

Dr. David Sadker

Dr. David Sadker is a Courage & Renewal facilitator, who teaches and writes in Tucson. Dr. Sadker has degrees from CCNY, Harvard University, and the University of Massachusetts, and is professor emeritus at The American University (Washington, DC). He has directed more than a dozen federal grants, authored seven books and more than seventy-five articles. David has been awarded two honorary doctorates, and was selected as one of the most influential Americans in Title IX history by the ACLU. As a Courage & Renewal facilitator, he helps people explore their inner landscape, bringing their role and soul into greater harmony.

<http://www.sadker.org/DavidSadker.html>

Courage & Renewal Session

David Sadker and Jaimie Leopold

Introduction to Courage & Renewal

Touchstones

The Mobius Strip

Reflection

Dyads

Closing Circle

Touchstones

adapted from Center for Courage & Renewal www.CourageRenewal.org

Extend and receive welcome: people learn best in hospitable spaces. We support each other's learning by giving and receiving hospitality. Value differences in others. Be aware of and let go of any tendency to judge, change, fix, or heal others.

Be present as fully as possible: Be here with your doubts, fears, failings as well as your convictions, joys and successes, your listening as well as your speaking. Be fully engaged & listen to what others are saying. Show empathy for others.

What is offered in this work if by invitation, not demand. This is not a "share or die" process! Listen to your own inner teacher. We invite you to participate and contribute in a way that matters to you.

Speak your truth in ways that respect other people's truth. Our views of reality may differ, but speaking one's truth doesn't mean interpreting, correcting or debating what others say. Speak from your own feelings, values, passions and experiences. Use "I" statements, trusting people to do their own sifting and winnowing.

No fixing, no changing, no saving, and no setting each other straight. This is one of the hardest guidelines for those of us in the "helping professions". But it is vital to welcoming each other's inner truth, to make space for the inner teacher.

Learn to respond to others with honest, open questions instead of counsel, corrections, etc. With such questions, we help "hear each other into deeper speech". Practice curiosity rather than debating, needing to be right, problem solving, advising, etc. The greatest marker of an open, honest question is that we can't possibly anticipate the answer.

When the going gets rough, turn to wonder. If you feel judgmental, or defensive, ask yourself, "I wonder what brought her to this belief?" "I wonder what he's feeling right now?" "I wonder what my reaction teaches me about myself?" Set aside judgment to listen to others – and to yourself – more deeply.

Attend to your own inner teacher. We learn from others, of course. But as we explore ideas and skills, we have a special opportunity to learn from within. So pay close attention to your own reactions and responses, to your most important teacher.

Trust and learn from the silence. Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filing in the space with words.

Observe deep confidentiality. Nothing said in our circles will ever be repeated to others. Respect each person and their story. Share your experience with no names or specific story sharing.

Focus on practice rather than mastery. In approaching new material, skills and our daily work, we can easily block our efforts with a deficit approach, such as being right or wrong, perfect or failure, etc. Be courageous to use a practice approach, viewing experiences, learning and refinement of skills for learning "who you are at this point in time". Apply a sense of acceptance, wonder, and respect in the exploration and learning – for yourself and with others.

Mobius Strip Reflections

1. Recall a time when you tried to “wall off” an inner truth in your personal and professional life? How did this help or hinder you? What were the consequences?
2. Recall a time when you allowed an inner truth to make an “on-stage” appearance. In what ways did it help or hinder you? What were the consequences?
3. How do you travel from behind the wall and on to the strip? What internal and/or external factors keep you in place or allow you to move?

Living Simply in Complex Times

An Introductory Courage and Renewal® Retreat

September 21, 2012 - September 23, 2012
Redemptorist Desert Renewal Center
7101 West Picture Rocks Road
Tucson, AZ

"...if we are willing to embrace the challenge of becoming whole...we cannot embrace that challenge all alone, at least, nor for long; we need trustworthy relationships to sustain us, tenacious communities of support, if we are to sustain the journey toward an undivided life.

...making an inner journey toward rejoining soul and role requires authentic relationships, a rare but real form of community that I call a "circle of trust."

-Parker J. Palmer, A Hidden Wholeness

We live in complex and uncertain times...and yet, we yearn for greater simplicity and truth. Those of us engaged in leadership, community service, teaching, and social change know the challenge of sustaining ourselves in arduous times, and the importance of renewing our commitment to deeply held values and beliefs.



This introductory, three-day, Courage and Renewal Retreat, based on the work of Parker J. Palmer and the Center for Courage and Renewal, responds to that yearning. Through the use of poetry, storytelling, reflection and mindfulness, we will create a circle of trust that enables us to grow both as individuals and as a community. Our retreat occurs during the Fall Equinox, a wonderful opportunity to explore the role of nature in our lives, to reflect and grow. Our skilled facilitators will create a quiet, safe, and supported environment — a Circle of Trust® — in which the noise within us and around us can subside, and we can begin to hear our own simple, inner voice. This retreat is open to all who wish to pause, refresh and renew.

Redemptorist Desert Renewal Center is located at Picture Rocks 10 miles northwest of Tucson, AZ in the beautiful and peaceful desert that offers a natural setting for renewal and reflection. We will begin at 5:00 pm on Friday, September 21, 2012 and conclude with lunch on Sunday.

RETREAT LEADERSHIP

Brian Arthur, M.A. worked with behavioral health and non-profit organizations for the past 18 years as a program evaluator and researcher at The University of Arizona and Arizona State University. He developed and evaluated programs with child welfare, substance abuse treatment and prevention, and HIV/AIDS service organizations. Brian is a Courage and Renewal® Facilitator prepared by the Center for Courage and Renewal.

Jaimie Leopold, M.A. is the Executive Director at Susan G. Komen for the Cure, Southern Arizona. Ms. Leopold has worked for over 30 years with people in education, social services, business, government and grassroots communities. In all aspects of her consulting work she is committed to facilitating the healthy development of children, youth, families, organizations and communities. Jaimie Leopold is a Courage and Renewal® Facilitator prepared by the Center for Courage and Renewal.

David Sadker, Ed. D. is professor emeritus at American University, and author of 7 books and more than 70 articles on education and equity. David lives in Tucson where he is a writer, an adjunct professor at the University of Arizona, and a life-long advocate for equality. As a Courage and Renewal® facilitator prepared by the Center for Courage and Renewal, David offers retreats that encourage people to explore their inner landscape, bringing their role and soul into greater harmony.

LOCATION AND COST

The program venue is Redemptorist Desert Renewal Center (www.desertrenewal.org). Space is limited to 20 participants, and retreats typically fill well before the deadline. You will receive information and directions upon acceptance of your registration.

There are three payment options for the retreat:

- \$346 for a single room, meals, and materials;
- \$328 for a shared room, meals, and materials;
- \$284 for meals and materials only, no lodging.

Limited funds are available for partial scholarships based on demonstrated financial need. Please contact Brian Arthur directly for scholarship information.

To register and pay by credit card, go to <http://www.eventbrite.com/event/xxxxxxx>

To pay by check, please send payment to:
Brian Arthur, 5104 E Circulo Las Cabanas, Tucson, AZ 857

Registration deadline August 20, 2012.

A non-refundable deposit of \$50.00 will reserve your place for the retreat

For further information contact:

Brian Arthur, 602-399-2821, brianarthur2009@gmail.com

