



Harvesting the 3 R's: Rest, Renewal and Reflection

*Sponsored by Fork Education
and Retreat Center*

October 18-19, 2019

**Retreat Location: Fork Country
Cottage 12628 Fork Road,
Fork, MD 21051**

You are invited to attend a unique retreat this Fall. We will focus on gathering to support one another as we seek to harvest the 3 R's of Rest, Renewal and Reflection so that we can become more intentional and mindful in our daily lives. As many of us in the helping professions know, we often give to everyone but ourselves. As Thomas Merton says, "Too allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence."

The more passionate and dedicated we are about our work and our life, the more vital it is that we take the time to renew and care for ourselves-- to reconnect with the very core of our being. Our process is rooted in the belief that our service to others flows from the identity and integrity of our life and invites us to reclaim our own wholeness and clarity of purpose within the context of the Circle.

This gathering is open to anyone interested in caring for the wellbeing of their inner nature and will offer an opportunity for:

- Self-awareness
- Self-renewal
- Supporting each other
- Sharing experiences, techniques, and learnings
- Gaining clarity in times of transition, loss or confusion
- Developing a way forward to harvest the seeds of purpose within

COST : \$225 or \$195 if registered before September 15th. Enrollment is limited. Some small scholarships are available. The Retreat will be led by:

Claire J. Salkowski, author of numerous articles, and an international educational consultant and trainer, school founder, teacher and administrator as well as an ADR and Circle practitioner. She is currently Director of the Fork Education and Retreat Center, principal consultant with C.J. Consulting and Services and an instructor at Loyola University.

In collaboration with **Kay Pranis** who is an international leader, trainer and author in Peacemaking Circles and Restorative Justice and **Sue Small**, who is a trained mediator, clinical professor emeritus at UMBC and a certified facilitator. She is engaged in practicing inner work to care for the soul and writes and shares her stories.

As a Retreat Gathering we will meet in the lovely country setting in Fork, MD at the Fork Country Cottage. Our journey will begin on Friday 9 am to 5 pm. We will resume again on Saturday from 9 am to 5 pm. Limited housing is available at Fork Country Cottage at a reduced rate for those who can not commute and all meals and materials will be provided during the retreat.

Register via mail in or with the following link:

<https://forms.gle/x1Ehe6c2hAvmk8kj9>

Mail in address: 12628 Fork Rd. Fork, MD 21051

Phone: 443-903-1039 Email: CJconsultingandservices@gmail.com