Come celebrate Springbank’s 50 years
of providing spiritual renewal, creative arts, & healing environment.

Join us on Sunday, May 6, from 1 to 5 pm for live music, song, great food, poetry, painting, & an exhibit of local artists & crafts persons.
Springbank offers one-, two-, and three-month sabbatical programs designed to provide a healing and supportive environment for those in transition, those in need of spiritual and physical renewal, and those seeking new ways of being in relationship and ritual with Earth, self, and all beings. Encounter new sources of hope and a deepening of your spiritual journey in an atmosphere anchored in simplicity and love of Earth contributing to the transformation of human consciousness.

Rest the body, Renew the spirit, and Refresh the mind in surroundings conducive to quiet prayer and contemplative solitude, balanced with opportunity for intentional community. The Sabbatical Program affords ample time for personal rest, recreation, and creative pursuits. Included in the cost is the invitation to share in the spiritual richness of all of the retreat programs during your time of sabbatical.

The full three-month Sabbatical Program invites a deeper commitment to more sustainable living, welcoming the new emerging consciousness. Participants will be exposed to the works of Thomas Berry, CP, Miriam MacGillis, OP, Brian Swimme, Richard Rohr, OFS, Rev. Jim Conlon, Mary Evelyn Tucker, and field trips and quiet time in the natural world. Spiritual direction, massage, and healing touch are available for participants upon request. Springbank Programs focus on the healing, nourishment, and empowerment of women.

Sabbatical Schedule—Most programs are presented in morning and afternoon sessions. Schedules allow time to walk, rest, continue working with clay, basketry, or watercolors, receive healing body work, or meet with a mentor or spiritual director. Free time is scheduled so participants can visit the beautiful beaches, sculpture and flower gardens, and explore historic Charleston.

Spirituality — Self Discovery

COMMUNAL PRAYER—Liturgy and ritual (with a feminine perspective), Centering Prayer, and sitting in quiet.

ECO-SPRITUALITY—Spirituality rooted in the sacredness of Earth, calling us to be conscious caretakers, to help restore the fragile web of life.

NATIVE WISDOM—Share the ancient wisdom of our Native sisters and brothers, create Native crafts and drums and experience Prayer Lodge and Spirit Quest.

DREAMWORK—Dreams are revelations of our inner reality.

WELL-SPRINGS—This process of healing uses music, movement, chalk, clay, and journaling.

HEALING REMEDIES—Discover our relationship with the medicinal plant world, experience healing touch, aromatherapy, and other holistic modalities.

T’AI CHI CHIH®—Created by Justin Stone, T’ai Chi Chih is based upon an ancient Chinese form of movement and breathing. It is a form of meditation and a method of mind-body-spirit healing and balancing.

Art as Soulwork

POTTERY—Clay vessels are hand-built, polished with smooth stones and given variations of color through an outdoor sawdust firing.

BASKETRY—Through the process of weaving and twining, participants will create several natural-fiber baskets.

PAINTING—Experience the delight of color! Let color free your inner creative self.

NATIVE CRAFTS—Reflecting on Native traditions and teachings, sacred objects for ceremony and healing will be handcrafted, drum-making and bead work.

MUSIC—Heartfelt melody, rhythm, and song move us into a deeper consciousness and reverence for all.

PHOTOGRAPHY—Experience the joy of photography through seeing the beauty of the natural world with the heart. Tap into your creative potential through the use of images.

It is the imagination that gives shape to the universe. — Barry Lopez
Springbank 2012
All programs include food and lodging.
Costs for commuters are 40% less

Spring Programs
February 1-May 2

FEBRUARY 3-5
Thresholds & New Beginnings
A Contemplative Retreat
Theresa Linehan SNDdeN, Springbank Staff
Threshold times are grace moments for stepping into fresh and new perspectives. Through prayer, presentations, and quiet, the Spirit will guide in new ways of seeing.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $200 Deposit: $50 Balance: $150

FEBRUARY 8-9
Well-Springs: Celebrate Self & Spirit
through Creative Movement & Expressive Arts
Pepper Sarnoff MA MS & Faye Townsend LMT
Powerful music, playful movement, and reflection are used to help reshape minds, open hearts, and invigorate spirits.
2 days / 1 night Wed., 10 am-Thurs., 4 pm
Cost: $200 Deposit: $50 Balance: $150

FEBRUARY 10-12
12-Step Retreat for Women
Focusing on the 11th Step, "Conscious Contact"
Kathy McGrogan MA, Betsy Bowman EdD, & Dot Goodwin
A weekend of exploring Conscious Contact/Step 11 through Native Spirituality. Focus will be on enhancing prayer and meditation through Inipi (Prayer Lodge) and Chanupa (Pipe) Ceremony.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $195 Deposit: $50 Balance: $145

Springbank Retreat chooses the whooping crane, an endangered species, as a symbol for its commitment to Earth justice.

