

## Living the Divinity That We Are

"Stand in the center,  
reach the center of yourself.  
'Seek ye first the Kingdom  
of Heaven within'—  
that is the center,  
and from that center  
your entire universe radiates."

— Gururaj Ananda Yogi

AMS NY CHAPTER  
**FALL RETREAT**  
**October 19-21**

## Sisters Servants of Mary Immaculate

150 Sisters Servants Lane,  
Sloatsburg, NY 10974

(Check in **Friday 10/19** after **4:00 PM**,  
ends **Sunday 10/21** after lunch **2:00 PM**)

### Theme: Living the Divinity That We Are

*Come and revisit with old friends, meet new likeminded  
individuals in this picturesque venue with all its lush  
beautiful fall foliage.*

[americanmeditationsociety.org/retreats/](http://americanmeditationsociety.org/retreats/)

## Early Registration Discount

available until **October 1, 2018**

**Full Weekend 10/19/18 – 10/21/18**

\$260 Single occupancy

\$220 Double occupancy

**After October 1, 2018**

\$295 Single occupancy

\$255 Double occupancy

**One Day Option for Saturday, October 20th**

\$90 includes lunch, dinner and full program.

### MEALS:

**Friday:** evening dinner after meditation.

**Saturday:** Breakfast, Lunch & Dinner

**Sunday:** Breakfast & Lunch – checkout after lunch.

*If you require vegetarian or gluten free, please note upon  
registration. We will accommodate you. There is a refrigerator in  
dining room if you have special needs.*

## Registration deadline October 18th

**SCHOLARSHIPS:** If financial circumstances are an obstacle  
there are need-based scholarships available. To inquire: Contact  
Marcia Wilgermein - [Marcia0701aol.com](mailto:Marcia0701aol.com)

VISA & Mastercard will be accepted upon registration via paypal.  
If you wish to pay by Cash or Check you must register directly  
with Marcia via email (listed above) or cell **914-629-5215**.



### Directions:

#### From Northeast or Southern New Jersey and the Philadelphia area

Take the Garden State Parkway north to Exit 163 - Mahwah - Route 17 (a left lane exit). Follow Route 17 for 13 miles which leads onto the New York State Thruway (I-87). Follow the middle lane of the Thruway towards Albany/Route 17 North for 1.4 miles. Take Exit 15A - Sloatsburg. Turn left at the light and proceed 1.4 miles to the exit for Ringwood, Sterling Forest, West Milford (Sterling Mine Road). At the end of the ramp, make a left on Sterling Mine Rd and proceed for two miles. Make a left onto Sisters Servants Lane at the maroon SSMI sign with white lettering.

#### From Northwest New Jersey

Take 287 north. Merge onto the New York State thruway (I-87 N) via the exit on the left toward Albany/ Route 17 North. Take Exit 15A -Sloatsburg. Turn left at the light and proceed 1.4 miles to the exit for Ringwood, Sterling Forest, West Milford (Sterling Mine Road). At the end of the ramp, make a left on Sterling Mine Rd and proceed for two miles. Make a left onto Sisters Servants Lane at the maroon SSMI sign with white lettering.

#### From Connecticut

Take the Tappan Zee Bridge and follow 287 to Exit 15A Sloatsburg. Turn left at the light and proceed 1.4 miles to the exit for Ringwood, Sterling Forest, West Milford (Sterling Mine Road). At the end of the ramp, make a left on Sterling Mine Rd and proceed for two miles. Make a left onto Sisters Servants Lane at the maroon SSMI sign with white lettering.

#### From Upstate New York

Take New York Thruway to exit 15A Sloatsburg. Take a right turn at bottom of ramp. Go to intersection and turn left (this is route 17). Take the exit for Ringwood, Sterling Forest, West Milford (Sterling Mine Road). At the end of the ramp, take a left on Sterling Mine Rd and proceed for two miles. Make a left onto Sisters Servants Lane at the maroon SSMI sign with white lettering.

#### From Northeast Pennsylvania

Take I-84 East. Merge onto NY-17M/ US-6 E via Exit 3E toward Goshen. Merge onto NY-17 E. Take the US-6 E ramp. Take the RT-17/ RT-32 exit, Exit 131, toward Newburgh/ Suffern. Turn right onto NY-17. Take the Sterling Mine Road ramp. Make a slight right onto Sterling Mine Road. Proceed for two miles. Make a left onto Sisters Servants Lane at the maroon SSMI sign with white lettering.