools to foster new spiritual growth, help us transplant and rearrange or rescue flagging soul “gardens”. Go home inspired to start right in on our spiritual blooms, despite the weather.

When: Friday, January 14, 2011 -
Sunday, January 16th.

(Includes six meals, two overnights,
retreat direction and materials.)

Cost: \$235

*Other dates are also possible and
custom retreats for groups can be
arranged – call for details*