

BEN LOMOND QUAKER CENTER invites you to:

# The Goodness Workshop with John Calvi

*" The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. ~ Galatians 5:22*

Beyond self-acceptance and self-esteem is that sense of our goodness. This is both our core and our bridge with the Divine. A clear sense of our own goodness has important implications for our own healing, helping others, and deeper seeking in our everyday spiritual life. We'll have John's stories to keep us laughing, a slow tender tone to rest our busy lives and weary bodies, and oodles of grace because it's the best way to do the work of seeking. The Goodness workshop is a slow quiet time where any sharing is by choice and the depth is chosen individually. Those who are journaling about their own lives will find more paths inward. Those wanting to enjoy calm and quiet will have plenty to take in. Those doing deep seeking to understand their past can chose that path. Mapping the cross-roads of our spiritual autobiography, considering the rules of life we try to keep, listing the names of our beloveds and watching for where trust lives in relationship, we'll review our lives engaging trust, hope, and wonder. We'll also learn simple clothes-on massage and a simple beginning energy work form for deep relaxation to calm body and thinking.

**Who is this program for?** Anyone feeling the stresses and wounds of life can find release from weariness in this gentle program. No special skills in massage or energy work are needed, and all abilities are welcome. Quaker Center is equipped to serve visitors who have physical disabilities, and all interested persons are encouraged to attend. It is not necessary to be a Quaker or to know about Quaker-ism to participate fully in this program.



## **ABOUT THE WORKSHOP LEADER:**

**JOHN CALVI** is a massage therapist specializing in trauma. He's also a Quaker healer with a gift for releasing physical and emotional pain following trauma. John returns to Quaker Center where he led the 1993 Year End Retreat and taught Healing Life Wounds in 1994, 1996, and 1999 and Restoration, Preparation and New Light in 2009. John has 30 years of experience working with survivors of sexual abuse, tortured refugees, and people with AIDS.

Name(s): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

**I/we plan to pay \$ \_\_\_\_\_/person on the \$160-\$240/person sliding scale.** (More on this below)

Dietary needs: \_\_\_\_\_

Accommodation needs: : \_\_\_\_\_

Check here  to receive Quaker Center announcements solely by e-mail.

----- Detach Here and Return -----

To register please complete this form above and send it to **the address below** with a **\$50 deposit**. Call Quaker Center to pay by credit card or register by email, which will hold your place for a week pending receipt of your deposit.

**A NOTE ABOUT OUR SLIDING SCALE**

- **Comprehensive rate:** The top of our scale covers all our costs. (**\$240/person**). Some participants choose to support Quaker Center's work by paying this rate or more.
- **Standard rate:** We hope most people will pay at least this amount. (**\$200/person**)
- **Special reduced rate:** The bottom to our scale (**\$160/person**). No one is ever refused access to our programs because of lack of funds. Scholarship support is available; please ask if you are in need.

- ✓ **Schedule:** Registration begins at 4:00 p.m. on Friday, September 30th. The program begins with dinner at 6:00 PM and concludes about 2:30 PM on Sunday after brunch, final cleanup, and worship. The weekend's schedule will include time for relaxation, reflection and exploration of Quaker Center's hiking trails and serene Redwood forest.
- ✓ **Accommodations and food:** Sleeping accommodations will be in the Orchard Lodge (semi-private rooms). Bring a sleeping bag or sheets and blankets, pillowcase, towel, soap, flashlight, and slippers. No pets please except for service animals. Inexpensive housing may be arranged the night before or after the program; linens may be rented for a modest fee. All meals at Quaker Center are vegetarian. Participants share in kitchen chores before and after each meal. Please tell us in advance about special dietary needs
- ✓ **Refund Policy:** Your deposit will be refunded if you cancel more than two weeks before the program. After that the full standard deposit will be retained.
- ✓ **Transportation:** See our website, <http://www.quakercenter.org/directions/> for directions. If you are arriving on public transportation let us know and we will provide a shuttle from Ben Lomond or Scotts Valley.

**DRIVING DISTANCES FROM:**

- Los Angeles: 365 miles, 6.5 hours
- Sacramento: 150 miles, 2 hours, 45 minutes
- San Francisco: 90 miles, 2 hrs and 15 minutes
- San Jose Intl Airport: 35 miles, 50 minutes
- Santa Cruz, 12 miles, 25 minutes

**PUBLIC TRANSIT:**

- **Amtrak:** Take the train to the San Jose Diridon Station
- **From the San Jose Diridon Station:** Take the 17 Express bus to the Cavallaro Transit Station in Scotts Valley.
- **From the Scotts Valley or Santa Cruz:** Take the 35 or 35A bus to Ben Lomond.
- **In Ben Lomond:** Get off at Highway 9 and Main Street and walk or call for a ride.

**QUAKER CENTER**

Box 686, Ben Lomond, CA 95005

[www.quakercenter.org](http://www.quakercenter.org)

(831) 336-8333

[mail@quakercenter.org](mailto:mail@quakercenter.org)