

## Exploring Perspectives: Honoring Me Space, We Space and Thee Space

Led by Andrea Bryck and Lisa Thorpe on Saturday, March 2

Women's Lenten Retreat 2019 Registration at The Bishop's Ranch, Healdsburg, CA

Friday, March 1 (Starts w/ Potluck Dinner) – Sunday, March 3 (After Lunch)

**Return registration and deposit by February 17. Overnight accommodations limited to 25.**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_ Email \_\_\_\_\_

If you would like to share a talent or gift with the group on Friday or Sunday, please indicate. We'll contact you.

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In the morning, Andrea will guide us to explore our basic day-to-day orientations, our "Me-space," noticing ourselves, each other and the things around us. From the expansive, energized field within us, we'll enter the realm of the ever-present presence, that dynamic dimension of "We-space" and even ecstatic "Thee-space."

In the afternoon, Lisa will lead us in Centering Circles and creating mandalas that represent the "Me" and "We" from this weekend's experience.

*More description is on page 2 in the agenda.*

Saturday schedule subject to adjustment.

### Check all that apply:

I will attend on Saturday only. (Flat Day Use fee is \$120. Includes 3 meals, Ranch use and facilitators' fees.)

I have enclosed a **non-refundable deposit check for \$120** made out to "St. John's" with a "Women's Retreat" memo. *(Final cost will be based on the number of participants. Please plan to bring your checkbooks with you to the retreat. Estimated cost for the weekend is \$300 for double occupancy and \$450 for single occupancy.*

**No proration for one night stay is possible. Please consider attending for Saturday only.**  
*Partial and Full Scholarships are available. Contact Rev. Scott Denman to discuss.*

I would like to carpool on Friday.  Driver  Rider Approx. departure time from St. John's \_\_\_\_\_

I would like to carpool on Saturday.  Driver  Rider Approx. departure time from St. John's \_\_\_\_\_

I will be driving on my own.

My preferred roommate(s) is/are \_\_\_\_\_

I require ADA compliant facilities.

Any dietary restrictions? Y / N If "yes", please explain. \_\_\_\_\_

I want to schedule a massage. (Fees and gratuities are paid separately to masseuse.)

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We accept donations to support scholarships for participants. Your generosity is appreciated so all women of St. John's can participate in this very special experience. Yes, I will make a donation in the amount of \$ \_\_\_\_\_

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We have 25 beds, and will start a waiting list if needed. All accommodations are shared rooms – usually 2 people to a room.

Please return your registration to Anne Meyer – hand it to her or mail to 5023 Cochrane Avenue, Oakland, CA 94618

If you have questions after reading page 3, contact Anne Meyer at (415) 385-3225 or Laurie Bennett at 562-5666.

## **Exploring Perspectives: Honoring Me Space, We Space and Thee Space** **Andrea Bryck (morning) and Lisa Thorpe (afternoon)**

8:00 Breakfast in the Refectory

9:30 Opening Circle of Prayer and Introductions in the Swing Pavilion

10:00 **Honoring Me Space, We Space and Thee Space** with Andrea Bryck

We will venture out on a contemPLAYtive pilgrimage through the looking glass to explore the various lenses of perspective as powerful portals to different realities. Starting out where we are, we will look at our basic day-to-day orientations, our “Me-space,” noticing ourselves, each other and the things around us. Through guided visualizations and exercises we’ll then experiment, shifting our optics and observing experiences from different points-of-view. We’ll even take a look at looking– noticing how the eye of the beholder influences the scene.

We then will move out-of-bounds, beyond simple perspective taking and into the misty Mystic. Consciously releasing the confines of edges, separation, individual definition and identifications, we’ll melt into the non-dual perspective, where the seen and the seer becomes one, (single eyed and filled with light!) Emerging into an experience of the expansive, energized field around and within us, we’ll enter the realm of the ever-present presence, that dynamic dimension of collective “We-space” and even ecstatic “Thee-space.”

