

JOURNEY TOWARD WHOLENESS[©]

A CIRCLE OF TRUST[©] TWO-PART RETREAT SERIES

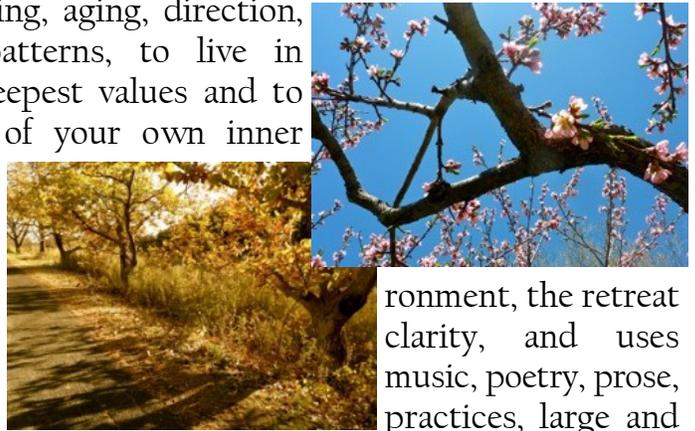
WITH VALERIE BROWN

Session 1: The Seeds of the True Self, March 26-29, 2015

Session 2: Embracing the Power of Paradox, Nov. 5-8, 2015

Based on the work of author Parker J. Palmer, this Courage & Renewal[®] retreat series explores issues of transition, vocation, life passion, purpose, meaning, aging, direction, and underlying life patterns, to live in alignment with your deepest values and to experience the power of your own inner wisdom to guide discernment and action. In

a safe, quiet, nurturing, and confidential environment, the retreat promotes reflection and journaling, movement, laughter, contemplative small group discussion, and individual reflection. Clearness committees, a Quaker communal process for individual discernment, are the capstone of each retreat.



ronment, the retreat clarity, and uses music, poetry, prose, practices, large and

Savoring the bucolic setting of Woolman Hill and using the metaphors of the cycles of nature, the series consists of two three-night retreats in the Spring and Fall. **Participation in both retreats is preferred; participants will be asked to complete a short questionnaire upon registration. Limit of 18. Please register early as the retreat fills quickly!**

Valerie Brown is a national Courage & Renewal[®] Facilitator, an educational consultant and ICF-accredited leadership coach of Lead Smart Coaching, specializing in leadership and mindfulness training for educational leaders (www.leadsmartcoaching.com). Valerie's life and work is a blending of career paths and disciplines. After many stops and starts, great uncertainty and fear, she left a successful twenty-one year career as an attorney and lobbyist, representing educational institutions and nonprofits, to live in greater alignment with her deepest values and her true self. Valerie travels nationally and internationally leading retreats and speaking on mindfulness and leadership, and is passionate about fostering courageous conversations that nurture trustworthy relationships. She is a Quaker and a long-time teacher at Pendle Hill, a Quaker study, retreat, and conference center, and is a lay member of the Order of Interbeing founded by Thich Nhat Hanh.



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 RETREAT CENTER

www.woolmanhill.org
info@woolmanhill.org
www.Facebook.com/WoolmanHill
107 Keets Road
Deerfield MA 01342
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WOOLMAN HILL Quaker Retreat Center
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www.woolmanhill.org + info@woolmanhill.org

COST & REGISTRATION

The **standard rate for this two-retreat series is \$650 (\$325 per retreat)**. The fee includes program, lodging and food for both three-night weekends (commuter rate \$500). Please ask if you need 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 4:30pm Thursday evening, in time for dinner at 6:30. Each 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 after you register. Please let us know if you’d be interested in carpooling. The nearest airport is Bradley (in Hartford, CT). Amtrak stops in Greenfield or Springfield (MA). Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us in advance to arrange a ride from these stations.

ROOM & BOARD

Our main building is a 19th-century farmhouse with hand-hewn beams, wide pine floors, and simple dorm-style lodging. The meetinghouse 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, please fill out the information below and send it to us with a \$100 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. **TO REGISTER ON-LINE** or for more details about our programs and facilities, please visit our website (www.woolmanhill.org).

JOURNEY TOWARD WHOLENESS, March and November 2015	
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:	