



## Cobblestone Springs Retreat Center

4306 Lakemont-Himrod Road,  
Dundee, NY 14837

cobblestonespringsRC@gmail.com  
cobblestonesprings.org  
(607) 243-8212

# CLASSICS IN SPIRITUALITY — WINTER/SPRING 2022

Classics sessions are regularly scheduled on the first and second Mondays of most months, and are currently held via Zoom. Join us at 11 a.m. for these one hour explorations of diverse topics related to spirituality. Please contact us at [CobblestoneSpringsRC@gmail.com](mailto:CobblestoneSpringsRC@gmail.com) to receive the Zoom link.

## Feb 14 What's Plant-based Cooking About?

Writers, civic leaders, scientists, and humanitarians have often adopted vegetarianism or veganism, and the practice is becoming more popular today over concerns about climate change, poverty and hunger, sustainability, environmental degradation, and more. We'll use parts of the video *What the Health?* to launch our discussion on how adding more plant-based foods to our diets benefits everyone.

## Mar 7 Seeing Spirituality within a Jail Setting, with Sr Judy Greene

Sister Judy will be sharing some of her experiences as a chaplain in Monroe County Jail. Throughout her 11-year work experience there she had many spiritual connections as she worked mostly one on one with inmates. Find out about the jail situation through the eyes of a local chaplain.

Sister Judy Greene has been a sister of Saint Joseph within the Rochester diocese for many years. Her job as a chaplain at the Monroe County Jail is only one of the many various jobs she has had as a sister of St. Joseph. She is a new member of our Board of Directors at Cobblestone Springs.

## Mar 14 Remembering Thich Nhat Hanh (1926-2022) with joAnn kowalski

Exploring the legacy of Zen Master Thich Nhat Hanh, a global spiritual leader, poet and peace activist, who promoted mindfulness practice.

## Apr 4 Born on the Water,

with Sarah Crevelling  
Sarah will read the children's book, *Born on the Water*, which accompanies The 1619 Project: A New Origin Story, an extensively researched book that reframes our understanding of American history by placing slavery and its continuing legacy at the center of our national narrative.

Sarah Crevelling is the Youth Services librarian at Penn Yan Public Library.

## Apr 11 The Intelligence in All Kinds of Life

Video with Robin Wall Kimmerer

Selections from the online videos and presentations of Dr. Robin Wall Kimmerer will help us explore our relationship with our fellow beings and our planet, in time to get us thinking about Earth Day (April 22). Discussion follows.

## May 2 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.

## May 9 Teachings from Ganondagan Seneca Art & Culture Center (video)

Get acquainted with this important effort to connect with the legacy of our Seneca neighbors via their online videos. This session ties in to the Storyteller's Circle we hope to reschedule this season.

## Jun 6 A Catholic Look at Forgiving, with Father Leo Reinhardt

Using the video *Forgiven*, a program about the Sacrament of Reconciliation, Father Leo will lead discussion of repentance and forgiveness as seen from the Catholic perspective.

Father Leo Reinhardt is the pastor at Our Lady of the Lakes Catholic Community, St. Michael's Church in Penn Yan.

## Jun 13 Respecting Gender Diversity, with Alex Andrasik

Uncertain about when and how to use people's pronouns? Trying to understand changes in language around gender and sexuality? This program will help untangle best practice.

Alex is the Adult Services Librarian at the Penn Yan Public Library.

# WINTER/SPRING 2022 PROGRAMS AND CLASSES

Please email [cobblestonespringsrc@gmail.com](mailto:cobblestonespringsrc@gmail.com) to register. Unless otherwise indicated, donations will be accepted on a sliding scale from \$10 to \$20. We follow state guidelines for pandemic precautions; please call ahead in case of cancellations or other last-minute changes. Contact us at 607.243.8212 or via email.

## Connecting with Trees in Winter:

Sundy, February 21, 2 to 3:30 p.m., with Sally White & Jan Carr, \$10

Do you have a favorite tree? One way to learn more about it is to visit it regularly and report on what's happening. Tree following encourages participants to look (and touch, smell, etc) more closely. Seasonal observation and study is called phenology, and it's important information to collect as climate changes. Are your trees leafing out or blooming earlier? Trees also have teachings to share; we'll learn to listen to the wisdom of these elders as we meet with them.

We can continue tree programs monthly for anyone who wants to "follow" or "adopt" a tree. These sessions can be via Zoom and in-person as the season allows, or can be conducted by email. You can join an international community of tree followers, essentially journaling the life of your tree for a year...

## Whole Food Plant Based Cooking #3: Intro to Sprouting, Grain Bowls and Salad Dressings

Saturday, March 12 at 11am, with Mary Ellen Bunce, \$20  
**This class is full;** please call us at 607-243-8212 to be added to the waiting list. We also hope to add more classes with Mary Ellen in the future.

## Ribbed Basketmaking:

March 26 from 10 a.m. to 5 p.m., with Zak Kozlowski, \$85 per person, Materials included.  
Join us for a day of learning and practicing wild basketry. In this class, participants will begin or build on their knowledge of making a Ribbed Basket, using common plants found on the landscape. **Please note that this kind of basketry is demanding on your finger and hand muscles.**

## Attracting Birds in the Garden:

April 23, 9 a.m. to 10 a.m., with Caroline Boutard-Hunt, \$10  
Learn how to increase natural food sources and other aspects of habitat in the garden for your favorite feathered friends. If possible, we'll take a walk and discuss options "in the field."

*"Grow it, eat it, COMPOST IT, repeat"*

## Cobblestone Springs Retreat Center

4306 Lakemont-Himrod Road,  
Dundee, NY 14837

[cobblestonespringsRC@gmail.com](mailto:cobblestonespringsRC@gmail.com)  
[cobblestonesprings.org](http://cobblestonesprings.org)  
(607) 243-8212



## Mother's/Grandmother's Tea:

Saturday, May 7, 2 p.m., \$30/pair

On the Saturday before Mother's Day, we're hosting our first mother-daughter tea. If you are able, dress in period costume and come prepared to share fancy treats in our formal parlors, enjoy a tour of the mansion, and indulge in games on the lawn. We'll award prizes for best costumes!

## The Journeys of Our Life:

### Pace, Crossings and Dreams 2.0,

Tuesday, May 17, 10 am to 3 pm, with Joan Sobala,  
\$25 per person includes lunch

Since spring of 2019, when the first session took place, COVID-19 has indeed made an impact on us. What do we now know about the pace, crossings, and dreams of our lives that we didn't know before? Participants need not have been at the first session to find value in this program.

## Backyard Compost Workshop:

Saturday May 21, 1-3 p.m. with Heather Gilbert, \$10

Got food scraps? Do you wish you could turn your waste into your very own nutritious soil? Do you want to compost in your backyard, yourself?

Join us to uncover the benefits, basics, the do's and don'ts, the "yes please" and "no thanks" of composting at home.

Sally White is a transplanted botanist/ecologist and active volunteer at Cobblestone. Jan Carr is a Cobblestone founder, poet, and retiring contractor.

Zak Kozlowski lives in Spencer, NY, where he spends much time observing nature and crafting with the land. He received a B.A. degree in Environmental Studies from Ithaca College

Caroline Boutard-Hunt is an Educator with Cornell Cooperative Extension in Yates County.

Sister of Saint Joseph Joan Sobala has presented a variety of one day sessions on spiritual growth at Cobblestone and elsewhere in the country. She has also been an educator, advocate, and writer.

Heather Gilbert is the owner of Finger Lakes Compost LLC, offering curbside pick-up service of food waste and compostable materials. Finger Lakes Compost strives for Zero Waste practices.