

## *Journey Toward An Undivided Life*

LEADING  
From Within

*"Self care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self, and give it the care it requires, we do so not only for ourselves, but for the many others whose lives we touch."*

Parker J. Palmer

Those of us engaged in teaching, health care, leadership, and other serving professions know the challenge of sustaining ourselves and our commitment to deeply held values and beliefs. The more passionate we are about our work, the more vital it is that we take time to renew our own spirits -- to reflect on the wellsprings of our service to others -- to reconnect who we are with what we do.

### WHAT IS COURAGE & RENEWAL?

Courage & Renewal Retreats focus on:

- Renewing a sense of vocation.
- Exploring the relationship of the inner life to the outer work of service in the world.
- Providing an opportunity to reconnect to our profession, by identifying and honoring our gifts and strengths.
- Creating a context for careful listening and deep connection that honors diversity in person and profession.
- Creating a safe and trustworthy space for dialogue with other dedicated professionals.

### RETREATS IN HAYFORK

Join us for a series of retreats designed to help educators, health care professionals, and others in serving professions renew and sustain their own vocational commitment and personal integrity through an approach developed by Parker J. Palmer. In large group, small group, and solitary settings, we are invited to explore the intersections of ourselves and our professional lives, making use of personal stories, reflections, and insights from poets, storytellers, and various wisdom traditions. Thousands of people throughout the United States have participated in Courage & Renewal retreats. This will be an opportunity for us to experience a retreat series here in Hayfork.

### Courage & Renewal Retreats:

- ✦ Focus on listening within ourselves, to each other, and to the natural world.
- ✦ Explore questions of meaning, purpose, calling, service, and the inner life.
- ✦ Provide a unique opportunity to explore the intersection of soul and role.
- ✦ Provide needed time for silence and solitude.
- ✦ Create a context of deep connection with others that also honors difference.

*There is in us an  
instinct for newness, for renewal,  
for a liberation of creative power. We  
seek to awaken in ourselves a force that  
changes our lives from within. And yet the same  
instinct tells us that this change is a recovery  
of that which is deepest, most original, most  
personal in ourselves.  
- Thomas Merton*

# RETREAT FACILITATOR



**Kim Stokely** has spent the last 20 years as an educator and non-profit leader coaching emerging non-profits, educators, and community groups as they formed organizational structures and took action. Kim is currently founder and Executive Director of the non-profit, Leading From Within. In her work, Kim has personally experienced the challenges of being a leader in education, non-profits, and community. She has turned her work toward nurturing other leaders in their professional and personal lives so that they can bring the gifts of leadership to whole-hearted service for others and the world. As a Courage & Renewal Facilitator and coach, Kim hopes to provide leaders with the opportunity to renew their passion, reconnecting who they are with what they do.

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## REGISTRATION

Journey Toward An Undivided Life Retreats  
February 6, 2010  
April 24, 2010  
August 14, 2010  
October 9, 2010

Each retreat begins at 9:00 AM and ends at 9:00 PM.  
Meals will be provided.

Retreats will be held in the retreat room at Kim's home near Hayfork.  
Limited overnight accommodations are available if needed.

**Registration Deadline: January 29, 2010**

\$40/person/retreat (Includes retreat, materials, and meals.) **Scholarships are available.**  
Please email Kim if you require a scholarship to attend.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers: H \_\_\_\_\_ W \_\_\_\_\_ C \_\_\_\_\_

E-mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Special Dietary Needs (if any): \_\_\_\_\_

**Personal Statement:** To help discern how participating will both serve you and align with the program's intended purposes, please include a personal statement (not more than two pages) with your registration:

- How you learned about this Courage & Renewal retreat;
- Why you are interested in participating, and how you hope to benefit personally and/or professionally;
- The setting in which you currently do your work;
- A question you are currently holding about your life or vocation.

**Payment:** Enclose a check for \$40.00 or email Kim about scholarships. Please make checks payable to: Leading From Within.

**To reserve a space, please send this form, a personal statement, and your payment to:**

Kim Stokely  
PO Box 158  
Hayfork, CA 96041

**For further information contact:**

Kim Stokely at [kstokely@lfw1.org](mailto:kstokely@lfw1.org) 530-628-4608 (w) or 530-949-5558 (c)