

BEN LOMOND QUAKER CENTER invites you to our:



Year-End Retreat:

Awareness, Attentiveness and Acceptance

With David and Trish Johnson

Dec. 27, 2017 – Jan. 1, 2018



*"To every thing there is a season, and a time to every purpose under heaven."
Ecclesiastes 3:1*

Whatever happened in 2017, let our hearts be opened so each of us may better understand and undertake what God is asking of us. We are being given another year, hopefully, of living in the Light. Join us in exploring Quaker writings, the Bible and your Inner Guide for 'walking in the Light'.

The practice of prayer is practising the presence of God. David will draw on his book *A Quaker Prayer Life*, and invite people to explore the ancient, and radical, practices in prayer and worship of early Friends. These Quaker writings, the Bible and other sacred texts provide much guidance for 'walking in the Light', in a life of prayer and service.

Trish will explore how our brains are wonderfully made to assist us in our spiritual search and practices. Conversely we will see how prayer, meditation and compassion increase neurological health and our capacity for spiritual awareness, and how 'presence' of body, can facilitate Presence of Spirit.

Our time together will contain information sessions, periods for sharing experiences, and time for personal prayer and reflection, with a range of exercises to open up spiritual space.

The retreat will include an afternoon and overnight period of silence midway through, and it is open for anyone from mid-teens onwards in age.

About the program facilitators:

David and Trish were 2013-14 Co-Directors of the Silver Wattle Quaker Centre in Australia.



David Johnson is a convinced Friend of Conservative nature. David delivered the 2005 Backhouse Lecture to Australia Yearly Meeting on *Peace is a Struggle*, and wrote *A Quaker Prayer Life* (2013), and *Jesus, Christ and Servant: Meditations on the Gospel According to John* (2017). He was involved in setting up the Australian Quaker Centre at Silver Wattle, as a place for spiritual renewal and nurture.



Trish Johnson has been in private practice as a psychologist and trainer for over 30 years. Trish embraces mindfulness and neuropsychology in her clinical practice. She has served as Convener of the Committee of Elders at Silver Wattle.

Registration for: The Year End Retreat

Name(s): _____ Name(s) and age(s) of children coming: _____

Mailing Address: _____

Phone: _____ E-mail: _____

I/we plan to pay \$ _____/person on the \$420 - \$560/person sliding scale. (More on this below)

Medical or ethical dietary restrictions: _____

Accommodation or mobility concerns: _____

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

TO REGISTER, fill out the form above and send it to the address below.

Check-in is from 4 PM to 6 PM. Dinner is served at 6 PM and you can expect to be depart by 2 PM on Sunday after closing worship. We no longer require a deposit with your registration. We trust that you will "let your yay be yay" and you'll participate in this program if you register. If you absolutely must cancel, please do so at least two days in advance. Otherwise we will request \$50 payment for the food the cook has already purchased for you.

A NOTE ABOUT OUR SLIDING SCALE:

- Comprehensive rate:** The top of our scale covers all our costs. **(\$560/person).**
- Standard rate:** We hope most people will pay at least this amount. **(\$480/person)**
- Special reduced rate:** The bottom to our scale **(\$400/person).**
- Quaker Center Annual Pass purchased by** _____ **(name or meeting)**

No one will be refused from our programs due to lack of funds. Please call or email us for financial aid.

CHILDCARE: will be provided **by advance arrangement with Directors** at no extra charge to parents, though we request **\$100 per child** to cover the cost of meals.

ACCOMMODATIONS, THINGS TO BRING, AND FOOD: Sleeping accommodations will be in the Orchard and Redwood Lodges (semi-private rooms). **Bring a sleeping bag or sheets and blankets, pillowcase,** towel, and toiletries including shower soap. Please do not wear or bring strongly scented toiletries.

PLEASE DO NOT BRING PETS. Animals trained to serve the disabled are allowed *ONLY* with prior permission from the Directors. All meals at Quaker Center are vegetarian. We ask all participants to take turns working together on meal prep, dish crew, and cleaning at the end of the program. **Please tell us if you must leave early** so that we can make sure you get signed up for a final clean up task that can be done before you go.

TRANSPORTATION: See our website, <http://www.quakercenter.org/directions/> for directions. If you are **arriving by bus, let us know at least a day in advance if you need a shuttle and we will pick you up** from Ben Lomond bus stops. **Call 831-212-2631** if you need to change your pick up time.

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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