



guesthouse

NEWSLETTER

Fall/Winter 2016



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“On Being Human” Raises \$10,000 for Guest House!

From September 9 through 11, Diamond Approach teachers Jeanine Mamary and Bob Ball presented their program “On Being Human: Exploring the Essence of Our Humanity” and donated all proceeds from tuition to Guest House. The program was a resounding success, attracting 55 participants from around the country, raising more than \$10,000 for Guest House and deeply touching many of those who attended.



“It was fascinating to have two teachers leading the sessions together,” said Diamond Approach student Marlana Reisman. “For me, Bob’s pure and grounded sincerity conveyed a deep trust that helped invite aspects of my humanness out of hiding. I loved how Jeanine dynamically engaged with our souls’ revelations, and also personally shared her own as they arose in the moment. With this teaching, and

engaging in the exercises with others in the exploration, the heart of my soul feels more apparent.”



Of course, “On Being Human” was open to non-Diamond Approach students as well, several of whom talked about how the teaching had expanded their understanding of what it means to be a human being. “Although I am not a Diamond Heart student, I attended the workshop,” said Lynda Cury. “An exercise on vulnerability really touched me. I had always thought that being vulnerable was a negative and somewhat shameful feeling. As we worked through the exercise, I began to see the other side of vulnerability, which is being open and less guarded—something that I truly desire.”

Her daughter, Dorothy Cury, affirmed for us that Guest House was doing its job to support the students, teachers and teachings. “This was [my] first
(Continued on page 6)

GIVING CORNER

We Need Your Help

2016 is proving to be another rich, full and productive year for Guest House. But the challenges of a non-profit are ever-present as well, and we need the support of individual donors like never before. Last year we had a record number of donors (**164!**) and surpassed our fund raising goal by 20%. **But so far this year, we are at only 70% of our fundraising goal of \$100,000.**

Here’s just a snapshot of what **your** donations made possible this year:

- *Dialogues about sustainable world peace among Columbia students and UN representatives (see pg. 4)*
- *A sold-out in-house event exploring the beauties and mysteries of being human (left)*
- *Creation of a safety net for marginalized youth to become leaders of tomorrow (see pg. 4, Summer ’16)*
- *Greater capacity for awareness, perception and compassion in the world*
- *Healing of wounds of men who have been abused*

Thank you!! Individual donors like you are essential for Guest House to

Essential Contemplations

There's been a lot of divisive rhetoric this year that seems unfortunately to have ignited the fear of "otherness" in many. Hate crimes after the presidential election of 2016 spiked alarmingly. So we thought we would offer some healing words about tolerance and the nature of prejudice.

.....
"Christian, Jew, Muslim, shaman, Zoroastrian, stone, ground, mountain, river, each has a secret way of being with the mystery, unique and not to be judged."

—Jalaluddin Rumi

"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

—Maya Angelou

"Our ability to reach unity in diversity will be the beauty and the test of our civilization."

—Mahatma Gandhi

"If man is to survive, he will have learned to take a delight in the essential differences between men and between cultures. He will learn that differences in ideas and attitudes are a delight, part of life's exciting variety, not something to fear."

—Gene Roddenberry

"When we use the word prejudice, we don't mean just its common restricted usage: having fixed ideas about a particular group, race, religion, or set of beliefs. Prejudice, as we are using it, means anything that distorts the objective perception of reality. In other words, we consider prejudice anything that determines the attitude of a person that is not totally in accord with what actually is."

—A.H. Almaas

NEWS

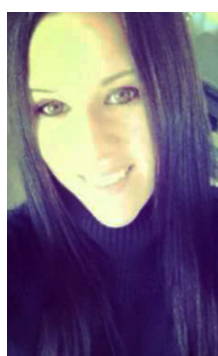
Holiday Time at Guest House

GET THE DISH Our executive chef, Tom Oates, is serving up some tasty new concoctions this winter. Look for these delectable offerings on our new menu: gluten-free cornbread, vegetarian chili, scallion egg bake, Shazam bars and cranberry cheesecake bars (see pg. 7 for recipe).



