

Living an Undivided Life

Finding wholeness in your life and work

A Circle of Trust[®] retreat for clergy, congregational leaders
and spiritual seekers

**Sunday 5:00 p.m, October 4
to Tuesday noon, October 6, 2015**



Pilgrim Center

Spring Grove Rd., Ripon WI

"We must learn to measure our efforts not by short-term effectiveness but by long-term faithfulness to the vision we care about."
- Parker J. Palmer

Early bird rates:

\$390 – Shared room

\$425 – Private room

(\$100 deposit will secure
your reservation)

Fee includes lodging,
meals, snacks

As leaders and deeply involved participants in our spiritual communities, how can we find and sustain wholeness in our life and work? ***Living an Undivided Life*** is a three-day Circle of Trust[®] retreat where we will explore the personal and spiritual touchstones that at the center of our life and work and the challenges of being wholehearted in what we do.

What We'll Do

Living an Undivided Life is based on the work of author Parker J. Palmer and the Center for Courage & Renewal. In a confidential, safe space for shared exploration using the Circle of Trust[®] process, we will:

- *Explore the personal touchstones that give us meaning and purpose.*
- *Learn ways to hold the tension created by external pressures and circumstances without losing connection with our inner life.*
- *Discover ways to reconnect our inner life with our work and relationships.*
- *Develop personal practices that revitalize heart, mind and spirit.*

The retreat will include opportunities to share personal stories and experiences, poetry and other readings, periods of silence, and time for journaling and individual reflection.

Retreat Facilitators



Albert Bellg, Ph.D., is a health psychologist, author and facilitator with the Center for Courage & Renewal. A member of First Congregational Church in Appleton, he leads a mindful meditation class and monthly gathering.



Barbara Hummel is a Courage & Renewal facilitator and a consultant with organizations and educators to help them be more authentic and effective. She lives in Madison, and is active in her church and the local Habitat affiliate.



Rev. Winton Boyd is a facilitator with the Center for Courage & Renewal and has guided retreats for a variety of professional groups throughout the Midwest and the nation. He is also the senior pastor at Orchard Ridge United Church of Christ in Madison.

Pilgrim Center's Oak Mound Lodge is a beautiful, all-season lodging facility on Green Lake that features natural stone fireplaces as a focal point for meeting spaces. Guest rooms accommodate one to four people, and have directly accessible bathrooms. The number of single rooms is limited, and we encourage you to consider shared lodging.

To Register (or for more information)

You can [link to our registration form here](#) or at albertbellg.com, and there's more information about [the Circle of Trust® approach here](#). If you have questions, please contact Albert Bellg at 920-996-0887 or email at abellg33@gmail.com. Early Bird rates last until August 15, and the overall registration deadline is September 30. The number of participants is limited, and we encourage you to register early. We can accept your deposit or full payment by credit card, personal check, or other methods such as phoning in your credit card number.