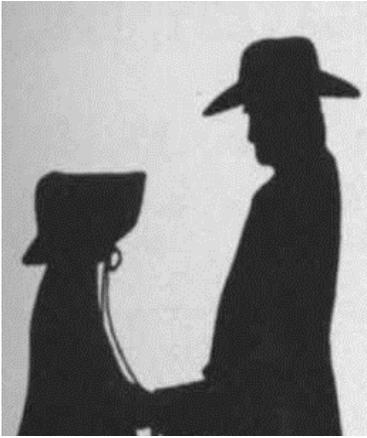


BEN LOMOND QUAKER CENTER invites you to...



**Speaking My Truth, Hearing Yours:
Nonviolent Communication
and Quakerism
with Dorothy Henderson
February 24-26**

*“When two people relate to each other authentically and humanly, God is the electricity that surges between them”
~Martin Buber*

We will engage the practice of Nonviolent Communication (NVC) to connect deeply with that of God in ourselves and to hear and connect with that of God in others. Practiced in countries around the world, NVC goes beyond conflict resolution, taking us to the heart of compassion while teaching us to more fully speak our truth and more clearly hear the truth of others.

My objective for this weekend is to share a powerful, deceptively simple tool that challenges us to fully engage with our belief as Quakers that there is that of God in all beings; including ourselves! I expect our time together to have the potential to make our practice of our faith more real and available.

How can I touch that of God within myself and really see it in others? How can I be present to another's pain in way that really helps them? How can I tell people what I really think in way that they can hear? How can I share concerns about a Friend's contribution during meeting or announcements? How can I bring more aliveness and more trust in spirit to my committee meetings? How can I stop pretending to listen to someone when I am really bored or irritated with what they are saying? These are the kinds of queries that arise when we try to live our faith. In this workshop we will learn and practice NVC by using real queries and situations from our lives. Bring your own queries and/or issues about how to live more authentically, effectively and compassionately as a Quaker in the world today. We will work with what we bring through exercises, small groups, dyads, and role plays.

ABOUT THE WORKSHOP LEADER:

Dorothy Henderson is the Head of School of the Woolman Semester School in Nevada City, California on 230 acres in the Sierra foothills. In the summer, the campus is also home to Sierra Friends Camp, Teen Leadership Camp, the Woolman Community Intern Program for college graduates and the renowned Woolman Family Work Camp. Dorothy has been learning, practicing and teaching Nonviolent Communication as taught by Marshall Rosenberg in this community for 8 years. She has also offered NVC workshops at FGC (and will be again this summer) and for individual groups over the years. She is a member of Grass Valley Friends Meeting and loves to share NVC with anyone who wants it.



TO REGISTER ONLINE, please detach a tab below.

Check in begins at 4:00 p.m. on Friday. The program begins with dinner at 6:00 PM and concludes about 2:30 PM on Sunday after final cleanup. We no longer require a deposit with your registration. We trust that you will "let your yay be yay" and join us for this program if you register. If you absolutely must cancel, please do so in ample time to save Quaker Center any loss with regard to food costs or having to turn away another participant if the program fills.

A NOTE ABOUT OUR SLIDING SCALE:

Comprehensive rate: The top of our scale covers all our costs. **(\$240/person).**

Standard rate: We hope most people will pay at least this amount. **(\$200/person)**

Special reduced rate: The bottom to our scale **(\$160/person).** No one is ever refused access to our programs because of lack of funds. Scholarship support is available; please ask if you are in need.

Register online for
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from Feb. 24-26 at
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