FEBRUARY 14-15
"Seeing With Your Heart"
Art of Photography
Margaret Welch, Springbank Staff
Tap into your creative potential by seeing the natural world through the lens of your heart. No experience needed; bring a camera!
2 days / 1 night Tues., 9:30 am-Wed., 5 pm
Cost: $200 Deposit: $50 Balance: $150
Includes printing and matting materials.

FEBRUARY 17-19
Spirituality in a Time of Earth Transition
Marya Grathwohl OSF
Peak oil, climate change, and global economic instability summons our courage to explore values and spiritual practices that can sustain us through profound cultural and personal transition.
2 days / 1 night Fri., 7 pm-Sun., 1 pm
Cost: $250 Deposit: $50 Balance: $200

FEBRUARY 20-25
Wholeness/Holiness Retreat for Women
Opening Minds & Hearts
Margie Hosch OSF
This retreat focuses on the spiritual and psychological aspects of our lives. A new sense of inner strength and self-nurturing will come through daily spiritual direction, counseling, creative expression, and prayer.
6 days / 5 nights Mon., 9:30 am-Sat., 4 pm
Cost: $650 Deposit: $100 Balance: $550

Online: www.SpringbankRetreat.org ● E-mail: Springbank@SpringbankRetreat.org
**FEBRUARY 28-29**

**Exploring Dreams:**
An Avenue to Authentic & Creative Living
Justina Lasley MA
Find meaning in your dreams as a valuable resource for personal growth and spiritual well-being. CE credits are available.
2 days / 1 night Tues., 10 am-Wed., 4 pm
Cost: $275 Deposit: $50 Balance: $225

**MARCH 3**

**Aquinas and Care for All Creation**
Pamela Smith SSCM
St. Thomas Aquinas, one of our earliest ecologists, offers a theology of creation which is relevant to the ecological concerns of the 21st century. This day offers time for personal reflection, conversation, and prayer.
1 day Sat., 10 am-4 pm
Cost: $50 (includes lunch)

**MARCH 3-4**

**Volunteer Work Day**
Gather with friends for community, laughter, and good old-fashioned work. Please pre-register.
Saturday (Sunday optional.) 9 am-5 pm
Breakfast, Lunch, & Dinner.
No cost. This is a mutual energy exchange.

Wholeness is the integrated field of energy whereby all bodies are joined together by a luminous thread of love. — Ilia Delio

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**Mini-Sabbatical**

**MARCH 5-25**

**Pottery & Native Spirituality**
Trina McCormick OP, Judy Markiewicz SNDdeN, Theresa Linehan SNDdeN (Springbank Staff)
Share the ancient wisdom of our native sisters and brothers and experience Prayer Lodge and Spirit Quest. Create unique pottery using a hand-building technique and primitive firing. No art experience necessary.
11 days / 10 nights Mon., 9:30 am-Thurs., 1 pm
Cost: $625 Deposit: $100 Balance: $525

**MARCH 5-14**

**Aquinas and Care for All Creation**
Pamela Smith SSCM
St. Thomas Aquinas, one of our earliest ecologists, offers a theology of creation which is relevant to the ecological concerns of the 21st century. This day offers time for personal reflection, conversation, and prayer.
1 day Sat., 10 am-4 pm
Cost: $50 (includes lunch)

**MARCH 9-11**

**Spirit Quest**
Grandmother June Perry, Wendy Kraus MS CAS, Betsy Bowman EdD
Spirit Quest is a deeply prayerful and insightful experience. Being open and receptive to the Spirit is the focus of this seven-hour “Quest.” Prayer Lodge is an integral part of this experience.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $200 Deposit: $50 Balance: $150

