

June, 2019 RETREAT ACTIVITIES

Soundwalk-Night Sounds with Rich Bitting 8:00-9:30pm

We will walk the Blue Heron Trail in the Big Woods, a moderate 1/2 mile+ walk. This evening time should allow us to hear some subtle ambient sounds. We begin with a 15 minute orientation to intentional listening. We will then walk quietly and listen for one hour, pausing as many times as needed to briefly discuss what we are hearing. We will finish the walk with a 15 minute recap of what we heard. Bring a flashlight and wear comfortable walking shoes. Location will be announced at Friday Chili supper.

Creation-Connected-Spiritual Practices with Stacey Midge 9:30-10:45am

In our hectic lives, it's sometimes difficult to get our minds and bodies aligned with each other, let alone with creation and the Creator. We will spend a little time exploring spiritual practices that connect us to the Earth and to God, and learn ways to be mindful of nature and its Source in our ordinary lives, whether we're alone in the woods or at a desk under fluorescent lights. Meet at the cabins or, in case of rain, the Activity Room.

Nature Walk with Bill Stiver 9:30-10:40 am

Hike through a mature hardwood forest (no silly trees). Look for wildflowers, birds, creepy crawlers, Bigfoot and anything else we happen to see. We will hike the Big Woods Trail (Trail 8), starting at the trail head closest to the beach. The total length will be about one mile over gently rolling terrain, no big hills. Meet at the trail head.

Ecological Identity Workshop with John Tallmadge 11:30am-12:30pm

Our sense of identity involves many dimensions including race, gender, ethnicity, family, schooling, and, importantly, our sense of personal connection to the natural world. Reflective environmental practice engages and deepens our ecological identity through active learning in solitude, in the outdoors, and in our communities. In this workshop we'll explore this rich concept through sense of place exercises, story sharing, and perhaps a poem or two. Bring pencil, paper, and your folding chair. Meet at the cabins or, in case of rain, the Activity Room.

Becoming Carbon Neutral with John Hancock 2:00-3:15pm

Climate change is by far the largest environmental problem we are facing – or that humanity has ever faced. The principal cause of our rising temperatures and sea levels, monster storms and fires, disappearing polar ice, habitat loss, etc., is the continuing addition of carbon to the atmosphere from the burning of fossil fuels. You may be wondering, “What can be done? The problem seems so vast and beyond our reach.” While the solution (“Stop putting carbon into the atmosphere”) is not practical yet in an “absolute” sense, *getting to “Net Zero Carbon” is easier than most people think.* This workshop will offer a step-by-step guide to calculating, reducing, and offsetting the atmospheric carbon that our individual households and life choices are producing. While also advocating for national and global policy changes, we as individuals can “be the change...” that will address this global crisis. Bring a writing tool and tablet. Meet at the Activity Room, Camp Office Bldg.

Yoga with John Tallmadge 4:00-5:00pm

John Tallmadge will present a short introduction to the principles and techniques of this ancient spiritual practice designed to reconcile mind and nature. After a brief orientation we'll go through a series of simple, beginning poses emphasizing flexibility and balance. No previous experience is necessary and all levels are welcome. Even if you don't achieve enlightenment after these 40 minutes, you'll leave relaxed and refreshed. If you have access to a yoga mat, please bring it, and wear light clothing that allows freedom of movement. Meet at the Activity Room, Camp Office Bldg.