SHOP 'TIL YOU DROP Every year at this time, Chester hosts its wildly popular Holiday Market. Of course, our wonderful stores will be offering their usual cornucopia of coveted gift ideas for the holidays. But for five Sundays from Nov. 27th through Dec. 18th you'll also have street vendors, who will be selling everything from incredible edibles to unique handmade crafts. The market is open from 11 am to 2 pm. It beats shopping in a commercial, antiseptic mall hands down!

COOKIES 'N' COCOA Following up on our presence at last year's Starry Night Holiday Festival in Chester center, we're sending Saralyn, Tom and Rich again this year. They'll be arriving in town at 6 pm on Dec. 2nd with a giant platter of our home-made Cranberry Oatmeal cookies and a town-sized thermos of hot cocoa. Last year was a big hit with the kids in town and we're excited to continue the tradition!



FRESH FACE Night owls who've been up during the wee hours at Guest House might recognize Georgine (Gie) Hendrickson, who regularly held down the fort during the night shift. But now more of you will have a chance to get to know her since Gie has transferred to daytime hours. She came to us last July and is a trained nurse assistant who also worked independently with private clients. Before joining Guest House, she was running a housekeeping business for herself. We're sure she'll be delighted to get some regular shut-eye at normal hours. Elyse Stone, who had been out for shoulder surgery, has resumed her old schedule.

TAG SALE Over the last year we've been clearing out the massive collection of beyond-repair furniture and miscellaneous items Guest House has collected over its eight-year history. Toward that end, we held a massive tag sale this summer as part of the Chester Town-Wide Tag Sale. We cleared 400 square feet of storage space, and brought in over \$350. We put the money toward commission of a coat rack custom-built in the building's image. Thanks to George Krecidlo Jr. of Jewett City, CT for his beautiful craftsmanship!



Guest House History

Part 1: Native Americans through Colonial 1808

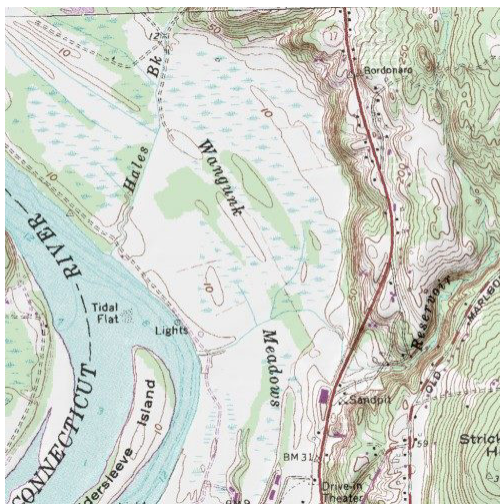
Facilities Director Rich Kerrigan has been immersing himself in the history behind Guest House for special presentations he's offering guest groups interested in learning more about our historic facility and grounds and how we came to be. Here we present just a snippet of the tremendous research he's done on the property's past. This is the first installment of a series of articles that will run across several issues. Enjoy!

Between 1,000 and 2,000 years before Guest House was established, this area of Connecticut was populated by Paleo-Indians. The indigenous people of south central Connecticut, the Wangunk, who were of Eastern



Wangunk Sculpture

Algonquin descent, respected and revered the land, calling the area Pattaconk and venerating Manitou, the Great Spirit found in all living things and in the forces of nature. The Wangunk cultivated vegetables such as corn, beans and squash, as well as wild rice (which still grows today along the banks of the Connecticut River). They hunted game and wild fowl, fished the rivers, lakes and streams. And they traded maple



"The people at the bend in the river"

syrup, sugar and furs. Their form of currency was Wampum beads made from the shells of quahog clams and whelk.

The arrival of Europeans in 1614—specifically the merchant Adriaen Block, who conducted an exploratory journey for the Dutch West India Company—unfortunately set what is by now a familiar colonialist cycle in motion: the introduction of diseases such as smallpox for which the Wangunks carried no natural resistance; disrespect for native



Adriaen Block, Dutch West India Company

ways and traditions; disregard of treaties that enabled the wholesale theft of Native American lands; the establishment of reservations; and the introduction of alcohol. By the 1810s, the Wangunk had largely disappeared from the area. Today, the Wangunk are not even federally recognized as a tribe.

