

## CENTERING THE SACRED

In her essay, Letter to A Young Activist During Troubled Times, Clarissa Pinkola Estes writes, “Do not lose heart. We were made for these times....Our is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.”

Part of the “world within our reach” as Courage & Renewal facilitators is making space for the authentic in ourselves and others to shine. Our world is fraught with divisiveness, unpredictability, disconnection, and heartbreak. In what ways can we - individually and collectively - move towards a sense of interconnectedness in the layers of our lives? In what ways can centering the everyday sacred in ourselves and our participants help us access what's “hidden” and our sense of “wholeness?”

In this retreat, we will roll up our sleeves to engage in the “work before the work” - that of examining our layers - our identities and the landscapes of our lives through a sacred lens, with the hope of journeying into deeper connection with ancestors, self, other, the collective, and beloved Earth. In what ways is your “work before the work” changing, based on what the world needs now from you and us collectively?

Not a program solely for those who identify as a part of a spiritual community, our hope is to tap into the holy each day, in all we do - for nourishment, growth and our own integrity. This will provide an opportunity for Courage & Renewal facilitators to:

- Examine what might need repair & healing in ourselves.
- Discover spiritual practices that support our work, every day.
- Explore our growing edges.
- Invite the sacred into our collective Courage work, including how we trust our circles' unfolding.
- Connect deeply with ourselves and others in this community.

Over the last year, a cohort of facilitators has co-created an initiative called Souls on Deck. This retreat is inspired by, and yet independent from this initiative.

### Facilitators:



**Marcia  
Eames-Sheavly**



**Susan  
Kaplan**