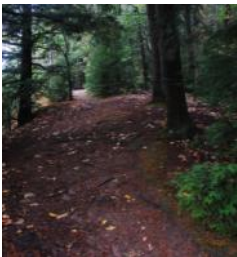


WOOLMAN HILL PROGRAMS WINTER-SPRING 2012



Winter Stillness

Outer Stillness, Inner Renewal

Katherine Fisher & Frederick Martin

December 29, 2011 - January 1, 2012

Photographing from Within

Arthur Fink

February 17-19, 2012

&

Knitting for Others

Beth Gorton & Friends

February 17-19, 2012

Tending the Seeds Within: A Reflective Writing Retreat

Becky Jones

March 16-18, 2012

&

Minding the Light In Ourselves and Others:

A Retreat for Quaker Mental Health Professionals

Jean Berggren & Jane Van Landingham

March 16-18, 2012

An Introduction To The Transition Movement:

How Quakers Can Respond to Peak Oil, Climate Change and Economic Crisis with Creativity, Courage and a Positive Vision

Steve Chase & Friends

April 20-22, 2012

Spring Renewal

Minding Our Lives: Looking Deeply at the Present Moment

Richard Brady & Beth Popelka

April 26-29, 2012

Summer Solstice

Interfaith Light: Quaker, Jewish and Muslim Practices

June 14-17, 2012

WOOLMAN HILL
Quaker Retreat Center
107 Keets Road
Deerfield MA 01342
413-774-3431
www.woolmanhill.org
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Winter Stillness
Outer Stillness, Inner Renewal

Katherine Fisher & Frederick Martin
December 29, 2011 - January 1, 2012



When the earth is still (winter), and the sun is still (solstice), come let your schedule and to-do list be still - and your body and mind, too! During this time of turning and renewal, allow your spirit to gestate and your heart to be refreshed in some uninterrupted time with God. As we quiet our outer life, we might find way opening in our inner life for sacred unrest, deep peace, closures, or new unfoldings. You may find your own ways to engage with the silence. Also, we will provide some entry points: walks in the woods, visual art, prayer practices... Come be challenged, nourished and refreshed by what you find in the silence.

Photographing from Within

Arthur Fink
February 17-19, 2012

This will be a weekend of photographing from within, with time for silent worship together, for creating pictures, and for sharing our work, our process, and our spiritual journey. Our goal is to broaden our vision, open our spiritual awareness, and, as we do this, learn how to take more expressive pictures. Note that this is NOT a workshop about photographic technique. It's about inward visual and outward expression, about how artistic work helps us both discover and celebrate our spiritual truths. You don't need lots of photographic experience to join this workshop, though you should feel passionate about taking and making pictures that speak from within.

Knitting for Others

Beth Gorton & Friends
February 17-19, 2012

Want to warm someone's heart? Knit for them! Knitting is one way of centering; if you don't know what needs you to knit it, centering and letting go of your preconceived ideas will let rise the person, cause or item that needs your energy. If you don't know how to knit, and want to learn, there will be plenty of support - and knitting needles and oodles of yarn to use. We do not discriminate on the basis of age, sex, religious creed, etc. etc. We welcome those differently abled - able to crochet, for instance; if you prefer another craft you are welcome to join us - although we might not be able to give as much help.

Tending the Seeds Within:
A Reflective Writing Retreat

Becky Jones
March 16-18, 2012

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. 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.

Thank you for making such a conscious and conscientious effort in establishing a well-run, premiere retreat. I would definitely come here again!



TO REGISTER AND FOR MORE INFORMATION: VISIT

**Minding the Light In Ourselves
and Others: A Retreat for Quaker
Mental Health Professionals**

Jean Berggren & Jane Van Landingham
March 16-18, 2012

How does our experience and spiritual practice as Friends inform our clinical work? How do we balance answering that of God in everyone with maintaining professional boundaries and/or the need for 'tough love'? Can Friends be confrontive? What's the role of kindness? Do we have a responsibility as Friends to direct our talents to the most unloved? How do we take care of ourselves when helping others? How do we manage scarce resources? This is an opportunity for renewal through worship sharing and consideration of self care, and for clarifying our thinking about how Friends' values and practice inform our mental health work.



**The Transition Movement:
How Quakers Can Respond to Peak Oil,
Climate Change and Economic Crisis with
Creativity, Courage and a Positive Vision**

Steve Chase & Friends
April 20-22, 2012

The global Transition movement represents one of the most promising ways of engaging people and local communities to take actions to mitigate the effects of peak oil, climate change and the economic crisis. These efforts are designed to result in a life that is more fulfilling, more socially connected, and more equitable than the one we have today. Indeed, the Transition movement offers us the opportunity to foster communities that are much more closely allied with Friends' historic testimonies on simplicity, peace, integrity, community, and equality. Are you a Quaker in Transition? Would you like to be? Together we can make a difference.

***Spring Renewal*
Minding Our Lives:
Looking Deeply at the Present Moment**

Richard Brady & Beth Popelka
April 26-29, 2012

Engage your body, mind, and spirit to appreciate the present moment's challenges and opportunities. Deepen your awareness of self and the world through mindfulness practices and techniques for physically expressing your current situation. Welcome your joys and your suffering, your fullness and your emptiness as you journal in solitude and connect with others through spoken word and theatre exercises. Poetry and stories from wisdom traditions will enrich our spiritual journey together as we examine and embrace all that the present moment holds for us.

*The retreat
was a real
turning point
for me. (How
appropriate
for the
solstice!)*

***Summer Solstice*
One Light Interfaith Retreat
Quaker, Jewish and Muslim Practices**

Facilitators tba
June 14-17, 2012

Our annual summer solstice retreat focuses on the light that is common to many faith traditions. With presentations from practitioners of three different faiths, we will learn experientially about the practices of each tradition. Gain tools to help deepen your own spiritual life, your connection with other seekers, and your appreciation of a variety of spiritual paths. As the fireflies grace the evening fields, and the sun stretches to its longest day, we will celebrate the one light that unites us all.



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WOOLMAN HILL, a Quaker retreat and conference center on 110 ridge-top acres in western Massachusetts, is dedicated to fostering, developing and strengthening the testimonies of the Religious Society of Friends. Named for John Woolman, an 18th-century Friends' minister and abolitionist who preached simple living and economic and ecological responsibility, our rustic facilities offer a quiet, peaceful atmosphere for retreats, meetings, gatherings and celebrations. Our facilities include a 150-year-old farmhouse, a newly renovated historic Meeting House, a housekeeping cottage, and three small cabins. The cottage, cabins and a spacious one-bedroom apartment are also available for individual retreats.

WINTER/SPRING 2012 PROGRAMS



*It's true that the Spirit is powerful and moves on its own.
But we humans can facilitate or impede its movement...
Retreats can be one of the most powerful ways
the Spirit moves. Thank you, Woolman Hill!*