The oldest part of Guest House, what we call Parmelee House today, was built by John Parmelee (1755-1828) on the eve of the Revolutionary War (1775) as his farm. It is a center-chimney Cape Cod-style structure

with six fireplaces. The Parmelees hailed from Lewes, England. They established the nearby town of Guilford. According to the Family Parmelee website: "We're your typical American family: preachers and convicts, slaves and slave owners, politicians and suffragettes, farmers and businessmen, soldiers and prisoners of war—even clockmakers, authors and lighthouse keepers."



*"Parmelee House"
Photo c/o Chester Historical Society*



Parmelee House, Sun Room & Patio 2016

John Parmelee himself was a fairly unremarkable figure in the history of the region. He appears on a roll of Killingworth men who responded to the Lexington Alarm on April 19, 1775, becoming part of a Loyalist brigade and serving just eight days. He is also listed as a private on the February 20, 1778 payroll of Lt. Samuel Nichols, which joined Col. Benjamin Bellows Jr.'s regiment at the

(Continued on page 7)

OUR GANG

Guest House hosts over a hundred groups and thousands of people every year—and this year we had two groups who are working toward very similar goals from two very different angles. Their shared aim is right alongside the Guest House mission: *creating a better world for us all to live in*. As the Guest House community continues to grow, we want to bring together the exceptional groups that comprise us. With each edition of the newsletter, you can typically find one example in this column.

For this special edition we are featuring two groups that focus on creating exemplary leadership. The School of International and Public Affairs seeks to improve international relations by preparing tomorrow's best-and-brightest for those uniquely demanding challenges. The Center for Transformational Presence seeks to create compassionate, effective leaders through study of iconic figures such as MLK Jr., as well as ancient wisdom and consciousness studies.

COLUMBIA | SIPA

International Organization and United Nations Studies

VISIT THEM ONLINE

sipa.columbia.edu

A longtime group from Columbia University visited our beloved facility again this September. Their schedule landed them alongside the sold-out "On Being Human" program, leading to an exceptionally full and diverse house. With people from almost every age group, from all over the world, it was an exceptional weekend at Guest House.

These students were from the School of International and Public Affairs (SIPA) and their history runs all the way back to the end of World War II. They have worked since then to create the finest in global leadership. Their retreat was titled, "Sustainable Peace: A Collective Responsibility." This year's coordinator, Michelle Kretsch, is the Departmental Research Assistant for the UN Studies Specialization. We asked for her take on SIPA, their mission and their stay at Guest House.

IN YOUR OWN WORDS, WHAT DOES SIPA DO? WHAT IS YOUR ROLE?

Our specialization within SIPA offers courses and programming for students interested in international organizations. One of its goals is to bring students to the UN, and the UN to students. This includes working lunches with ambassadors and our "Day at the UN" initiative where students shadow UN staff. I am the departmental research assistant for UN Studies. I work to organize events, provide support to the director and assist in building our academics and activities.

WHAT IS YOUR FOCUS AS A STUDENT AT SIPA? WHERE DO YOU WANT TO GO?

I am completing my Masters in International Affairs, concentrating in International Security Policy. My focus is

on the United Nations, in particular the Security Council. After SIPA, I would like to begin a career in the United Nations Secretariat.



Group Photo in White Barn

WOULD READERS KNOW OF ANY OF YOUR FORMER CLASSMATES?

I have not personally interacted with many SIPA graduates so far. However, SIPA has many notable alumni, including: Madeleine Albright, Judy Cheng-Hopkins, Bill de Blasio, George Tenet, Eric Garcetti and Jose Ramos Horta.

SIPA ON FACEBOOK

facebook.com/Columbia.SIPA

HOW LONG HAVE YOU BEEN AT COLUMBIA UNIVERSITY? WHAT MAKES IT A GREAT PLACE FOR A SCHOOL LIKE SIPA?

This is my second and final year at Columbia University. Columbia is a community of brilliant minds in academia as well as practitioners who have a wealth of knowledge from the field. It is vital while studying public policy that we have access to courses and professors from a variety of schools and backgrounds.

