

Transforming Thought: NAP OMCE Castrorum/CR+C Convention/BMO 2020



Who can know that far off in the misty waves
Another more excellent realm of thought exists.

Zen Koan

The New York City Commanderie invites you to participate in the 2020 OMCE/CRC/BMO Event, which is being held from April 16-19 at the Garrison Institute located in Garrison, New York.

The Garrison Institute is a beautifully refurbished monastery which now functions as secular monastery for the 21st Century and typically hosts Zen retreats. The property features great views of the Hudson River, nature hiking trails, a boxwood labyrinth and promises to offer a peaceful and meditative environment. In keeping with the Zen tradition, vegetarian meals will be prepared by a chef from the Culinary Institute of America as featured in the cookbook, *Fresh Cooking: A Year of Recipes from the Garrison Institute Kitchen*. (www.garrisoninstitute.org)

Our program begins late Thursday afternoon and will conclude after lunch Sunday. The Institute is located near the Garrison Metro-North train station and will provide complimentary shuttle service during check-in and check-out times. There is ample free parking at the monastery.

We hope you will join us for a unique and contemplative experience.

New York City Commanderie