



Women and Men In Time: A Springtime Retreat

April 16-19, 2009

Facilitated by

NORINE CARDEA, SUSAN CERULEAN and VELMA FRYE

St. Francis Springs Prayer Center in Stoneville, North Carolina

In the bright and pleasant North Carolina springtime, we invite you to devote a few days to explore what is happening at this time on the Earth, at this time of the year, and at this time in your life. You will be guided by three experienced leaders -- a therapist, a writer, and a singer -- as you take this time in the company of supportive women and men.

Using stories, ritual, and incisive therapeutic tools, **Norine Cardea** offers a framework for hope and courage. Explore the unique gifts that you alone bring to our world, and access the clarity and strength to live your purpose more fully. When we are safe and truly seen, profound change is always possible.

Naturalist and writer **Susan Cerulean** guides you to deepen and integrate your work with Norine. Writing exercises help retrieve the stories you hold in your own body. On the beautiful grounds of St. Francis Springs Prayer Center, you will slow down and sharpen your senses, learning from the bioregion that holds us.

Woven throughout our time together, **Velma Frye** will lead sacred songs and chants, drawing from music she has composed, others' music, and chants we will improvise in the present moment. Singing spiritually inclusive lyrics, sacred pauses will be offered at various times: before dawn, dawn, mid-morning, noon, late afternoon, sunset, after dark.

WORKSHOP DETAILS

Where:	St. Francis Springs Prayer Center in Stoneville, North Carolina, near Greensboro	
Check-in:	Thursday, April 16, 2009	4 – 6 p.m.
Dinner:	Thursday, April 16, 2009	6 p.m.
Retreat begins:	Thursday, April 16, 2009	7 p.m.
Check-out:	Sunday, April 19	After lunch
Cost: \$475	Includes tuition, lodging in a double or triple room (singles avail.), and meals: Thursday dinner through Sunday lunch	

Secure a place by sending a non-refundable deposit of \$175 to Velma Frye at:
1507 Atapha Nene, Tallahassee, FL 32301 Balance (\$300) due April 2, 2009

For more information and to check on C.E.U.'s:

ncardea@comcast.net 850.224.8485, Ext. 1
www.susancerulean.com 850.216.2016
www.velmafrye.com 850.942.4849

www.stfrancissprings.com



“After my personal constellation work with Norine, I feel a healing between myself and the spirit of my mother. This is a great blessing for me.

Writing with Susan brought me deep into my soul’s memory and encouraged me to write from that place every day.

Velma’s music continues to remind me on a daily basis to pause in the sacredness of the day.”

-- W.S., workshop participant, 2008

“I look into my heart for the wisdom to live this day well.

Macrina Wiederkehr, Seven Sacred Pauses