**MARCH 15-18**

**Basketry**
Linda Szocik SSJ-TOSF
Come enjoy the contemplative art of basket-making. There will be time for quiet reflection and communal prayer. No experience necessary; materials furnished.
4 days / 3 nights Thurs., 7 pm-Sun., 1 pm
Cost: $325 Deposit: $50 Balance: $275

**MARCH 20-21**

**The Art of Mindful Living**
A Path to Wholeness through Yoga
Susan Pannier-Cass
Please join us for gentle yoga, meditation, and mindfulness practices you can easily incorporate into your everyday life. Feel more alive by being fully present in the moment and experience greater inner peace, clarity, and awareness.
2 days / 1 night Tues., 10 am-4 pm, Wed., 10 am-4 pm
Cost: $250 Deposit: $50 Balance: $200

**MARCH 22-25**

**Living at the Edge**
A Spirituality of Presence
Hilda Montalvo D Min
We will weave together the wisdom of the mystics with a new emerging, creative consciousness. Through dialogue and quiet contemplation, we will deepen our experience of the “I Am-ness” within.
4 days / 3 nights Thurs. 7 pm-Sun., 1 pm
Cost: $300 Deposit: $50 Balance: $250

Register — By Phone: 843-382-9777 ● By FAX: 843-382-9773
Renew
Refresh
april 10-11
Awakening the Spirit Within
Learning to Play the Flute
Cerantha Corley
Find out how a Native American-style flute can express your inner song. Let your soul speak to you through flute-playing and expressive painting. Wooden flutes available, $39.
2 days / 1 night Tues., 10 am-Wed., 4 pm
Cost: $250 Deposit: $50 Balance: $200

APRIL 13-15
Planting Seeds of Hope
Growing Your Own Vegetables
Rita Wienken OSF/T
Do you wonder how your food gets from the field to your table? Or what has been sprayed on your food or fed to the animals your family eats at mealtime? Want to grow some of your own food? Come and explore these topics with Sister Rita and learn how to build a 5- by 8-foot raised bed for growing your own food.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $200 Deposit: $50 Balance: $150
Saturday only: $50 (includes lunch)

APRIL 17-18
Drum-Making
Judy Markiewicz SNDdE, Springbank Staff
Learn to create a hand-held drum in the Native tradition. Must be registered by March 20.
2 days / 1 night Tues., 10 am-Wed., 5 pm
Cost: $100 plus drum fee Large drum: $110 Small drum: $90

APRIL 20-22
Healing Remedies: Self Care
Louise McCormick RN MS & Cindy Barkei RN BSN, HTCP
This workshop includes experiences in aromatherapy, healing touch, herbs, nutrition, mindfulness, guided imagery, and more. Create your own herbal tinctures and aromatherapy combinations.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $275 Deposit: $50 Balance: $225

APRIL 24-25
Creative Beading
Melinda Crowe
This two-day workshop will offer an opportunity to work with natural stone beads and metals to create a finished neck piece that is a unique treasure for each participant.
2 days / 1 night Tues., 10 a.m.-Wed., 4 p.m.
Cost: $250 Deposit: $50 Balance: $200
Materials fee: $35

APRIL 27-29
“Like Changing Clothes” Vitality in Aging
Christie Derrick-Guess EdS, LMFT
To paraphrase the Dalai Lama, “Aging is like changing clothes.” This workshop supports the participant as s/he explores their resources for resilience and vitality.
3 days / 2 nights Fri., 7 pm -Sun., 1 pm
Cost: $275 Deposit: $50 Balance: $225

MAY 2 End of Spring Sabbatical
Sunday, May 6 1-5 pm Springbank’s celebration of 50 years as a retreat center – RSVP: 843-382-9777.

MAY 11-13
Spiritual Awakening for Men
A Call to Action through the 12 Steps
Richard Guess MEd
A program designed to explore the elements of a spiritual awakening as experienced through the 12 Steps of Recovery and through ritual, prayer, and personal sharing.
3 days / 2 nights Fri., 7 pm-Sun., 1 pm
Cost: $195 Deposit: $50 Balance: $145

The Universe shivers with wonder in the depths of the human.
— Brian Swimme
Summer Program

