



Registration

Visit www.pendlehill.org,
or call Ext. 137 at 610-566 4507
or 800-742-3150 (toll-free in US)

Accommodations

Private room \$ 495
Shared room \$ 435
Commute \$ 300

Fee covers food, lodging, and program

If you need financial assistance,
please complete our online
Financial Assistance Application

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport,
and 30 minutes outside the city.
We are near the Wallingford train station.
Take the SEPTA Media/Elwyn line from
Philadelphia and call for a pick-up.



338 Plush Mill Road
Wallingford, Pennsylvania
610-566-4507, ext 137
www.pendlehill.org

JUNE 12-14, 2020 (Friday evening through Sunday lunch)

The Spirit of Hope: Living Courageously in Troubled Times

A weekend workshop with Kate Davies

Climate disruption. Growing social inequality. Pollution. We are living in an era of unprecedented crises, resulting in widespread feelings of fear, despair, and grief. Now, more than ever, having hope is a monumental challenge.

This workshop offers a powerful antidote to the seeming hopelessness of our times. Participants will explore how to uncover and nurture the innate sense of hope that we are all born with — “intrinsic hope.” Not based on expecting life to conform to our expectations and wishes, intrinsic hope has a deep and abiding faith in whatever happens and in the human capacity to respond to it positively. Activities will include interactive talks, group discussions, time for personal reflections and guided meditations.

Kate Davies is professor emeritus at Antioch University, senior fellow at the Whidbey Institute, and clinical associate professor in the School of Public Health at the University of Washington. She currently teaches mindfulness meditation and leads workshops on hope. Kate is a member of Whidbey Island Friends Meeting (WA). Kate’s first book, *The Rise of the US Environmental Health Movement* was chosen as one of the top ten books on sustainability published in 2013. Her latest work, *Intrinsic Hope: Living Courageously in Troubled Times*, was awarded the Grand Prize of the Nautilus Book Awards for 2018. Read more at katedavies.org.



PENDLE HILL

A Quaker Study, Retreat, and Conference Center