

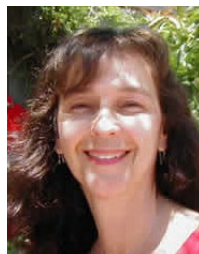


guesthouse

NEWSLETTER—2019: Volume 1

Getting Closer with Jeanine Mamary and Bob Ball

From September 13 through 15, co-teachers and husband-and-wife Jeanine Mamary and Bob Ball return to Guest House for another weekend retreat. “On Being in Relationship” looks not only at couples, but explores the ways we can deepen any relationship—mother-daughter, employee-boss, brother-sister, etc.—and helps us see how we can use our relationships as tools for growth and development. It is about harnessing the inherent dynamism of our interactive relational field to reveal deeper and deeper dimensions of reality.



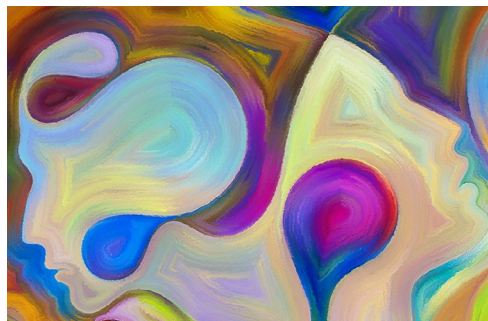
Bob Ball & Jeanine Mamary return to GH

Jeanine and Bob’s own relationship with Guest House runs long and deep. In 2016, they held a very well-attended program called “On Being Human.” Bob has been coming here regularly once a year

EARLY SIGNUP COUPON

\$50 off for the first 20 people that use coupon code: **TOGETHER1**

to teach the Emerald Mountain group, and he stayed on after that retreat last year to celebrate the 10th anniversary of GH. This new “Relationship” program happened quite spontaneously. “Several years ago we were teaching a retreat together on another subject and a request arose in the group for us to teach something about relationality,” explains Jeanine. “Yes, we probably wouldn’t presume to tackle such a hefty topic otherwise,” says Bob, “although it’s an interesting and rich area of human life to explore.”



(Continued on page 6)

INSIDE THIS ISSUE

▪ ESSENTIAL CONTEMPLATIONS	2
▪ GH NEWS	2
▪ ENVIRO-FACTS	3
▪ OUR CROWD:	
New England Songwriters	4
▪ OUR CROWD:	
TammyJo Photokeeping	5
▪ SALT’S PLACE AT THE TABLE	9
▪ 2018 FOGH HONOR ROLL	10

GIVING CORNER

We Came Close to Our Goal!

We want to express our immense appreciation for you being the completely stupendous donors you are. Because of your generous gifts in 2018, we almost reached the higher fundraising target we set for last year to commemorate our 10th Anniversary, coming in just \$5,000 shy of that \$125,000 mark. This was still 20% more than the year before. Even better, we had an increase of 20% in our number of donors. That means Friends of Guest House now number a powerful 155! You, our Friends, come from our many and varied guest groups as well as the Diamond Approach students and teachers who are at the core of our reason for being.

You support not only your own work in the world now, but also set the foundation for all who will come to Guest House this year and in the future.

(Continued on page 6)

Essential Contemplations

As we near Bob Ball and Jeanine Mamary's program on being in relationship, we thought we'd see what others had to say about relationships and relationality.

.....

"When I say 'real relationship,' I mean one that is developing in an optimizing way, that enables those involved to become transparent to deeper truth and reality. Due to the interactive dynamic force in the relational field, the relationship becomes a field of consciousness that opens to new forms of experience."

—A.H. Almaas

.....

"Relationality [is] not only [a] descriptive or historical fact of our formation, but also an ongoing normative dimension of our social and political lives, one in which we are compelled to take stock of our interdependence."

—Judith Butler

.....

"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them."

—Thomas Merton

.....

"Each friend represents a world in us, a world possibly not born until they arrive..."

