



CENTER *for*
**COURAGE &
RENEWAL**

Foundations of the Courage & Renewal Approach

Session 5

Bringing the Foundations to Life

Give and receive welcome. People learn best in hospitable spaces. In this circle we support each other's learning by giving and receiving hospitality.

Be present as fully as possible. Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking.

What is offered in the circle is by invitation, not demand. This is not a "share or die" event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

Speak your truth in ways that respect other people's truth. Our views of reality may differ, but speaking one's truth in a circle of trust does not mean interpreting, correcting or debating what others say. Speak from your center to the center of the circle, using "I" statements, trusting people to do their own sifting and winnowing.

No fixing, saving, advising or correcting each other. This is one of the hardest guidelines for those of us who like to "help." But it is vital to welcoming the soul, to making space for the inner teacher.

Learn to respond to others with honest, open questions. Do not respond with counsel or corrections. Using honest, open questions helps us "hear each other into deeper speech."

When the going gets rough, turn to wonder. Turn from reaction and judgment to wonder and compassionate inquiry. Ask yourself, “I wonder why they feel/think this way?” or “I wonder what my reaction teaches me about myself?” Set aside judgment to listen to others—and to yourself—more deeply.

Attend to your own inner teacher. We learn from others, of course. But as we explore poems, stories, questions and silence in a circle of trust, we have a special opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

Trust and learn from the silence. Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.

Observe deep confidentiality. Safety is built when we can trust that our words and stories will remain with the people with whom we choose to share, and are not repeated to others without our permission.

Know that it's possible to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.



We Look With Uncertainty

We look with uncertainty
beyond the old choices for
clear-cut answers
to a softer, more permeable aliveness
which is every moment
at the brink of death;
for something new is being born in us
if we but let it.

We stand at a new doorway,
awaiting that which comes...
daring to be human creatures,
vulnerable to the beauty of existence.
Learning to love.

*by Anne Hillman in Awakening the Energies of Love:
Discovering Fire for the Second Time*

Questions for Reflection

- What is emerging for you 'beyond old choices and clear cut answers?'
What is being 'born in you?'
- How are you daring to be a 'human creature' at this time?
- What questions are you holding about a 'new doorway?'
- What thoughts, insights, or reservations are you having about integrating the foundations of this approach into your life?



CENTER FOR COURAGE & RENEWAL CORE PROGRAM OFFERINGS

Foundations of the C&R Approach	Courage & Renewal Practicum	Facilitator Preparation Program
<p>Purpose: Participants will learn how the values, principles, and practices of the Courage & Renewal® approach, taken together, create trustworthy spaces to explore questions of meaning, purpose, and how to live authentically with integrity and courage.</p>	<p>Purpose: Participants will deepen their engagement with the values, principles, and practices of the Courage & Renewal approach. They'll gain knowledge and insights on how to bring these ways of being and perceiving more fully into their own lives, expanding their capacity to influence and transform the communities and institutions they care about.</p>	<p>Purpose: Participants will be prepared and equipped to lead immersive Circle of Trust® retreats and other programs rooted in the Courage & Renewal approach.</p>
<p>Learnings/Expectations:</p> <ul style="list-style-type: none">• Foundational values, concepts, beliefs that the Courage & Renewal approach is built on• How to start integrating principles and practices in their lives so that they may show up more whole in their relationships and work	<p>Learnings/Expectations:</p> <ul style="list-style-type: none">• Strengthening the connection between our inner and outer lives• Developing deep listening practices that enable connection with our inner teacher and help us support others in seeking their own clarity• Recognizing the value and honing the skills of using open, honest questions• Living the Courage & Renewal approach as an alternative to cultures of violence and oppression• Invitation to join the Practitioner Learning Community - a community of practice for Practicum alumni who wish to continue supporting one another in further learning and growth.	<p>Learnings/Expectations:</p> <ul style="list-style-type: none">• How to create and hold trustworthy space to help people explore questions of meaning and purpose• Take an active role in sharing the Courage & Renewal approach in the world through retreats and programs in their communities and workplaces• Become active learning community participants in the global Courage & Renewal Facilitator Collaboration
<p>Format:</p> <ul style="list-style-type: none">• 5 x 2-hour online sessions• Assigned readings and reflective questions in-between sessions	<p>Format:</p> <ul style="list-style-type: none">• 4-day retreat• Peer Learning Calls following retreat	<p>Format:</p> <ul style="list-style-type: none">• 5-day retreat• Online Sessions• 18-month Apprenticeship• Peer Learning Calls



Courage & Renewal Practicum

STRUCTURE:

4-day Online Retreat + Series of Peer Learning Calls

DATES // VENUE:

April 28-29, 2023 & May 7-8, 2023 // Online via Zoom

APPLICATIONS:

Here is the link for the online application. You will receive this in an email following this session as well. A hard copy will be included in your participant folder for reference purposes. Applications should be submitted online by February 26, 2022. You will be notified of acceptance by March 10, 2022.

PROGRAM FEES:

Tuition: \$1,500

SCHOLARSHIP FUNDING:

A small scholarship fund is available to help lower barrier of participation for those who need it. Typically, we offer financial assistance to partially offset tuition costs. If this would make a difference in your ability to participate, you will have the opportunity to fill out a scholarship application in addition to your Practicum application.

Circle of Trust Retreats

We encourage you to visit the [Center for Courage & Renewal program calendar](#) on our website to explore all of the immersive Circle of Trust retreats and other programs rooted in our approach, all led by skilled Courage & Renewal Facilitators.



Other Invitations

- Feedback Form - We engage in continuous learning about our programs and invite you to help us evaluate how we did. We invite you to take a few minutes to share your thoughts about the program and ways it served you, as well as considerations for how we can improve.
- Contact Information - You may be interested in connecting with your fellow participants beyond this session. Until our community platform is ready later this fall, we'll be using the old-fashioned way. We invite any of you who would like to include your name and email address in a spreadsheet for others to contact you to please fill out this form.

Please Come Home *by Jane Cooper*

Please come home.

Find the place where your feet know where to walk

And follow your own trail home.

Please come home.

Please come home into your own body,

Your own vessel, your own earth.

Please come home into each and every cell,

And fully into the space that surrounds you...

Please come home.

Please come home to trusting yourself,

And your instincts and your ways and your knowings,

And even the particular quirks of your personality.

Please come home.

Please come home and once you are firmly there,

Please stay home awhile and come to a deep rest within.

Please treasure your home. Please love and embrace your home.

Please get a deep, deep sense of what it's like to be truly home.

Please come home.

And when you're really, really ready,

And there's a detectable urge on the outbreath, then please come out.

Please come home and please come forward.

Please express who you are to us, and please trust us

To see you and hear you and touch you

And recognize you as best we can.

Please come home and let us know

All the nooks and crannies that are calling to be seen.

Please come home, and let us know the More

That is there that wants to come out.

Please come home

For you belong here now. You belong among us.

Please inhabit your place fully so we can learn from you,

From your voice and your ways and your presence.

Please come home.

And when you feel yourself home, please welcome us too,

For we too forget that we belong and are welcome,

And that we are called to express fully who we are.

Please come home.

You and you and you and me.

Thank you, Earth, for welcoming us.

And thank you touch of eyes and ears and skin,

Touch of love for welcoming us.

May we wake up and remember who we truly are.

Please come home.