Photo by Lindsay Kaun

JUNE 13-17

Healing Retreat among the Redwoods
Redwoods Monastery, Whittethorne, CA
Trina McCormick OP, Theresa Linehan SNDdeN
The Redwoods along the Avenue of the Giants are in jeopardy, and our praying presence is needed. We offer this Healing Retreat as a way to journey with Thomas Merton, Thomas Berry, Evelyn Eaton, Martin Litton, and Native American ancestors. This is a unique opportunity to “heal self/heal Earth” among the ancient Redwoods.
5 days / 4 nights  Wed., 4 pm-Sun., 1 pm
Cost: $400  Deposit: $50  Balance: $350

Of all the issues we are concerned with at present, the most basic issue, in my estimation, is that of human-Earth relations.
— Thomas Berry

Fall Programs
September 12-December 5

SEPTEMBER 7-8
Volunteer Work Day
Gather with friends for laughter and good old-fashioned work. Please pre-register.
Saturday  9 am–5 pm
Breakfast, Lunch, & Dinner.
No cost. This is a mutual energy exchange

SEPTEMBER 14-16
Thresholds and New Beginnings
A Contemplative Retreat
Theresa Linehan SNDdeN, Springbank Staff
Threshold times are grace moments for stepping into fresh and new perspectives. Through prayer, presentations, and quiet, the Spirit will guide in new ways of seeing.
3 days / 2 nights  Fri., 7 pm-Sun., 1 pm
Cost: $200  Deposit: $50  Balance: $150

SEPTEMBER 18-19
Well-Springs: Celebrate Self & Spirit
through Creative Movement & Expressive Arts
Pepper Sarnoff MA MS & Faye Townsend LMT
Powerful music, playful movement, and reflection are used to help reshape minds, open hearts, and invigorate spirits.
2 days / 1 night  Wed., 10 am–Thurs., 4 pm
Cost: $200  Deposit: $50  Balance: $150

SEPTEMBER 21-23
Surrender, Hope and Faith
The First 3 Steps of a Recovery Program for Women
Kathy McGrogan MA, Betsy Bowman EdD, Dot Goodwin
The principles of Steps 1-3 are the building blocks of the recovery programs. We will renew the commitment to ourselves and our Higher Power as we journey through our recovery foundations.
3 days / 2 nights  Fri., 7 pm-Sun., 1 pm
Cost: $195  Deposit: $50  Balance: $145
Partial scholarships available.

SEPTEMBER 24-29
Wholeness/Holiness Retreat for Women
Opening Minds & Hearts
Margie Hosch OSF
This retreat focuses on the spiritual and psychological aspects of our lives. A new sense of inner strength and self-nurturing will come through daily spiritual direction, counseling, creative expression, and prayer.
6 days / 5 nights  Mon., 9:30 am-Sat., 4 pm
Cost: $650  Deposit: $100  Balance: $550

God’s love is like a river...
flowing endlessly through all of creation.
— Thomas Merton
Exploring Dreams
An Avenue to Authentic & Creative Living
Justina Lasley MA
Find meaning in your dreams as a valuable resource for personal growth and spiritual well-being. CE credits are available.
2 days / 1 night  Mon., 10 am-Tues., 4 pm
Cost: $275  Deposit: $50  Balance: $225

"Journey of the Universe"
Our Place in the Continuing Story
Rev. Jim Conlon PhD
Help shape the next chapter of the Universe Story in this period of environmental and social crisis through a study of the documentary film, "Journey of the Universe."
3 days / 2 nights  Fri., 7 pm-Sun., 1 pm
Cost: $275  Deposit: $50  Balance: $225

The Art of Mindful Living
A Path to Wholeness through Yoga
Susan Pannier-Cass
Please join us for gentle yoga, meditation, and mindfulness practices you can easily incorporate into your everyday life. Feel more alive by being fully present in the moment and experience greater inner peace, clarity, and awareness.
2 days / 1 night  Wed., 10 am-Thurs., 4 pm
Cost: $250  Deposit: $50  Balance: $200

"Awareness" through Writing
Expressing from the Heart
Mary Catherine Harris MEd
Awaken to a deeper awareness of your inner life through expressive writing. Take time to notice the daily revelations of the Divine through nature and prayerful reflection. Identify and express in writing – both through poetry and prose – what your heart holds.
3 days / 4 nights  Fri., 7 pm-Sun., 1 pm
Cost: $275  Deposit: $50  Balance: $225