—Anaïs Nin

NEWS

GH News

NOAH, CAN WE TALK?

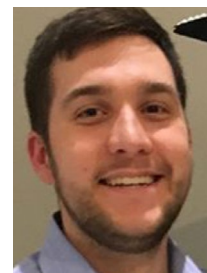
Okay, it wasn't quite 40 days and 40 nights, and we didn't load on breeding pairs of every specie on Earth. But the floods last fall were bad. Bad enough to completely destroy our basement, including the gym's beautiful flooring, which made you actually *want* to exercise. Pardon us while it's offline, but we promise it will be restored, hopefully by mid-April.



No "After" shots available at time of print - but this "in the middle" shot is quite the looker!

NEVER CAN SAY GOODBYE

After seven years of service, everyone's favorite facilities assistant **Nick Schultz** is preparing to move on from Guest House. He started here as a high school sophomore in 2012, and has worked in just about every capacity: from dining room associate and dishwasher to gutter clearer, snow shoveler and supervisor of our skeleton shift desk staff. He is currently working part time on the GH overnight shift so that he can focus on his next goal of becoming an **electronic systems technician**. When he's done with the year-long, full-time trade school, he'll be the guy to call for your security/fire systems, fiber optic cabling, home theatre, telecommunications setups, and much more. Best of luck, little buddy!



Nick Schultz: 2014 vs 2019

(Continued on page 7)

Enviro-Facts

Guest House is committed to becoming greener and cleaner every day—and part of that commitment is communicating best practices to our guests. You'll start seeing signs like the one below in select spots around the facility, like the entryway to our remodelled gym. You can find more info about our green initiatives at guesthousecenter.org/Green.

DID YOU KNOW?



This flooring represents 75 repurposed tires!



More to learn!

- *Is rubber flooring eco-friendly? Yes!*
- *This rolled rubber flooring is comprised of recycled tires.*
- *Each 36" diameter rubber car tire is recycled into about 40 pounds of flooring and covers about 20 square feet!*
- *This equates to saving about 75 tires from the landfill and re-purposing them as the floor you are about to step onto.*



-Guest House Environmental Task Force



The **New England Songwriters Retreat (NESR)** is a summertime delight for our staff. For the last handful of years this eclectic, folksy event has brought aspiring and accomplished artists together and filled our spaces with music. We spoke with the retreat founder **Ellis Paul** about the workshops, jam-sessions and concerts they hold at Guest House.

VISIT THEM ONLINE
newenglandsongwritersretreat.com

WHAT IS NESR?

The New England Songwriters Retreat is an intensive four-day gathering of songwriters of all levels right here in Chester, CT. My name is Ellis Paul, I'm the founder and leader of the gathering and I run it with the organizational help of retreat coordinator Laurie MacAllister. I recruit the instructors from among the best professional songwriters touring on the American songwriter circuit, who come and share their experiences and insights. While I'm the face of the organization and its creation has been shaped by my desire to provide specific services to the songwriter, Laurie is the heart of the organization and personally deals with the attendees one on one until the retreat happens.



WHAT IS THE MISSION OF NESR?

The mission of NESR is to create community, give the attendees a broader set of tools for their songs and careers, inform the attendees on opportunities for their music, inspire them, and provide a place where their songs can be heard with thoughtful support and feedback.

WHO ARE THE PARTICIPANTS THAT COME TO GUEST HOUSE?

We get songwriters of every level—from people who are just beginning to seasoned professional performers who just want to recharge their batteries, and hear fresh insights on songwriting that can breathe new life into their work.



CAN YOU SHARE ANY SUCCESS STORIES FROM THE RETREATS?

Many of the songwriters who attend the retreat have used what they've learned from us and brought it to stages across the country. They produce CDs and begin their journey as working musicians. And even more importantly, the post-retreat sense of community and gatherings at shows and open mics show me that we have created a support system where these new friends can go to shows, hear each other's songs, and have a place to be heard that is ongoing beyond the weekend of the retreat. Almost all of the retreat students have recorded music that has been affected and informed by

HOW DO YOU MAKE IT HAPPEN?