Columbia is also located in the great city of New York! Having the connections and name of Columbia University opens many new doors, in addition to the wealth of possibilities normally available in New York.

Having the United Nations in the same city has significantly enriched my studies, I was able to complete an internship there and frequently visit headquarters and country missions.

WHAT IS THE GOAL OF THE RETREAT AT GUEST HOUSE EACH YEAR?

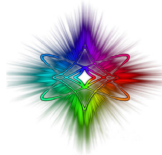
The retreat has two main purposes. Firstly, it is an opportunity for us to engage together on a current topic. Secondly, the retreat builds our community by offering students time to get to know each other. Though the retreat is for all students in the program, the retreat mainly attracts first-year students, but many second-year students participate as well. This year we explored the current UN movement towards "Sustainable Peace" through the lens of security, human rights and development.



Impromptu Concert

WHAT WAS YOUR FAVORITE ITEM FROM OUR KITCHEN'S MENU?

My favorite item was the blackened salmon with mango salsa. I love dishes that I cannot make myself and blackened fish is one of those special dishes. Usually I can only expect such a dish in the Caribbean, and this dish sent me right back to Aruba! The beautiful, fresh cuisine was all delicious and surprising. I did not expect such a variety of cuisines on our short visit.



Earlier this year, a group came to Guest House that struck a chord with the staff: The Center for Transformational Presence. The pleasant demeanor of the attendees and the exceptional organization of their staff resulted in a wonderful atmosphere that was felt by everyone. They are based out of Topsfield, MA, and their mission rings quite familiar to anyone that knows the mission of Guest House. In their own words:

MISSION STATEMENT

[...we are] a discovery, learning, development, and transformation environment for individuals and organizations who are committed to making a significant difference in their world.

Their participants came to Guest House from all over the world this past June and held their annual Transformational Presence Global Summit. We reached out to their Founder and Director, Alan Seale, for his take on The Center, their mission and their time at Guest House.

IN YOUR OWN WORDS, WHAT DOES THE CENTER DO?

We help individuals and organizations create wholeness, meaning, direction, sense of purpose and sustainable action so that they can realize their greatest potential and make the contributions to the world that they are here to make. Our mission is simple: We create a world that works.



Walking the labyrinth

CAN YOU EXPLAIN THE CONCEPT OF “POWER-LOVE” AND HOW IT RELATES TO THE CENTER’S MISSION?

Martin Luther King wrote, “Power, properly understood, is nothing but the ability to achieve purpose. There is nothing wrong with power if power is used correctly. One of the great problems of history is that the concepts of love and power have usually been contrasted as opposites—polar opposites—so that love is identified with a resignation



Group photo on the deck

of power, and power with a denial of love. What is needed is a realization that power without love is reckless and abusive, and love without power is sentimental and anemic.” King’s words continue to be a very powerful inspiration for me in the ongoing development of the Transformational Presence approach to leadership, life and service. All of our work is designed to engage both power and love as integrated partners.

DO YOU HAVE ANY PARTICULAR SUCCESS STORIES FROM YOUR EXPERIENCE WITH STUDENTS?

It is very exciting to see many of our graduates bringing Transformational Presence concepts and tools into the business and corporate world—from banking to healthcare to education. A relatively small IT company with a global reach has also now sent six of its leadership team into our programs, including the CEO. The big shift there has been to work much more creatively and intuitively in their design and implementation projects. They are finding “solutions” as well as new creative ideas much more quickly than before and finding the collaboration process between team members to be much faster and more fun.

WHAT WAS YOUR FAVORITE ITEM FROM OUR KITCHEN’S MENU?

The food was amazing and the kitchen chefs are to be commended for accommodating many dietary issues – gluten-free, sugar-free, dairy-free, vegan, Paleo, etc. Many participants commented on how delicious the sweet potato and chick pea stew was as well as the chocolate magic cookie dessert! What also stands out for me was the kitchen

staff and their ability to be everywhere they were needed, AND also create the feeling that we had as much space as we needed as well.

