



A sacred place to be, and to become people of hope, compassion, justice, and service.



Courage Circle Threads 2019®

Jean Richardson and Pat Mulroy

June 21, 2019 to June 23, 2019

There's a thread you follow. It goes among things that change. But it doesn't change...

- John Stafford

Close your eyes, just for a moment, take a deep breath and remember “the thread,” your thread, that you have followed, that you have pursued, that has guided you your whole life. What does it feel like to you now? How has it changed? Do you feel as if you have lost it along the way? Did a tragedy strike and fray your thread to the point of breaking? Are you in a transitional place in your life and you wonder if your thread is still trustworthy? Do you wonder if the thread you have followed taken you in a direction no longer desired in your life?

These are the questions we will pursue both “in solitude and in community” as we gather for this circle of trust® retreat at Kirkridge. The safe space of this retreat offers you the opportunity to glimpse your own hidden wholeness, to rejoin soul and role, rejoin heart and head. In a world that feels divided, we can claim a different reality of our own wholeness. This is a creative endeavor that asks us to reclaim our own story. Our lives are **not** our experiences, rather the meaning we weave from our experiences.

Dr. Jean M. Richardson for the past two decades has found herself working as a professional in retreat settings. Jean is a trained facilitator of the Center for Courage and Renewal®, an ordained Presbyterian minister and an experienced program and workshop facilitator. **Dr. Patricia (Pat) Mulroy** is a curious learner, life-long educator, explorer, and creative optimist. She hopes to bring Courage and Renewal® work to a variety of communities by helping both schools and organizations provide models, experiences and programs that promote both staff and learner engagement, efficacy, as well as engaged citizens. Together they live at Kirkridge and have 4 grown children and 2 not-so-grown Labrador retrievers.

Cost \$435 includes double occupancy room, board and tuition