

Jordans Retreat Programme



A spiritual basis to sustainable living

***An experiential workshop
led by Alex Wildwood***

***Friday October 13th
10am – 4pm***

How do we develop compassion?

How can we deepen our sense of connection to the rest of life?

How do we transform concern for our world into active engagement?

This is a chance to explore, as an experiential journey, six aspects of a spiritual basis to sustainable living. Drawing on a variety of spiritual traditions we will experience why it is essential to cultivate gratitude and appreciation, how we can be *present to what is*, and how we can find hope by remembering who we really are. Recalling our long evolutionary journey - developing the perspective of 'deep time' – we can find encouragement to sense our own way forward, to empower and enliven our personal response to the global crises of our age. At the end of the day we will have time to look at how we each feel able to contribute to the healing of our world, knowing that, whatever our contribution, we can proceed, from a spiritual perspective, in a spirit of radical trust.



*Alex Wildwood has been offering workshops and retreats for nearly three decades, having trained in body-based psychotherapy and in explorations of our 'deep ecology' with Buddhist scholar and activist Joanna Macy (www.workthatreconnects.org). His latest book (written with Jo Farrow) is *Universe as Revelation* (Pronoun Press 2013)*

All Welcome £35 (concessions £20)
Bring your own lunch; hot drinks provided

Venue: Jordans Quaker Centre, Welders Lane, Jordans, HP92SN

To book or for further information: 01494 876594 or

office@jordansquakercentre.org