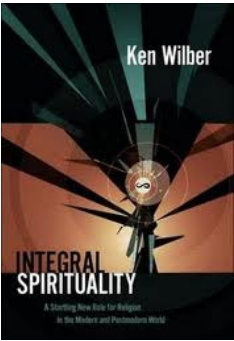


Journeys 2011: Annual Adult Faith Development Retreat May 13 – 14 at University of St. Mary of the Lake, Mundelein IL



Integral Illumination and Spiritual Cross-Training *How, in the midst of a fractured world, we can center, experience the depth of wholeness, awaken our potential, and connect in contribution*

Presenter/Facilitator: Vid Axel

Vid Axel will serve as our resource person and facilitator for this weekend experience. Vid is well known at Countryside Church for his offerings as a teacher and facilitator of communication and conflict resolution based on Dr. Marshall Rosenberg's work on Nonviolent Communication. Vid is the coordinator of our compassionate communication for resolution of conflict (CCRC) group. More recently, inspired by the work of Ken Wilber, Vid also has engaged in Integral Life Practice (ILP).

We hope you will join us as Vid uses his unique interpretation and application in leading our multifaceted, weekend exploration. He will help us to explore how a basic and accessible version of Ken Wilber's pathbreaking work in Integral Theory can provide a flexible and customizable template for Integral Life Practice (ILP), and he will help us to experience such spiritual practice, first hand. ILP draws upon as many sources of truth and approaches to human development as possible, providing us with a "super-holistic" map. This framework can help to contextualize, deepen and expand the spiritual practices in which you may already engage. This retreat will offer opportunities for meditation, contemplation, mental expansion, body movement, shadow work, discussion, to experience nature, and to commune with one another – and to energize our capacity to contribute to the wider world.

On, Wednesday, April 27, from 7-9 PM, Vid will present an "Introduction to Integral Theory and Practice and the Work of Ken Wilber." With more of a classroom feel, in the space of one evening, this exploration will: 1) show how simple and valuable introductory Integral Theory can be; 2) welcome questions and discussion; and 3) offer some introductory experiences in Integral Life Practice (ILP).

The retreat will be held at the beautiful and serene University of St. Mary of the Lake conference center in Mundelein, offering participants a different and supportive environment within which to explore both theory and practice.

See the attached registration form. You have the option of a commuter rate or overnight stay. Some scholarships are available. Registrations are due by April 24. Questions? Contact Dan Wiseman, connect@wisemanconsulting.com.

The Journeys Schedule

<u>Friday</u>		<u>Saturday</u>	
4:30 – 6 pm	Gathering & Registration at Residence Hall	7:45 – 8:45 am	Breakfast
		9 – 10:15 am	Session Two
6 – 6:45 pm	Dinner	10:15 – 10:45am	Break
7 – 9 pm	Session One	10:45 – 12:15pm	Session Three
9 pm	Socialize in the Living Room of Residence Hall	12:15 – 2pm	Lunch and alone time
		2 – 3:45 pm	Session Four
		3:45-4 pm	Weekend wrap-up

All sessions will be held in Room 105 of the Conference Center.



COUNTRYSIDE CHURCH UNITARIAN UNIVERSALIST

1025 North Smith Street • Palatine, IL 60067 • Phone: 847-359-8440 • www.ccuu.org



COUNTRYSIDE CHURCH UNITARIAN UNIVERSALIST

1025 North Smith Street • Palatine, IL 60067 • Phone: 847-359-8440 • www.ccuu.org

Journeys 2011: Annual Adult Faith Development Retreat May 13 – 14 at University of St. Mary of the Lake, Mundelein IL

Integral Illumination and Spiritual Cross-Training

How, in the midst of a fractured world, we can center, experience the depth of wholeness, awaken our potential, and connect in contribution

Presenter/Facilitator: Vid Axel

Vid will help us explore how a basic and accessible version of Ken Wilber's pathbreaking work in Integral Theory can provide a flexible and customizable template for Integral Life Practice (ILP), and he will also help us to experience such spiritual practice, first hand.

For details see attached flyer.

To register, complete the form below and place it in the Adult Faith Development (AFD) mailbox in the church office or mail it to: Countryside Church UU, 1025 N. Smith Rd., Palatine, IL 60067. Please include a check payable to Countryside Church.

	Shared Room (2 people/rm)	Private Room (1 person/room)	Commuter (no room)
Room	\$50	\$60	n/a
Meals, Conference Rooms, and Supplies	\$80	\$80	\$80
Total Cost per person*	\$130/person	\$140	\$80

*Additional Donations for AFD scholarships are appreciated

=====

REGISTRATION DEADLINE IS SUNDAY, APRIL 24

Name(s) _____

Address _____

Phone _____ Email _____

Registration Request:

- _____ Shared Room – If you are sharing a room with someone who is registering separately, please indicate name of that person: _____
(to get the shared rate, you must make your own roommate arrangements)
- _____ Single Private Room _____ Commuter (includes all meals and activities)
- _____ I request a scholarship. _____ I am making an additional donation toward AFD scholarships.

TOTAL PAID: \$ _____ **CHECK #** _____

**Please attach a check to this form
payable to Countryside Church UU; put "Journeys" on the memo line.**