



Leading From Within ***A Courage & Renewal*[®] Circle of Trust Retreat**

for Ministers and Congregational Leaders

Yarrow Durbin facilitator

Saturday, April 14, 2012 † 9:00AM – 4:00PM

Edmonds Unitarian Universalist Church, 8109 224 Street SW, Edmonds, WA

(Check-in begins at 8:30AM)

"We lead who we are" – Parker Palmer

As leaders, one of the greatest challenges we face is sustaining our own hearts and spirits as we help our communities address troubling issues and conflicts. Working gracefully and effectively with these difficulties requires a journey both inward and outward.

Inward in the sense of grounding ourselves in habits of mind and heart that allow us to hold a sacred space – one in which people's engagement with conflict and difference can actually deepen relationships and build trust.

Outward in the sense of learning and using skills that encourage others to listen to their "inner teacher" and widen their perspectives -balancing their ability to express their truth with courage, and listen to others' truths with openness.

**In this Circle of Trust retreat, based on the work of
Dr. Parker J. Palmer and the Center for Courage & Renewal,
you will connect with yourself and your colleagues to:**

- † Reflect on what's encouraging and depleting you as a UU community member and leader.
- † Learn how a "polarity management" perspective can help you bring greater wisdom and compassion (for yourself and others) to dilemmas you and your community face.
- † Explore how Parker Palmer's ideas in his new book "Healing the Heart of Democracy" can help you move towards holding the "Beloved Community" which balances activism and spirituality.
- † Learn strategies for asking open honest questions, listening deeply, and holding a Quaker style clearness committee to assist individuals in exploring the inner landscape of their most difficult dilemmas.
- † Emerge more refreshed, encouraged and connected to others who share your values.

For more information on Yarrow Durbin see www.couragework.com

• \$100 for your congregational team! • Lunch is included • Goodwill offering will be invited for a Social Justice initiative of our host congregation • For home hospitality, lodging options, or childcare options, inquire when you RSVP

**BOARD PRESIDENT OR DESIGNEE: RSVP AS A CONGREGATION TO DISTRICT OFFICE BY
March 30, 2012 (SPACE MAY BE LIMITED)**

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