



Journey Toward Wholeness

A Courage and Renewal® Retreat Series

facilitated by Valerie Brown and Carol Kortsch

October 23-25, 2015 - Seeds of the True Self

February 5-7, 2016 - Dwelling in Darkness

April 1-3, 2016 - Embracing the Power of Paradox

July 22-24, 2016 - Living with Abundance & Gratitude

Developed by Parker J. Palmer and the Center for Courage & Renewal®, this retreat series explores issues of transition, vocation, passion, life purpose, meaning, direction, and underlying life patterns in order to help us live in greater alignment with our values, reconnecting who we are with what we do.

In a safe and nurturing environment, we let the noise around us subside and listen for our own inner voice. Using the rhythms of the seasons to guide us, we explore the wholeness of our lives, engaging poetry and prose, nature, small and large group discussion, personal reflection, journaling, and mindfulness practices to foster renewal, courage, and trust. At each retreat, we offer clearness committees, a Quaker communal process for individual discernment.

Journey Toward Wholeness is designed as an integrated four-part Courage & Renewal® Retreat Series, in which participants build a community of trust that encourages everyone to explore life issues deeply.

Visit www.pendlehill.org to complete an online application. A facilitator will contact you regarding admission to the program and the registration process. Commitment to participate in all four weekend retreats is required.

\$2385/ private room • \$2245/shared room • \$1725/ commuter for the series

What recent participants say about Journey Toward Wholeness:

"This experience filled my cup to overflowing. I am more strong, clearer, energized, more affirming of self – and thus all others I am in relationship with. The most valuable aspect of the retreat is to have communion with other souls willing to be exposed, to be held in a very palpable love, to be encouraged to grow. This is about transformation – about being totally alive and using your life in the way you were meant to be." LMH

"Journey into Wholeness is a deep-dive into the experience of meeting each other as human beings beyond our roles, status and expertise. It is an opportunity to build the capacity to listen and speak authentically, and practice living a more generative life." BAB



Valerie Brown is a Courage & Renewal® Facilitator prepared by the Center for Courage & Renewal. A consultant and principal of Lead Smart Coaching, LLC, specializing in leadership and mindfulness training, she is a popular coach, retreat and pilgrimage leader, and author. Valerie wrote three Pendle Hill pamphlets, and her most recent book is *The Mindful School Leader*. Visit leadsmartcoaching.com for more information.



Carol Kortsch was born and raised in Africa, educated in Canada, and worked internationally for 20 years establishing live-in rehabilitation, counseling, and training communities. She is a facilitator trained by the Center for Courage & Renewal living and working at Stonehaven Commons in Radnor (PA). She offers retreats from her wilderness soul as a life adventurer and Earth listener.

Visit www.pendlehill.org for more information and to apply

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