



FEBRUARY NEWSLETTER



PROVIDING A PLACE FOR WOMEN WITH
CANCER TO HEAL: MIND, BODY AND SOUL.



A NOTE FROM MICHELE

"This was the best weekend I never knew I needed. I felt re-energized to continue fighting this fight. I loved the relationships that were cultivated here! I feel loved and cared for. Thank you." - M.B.

Hello!

I hope this note finds you all well and embracing the New Year as we have already closed out the first month of 2023! May this sentiment shared by one of our guests be a gentle reminder that when we live each day on a tight schedule full of obligations, it is easy to forget to prioritize self care.

For our guests, stepping into Mary's Place by the Sea for a retreat is a new experience. Having spent the past six months making the initial contact and scheduling each retreat, I hear their fatigue. I hear them speaking in a low voice as they may be at work and unable to spend much time on the phone. I hear them flipping through their calendars and juggling their treatment schedules, work schedules, family schedules...life. So by the time our guests arrive at the front door, most have had to "move mountains" to block out time for themselves. Most likely they have almost canceled a dozen times because they had other obligations that should and would take priority. But then we all realize- "If nothing changes, then nothing changes."

It is a blessing and an honor to watch our guests walk through the door and stop for a moment, assess their surroundings and begin to breathe a little deeper. Through two nights and three days, we witness friendships blossoming, tear-filled eyes as stress is released, and personal discovery being made during counseling, meditation, expressive writing, reiki or even during a conversation over a cup of tea. It is even more inspiring to watch our guests say their goodbyes at the end of their retreat, holding onto one another as if this will keep them in this blissful moment just a little longer. But with the love that has been shared, the bonds that have been made, and the trauma that has been shed, our guests leave wrapped in the warmth of each other's embrace.

Thank you to each one of you who makes this possible; our volunteers, our practitioners, our Board of Trustees and our beautiful team. To our donor community, your gift is immeasurable. As we move into the next month, please know that you are loved and don't forget to take care of yourself.

Much love and gratitude,
Michele

VOLUNTEER & PRACTITIONER APPRECIATION LUNCHEONS 2023

It was such a blessing to celebrate our amazing team of volunteers & practitioners at our volunteer & practitioner appreciation luncheons to kick off the New Year. Our mission simply would not be possible without the unwavering love and support of these women, who dedicate their time and talents to running our home, supporting our fundraising events, and providing much-needed integrative services to our guests.

We are grateful to be surrounded by a community of selfless and inspirational individuals who whole-heartedly believe in our mission.

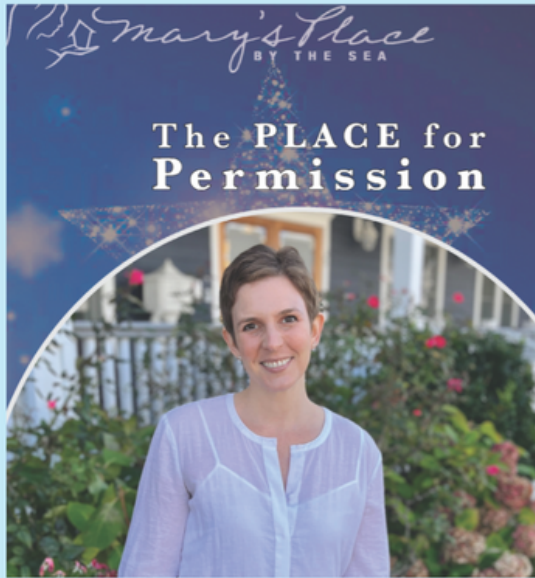


HOLIDAY SHOW 2022

We are in awe of the insurmountable love & support that filled The Stone Pony at the Quincy Mumford Holiday Show Finale. Music, generosity, and LOVE vibrated through the room, as our community gathered to dance the night away to the music of Quincy Mumford's Lifted Laboratory and his many special guests, and to celebrate the mission of Mary's Place. We wanted to go out with a bang - and we sure did! Together, we raised over \$110,000 for women with cancer who are guests of Mary's Place by the Sea, thanks to all of YOU. Our hearts are overflowing with gratitude for Quincy Mumford and the Mumford Family, our title sponsor Route 22 Toyota, Route 22 Honda, Route 22 Nissan, and Hudson Honda, all of the sponsors, musicians, local businesses who donated gift items, volunteers, and all who came out to support the event throughout the years! Thank you from the bottom of our hearts for your generosity and love. So what's next?! Stay tuned!



ANNUAL APPEAL 2022



Thanks to an overwhelming amount of generosity from our Mary's Place by the Sea Community, we were able to surpass our goal of raising over \$115,000 for our End of the Year Annual Appeal.

We are truly grateful for your continuous love and support and excited to see the blessings that 2023 has to offer thanks to your donations.

These funds will allow us to continue to uphold our mission and offer all services, accommodations and meals at NO COST to our guests. Thank you for supporting our mission as we provide a place for women with cancer to heal: mind, body and soul.

PRACTITIONER SPOTLIGHT *Maureen Edwards* EXPRESSIVE WRITING PRACTITIONER

Q: WHAT IS EXPRESSIVE WRITING?

