

TENDING THE SEEDS WITHIN

A REFLECTIVE WRITING WEEKEND TO MARK THE TRANSITION FROM (WINTER'S) DORMANCY TO (SPRING'S) NEW GROWTH

BECKY JONES
MARCH 16-18 2012

Program cost of \$180
includes program, meals
and accommodation
Friday dinner through
Sunday lunch.
Scholarships are
available - please ask!
For registration info:
www.woolmanhill.org
or 413-774-3431.

This is a weekend in which you can journal, write poetry, fiction, or whatever else you are moved to write. Writers of all levels are welcome. Through our writing, we will explore where we've been and what new is trying to emerge in our lives. Becky will provide prompts to jump-start the writing, but we can choose to use or ignore the prompts given. After each writing session, we will have the opportunity to share our writing with one another, if so moved. To create a safe haven for each other, we will give the positive feedback of what we like and what moves us about each others' writing. Please bring a notebook, favored writing implements, art supplies (if you wish), and an object or objects that hold meaning for you to put into a center circle. If weather permits, we may spend some time out of doors.

NOTE: This workshop, limited to 12 participants, will run concurrently with "Minding the Light in Ourselves and Others: Quaker Mental Health Professionals."

Becky Jones is a member of Northampton Friends Meeting. She is a long-time journalist and an Amherst Writers and Artists-trained facilitator who both leads and attends writing groups. She works as a hospital chaplain, has a small private counseling practice, and believes deeply in the transformative power of writing and of being in a community of writers.



WOOLMAN HILL
Quaker Retreat Center
107 Keets Road
Deerfield MA 01342
413-774-3431
www.woolmanhill.org
info@woolmanhill.org

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COST & REGISTRATION

The standard rate for this retreat is \$180 (with a sliding scale of \$150-\$220). The fee includes program, lodging and food. Commuter rate is \$130. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 5pm 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 when 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 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. The meetinghouse and the first floor of the main building are wheelchair accessible. 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. Cell phone reception is limited and we have limited internet access. 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 with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.org) or use the above contact information.

<i>TENDING THE SEEDS WITHIN March 16-18, 2012</i>	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$ _____. I plan to pay a total of \$ _____ on the sliding scale of \$150-\$220 (\$180 standard rate).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	