

# WRITING TO SET THE HEART AT REST

## A CIRCLE OF TRUST® RETREAT ON THE OCEAN

March 15-17, 2016  
Pawleys Island, South Carolina



**Writing is both mask and unveiling.**

~E. B. White~

**What happened to the writer is not what matters;  
what matters is the large sense  
that the writer is able to make of what happened.**

~Vivian Gornick~

A Circle of Trust ® Retreat offered by *still learning inc*

The more we care deeply about our work, our loved ones and our world, the more we need to take time to listen to our own hearts and renew our vitality. In this Circle of Trust® retreat, grounded in the philosophy of Parker J. Palmer, we will slow down and focus on finding and sustaining the courage to take our inner authentic selves into the outer world with integrity using writing and reading and yoga and other reflective opportunities, as well as the imaginative arts as tools for contemplative practice that allow us to feel more alive and awake, to name and claim what is life-giving, and to be more intentional about letting “the Beauty we love be what we do” (Rumi).

This retreat brings together Dr. Sara Sanders and Dr. Janet Files at the intersection of their work as national Circle of Trust facilitators and their experience as writing teachers. Sara and Janet invite participants to come with a sense of “beginner’s mind” to the retreat; whether you are a novice, “dormant”, or experienced writer or yoga practitioner, you already have all you need to fully participate.

**Don’t ask yourself what the world needs,  
ask yourself what makes you come alive,  
and then go do it.  
Because what the world needs  
is people who have come alive.**

~Howard Thurman~

This retreat will invite you to live into the questions, “What is life giving for me?” and “How can I move more fully toward what is life giving?” Participants tell us that the space we create in our Circle of Trust retreats can be transforming, and they long to hold onto those changes when they leave the retreat. ***Writing to Set the Heart at Rest*** can develop the potential to do just that! Janet and Sara offer in this reflective writing retreat both the chance to reflect deeply **and** ways to continue that reflection when the retreat ends. Once you have experienced writing and the imaginative arts in our time together as a way to explore what matters in your life and work, you will be given the tools to continue those explorations toward wholeness and inner vitality in Sara and Janet’s latest book *Writing Along the Möbius Strip: A Practice to Set the Heart at Rest*, 2nd edition (2016). This will allow you to create your own retreat space when you need it without leaving home.

**Your story is not the events of your life  
but how you interpret those events.**

~Jerome Bruner~

Writing can be a tool for putting aside what doesn't matter and becoming aware of what does, a tool for rest and reflection in the midst of the rich busy-ness where we live. Writing, exploring metaphors and resonant images can help us name and pay attention to our inner knowing as we look for answers to the questions that arise in our outer lives.

Writing can help us see our lives as a seamless moving from inner to outer. Sara and Janet will offer invitations to help us be more awake as we travel that journey, from inner wisdom to outer practice, from inner knowing to outer living, using the image of the Möbius strip to help illustrate that flow, as Parker Palmer writes in *A Hidden Wholeness*.

***“The mechanics of the Möbius strip are mysterious, but its message is clear: whatever is inside us continually flows outward to help form, or deform, the world—and whatever is outside us continually flows inward to help form, or deform, our lives. The Möbius strip is like life itself: here, ultimately, there is only one reality.”***

**--Parker J. Palmer, *A Hidden Wholeness***



Writing to “set the heart at rest” can deepen our ability to name what we carry within, what is alive in us, in a way that allows us be intentional about how we bring ourselves to our “being and doing” in the world. Naming allows us to live more intentionally and be more fully present to ourselves and available to others. Join us for this retreat in which we embrace living “out loud” as our authentic selves within the myriad roles we play in what poet Mary Oliver calls our “one wild and precious life.”

**There are thousands of thoughts lying within...  
that [one] does not know  
till [one] takes up the pen and writes.**

**~William Makepeace Thackeray~**

Fill your paper with the breathings of your heart.

