



4306 Lakemont-Himrod Rd
Dundee, NY 14837

CLASSICS IN SPIRITUALITY — FALL 2021

Classics is generally held on the first and second Mondays of the month from 11 a.m. to Noon. All Classics programs this fall will be held on Zoom.

Keep an eye on our website, CobblestoneSprings.org, for more program details and updates.

Spirituality

September 13: INTRODUCING SINGING BOWLS with Sandy Steigerwald

This program provides an overview of the history and uses of the “singing bowls,” a set of seven crystal bowls that produces soothing sound for relaxation and meditation. Learn about it here, then try it out on September 18, when Sandy returns in person for two Saturday afternoon sessions. Yoga has been part of Sandy’s life for 23 years. Her classes are designed to inspire people to be the best version of themselves.

September 20: PRAYING THE PSALMS with Rev Lori Nickoloff

The Psalms are a collection of ancient hymns that constitute one of the most poetic books in the Old Testament. Many were written by David. Join us to hear Pastor Lori’s thoughts on using the Psalms as prayers. Haven’t read them yet? Join us for a new direction! “Be still and know....” Rev Lori Nickoloff is pastor at St. Paul Lutheran Church in Penn Yan.

October 4, continued October 11: FORGIVENESS AND REDEMPTION IN JUDAISM with Dr. Leslie Schwartz

Leslie’s popular programs use ancient Jewish texts like the Torah and Talmud to engage us in stories that reflect on principles in keeping with their goal— to make our own lives holy through study, questioning, and gratitude. In these sessions we’ll be discussing the concepts of forgiveness and redemption. Dr Leslie Schwartz is a long-time student of ancient Jewish texts. She has a liberal Jewish tradition and enjoys exploring other viewpoints on these concepts.

November 1: BUILDING YOUR OWN THEOLOGY, REVISED with Rev Douglas Taylor

Among Unitarian Universalists, there is a beloved curriculum by elder colleague Rev. Dr. Richard Gilbert entitled Building Your Own Theology. In this presentation, Rev. Taylor will use the concept and a few of the themes for this updated presentation. This will be an interactive mix of presentation along with a little solo work and some sharing. Rev. Taylor is currently pastor of the Unitarian Universalist Church of Binghamton.

November 8: SAMHAIN: A TIME OF REFLECTION with Karen Marsh

Pagans celebrate the festival of Samhain November 1 as the third and final harvest celebration of their year. This time falls in the middle of the “dark” season, between the Fall Equinox and the Winter Solstice, when the days are getting shorter and the nights are growing longer. Karen will discuss the meaning of Samhain and how Pagans use this time to reflect, and to connect with their ancestors of blood and of spirit (including spirits of the land) as the year winds down and all things turn toward rest and rejuvenation. Karen Marsh is a practicing Druid and Unitarian Universalist who has been involved with pagan groups in North Carolina and New York for many years.

SEE THESE ON VIMEO!

If you missed any past sessions or are unable to attend future ones, most are being recorded, thanks to Alex at the PY Public Library. Selections can be found at our Vimeo channel:

<https://vimeo.com/user125029033>

or via the Classics pages on our website:

CobblestoneSprings.org

CONSIDER A DONATION

To support Classics and other programs, consider donating!

Send checks to:

Cobblestone Springs Retreat Center,
4306 Lakemont-Himrod Rd
Dundee, NY 14837

You may also donate online using the button on our homepage.

Recommended: \$5 per Classics session.

PROGRAMS AND CLASSES 2021



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SPECIAL OPEN HOUSE!

**Sunday, September 26
2 to 4 p.m.**

No registration required.

Come and see what's new at Cobblestone Springs and meet Jenny, our managing director. This is your opportunity to tour the Cobblestone mansion and see completed and planned restoration projects. Use our new trail map to explore, relax on the grounds, and visit the new pollinator garden as well. Volunteers will share stories; refreshments will be available. No fee, but donations are always appreciated!

CREATIVITY

Please register by the listed date before each program to ensure your spot!

If minimums are not met, programs may be cancelled or postponed. Please arrive 15 minutes ahead to sign in and get settled. Payment, if required, may be made via mailed check or PayPal on website.

paypal.com/paypalme/cobblestonesprings

Programs will be subject to state guidelines at the time; please call a day or two ahead 607.243.8212 to confirm any planned in-person activity or to receive a link for programs held on Zoom.

Masks are required for all indoor programs!

Saturday, September 18 — SINGING BOWL SOUND BATHING AND MEDITATION with Sandra Steigerwald

Two sessions: 3 to 4 p.m., 5 to 6 p.m.
Register by Sept 13 for either or both
\$15 per session

Relax and release with this popular Sound Bathing Experience. The sound waves and vibrations produced by crystal bowls surround and bathe your body, allowing for deep relaxation and healing. Reviewed on page 6.

Saturday, October 9 — DIGITAL DETOX DAY with various presenters

9 a.m. to 4 p.m.
Register by Oct 4
\$25 for the day

Ditch your device at the door! Spend a day connecting with Spirit, Nature, Creativity, and building Community with others through shared moments in real life. We'll have a variety of interactive events through the day. Minimum 6, maximum 12. Overnight stays by arrangement if desired.

Saturday, October 23 — FOLDING GIFT BOXES AND CARDS with Deb Stevens

1 p.m. to 3 p.m.
Register by Oct 18
Materials, \$10

Participants will learn the art of folding small gift cards or treasure boxes and creating unique folded designs for cards from specialty papers. Some papers will be provided, but bring your own old cards and calendars if available. This is a great way to recycle and personalize your holiday season gifts and greetings!

November 6 — EXPLORING PLANT-BASED COOKING with Jim Stewart and Sally White

1 p.m. to 4 p.m.
Register by Nov 1
Materials and take-aways, \$15

You've been hearing about the benefits of plant-based diets, but how can you get started? This program provides an introduction to ingredients, sources, and recipes, for those who want to add more plant-based foods to their diets and try something new. Taste-test some pantry basics; prepare sample dishes to taste and take home.

MONDAYS AT COBBLESTONE with Judy Wilbert

1 p.m. to 2:30 p.m.
Aug 30, Sept 13, 20, Oct 4, 18, Nov 8, 22, Dec 6, 20.
Suggested donation: \$8.00

See full description on page 2 of the newsletter.