The Healing Oils of the Bible
Rosa Dolores Rodriguez SNDdeN, Theresa Linehan SNDdeN
"...they anointed with oil many that were sick and healed them." (Mark 6:12-13). Learn about essential oils for healing, cleansing, and holy anointing for promoting daily health and vitality.
2 days / 1 night  Tues., 10 am-Wed., 4 pm
Cost: $250  Deposit: $50  Balance: $200

Planting Seeds of Hope
Growing Your Own Vegetables
Rita Wienken OSF/T
Do you wonder how your food gets from the field to your table? Or what has been sprayed on your food or fed to the animals your family eats at mealtime? Want to grow some of your own food? Come and explore these topics with Sister Rita and learn how to build a 5- by 8-foot raised bed for growing your own food.
3 days / 2 nights  Fri., 7 pm-Sun., 1 pm
Cost: $200  Deposit: $50  Balance: $150
Saturday only: $50 (includes lunch)
May we make manifest in our love and consciousness the widening embrace of the Universe which brought us forth among all beings. — Carolyn McDade

**NOVEMBER 6-7**

**The Enneagram that Surprises & Awakens**

Sandra Smith MDiv

What gifts are within me that are untapped? The Enneagram names the fears that bind us and identifies filters of perception that blind us to the love and compassion present each moment when we have the eyes to see and ears to hear. Join us as we explore ways that we can “grow ourselves new.”

2 days/ 1 night  
Cost: $225  Deposit: $50  Balance: $175

**NOVEMBER 9-11**

**Awakening the Spirit Within**

Learning to Play the Flute

Cerantha Corley

Find out how a Native American-style flute can express your inner song. Let your soul speak to you through flute-playing and expressive painting.

3 days / 2 nights  
Cost: $275  Deposit: $50  Balance: $225

**NOVEMBER 12-15**

**Basketry: Weaving Balance & Beauty**

Linda Szocik SSJ-TOSF

Come enjoy the contemplative art of basket-making. There will be time for quiet reflection and communal prayer. No experience necessary; materials furnished.

4 days / 3 nights  
Cost: $325  Deposit: $50  Balance: $275

**NOVEMBER 23-25**

**Spirituality in a Time of Earth Transition**

Marya Grathwohl OSF

Peak oil, climate change, and global economic instability summons our courage to explore values and spiritual practices that can sustain us through profound cultural and personal transition.

2 days / 1 night  
Cost: $250  Deposit: $50  Balance: $200

**NOVEMBER 27-30**

“**All Beings Confluence**”

Martha Cole

Create a 2- by 12-foot sheer panel using paint and applied fabric giving creative expressions to a creature to be honored.

4 days / 3 nights  
Cost: $350  Deposit: $50  Balance: $300

All materials provided

**NOVEMBER 30-DECEMBER 2**

**Widening Embrace**

A Women’s Retreat

Carolyn McDade

We yearn to create a new human/earth relationship of reverence and reciprocity in our world. As we move and sing among the panels of Beings, we will enter into a more intimate knowing of the love that moves within all… widening our embrace.

3 days / 2 nights  
Cost: $285  Deposit: $50  Balance: $235

Carolyn will lead a Song Fest  
on Sunday, December 2 from 2-4 p.m.

Open to the public. Donations accepted. Refreshments served.
Cindy Barkei RN BSN
Certified Healing Touch practitioner and Holistic Nurse. Integrates complementary/alternative healing into her nursing practice.

Betsy Bowman EdD
Educator for 20 years, 25 years’ experience with drug/alcohol recovery. Native American elders mentored her on her spiritual journey.

Susan Pannier-Cass BS KRI
Certified Kundalini Yoga and Meditation teacher, SuperHealth Trained (addiction recovery program), has taught yoga since 2001.

Rev. Jim Conlon PhD
Priest, author, director of Sophia Center, Oakland, CA. Publications include Beauty, Wonder and Belonging: A Book of Hours for the Monastery of the Cosmos and Sacred Impulse.

Cerantha Corley
A Native American-style flute player, writer, and painter. Uses flute playing for balance and healing.

Melinda Crowe BFA
Her artwork features natural fibers, stone, and beadwork with an organic flair.

Barbara Fiand SNDdelH
Author, lecturer, has written extensively on religious life and spirituality, including In the Stillness You will Know and From Religion Back to Faith.

Dot Goodwin
Full-time visual artist, member of the oldest studio/gallery in SC. Facilitates prayer circles and carries the medicine of the drum.

