

JOURNEY TOWARD AN UNDIVIDED LIFE

A Circle of Trust® Two-Part Retreat Series

Session 1: The Seeds of the True Self, May 2-5, 2013

Session 2: Embracing the Power of Paradox, Oct. 24-27, 2013

VALERIE
BROWN

MAY &
OCTOBER
2013

Total cost of \$650 includes program, housing and meals,

Thursday dinner thru Sunday lunch, for both sessions.

Scholarship help is available - please ask!

Bring a friend and receive a \$25 discount!

WOOLMAN HILL
Quaker Retreat Center

www.woolmanhill.org

info@woolmanhill.org

107 Keets Road

Deerfield MA 01342

413-774-3431



Based on the work of Parker J. Palmer, the Circle of Trust® Two-Part Retreat Series explores issues of transition, vocation, life passion, purpose, meaning, and direction, and underlying life patterns, to live in alignment with one's deepest values. In a safe, quiet, nurturing, and confidential environment, each retreat offers tools that promote reflection and clarity,

and uses poetry, prose, music, video, interaction with nature, and movement. Morning meditation and gentle Kundalini yoga begins each day. There will be periods of quiet time, journaling and self-reflection, and large and small group discussions. Clearness committees, a Quaker communal process for individual discernment, are the capstone at each retreat.

In the bucolic setting of Woolman Hill, the series consists of one three-night retreat in the Spring and one three-night retreat in the Fall – using the lens of nature's cycles, we delve into transitional, vocational and life questions.

Participation in both retreats is preferred. Participants will be asked to complete a short questionnaire upon registration. Limit of 20.

Valerie Brown is a certified leadership coach and leadership educator, and a retreat leader. Her training includes the national Center for Courage & Renewal and Parker J. Palmer, the Center for Mindfulness in Medicine, Healthcare & Society, and Center for Transformational Leadership at Georgetown University. She is the author of The Road that Teaches: Lessons in Transformation through Travel (Quaker Books, 2012), and two Pendle Hill pamphlets, including Living from the Center: Mindfulness Meditation and Centering for Friends and The Mindful Quaker. Her work and writing point toward powerful transformation through mindful awareness, and her passion is for creating greater trust among people. She is a certified Kundalini yoga teacher and was ordained by Thich Nhat Hanh. She is a member of Solebury Monthly Meeting (Quakers). She can be reached at www.leadsmartcoaching.com.



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COST & REGISTRATION

The **standard rate for this two-retreat series is \$650**. The fee includes program, lodging and food for both three-night weekends (commuter rate \$500). Please ask if you need additional scholarship funds. A non-refundable deposit of \$100 is required to hold a space for the series. If you need to cancel for either weekend, the deposit can be applied toward a future workshop. “Double up and save” discount: bring a friend along to the same program series, and you’ll each receive \$25 off the standard rate!

ARRIVAL & DEPARTURE

Plan to arrive after 5pm Thursday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, we will send directions when you register. Please let us know if you’d be interested in carpooling. The nearest Amtrak stations are Springfield and Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meeting-house and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. We have limited internet access and cell phone reception. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program series, please fill out the information below and send it with a \$100 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

JOURNEY TOWARD AN UNDIVIDED LIFE, May 2-5 and October 24-27, 2013	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ (\$650 standard rate, \$500 commuter). Please bring a friend and register together for the “double up and save” discount – pay \$625 each (see info above)!	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	