To me, expressive writing is the act of journaling without boundaries. The prompts are very open. You can write gratitude lists, streams of consciousness or even creative stories. It's really any form of expressive language that brings the focus in on yourself.

Q: WHERE DID YOU LEARN ABOUT EXPRESSIVE WRITING?

When I was going through my own treatment, I started writing health logs for my doctor's appointments. That kickstarted journaling for me which morphed over the years into writing about gratitude, then short stories and eventually a novel.

Q: HOW DOES EXPRESSIVE WRITING PROMOTE HEALING?

Research shows that writing for only 20 minutes a week for 3 months can alleviate stress, depression, anxiety and have huge benefits for your health. Writing can be used as a way to focus on positive things as well like courage, gratitude and setting goals.



Q: WHAT WOULD YOU LIKE TO TELL A FUTURE GUEST ABOUT EXPRESSIVE WRITING?

It's a welcoming environment, there are no wrong answers and it's a great way to kick start a lifelong healing process for yourself!

Q: HOW HAVE YOU BEEN IMPACTED BY BEING A PART OF MARY'S PLACE?

Coming to Mary's Place is definitely the highlight of my week. I love working with the guests that I meet during the class. I get strength from them, I journal with them, I collaborate with them. Writing is cathartic for me and it brings me such joy to see that this class can be a safe space for women to share and bond with one another.

GUEST TESTIMONIAL

Carol Ciliberti



What was life like before we met you as a guest of Mary's Place?

I was finishing up treatment for breast cancer and was in a pretty dark place. I had a lot more anxiety after treatment than during it and I was just trying to manage at that point.

Was there any particular service that you found especially beneficial or enjoyed the most?

[The service I enjoyed most was] the writing workshop. That experience was just amazing. We all did the writing workshop together.

What was your favorite part about expressive writing?

The woman who runs the class is very creative and she brought us through a bunch of different writing prompts to kind of get you thinking about all kinds of different things to write about, not necessarily just about your cancer.

And what drew you to our organization?

I believe so strongly in the holistic approach. The whole mind, body, soul kind of thing. I had some of those services during my treatment like yoga and counseling and Mary's Place was kind of an extension of that.

Was there any particular moment that stayed with you or impacted you the most?

There was actually a woman there who was on hospice and she just had such a great attitude. It was really inspiring to see that.

Is there anything else you would like to share about your experience at Mary's Place?

Well I mean, I wish I could go every month (haha). It was really, really such a great experience, just knowing that there's a place out there like Mary's Place for women to go to and really have all of your needs taken care of. I mean the food was AMAZING. I felt like I was being fully taken care of on every level.

Mary's Place by the Sea

Seasonal Recipe

Winter Superfoods Bowl

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 35 MIN

Ingredients

- ¼ cup sliced almonds, toasted
- ¼ cup sunflower seeds
- 2 medium beets, peeled, cut into 1-inch cubes
- 2 small sweet potatoes, cut into 1-inch cubes
- 4 tsp. olive oil, divided
- ½ tsp. ground cumin, divided
- Sea salt (or Himalayan salt) and ground black pepper, divided
- 2 cups Brussels sprouts, cut in half lengthwise
- ½ medium avocado, cut into chunks
- ¼ cup water
- 2 Tbsp. fresh lime juice
- 1 Tbsp. rice vinegar
- 1 clove garlic, finely chopped
- 1 tsp. raw honey
- 2 cups cooked bulgur, warm
- 2 cups chopped kale
- 1 (15-oz.) can chickpeas (garbanzo beans), drained, rinsed

Directions

- Preheat oven to 425° F.
- Place beets and sweet potato on a large baking sheet. Drizzle with ½ tsp. oil. Season with ¼ tsp. cumin, salt and pepper (if desired).
- Bake for 10 to 15 minutes; stir.
- Add Brussels sprouts. Drizzle with ½ tsp. oil. Bake for 20 minutes, stirring halfway through, or until vegetables are tender-crisp.
- While vegetables are baking make dressing by placing avocado, water, lime juice, vinegar, remaining 3 tsp. oil, garlic, honey, remaining ¼ tsp cumin, and salt in blender (or food processor); cover. Blend until smooth. Set aside.
- Evenly divide bulgur between four serving bowls. Evenly top with kale, chickpeas, roasted vegetables, dressing, almonds, and sunflower seeds; serve immediately.

