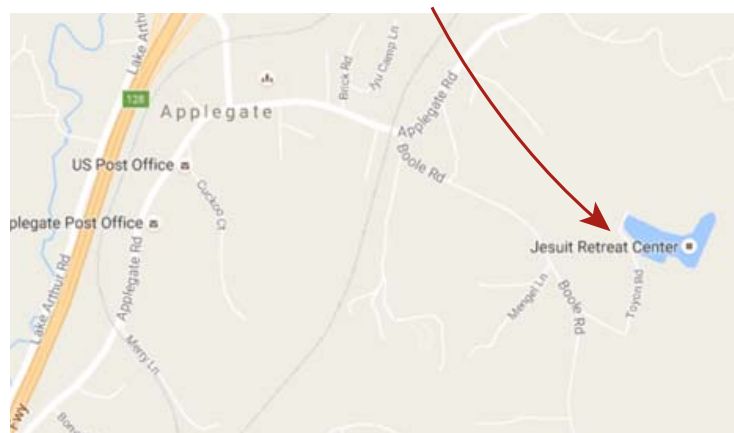




Back row, left to right: Susan Nye, Suzanne Grace Rolle, Rev. Maggie Buck, Pixie Dufour, Maryellen Haddock, Joy Day  
 Front, left to right: Rick Arnold, Peter Rolita  
 Inset: Barbara Bell

The Jesuit Retreat Center of the Sierra is located just off Interstate Highway 80 next to the village of Applegate (just 15 minutes above Auburn). Nestled in the foothills of California's historic Gold Country, the Retreat is situated on 350 acres covered with oak and pine trees. The area provides a natural environment for rest, reflection, and spiritual renewal.

1001 Boole Road, Applegate, CA 95703



## Second Annual FCSL Community Retreat at the Jesuit Retreat Center in Applegate

Friday and Saturday • September 15 & 16, 2017

Led by the Practitioner Core of  
 The Foothill Center for Spiritual Living, Auburn

All are welcome!

Workshops, meals, campfire circle, nature walks,  
 optional overnight, fellowship and fun.

We promise to send you home shifted and lifted!

Foothill Center for Spiritual Living • 530-823-6986 • [info@fcslliving.org](mailto:info@fcslliving.org)

## Cost:

The full package for a single person: \$150  
Includes Friday overnight with single bed in a shared three room, Friday dinner, Saturday breakfast/lunch/snacks and all workshops/activities.

The full package for a couple: \$300  
Includes Friday overnight in a private room, Friday dinner, Saturday breakfast/lunch/snacks and all workshops/activities.

Full Retreat without the Friday overnight: \$120  
Includes Friday dinner/activities, Saturday breakfast/lunch/snacks and all workshops/activities

Friday night only, without overnight: \$50  
Includes dinner and evening activities

Saturday only–full day pass: \$85  
Includes Saturday breakfast/lunch/snacks and all workshops/activities

### Advanced Registration/payment required by September 6th.

See registration form for details on overnight accommodations.

Please let us know when you register of any special dietary needs/requests.

## Schedule of Events

### FRIDAY

- |         |  |
|---------|--|
| 4:00 pm | Check -In  |
| 5:00 pm | Welcome and Intention Circle<br>(with Drum and Song)<br>(intro each other and the whole program) |
| 6:00 pm | Dinner   |
| 7:15 pm | Campfire Circle & Songs with Jon DuFour  |

### SATURDAY

- Meditation/Prayer Room always open
  - Massage/Reiki for stress relief and relaxation with Mark Berry (by donation, sign up for scheduled time) – throughout the day
  - Practitioners are available for private prayer as needed
- |         |  |
|---------|--|
| 6:30 am | Meditation with Rick Arnold              |
| 7:15 am | Gentle Chi Yoga with Suzanne Grace Rolle |
| 8:00 am | Breakfast in sacred silence              |
- Solo Nature Walk or Quiet Sitting
- |              |           |
|--------------|-----------|
| 9:30 - 11:30 | WORKSHOPS |
| Noon         | Lunch     |
- Solo Nature Walk or Quiet Sitting
- |             |                                   |
|-------------|-----------------------------------|
| 1:15 - 3:15 | WORKSHOPS                         |
| 3:30        | Gather for Closing at Fire Circle |
| 4:00        | Depart                            |

● = available throughout the day

## MORNING WORKSHOPS

9:30 - 11:30 am

### Quantum Process of Loving Yourself

#### Rev. Maggie Buck

This process anchors loving ourselves and releasing us from the past, which can open us to feeling Gods love. Are you ready to remove old beliefs, mistaken ideas of not being good enough; establishing a new pattern of thinking? “Change your thinking change your life!”

### Tapping into the Heart Chakra

#### Suzanne Grace Rolle, RScP

Anahata, the heart chakra is considered the midway point between Mother Earth and Father Sky. We will use ancient yogic wisdom techniques of breath and gentle movements to expand the heart energy, and the practices of forgiveness and gratitude to expand to compassion. Your Sacred Heart will smile. Each participant will create their own heart affirmation card to take home.

### Life Visioning

#### Joy Day, RScP

A step-by-step process for realizing your highest potential. Experience a simple but powerful process that will tap into the inner resources of your own being and release life energy regardless of your past or present circumstances.

## AFTERNOON WORKSHOPS

1:15 - 3:15 pm

### Prosperity Check-In Workshop

#### Richard Huston, RScP

Prosperity means different things to different people. In this workshop you will explore your personal prosperity, check in with your prosperity alignment, and do some experiential activities to lead you to a better awareness. Bring notebook, paper and pen.

### Pilates – Connecting your Mind to your Body

#### Maryellen Haddock, RScP

You are in charge! We will start with a short meditation, move on to Pilates breathing (yes, it is different), explore Pilates terms and positions, do some stretching and proceed to gentle, low key basic Pilates moves. No prior experience necessary.

### Hospice – End of Life

#### Peter Rolita, RScP

This workshop provides the opportunity for each person to choose how they provide friends and family with information about end of life and final wishes. This loving and caring preparation will bring peace and love into the experience of dying everyone involved in the transition. Bring pen and paper. POLST forms will be provided.