



Following Our Thread: A Courage and Renewal® Seasonal Series

Jean Richardson and Fred Monteith

September 19, 2017 to September 21, 2017

Sept. 19-21, 2017, Jan. 23-25, 2018, May 15-17, 2018, and Sept 2018

But we cannot embrace that challenge [the challenge of becoming whole] all alone, at least, not for long: we need trustworthy relationships, tenacious communities of support, if we are to sustain the journey toward an undivided life. That journey has solitary passages to be sure, and yet is simply too arduous to take without the assistance of others. And because we have such a vast capacity for self-delusion, we will inevitably get lost en route without correctives from outside ourselves.

Parker Palmer, A Hidden Wholeness

William Stafford rose most mornings before sunrise to begin his daily journey with words. He wrote to make sense of his life. Four days before his death, Stafford wrote, “There is a thread you follow. It goes among things that change. But it doesn’t change.” Like Stafford, each of us follows a thread in our own journeys through life. Some of us feel its strong pull throughout our entire lives. For others of us, certain seasons of our lives remind us of its presence. Following our own unique thread is a lifelong journey of awakening.

The poet Naomi Shihab Nye once wrote of William Stafford, “In our time there has been no poet who revived human hearts and spirits more convincingly than William Stafford. There has been no one who gave more courage to a journey with words, and silence, and an awakened life.” Both Nye and Stafford teach us that following our own unique thread is a lifelong journey of awakening.

We want to invite you to continue to identify and follow the unique thread of your life. Join us to follow your deep thread and discover, in the company of others, where you are being lead in this season of your life.

Using the Circle of Trust® based on the work of Parker J. Palmer, this series of four retreats will encourage you to discover the deep conversation you are yearning to have with yourself as you move through the natural transitions of your life.

Honoring that time is critical both to the opening of ourselves to ourselves and the building of community, **participation in all four retreats is expected.** There are other programs offered through Kirkridge and The Center for Courage and Renewal that are one time offerings. Please do not sign up for this series without the intention to attend all four sessions.

If you would like to learn more about the programs of Courage and Renewal® programs please see www.couragerenewal.org

This series will be facilitated by:

Fred Monteith has served in ministry within the United Church of Canada for almost thirty years. He is an accredited facilitator with the Centre for Courage and Renewal® and has many years' experience and training in facilitating large and small community conversations. Fred has served congregations in Ontario and Quebec. His most recent service to the church was as Executive Secretary of a Conference staff team.

Jean Richardson serves as the director of Kirkridge Retreat Center in Bangor, Pennsylvania. An accredited Courage and Renewal® facilitator she has led over 30 programs while at Kirkridge, many as part of a seasonal series. Prior to her move Jean spent 10 years on the staff of Ghost Ranch, a national conference center of the Presbyterian Church U.S.A. located in New Mexico. Loving the outdoors, Jean has worked a variety of professional capacities in retreat settings for the 22 years.

Cost \$425 per event includes double occupancy room, board and tuition. **Call to register and pay for all four retreats and save \$200!** 610-588-1793.