We have daily classes on songwriting, performance, business and guitar. The late-night song circles create lifelong friendships and a sense of community. Evening concerts provide the attendees a professional performance opportunity in front of a supportive audience of listeners.



Ellis Paul on stage in White Barn

(Continued on page 8)



Earlier this year, an intriguing new type of retreat group became a member of the Guest House family: **TammyJo Photokeeping**. This event brought together 25 women from all over New England with the goal of getting their libraries of digital photos under control, organized and presentable. We spoke with their event coordinator, **Tammy Kirby**, about what they came to Guest House to do.

VISIT THEM ONLINE
tammyjophotokeeping.com

WHAT IS A PHOTOKEEPING RETREAT?

We all have busy lives and the retreat gives us time to focus on our photos. We share a passion for our photos, and enjoy designing photo books using our computers and the Forever Artisan software. The software gives us flexibility to create beautiful photo books as well as cards, wall art and photo gifts. Attending the weekend retreat inspires us to be creative and save our memories forever.



We also receive advanced training, called **pixels2Pages**, for the Forever Artisan software we use. We bring in a pixels2Pages trainer, known as a "Pixie," to help us throughout the weekend. Our Pixie shows step-by-step instructions on how to design a photo page from scratch and to become more confident using the software. The training is for beginners as well as experienced Artisan software users.

WHAT IS YOUR ROLE AT THE PHOTOKEEPING RETREATS?

I am the event coordinator. I hire the trainer, register all the attendees, and work with the retreat center to ensure we have what we need.



HOW DOES THE RETREAT WEEKEND FLOW?

We start our weekend Friday afternoon with an overview of the Artisan software, before we all enjoy a lovely dinner in the retreat center dining room. This time also allows us to get to know each other a little bit better. (Attendees come from all over; previously, we had attendees

WHO ARE THE PARTICIPANTS THAT COME TO GUEST HOUSE?

Our attendees include anyone looking to spend time working on their photos, spending time organizing their digital photos, and saving and celebrating their memories.

CAN YOU SHARE ANY SUCCESS STORIES FOR THE RETREATS?

The retreat was a huge success. This was my first retreat, and Guest House was extremely helpful every step of way. All 25 attendees had a wonderful time and enjoyed the Guest House feel—cozy and comfortable. We all enjoyed dining together and getting to know each other. There really isn't just one big success—everyone got a lot done. We're all looking forward to the second retreat this fall.



PREMIUM TRAINING
pixels2pages.net

from as far away as North Dakota and Virginia.) Saturday morning, we all enjoy breakfast, then it's all-day training, working on photo books through the evening hours. Sunday is a bittersweet day after spending the weekend learning, laughing, sharing stories, and finally saying goodbye to our new friends. I am looking forward to the next retreat.

(Continued on page 8)

We Came Close to Our Goal!

(Continued from page 1)

Last year our amazingly skilled management team met many environment-related challenges and, with your donations of funds, time and effort, put Guest House on a solid, sustainable road for the future. Your whole-hearted confidence in our mission, as witnessed by the generosity of your donations, has left us feeling very positive that Guest House will continue to strengthen this sustainability in 2019.

With your growing help this year, we will undertake some major long-deferred capital projects for the building and the grounds. There's still more money needed for substantial repairs from last year's storms and floods, as well as for the parking lot repair, a project we've kicked down the road for several years, but whose pitted, cracking, pot-holed condition makes clear that further deferment is not an option.

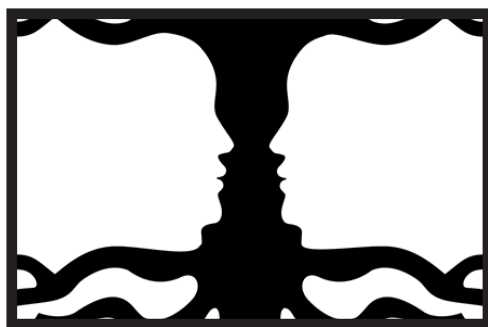
This work is critical to ensure that Guest House will continue to be sustainable and solid for all who will come here to do their work.

On the last page of this newsletter we gratefully acknowledge each and every one of you with our Friends of Guest House 2018 Honor Roll.

Getting Closer with Jeanine Mamary and Bob Ball

(Continued from page 1)

The September retreat is the outcome of that contemplation. "The more we approach and engage our relationships with qualities of Being such as openness, acceptance, compassion and appreciation," Jeanine observes, "the more optimized the relationship will be. This is true for relationships of all kinds; not just romantic relationships, but also familial, work and, really, any other type of relationship."



Yet there are so many obstacles, many of them unconscious, that can get in the way. These might include: instinctual drives, psychological structures, history and conditioning, habitual tendencies. This retreat will help you uncover what might be in the way of more profound and meaningful relationships with anyone.

"It's really wide open, depending on the interest of each participant and

SIGN UP TODAY

Open to the public!

guesthousecenter.org/Relationship

WHEN: September 13-15, 2019

ROOM & BOARD: \$295 - \$430

COMMUTER: \$155

TUITION: Pay what you can afford, \$250 suggested

where their inquiry takes them," says Bob. "One thing we want to make clear is that relationships are very much a part of being a Human Being, so understanding our relational patterns and bringing forth our natural relational capacities is a way for each of us to develop as individuals, while also contributing to the general well-being of all those we encounter in our everyday life."

Jeanine adds: "Sometimes this means learning how to simply get along together, but in the best-case scenario this kind of exploration will open us to realms of Being that otherwise might remain hidden from our view. We want to open our hearts, access our many unique qualities, find expression in our personal lives, and have an even more enjoyable time in our brief stay on this earth! And we want to make life easier and more enjoyable for those we care about and all those we encounter." Not completely without irony she adds, "Cue John Lennon's 'Imagine' here!"



GH News

(Continued from page 2)

NEW STAFF

Joining us is **Bart Hartzell**, who has taken on the role of full-time facilities associate. He'll be working directly with Keith Bowen and Rich Kerrigan, our facilities specialist and facility director, to ensure that all the tiny details of the GH facility, guest rooms, and meeting rooms are kept in perfect shape. Bart is an enthusiastic new member of the team and we welcome him to Guest House!



Bart Hartzell

COOKING FROM THE HEART

Most chefs write recipe books that give you guidelines about what to cook. Chef Alan wants to tell you how to cook and why it's important to our souls to cook. So he's working on a **Guest House cookbook** that describes his philosophy behind recipes and techniques, and also gently guides readers to think critically and emotionally about the food they prepare for themselves and their loved ones.

YOGA ON HOLD

The weekly yoga class we began last year is on hiatus at least through the summer due to maternity leave. Our best wishes to Leah and her little one!

BOOKING BONANZA

Guest House has just completed its best year ever in terms of retreat bookings, with room and board revenues 3% over our previous best. We hosted some 3,440 people across 126 retreats! So far, our 2019 bookings are on track to break even our own excellent record of growth.



COMING TOGETHER

Spread the Word!

Guest House is always looking for new groups to join the family!



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!

SEND YOUR FRIENDS!

info@guesthousecenter.org
860.322.5770

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.

Giving is Easier than Ever!

BECOME A MONTHLY SUSTAINER Your donation will be automatically paid every month until you say otherwise. Go to our website's giving page, select your monthly contribution, and click "subscribe" to sign up. It's simple, and it gives Guest House a dependable base of support throughout the year.