12:30 Lunch

1:30 Centering Circles to Bring Us Together with Lisa Thorpe

The afternoon session will include meditation and mandala making using crayons and watercolors. Each individual’s mandala will be combined, quilt fashion, to create one larger piece for display or use as a “frontal” which ever the group prefers.

4:00 Free time

6:00 Social half hour

6:30 Dinner

7:30 **Short final exercise with Andrea**

We’ll take a little time this evening to conclude the day’s conversation with an easy practice that can keep our “Spaces” open, lively, engaging, honest, and surprising – sometimes to ourselves as well as others!

Compline

*Andrea Bryck is an Intrafaith Spiritual Director, Bodyworker and life-long Artist. After decades as a Creative and Art Director in Advertising and Marketing, she now devotes herself to ContemPLAYtion, providing ‘supportive services for the inspired life.’ Andrea holds an MA in Creativity and Spirituality from Naropa University and a BFA from Carnegie-Mellon. A teacher/student of the mystical traditions of both East and West, she describes herself as ‘not orthodox anything but paradox everything!’ Andrea’s a founding member of Bay Area Integral, Unity of Berkeley, and past President of Pacific Center for Spiritual Formation.*

*Learn more about **Lisa Thorpe** at <http://www.lisathorpe.com/> and read her blog: <https://lisathorpeartist.wordpress.com/>*

## **ST. JOHN'S WOMEN'S LENTEN RETREAT, MARCH 1-3, 2019 at BISHOP'S RANCH**

We look forward to our annual weekend together at Bishop's Ranch where we will enjoy the beauty of the Healdsburg countryside in early spring and each other's company. *Bring stories of powerful women, miracles, and/or transformational events to share after dinner on Friday night.* We'll join St. George Chapel on Sunday morning at 9:30. The activities after chapel are weather dependent and may include hiking, art projects and sharing with each other.

We have the Ranch House this year for accommodations and the Swing Pavilion for Saturday's programs. Check in at the Ranch House upon your arrival on Friday and at the Refectory on Saturday. You will get your room assignment when you arrive. If you have not already indicated your roommate preference on the registration form, please let Anne Meyer know. No rooms are in Webb Lodge this year.

You are welcome to arrive early and enjoy the Ranch before our 6:30 dinner on Friday. Generally the common spaces are open in early afternoon, but the bedrooms may not be ready until around **3 or 4 p.m.**

We start Friday evening with a potluck dinner at 6:30 p.m. and a pre-dinner social time at 5:30 p.m. Please let us know if you will have dinner on your own and will arrive after the potluck.

We divide up tasks/roles among the participants over the weekend. Please look for the signup sheets in the registration area of the Ranch House. This is our retreat and flexibility is always a key component.

### **WHAT TO BRING**

#### **Food/Drink**

We need volunteers to bring food for Friday dinner. **If your last name begins with M-Z**, please bring potluck dishes for Friday dinner (main dishes, salads, sides, desserts). We always have an enormous feast, so please refrain from bringing a dish that feeds more than 8. There will be a maximum of 25 on Friday.

**If your last name begins with A-L**, please bring: healthy snacks (not too many tangerines!) and drinks/or wine/non-alcoholic drinks and hors d'oeuvres to share at the Saturday social time.

#### **Other things to bring:**

Bible, journal, writing materials, any books or games that you would like to share

Camera, flashlight, water bottle

Rain gear; layer clothing; rain boots/hiking shoes/boots

Earplugs

A full tank of gas!

Your checkbook to pay balance due (final amount will be determined at the retreat)

**Meal times:** Breakfast 8:00, Lunch 12:30, Dinner 6:30

For more info and directions to Bishop's Ranch, go to their website: <http://www.bishopsranch.org>

**Questions or suggestions?** Contact any member of your organizing team:

Laurie Bennett (lebennett1950z@gmail.com)

Anne Meyer (Anne.Meyer5023@gmail.com)