~William Wordsworth~

## RETREAT LEADERSHIP

Dr. Janet Files and Dr. Sara Sanders offer in this retreat a quiet, open, and imaginative safe space—a circle of trust—in which the noise within us and around us can subside so that we can begin to hear and recognize our own wise inner voice. In large group, small group, and solitary settings, we will explore the intersection of our inner and outer lives, making creative use of stories, images and metaphors from our own journeys, as well as insights from poets and storytellers.

Sara and Janet have enjoyed collaborating for twenty-five years. National Circle of Trust® facilitators, they create workshops that combine writing with Parker Palmer's Circle of Trust principles for a variety of audiences including teachers and college students, hospice and palliative care practitioners, and spiritual communities. Janet currently serves as Literacy Specialist for the South Carolina State Department of Education, developing the leadership abilities of literacy coaches in public schools as well as continuing her Courage and Renewal retreats and writing projects. As a National Writing Project Director for twenty years at Coastal Carolina University, Janet developed the writing, teaching and leadership abilities of over 1,000 teachers and leaders. Janet is a certified yoga instructor who teaches classes in her Heart at Rest studio, offering a positive, adventurous practice to balance mental and emotional energies with the wisdom of the body. Sara is Distinguished Professor Emerita at Coastal Carolina University, a consulting medical humanist with the Palliative Care Team at Conway Medical Center, and a member of the summer faculty in the MATESOL program at St. Michael's College in Colchester, Vermont.



## WHERE and WHEN

The setting for the retreat will be the charming Sea View Inn ([www.seaviewinn.net](http://www.seaviewinn.net)), located on Pawleys Island, SC, one of the oldest summer resorts on the East Coast. The retreat will begin at 4:30 pm on Tuesday, March 15, and end with the mid-day meal on Thursday, March 17, 2015. It is possible to stay an extra night or two to continue to write and relax at specially discounted rates. Please inquire when registering if you are interested in this option.

## **COST**

Space is limited to 20 participants. Programs typically fill well before the deadline. The registration fee for this retreat is \$989 and includes EVERYTHING: all retreat fees, materials including Sara and Janet's newly revised book, *Writing the Set the Heart at Rest*, single room with private half-bath, wonderful Southern meals (hot breakfasts, dinner mid-day, and supper in the evenings!), generous coffee and tea breaks. Please mail your check to still learning, inc, with the attached registration form to Dr. Sally Z. Hare, still learning, inc, p o box 14028, Surfside Beach, SC 29587. Register by December 15th to take advantage of the early discount fee of \$850. Just indicate on registration form that you have met the qualifying deadline.

**For further information, please contact Dr. Sally Z. Hare, 843-238-9291, [couragetoteach@sc.rr.com](mailto:couragetoteach@sc.rr.com)**



still learning, inc.

**CIRCLE OF TRUST  
RETREAT APPLICATION  
WRITING TO SET THE HEART AT REST: RECLAIMING WHO WE ARE**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Numbers: H \_\_\_\_\_ W \_\_\_\_\_

E-mail \_\_\_\_\_

**Personal statement:** To help us discern how participating will both serve you and allow us to better plan the program, please include a personal statement (not more than two pages) with your registration:

- How you learned about this circle of trust retreat;
- Why you are interested in participating, and how you hope to benefit personally and/or professionally.

**Program costs:**

\_\_\_\_\_ \$989 My check made to *still learning, inc* is enclosed  
with this registration form and my personal statement

**Special Dietary Needs:** \_\_\_\_\_

**If you have any other special needs, please let us know as soon as possible, so that we can do our best to accommodate you.**

**To register send the registration form, personal statement, and your check payable to still learning, inc., to:**

Dr. Sally Z. Hare  
still learning, inc.  
P O Box 14028  
Surfside Beach, SC 29587

***SEE BROCHURE FOR EARLY REGISTRATION SPECIAL!***