JOIN THE GUEST HOUSE LEGACY CIRCLE For many of you who love Guest House but cannot afford to reduce your assets or current income now, planned giving offers a means to support Guest House in a significant way after your death by naming GH in your will or as a beneficiary of your IRA, savings account or life insurance. Please contact us at friends@guesthousecenter.org to learn more.

DONATE TODAY
guesthousecenter.org/give

NE Songwriters Retreat

(Continued from page 4)

their presence at the retreat. James Lee Baker, Paul Nelson and Rachel Marie are some of the most recent attendees that have released noteworthy music and begun a broader journey as working songwriters.



Studious songwriting

HOW DOES GUEST HOUSE COMPARE TO OTHER CENTERS?

Guest House is a perfect facility for our gathering! The food is excellent, the rooms are quaint and private, and the meeting rooms provide the perfect settings to support our mission, both in terms of classes and performance spaces. The staff is friendly, supportive, accommodating and invested in seeing that we have everything we need.

DO YOU HAVE ANY STORIES FROM YOUR TIME WITH OUR STAFF?

There was the last night of NESR II. Imagine 70 musicians, glowing from a fun weekend, late on the closing night of the retreat, ravenously desperate for pizza. Your staff somehow made it happen!



Red Molly performs at the Instructor Concert

WHAT ARE THE CONCERTS LIKE?

We jam as many people in the White Barn as we safely can, opening the doors to a handful of music lovers from the public as well. We record and videotape the concerts. They've been a highlight of the weekend and the fact that the staff can handle the influx of people and be so accommodating is a beautiful thing.

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

It's all so good! I know we all look forward to every meal. The quality and variety of the food makes the mealtimes a highlight for everyone and really adds to the community feel of the weekend.



(Continued from page 5)

DO YOU HAVE ANY STORIES FROM YOUR TIME WITH OUR STAFF?

The staff is polite, helpful and friendly. On Sunday morning, Ben took time to take our group photo. Several attendees went on a tour with Marianne and enjoyed hearing the story behind the center.



WHAT WAS YOUR FAVORITE ITEM FROM OUR KITCHEN?

There is not one favorite item on your menu. Every meal was wonderful. The retreat center was very accommodating to everyone's dietary needs.





Salt's Place at the Table

“*Let there be work, bread, water and salt for all.*”
—Nelson Mandela

Salt has long had an influential and central place in human culture, prior to us taking it for granted. Before the ubiquity of currency, soldiers were paid with salt. We used it to preserve food and it has meant the difference between life and death when times were tough. It even allowed us to explore beyond our settlements and chart the world. When salt touches our palettes, it awakens something primal in our minds and hearts—and as such, it was at one time incredibly valuable.

Seasoning in layers is a fundamental technique in cooking. This means awareness of the salt and pepper (not spices!) on items and components at each step in the preparation. This allows one to bring out each flavor to its fullest potential. In some instances, if seasoning is improperly done, the whole dish falls apart. To illustrate the importance of salt in modern cooking, we have some examples of techniques in common dishes that require seasoning in layers.

Potato & Pasta

Potato salad and pasta are the classic example of this. If your starches aren't cooked in properly salted water, then they never attain their full flavor. They remain plain and starchy, and no amount of dressing or sauce will fix it. You might not notice it at first, but as soon as the dressing is gone from your palette, all you'll taste is starch—even if your dressing or sauce is amazing. This is something you can't fix once the boiling is done, as everything is sealed until that first bite.



“*Let your speech be always with grace, seasoned with salt that ye may know how ye ought to answer every man.*”
—Colossians 4:6



Brined Meats

This is a more advanced example of the influence of salt on food. White meats are traditionally treated as non-permeable, and we only season the outside. However, with just a bit of time and four tablespoons of salt per quart of cold water, you can indeed season and moisten from the inside out.

For those who have tried dishes prepared with brined meats, they know the world of difference it makes. You cut into the meat, for which you now only need a fork—and the juice comes pouring out. Even a few hours in a brine will change your meats in such a way that you might not be able to go back.

