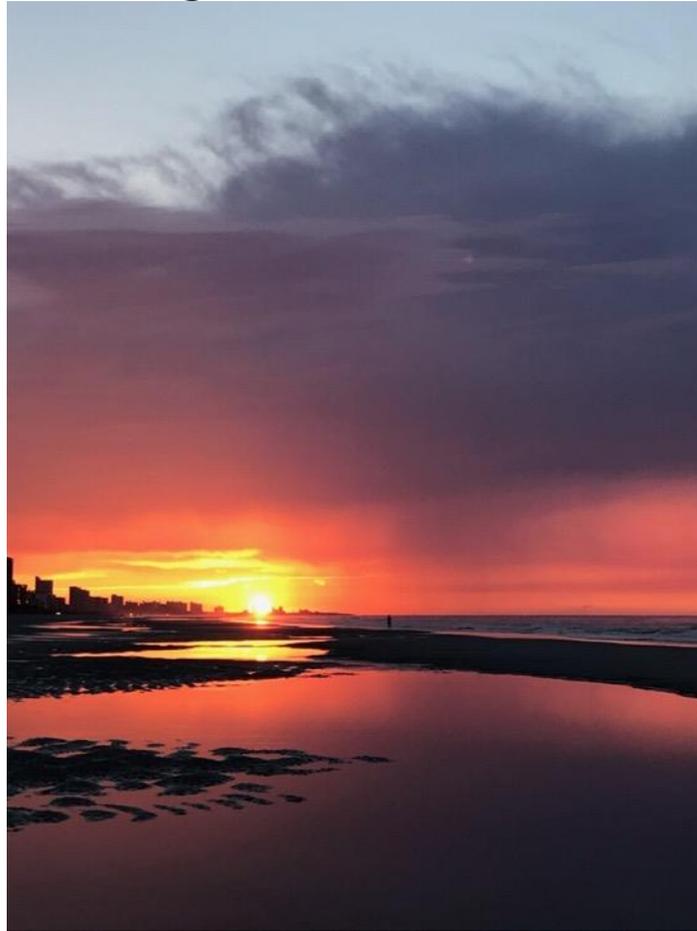


# Navigating Our Way Through the Covid-19 Pandemic: Waves, Currents and Troughs of Light and Darkness



## **A Circle of Trust® Retreat Series** In the Kirkridge Zoom Room

**Facilitated by Janet Files and Sara Sanders**

**October 8 and 22 (1-4 ET), and Oct 29 (1-2:30 ET)**

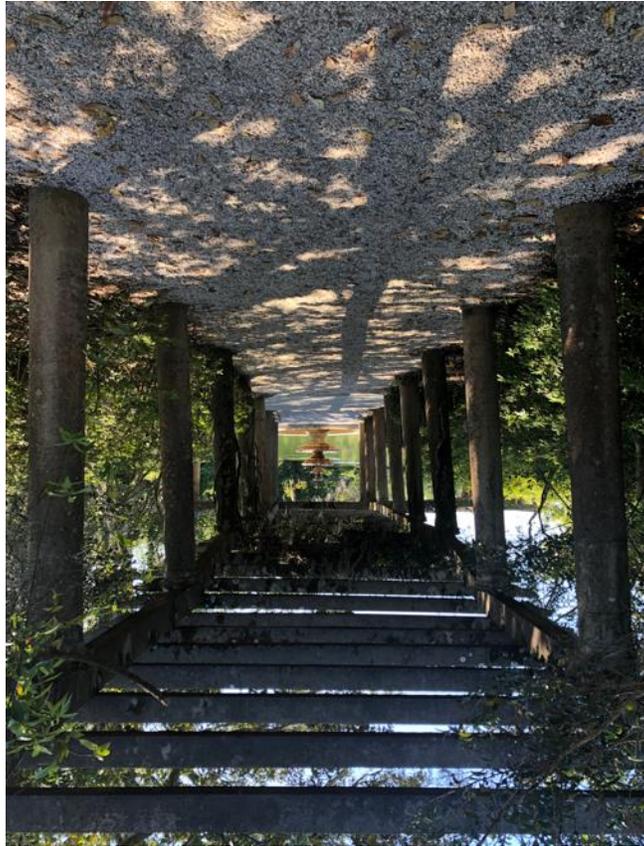
*Your story is not the events of your life but how you interpret those events.*

*-Jerome Bruner*

*Don't ask yourself what the world needs,  
ask yourself what makes you come alive,  
and then go do it.*

*Because what the world needs is people who have come alive.*

*-Howard Thurman*



Having our worlds turned upside down, we feel disoriented. Without our usual routine, it is hard to know what day or even month it is. We are home alone or with a few loved ones and may be missing many longed-for activities but also possibly engaging in activities we have not considered in years or are exploring for the first time.

We came up with this Circle of Trust invitation when we realized it would be helpful to reflect on this unique time in terms of the ebb and flow of our feelings: the life-giving moments and life-sapping moments and even the moments that got away—those things you meant to do but haven't yet gotten to. In our time together, we'll use writing and the imaginative arts as a tool for exploring our experience of the Covid-19 Pandemic. We invite you to come with a sense of "beginner's mind" to this retreat: whether you are a novice, "dormant," or experienced writer, you already have all you need to fully participate. You will be spending this time in a combination of individual reflection, writing, creating reflective visuals and sharing in small and large groups.

As in all of our retreats, we hope you will emerge with "more energy, more openness, with grace, with 'soft eyes,' with increased clearness that allows your heart and others' hearts to break open into greater capacity and healing and wholeness."



**Retreat Facilitators:** Janet and Sara have enjoyed collaborating for 30 years. National Circle of Trust® facilitators and Kirkridge Courage Faculty, they create retreats that combine writing and the imaginative arts with Parker Palmer's Circle of Trust principles for a variety of audiences including teachers and college students, hospice and palliative care practitioners, spiritual communities and any who wish to explore the intersection of their inner and outer lives, and who enjoy making creative use of stories, images and metaphors to reflect and make meaning.

## RETREAT SCHEDULE

(NOTE: Times are Kirkridge time, Eastern Daylight. Please convert to your time zone <https://www.timeanddate.com/worldclock/converter.html>)

- October 8, 1-4 p.m. on Zoom: Navigating Our Way Through the Pandemic, Part 1
- October 22, 1-4 p.m. on Zoom: Navigating Our Way Through the Pandemic, Part 2
- October 29, 1-2:30 on Zoom: Checking in on Creative Commitments

## TO REGISTER

**To register, please email Sally Z. Hare, [couragetoteach@sc.rr.com](mailto:couragetoteach@sc.rr.com), with your snail mail and email for the roster – and your intention to attend all sessions.**

**There is no cost to participants.**

**Registration will remain open until October 8 – unless all spaces are filled before that date.**