NEWS & EVENTS



Fundraising Events Calendar 2023

"Pot of Hope" Super 50/50 Raffle
FRIDAY, MARCH 17th

3rd Annual Swing for the Soul Golf Outing
Knob Hill Golf Club
MONDAY, JUNE 26TH

12th Annual Walk-A-Thon & 5th Annual 5k Run
Ocean Pathway, Ocean Grove, NJ
SATURDAY, OCTOBER 14TH

Giving Tuesday/End of Year Annual Appeal
TUESDAY, NOVEMBER 28TH-SUNDAY,
DECEMBER 31ST

[CLICK HERE TO LEARN MORE AND SIGN UP!](#)

NEWS & EVENTS

SAVE THE DATE



12TH ANNUAL WALK-A-THON & 5TH ANNUAL 5K RUN

WHEN: Saturday, October 14th 2023

WHERE: Ocean Avenue & Ocean Pathway in Ocean Grove, NJ 9AM-12 PM



NEWS & EVENTS

3RD ANNUAL



MONDAY JUNE 26, 2023

8:30 AM SHOTGUN • \$250 PER GOLFER

KNOB HILL GOLF CLUB MANALAPAN, NJ

**REGISTRATION FEE INCLUDES CONTINENTAL BREAKFAST AND BARBECUE LUNCH,
18 HOLE GREEN FEES, CARTS, CONTEST HOLES & MORE!**

PROCEEDS TO BENEFIT MARY'S PLACE BY THE SEA

PROVIDING A PLACE FOR WOMEN WITH CANCER TO HEAL: MIND, BODY, AND SOUL

**VISIT [MARYSPLACEBYTHESEA.ORG/SWINGFORTHE SOUL2023](https://marysplacebythesea.org/swingforthesoul2023)
TO REGISTER • SPONSORSHIPS AVAILABLE**

[CLICK HERE TO LEARN MORE AND SIGN UP!](#)

NEWS & EVENTS

Upcoming Virtual Events



**FEBRUARY
VIRTUAL
SERVICES ARE
NOW POSTED**

All services are offered at no cost, via zoom, and are open to women with a cancer diagnosis and up to ten years post-treatment.

[Click here to learn more and register!](#)

**Mary's Place by the Sea
is currently looking for:**

- Reiki Practitioners**
- Oncology Massage Therapists**
- Reflexologists**
- Counselors**

[Click here to complete our Practitioner Inquiry Form!](#)



NEWS & EVENTS

from our home
to yours



mary's place by the sea
cookbook volume ii

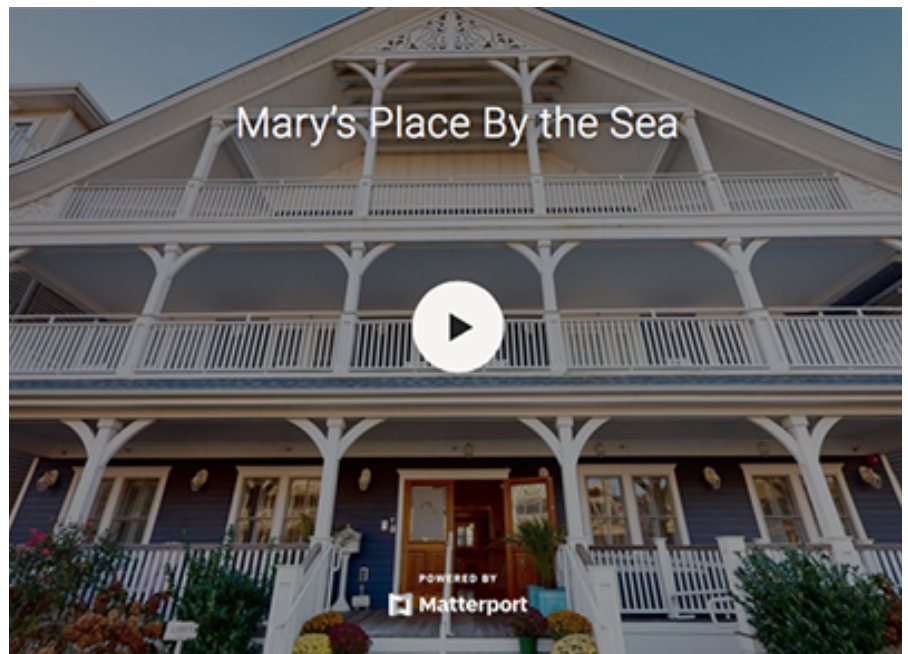
MARY'S PLACE
COOKBOOK
VOLUME II "FROM
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TAKE OUR 3D HOUSE TOUR

This 3d Tour is
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SUPPORTING OUR GUESTS



Mary's Place by the Sea was founded in 2009 with the compassionate belief that women with cancer need a place to go to be surrounded by love and understanding. Located just one block from the Atlantic Ocean in Ocean Grove, New Jersey, Mary's Place by the Sea operates out of a 10-bedroom, custom built, state-of-the-art home. Since its founding, over 12,000 guests have been welcomed through the doors of Mary's Place - each treated with kindness and care that meets their individual needs.



Women facing cancer have the opportunity to step away from their treatment and daily responsibilities to experience integrative services that nourish the mind, body and soul. Serving women from across the nation, Mary's Place offers day retreats, overnight retreats (up to two nights) and virtual services. All services, accommodations and meals are provided at NO COST to guests, thanks to the generosity of our Mary's Place community. Please consider supporting our mission by participating in our upcoming fundraising events, purchasing our fundraising Cookbook, or making a general donation. Your gift supports women with cancer through healing services for the mind, body and soul.



[CLICK HERE](#)
[TO DONATE](#)



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HEAL: MIND, BODY AND SOUL.

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