

CONNECTING FROM THE HEART

A COUPLE ENRICHMENT RETREAT

JEANNE-MARIE & DAN MUDD

FEBRUARY 8-10, 2019



*Program cost of \$500
per couple includes
program, meals and
accommodation.
Sliding scale and
scholarships available.*

**WOOLMAN HILL
Quaker Retreat Center**

107 Keets Road
Deerfield MA 01342
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Friends Couple Enrichment brings understanding and peacemaking into our homes and communities through listening, respectful communication as well as witnessing loving dialogue. In our retreats we foster listening skills through creative celebration of our joys and strengths. During the weekend we learn new ways to nurture committed relationships. By building better relationships through dialogue, “knee to knee” appreciation happens when we deepen our capacity to listen and speak from our most authentic selves. We also attend to creative conflict resolution as well as new ways to nurture the intimacy that is so important to healthy living.

Friends Couple Enrichment offers new forms of being together as a couple that is explored in couple time, as well as small and large group settings. This retreat enables the couples to care for one another not only during the retreat weekend but also gives them the foundation to establish a local, ongoing group for continued care, creative exploration and nurture of community.

Any committed couple can participate in and benefit from our workshop regardless of marital status, gender identity/orientation or religious affiliation.

Jeanne-Marie (Jaimie) Mudd is a Master of Divinity candidate at Earlham School of Religion. She has led social justice initiatives, provided pastoral care and led retreats on communal discernment processes for Friends Meetings across the US. She leads Renewal Retreats and has facilitated adult learning and organizational development in faith communities, education and non-profit organizations for over 30 years. Dan Mudd is also a Master of Divinity candidate at ESR and is a graduate of Tacheria School of Spiritual Direction. He serves as a spiritual director and retreat leader. He has led Experiment with Light and Friends Couple Enrichment retreats for the past four years and lay dream workshops with adults for over 10 years. Members of Pima Monthly Meeting of the Religious Society of Friends, Jaimie and Dan sojourn with Clear Creek Friends Meeting in Richmond, Indiana. They receive guidance for their ministry through a Support Committee at Pima Monthly Meeting.

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COST & REGISTRATION

The standard rate for this retreat is \$500 per couple, with a sliding scale of \$400-600. The fee includes program, lodging and food from Friday dinner through Sunday lunch, as well as a \$40 administrative fee for Friends Couple Enrichment. Commuter rate is \$375. Please pay what fits in your personal budget, encourage your faith community to financially support your participation if that is appropriate, and please ask if you need additional scholarship funds. A non-refundable deposit of \$100 per couple is required to hold a space for the program. If you need to cancel, the deposit can be applied to a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 4:30pm Friday 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 after you register. Please let us know if you'd be interested in car-pooling. The nearest Amtrak train station is in Greenfield (MA). Vermont Transit and Peter Pan bus lines also stop in Greenfield. Please contact us in advance to see if we can 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 meetinghouse and the first floor of the main building are wheelchair accessible. Our cabins have electricity, woodstoves and outhouses. 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 final 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 how cell phone or computer use may detract from their experience of being fully present, here and now.

TO REGISTER ON-LINE for this program, or for more details, please visit our website (www.woolmanhill.org) OR fill out the information below and send it to the address above with a \$100 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop.

Couple Enrichment, February 8-10, 2019		
NAMES:		MONTHLY MEETING (if applicable):
E-MAILS:	PHONE:	Circle: home / work / mobile
STREET ADDRESS: CITY, STATE, ZIP:		
Check if you wish: <input type="checkbox"/> NOT to share your contact info with other participants. <input type="checkbox"/> NOT to be on our mailing list.		
ENCLOSED is \$_____. We plan to pay a TOTAL of \$_____ on the sliding scale. (See "Cost & Registration" above for fees.)		
DIETARY NEEDS Please check any that apply: <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> No-dairy Other:	HOUSING Please check any that apply: <input type="checkbox"/> Commuting <input type="checkbox"/> Prefer main building <input type="checkbox"/> Prefer cabin <input type="checkbox"/> Light sleeper <input type="checkbox"/> Trouble with stairs <input type="checkbox"/> I snore <input type="checkbox"/> Need to be near bathroom Other:	TRANSPORT Please check any that apply: <input type="checkbox"/> Willing to offer ride(s) <input type="checkbox"/> Need ride <input type="checkbox"/> Willing to drive or ride <input type="checkbox"/> Willing to have my contact info shared <input type="checkbox"/> Would like public transport info Other: