



SUMMER SOLSTICE CELEBRATION OF SPIRIT, NATURE AND PHYSICAL WORK Saturday, June 21, 2014

9am on: Arrival, welcome

10-11:30am

Seeking the Spirit
through Nature,
Poetry and Painting

Work crews, naps...
conversation, walks...

12:30 Lunch

More work crews, naps,
conversation, walks...

3-4:30pm

Worship and Poetry,
Song and Qigong

6:00pm Dinner

Followed by bonfire,
singing, stargazing,
firefly watching, etc.

WOOLMAN HILL

Quaker Retreat Center

www.woolmanhill.org
info@woolmanhill.org
www.Facebook.com/
WoolmanHill
107 Keets Road
Deerfield MA 01342
413-774-3431

Come immerse yourself in this celebration of Light!

This will be a chance to enjoy the natural setting of Woolman Hill, to explore internal and external spiritual landscapes, to embrace the joy of physical work, and to connect with good folks, good food, and good fun.

In the morning, Victoria Dickson will give a brief presentation about her paintings inspired by Emily Dickinson's poetry, and then lead sharing on how the poems resonate with our own experiences of the overlap of spirituality and the natural world.

In the afternoon, Martha Lang and Lisa Waldman will lead a session weaving together Quaker worship, the poetry of Whitman and Whittier, Jewish lore about the four worlds, Nigun—a form of Jewish religious song, and Qigong.

In addition to the two structured sessions, we'll have plenty of opportunity for unstructured play and work. There will be gardening and wood-stacking options, as well as the wonderful trail walking, deep conversation and relaxing that are the hallmarks of time at Woolman Hill. We'll end the day with our annual Solstice bonfire, accompanied by fireflies...

Please let us know you're coming: info@woolmanhill.org, 413-774-3431. You're welcome to join us for all or part of the day. And let us know if you'd like to stay overnight Friday and/or Saturday.

Suggested donations: \$15 half-day, \$30 full day, \$60 one night—all are welcome at whatever amount you can afford.

Please bring good walking shoes, work gloves, musical instruments, and anything else you think will add to our celebration of the Light!

WOOLMAN HILL Quaker Retreat Center
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www.woolmanhill.org + info@woolmanhill.org

COST & REGISTRATION

We are asking for donations for this program, and welcome everyone, at whatever amount you can afford. The donations will cover meal and facility costs. Suggested donation for a portion of the day is \$15, for the full day \$30, and for one night \$60. Please indicate which meals and/or nights you anticipate being here.

ARRIVAL & DEPARTURE

Plan let us know when you plan to arrive and leave. 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 Amtrak train station is in Amherst. 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 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. 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 public internet access and limited 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 at info@woolmanhill.org or 107 Keets Road, Deerfield MA 01342. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

CELEBRATING THE SOLSTICE June 21, 2014	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$ _____. I plan to pay a total of \$ _____ . Suggested donations: \$15 half-day, \$30 full day, \$60 one night. These fees cover meal costs. All are welcome at whatever amount you can afford.	
PLEASE NOTE WHICH MEALS and/or NIGHTS YOU WILL ATTEND:	
ANY DIETARY, HOUSING, OR OTHER SPECIAL NEEDS?	