DO YOU RECALL ANY MEMORABLE INTERACTIONS WITH OUR STAFF?

My assistant, Kim Adams, our Chief Action Officer (or Chief Get-It-Done Officer) had a great experience working with Marianne, your Director of Retreat Services & Group Sales. Having planned many events in the past, Kim shared that working with Marianne was one of the best [experiences] she has ever had. From the initial contract signing through the last day of our global Summit, the communication and attentiveness to our group were exceptional. During our days at Guest House, staff members were always willing to help with whatever was needed and did so with a smile.

VISIT CTP ONLINE

transformationalpresence.org

IF READERS WANT TO LEARN MORE ABOUT TRANSFORMATIONAL PRESENCE AND THE NEXT GLOBAL SUMMIT, HOW SHOULD THEY GET STARTED?

We have booked dates at Guest House for a 3-day workshop in November 2017. The program is “Transformational Presence: Leadership in Action.” That workshop will be open to anyone interested in making a difference in the world.

Annual Campaign

(Continued from page 1)

continue to nurture development of human potential and enrichment of the world. *Your support* enables groups like these to focus on their work and bring it to life. And that impacts us all, from the diverse communities they serve to the world at large.

Keep making a difference. Please give generously to Guest House!

DONATE NOW

guesthousecenter.org/give

Our guests will tell you why:

“The grace and open energy of the spaces, the hospitality and intentional stewardship of the people, the well cared-for property...all make us more aware of our connection to one another.”

—Reverend Judith L. Rhodes of St. Paul’s Church, Fairfield, CT

“I am so glad I was able to take this trip. Thank you for such an atmosphere of peace and calm. The facility is just a beautiful place to be. I’ll be talking about this place for a long time...”

— Marcia Ware, Flat River Quilters

This is what we do, who we are. In these contentious and violent times, could there be a more important reason for us to exist? We provide a space for openness, tolerance and understanding. We need you during this important Annual Campaign. Please give as generously as you can.

Thank you!

“On Being Human” Cont.

(Continued from page 1)

time at a Diamond Heart retreat, and I found the hotel and grounds beautiful and relaxing,” she told us. “I really enjoyed the small group discussions after the lectures. Usually connecting with strangers on a non-superficial level is difficult, but this environment made me feel very comfortable and free to express myself.”



We are grateful to have worked again with Conscious 2, which was on site and filming the event for their platform. A big thanks to C2 videographer Stuart Davis and his impeccably professional, invisible approach to filming. His efforts made everyone involved feel comfortable and supported. Those who were unable to attend can sign up for Conscious 2 and get access to this program, as well as hundreds of hours of content from the world’s leading spiritual teachers and thinkers. And if you sign up for “On Being Human” through Guest House, a portion of your subscription will benefit the Ridhwan School, the guardian institution for the Diamond Approach teachings.



LEARN MORE AT CONSCIOUS 2
<http://conscious.to/beinghumancourse>

Guest House would also like to extend thanks, of course, to Bob and Jeanine for their beautiful generosity, as well as the teaching. We also feel the need to embarrass Charlie Schillberg, our information technology and marketing support pro. None of this would have been possible without his dedicated and passionate help before, during and after the event. Thanks, Charlie!



Guest House History Cont.

(Continued from page 3)

Siege of Fort Ticonderoga in New York. His service here lasted a brief six days. Shortly after, however, he departed for the Midwest. Today, John Parmelee's grave can be found at South View Cemetery in Sullivan, Ohio.

The next residents were a family named Harrison, who continued to operate the property as a farm and built the first barn in 1808 (now the White Barn, our most popular meeting space).

In our next edition, we will continue with the history of Guest House by visiting its most well-known and impactful owner: David Joslow.



Fort Ticonderoga, NY

FROM THE KITCHEN

Cranberry Cheesecake Bars

This holiday season, we want to ease your entertaining plans by offering you a sure-fire winning dish from our kitchen. Inspired by the family cookbook of longtime employee Robyn Willmore (affectionately known as “Aunt Robyn”), Chef Tom Oates has recently started baking these addictive treats. These will surely fly off your serving dishes in no time and so we include the whole recipe, rather than break it down for just four or six servings. They happen to freeze well too, so you can bake them ahead of time and just reheat on the night of your holiday party.

SERVES 20

- 1 cup butter
- 2 cups flour
- 1½ cups oats
- ¼ cup brown sugar, packed
- 8 oz. cream cheese
- ¼ cup lemon juice
- 1 Tbsp. vanilla
- 1 14-oz. can cranberry sauce
- 2 Tbsps. cornstarch
- 2 cups white chocolate chips
- 1 can sweetened condensed milk



- 1) Melt butter (make sure it does not brown), then mix in flour, oats and brown sugar. Press mixture into a lightly greased cake pan or rectangular cake pan with tall sides and bake at 300 degrees for 15 minutes or until golden. Remove from the oven and set aside. Do not turn off the oven.
- 2) In a bowl, blend cream cheese, lemon juice and vanilla until soft. Spread this mixture evenly in the cake pan.
- 3) In another bowl, mix cranberry sauce and cornstarch, then spread this evenly on top of the cream cheese mixture.
- 4) Sprinkle chocolate chips on top of cranberry mixture, then drizzle the whole thing with condensed milk.
- 5) Return to oven for 15 more minutes or until nicely browned.
- 6) Remove from oven, let cool and cut into wedges or bars.

COMING TOGETHER

Spread the Word!

2017 is just around the corner and Guest House is always looking for new groups to help fill out the year!



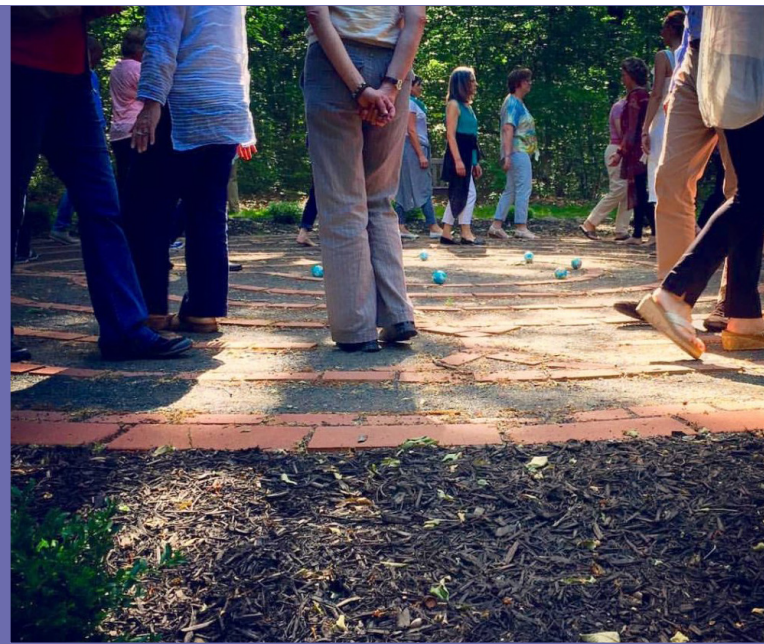
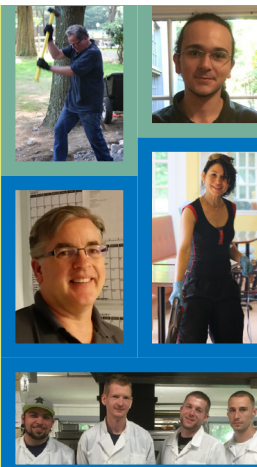
SEND YOUR FRIENDS!

info@guesthousecenter.org
860.322.5770

Since Guest House opened in 2008 we have been providing the nurturing atmosphere that is so crucial when undergoing transformative work. We love sharing it with the world—and you can help us expand even further!

Do you meet with a group that is looking for a new home? Do you have a friend whose retreat group is looking for a better space to meet in?

Reach out and tell them about Guest House! We're easy to find online at guesthousecenter.org. You can even contact us, and we'll take it from there.



We are...

guesthouse



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- Announcements of upcoming events
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info@guesthousecenter.org | 860.322.5770

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