“*Of all smells, bread; of all tastes, salt.*”
—George Herbert

Friends of Guest House 2018 Honor Roll

Thank you all!

You are the lifeblood of Guest House and we thank you for your support, for being Friends of Guest House and helping us keep our doors open to the truth in its many forms.

Katherine Abreu	Jill Davey	Waltraud Ireland	Rennie Moran	Anne Singer
Towne Allen	Elizabeth DeBlieux	Joey Jacob	Bonalynd Mosteller	Kimberly Stack
Marie & Don Amoroso	Ann Diller	Steven Jacob	Neil Moylan	Jesse Stoner
Karen Anderson	Laurie Brown &	Michael Jaro	Thomas Muraco	Jane Strong
Rosanne Annoni	Michael DiLorenzo	Stephanie Kenen	Yvette Nakhla	Mary Ann Taylor
Jorge Arango	le Clanche du Rand	Saralyn Kerrigan	Helen Newman	Carol Tokar
Elizabeth & Ray	Bill Dubin	Penelope Keyl	Suzanne Noble	Sarah Tremaine
Archambault	Mary Faria	Joanne Klein	Jerry & Mary Ann	Terril Trowbridge
Paula Backus	Franz Feige	Julia Knight	O'Halloran	Gagnier
Jill Berman	Robert Fierman	Susi Korda	James O'Hern	Olaf Unsoeld
Amy Bernstein	Ivey Gianetti	Carolyn Lamson	Kostas Oikonomou	Meg Vandergon
Matthew Brannagan	Tom Gibbons	Michael Landgarten	Wendy Osborn	Ann Viviano
Peggy Braun	Ilka Giges	Dorothy Landry	Stephen Paschall	Monica Von Halle
Jane Bronson	Susan Glover	Anne Laney	Susan Pate	Daniel Waddle
Byron Brown	Noell Goldberg	Laurie Leonard	Karen Penn	Marcia Wakeland
Barbara Burst	Nan Goldstein	Barbara Lesko	Evelyn Perkowski	David & Cary Walker
Tabor Butler	Jordan Goodman	Michael Levien	Hadley Perry	Neshama Waller
Carol Carbon	Paul & Rosemary	Isabelle Lorans	Bernadette Prue	Jay Walsh
Betts Cassady	Gordon	Henry Lowendorf	Marlene Reisman	Michael Ward
Denise Catuogno	Michael Graetzer	Vern Ludwig	Karen Rempel	Susan Weiley
Carolyn Cerame	Cory Greenberg &	Krista Maltais	Barbara Rosen	Barada Weisbrot
Jeff Charno	Parvati Grais	Cynthia Martin	Judith Roth	Michele Weissman
Leah Chyten	Kristina Grondahl	Deki McKenney	Diane Sacks	Laura Wells
Nancy Closs	Joy Gurrie	Nancy Meneely	Leslie Sahler	Aileen Wigglesworth
Dorothy Cochrane	Sandra	Daniel Mermin	Terry Saracino	Jane Wulf
Jeff Collins	Hamilton-Golub	Ellen Mermin	Lori Schack	Sara Zwart
Linda	Liz Hammer	Margaret Mermin	David Schulz	Amazon Smile
Combs-Shepherd	Nurit Harari	Seth Mermin	Duncan Scribner	Foundation
Daphne Cruze-Zug	Margaret Hixon	Stephanie Mermin	Alan Seale	Lamb Insurance
Ralph Curcuro	Grace Holland	Sanjen Miedzinski	Amalea Seelig	Services
Sherrill Curtis	Barbara Houston	Meg Miller	Josie Sentner	Robet Foundation
Syd Cushman	Jared Howe	Harold Mindel	Don Shaw	Anonymous (2)
Teresa Czepiel	Diane Ingram	Mary Moloney	Natalie Shiras	

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Get Involved!



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