Marya Grathwohl OSF
Author, lecturer, Earth minister, retreat director, has degrees in Creation Spirituality, Philosophy, Cosmology, and Earth literacy.

Christina Derrick-Guess EdS
Licensed therapist with a degree in Cultural Anthropology; completed the health-coaching program at Duke Integrative Medicine. Worked for Care International and United Nations in 12 countries.

Richard B. Guess Med
Cherokee heritage, executive director of a community mental health center, with 25 years of experience in human services.

Mary Catherine Harris Med
A writer, teacher, counselor with experience as a news and features writer and columnist.

Margie Hosch OSF

Wendy Kraus MS CAS
Has received spiritual guidance from Native elders. Assists Grandmother June Perry with educational and spiritual presentations.

Justina Lasley MA
Lecturer, qualitative researcher, and dream specialist. Internationally recognized as a leader of individual and group work.

Miriam MacGillis OP
Co-founder of Genesis Farm. Teaches and coordinates programs on the work of Thomas Berry and the New Cosmology.

Louise McCormick RN MS
Co-founder, president of the McCormick Green Center for Holistic Therapies, is certified in herbal and aroma therapies.

Carolyn McDade
Committed to the power of the human voice singing and speaking truth to move society to transformation.

Kathy McCreagan MA
Degrees in counseling and fine arts, is deeply interested in Native American spiritual practices.

Hilda Montalvo DMin
Author, lecturer, spiritual director. Focuses on weaving the emerging, creative consciousness with Christianity and spiritual traditions.

Grandmother June Perry
Elder, teacher, storyteller, artist, and drummaker, travels across the country sharing her Native wisdom, culture, and spirituality.

Rev. James Profit SJ
Executive Director of the Ignatius Jesuit Centre of Guelph, Ontario, Canada, with training in agriculture, rural sociology, and theology.

Rosa Dolores Rodriguez SNDdeH MA
Certified Aromatherapist, 21 years’ experience in health care, Director, Casa de la Cultura Center, teaching & ministering to farmworkers.

Pepper Sarnoff MA MS
Marriage and family therapist, educator, facilitator for the Well-Springs program, and founding member of Lifedance.

Pam Smith SSCM PhD
PhD in systematic theology with specialization in environmental ethics. Author of 10 books and articles on Biblical, ethical, and ecological themes.

Sandra Smith MDiv
Certified Enneagram teacher, retreat leader, and spiritual companion. Presenter for a Spiritual Directors International conference in Boston, where she offered spiritual practices according to Enneagram type.

Linda Szocik SSJ-TOSF
Family Nurse Practitioner and spiritual director who leads retreats on the contemplative art of basket-making.

Faye Townsend BA LMT
Founder, co-director of the massage therapy program in Florence, SC. Uses music as a facilitator in the Well-Springs program.

Christopher Marie Wagner OSF MFA
Art instructor for 30 years. Chris restores stained-glass windows and is dedicated to the study of iconography in the Russian style.

Margaret Welch
Graduate of the New York Institute of Photography. Margaret encourages the use of photography as an experience of intuitive appreciation.

Rita Wienken OSF/T
MA in Pastoral Ministry with an emphasis in Earth Literacy. Rita has more than 25 years’ experience in growing organic vegetables, fruits, and herbs, and in teaching organic vegetable production.

We have only begun to love the Earth...  
—Denise Levertov
Springbank General Information

Springbank Team
Trina McCormick OP, Executive Director
MFA, artist, spiritual director, teacher, licensed massage therapist. Trina has been committed to retreat work and Native spirituality for more than 30 years and developed the ecological initiative at Springbank.

Ursula Ording OP, Maintenance Supervisor
MA in Earth Science, potter, former Director of Springbank. Presently supervises the maintenance crew in beautifying the grounds and maintaining the buildings, and coordinates telephone registrations.

Judy Markiewicz SNDdeN, Guest Preparation
MA in Pastoral Counseling, with experience in social and human services. Judy coordinates the recycling, guest preparation, and transportation. She is of Ojibwa heritage and enjoys basket-making, drum-making, and has a respect for Native traditions and rituals.

Theresa Linehan SNDdeN, Program/Marketing Coordinator
MA MSN
Nurse Practitioner, with a background in administration. Certified in Diabetes Care/Education, Healing Touch and Clinical Aromatherapy. Of Mohican heritage, Theresa is committed to living consciously for Earth’s sustainability.

