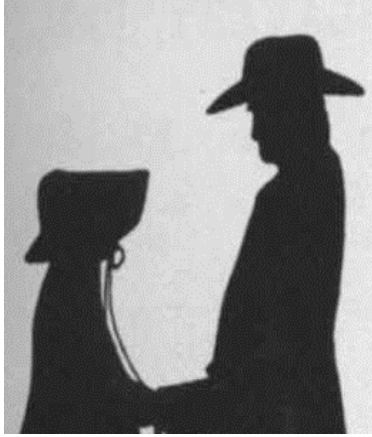


BEN LOMOND QUAKER CENTER invites you to:



Speaking My Truth, Hearing Yours:

Nonviolent Communication

and Quakerism

with Dorothy Henderson

February 24-26

“When two people relate to each other authentically and humanly, God is the electricity that surges between them”

~Martin Buber

We will engage the practice of Nonviolent Communication (NVC) to connect deeply with that of God in ourselves and to hear and connect with that of God in others. Practiced in countries around the world, NVC goes beyond conflict resolution, taking us to the heart of compassion while teaching us to more fully speak our truth and more clearly hear the truth of others.

My objective for this weekend is to share a powerful, deceptively simple tool that challenges us to fully engage with our belief as Quakers that there is that of God in all beings; including ourselves! I expect our time together to have the potential to make our practice of our faith more real and available.

How can I touch that of God within myself and really see it in others? How can I be present to another's pain in way that really helps them? How can I tell people what I really think in way that they can hear? How can I share concerns about a Friend's contribution during meeting or announcements? How can I bring more aliveness and more trust in spirit to my committee meetings? How can I stop pretending to listen to someone when I am really bored or irritated with what they are saying? These are the kinds of queries that arise when we try to live our faith. In this workshop we will learn and practice NVC by using real queries and situations from our lives. Bring your own queries and/or issues about how to live more authentically, effectively and compassionately as a Quaker in the world today. We will work with what we bring through exercises, small groups, dyads, and role plays.

Recommended readings are two books by Marshall Rosenberg: *Nonviolent Communication: A Language of Life*, and *Speaking Peace in a World of Conflict*. If you only read one, I suggest the first one. For the really ambitious, reading and using the companion workbook to *Nonviolent Communication* would be very helpful. These are available from www.cnvc.org.

ABOUT THE WORKSHOP LEADER:

Dorothy Henderson is the Head of School of the Woolman Semester School in Nevada City, California on 230 acres in the Sierra foothills. In the summer, the campus is also home to Sierra Friends Camp, Teen Leadership Camp, the Woolman Community Intern Program for college graduates and the renowned Woolman Family Work Camp. The thread of Nonviolent Communication as taught by Marshall Rosenberg runs through all of these programs. Dorothy has been learning, practicing and teaching NVC in this community for 8 years. She has also offered NVC workshops at FGC (and will be again this summer) and for individual groups over the years. She is a member of Grass Valley Friends Meeting and loves to share NVC with anyone who wants it.



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 online, please send go to www.quakercenter.org and click on "register". Or complete the form above and send it to **the address below**. We no longer require a deposit with your registration. We trust that you will let your pay be yay and that if you absolutely must cancel, you will do so in ample time to save Quaker Center any loss with regard to food costs or having to turn away another later registrant if the program fills.

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:** Check in will begin at 4:00 p.m. on Friday. The program begins with dinner at 6:00 PM and concludes about 2:30 PM on Sunday after brunch, final cleanup. The weekend's schedule will include time for relaxation, reflection, walking the labyrinth, or hiking through Quaker Center's 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
- ✓ **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

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