Accommodations
Our guest houses, mostly private rooms, accommodate 28, have bright, comfortable lounge areas with large picture windows and outdoor decks. WiFi available.

Meals
The food served is prepared with care and attention to good health and well-being. Meals are mostly vegetarian with an occasional fish, chicken, or meat entree. Those with special dietary needs that cannot be reasonably accommodated may use a designated kitchen in one of the retreat centers.

Meeting Areas
You’ll find inviting conference areas, comfortable meeting rooms, a spacious art studio with panoramic views of the woods. All facilities are air-conditioned and heated.

Springbank’s Labyrinth, a place of meditation and healing under the live oaks

Friends of Springbank
We invite your help in caring for Springbank’s 80 acres and 12 buildings. Our prices do not cover the needs of the Center, so we rely on your generosity to help us continue this ministry, provide scholarships, and maintain and improve our beautiful center.

I see all species in me.
— Thich Nhat Hanh

Program writing: Trina McCormick OP and Theresa Linehan SNDdeN
Design: Celia Whitten
Photos: Margaret Welch, Geraldine Walsh, Jan Phillips, Elizabeth Thoman, CHM / www.HealingPetals.org

Register — By Phone: 843-382-9777 ● By FAX: 843-382-9773
Board of Directors: Bonnie Fogle, RN, BSN, Board Chairperson; Sr. Trina McCormick OP MFA, Executive Director; Brother Paul Cullen CFX, Vice Chairperson; Alan Weitzman; Cindy Barkei, RN, BSN; Mary Catherine Harris, MEd

Advisory Council: Rev. Jim Conlon PhD (Director, Sophia Center, Oakland, CA), Sr. Marya Grathwohl OSF (Founder, Earth Hope, Dayton, WY), Sr. Gail Worcelo SGM (Co-Founder, Green Mountain Monastery, VT), John Hilliard, Esq. (Legal Counsel), Sr. Miriam MacGillis OP (Co-founder, Genesis Farm, NJ)

Transportation
Springbank is located 20 minutes northwest of Kingstree, SC, off Highway 527 (Sumter Hwy.) on Springbank Road. We will meet the bus or train in Kingstree or flights arriving in Florence, Charleston, or Myrtle Beach for an additional fee. Bus/train: $20 per person each way; airport: $35 per person each way.

Sabbatical Fees
1 month — $2,500; 2 months — $4,500; 3 months (full program) — $6,500. Non-refundable deposit — $300. Full amount due two weeks before sabbatical/threshold program begins.

Spiritual direction — $45; Healing massage (1½ hours) — $65
Healing touch/aromatherapy (1 hour) — $50

Springbank has a no refund policy concerning early withdrawal from programs or delayed arrival. All fees subject to change.

Retreat Fees
Private Retreats (3 meals & overnight) – $80-90/day; $160-180/weekend
Daytime Groups — $35/day/person (includes lunch)
Commuter Rate (includes lunch) — 40 percent discount
Hermitage Experience – request information; Deposit for private groups – $300 (non-refundable); Deposit for weekend programs – $50 (non-refundable).
Gift certificates and partial scholarships are available. Additional fees for use of art building and conference center.

Retreats begin at 7 pm and end after the noon meal on the last day, unless otherwise noted.

Private individual, couples, or group retreats may be scheduled throughout the year.

Sabbatical participants — Please attach a brief statement about yourself and the reasons you are taking a sabbatical program, along with a professional, ministerial, or congregational leadership letter of recommendation.
Springbank Retreat
for Eco-Spirituality and the Arts
An Ecumenical Retreat Center
1345 Springbank Rd.
Kingstree, SC 29556

Springbank is the
perfect place for your...
- Sabbaticals / Retreats
- 12-Step Retreats
- Earth Literacy Programs
- Staff Retreats
- Private Retreats
- Planning Meetings
- Small Conferences

843-382-9777
www.SpringbankRetreat.org

As an ecological center, Springbank honors
Dorothy Stang, SNDdeN
(1931-2005) for her
commitment to the poor and her passion
for the preservation of the natural world.

Unfurling Blossoming Flowering

ECO-SPRITUALITY celebrates Divine presence
in all creation, awakens wonderment at the evolutionary
unfolding of life, honors the interconnectedness of all beings.