

I believe in all that has never yet been spoken,

I want to free what waits within me

So that what no one has dared to wish for

May for once spring clear

Without my contriving.

Rainer Marie Rilke



Personal Growth & Emotional Healing -- a Shalom Retreat

with

Karen James-Abra & Pat Parisi

November 20-23, 2008

A Shalom Retreat ... is an intensive personal and spiritual growth experience set within a loving and supportive community. Shalom Retreats are based on what the great teachers have shared about love: More than anything else, we long to love and be loved. Love is a gift. Love is not time-bound. Love is a response to need.

A Shalom Retreat is a way to look compassionately at yourself and your life. Through this loving lens, you can look at a variety of issues, including depression, abuse, trauma, fear, anger, pain, grief, betrayal, expanded spiritual states ... or as the poem suggests "to instruct myself over and over in joy".

In the open and safe space created by community, we practice intentional loving. This is where people can take up their lives to express themselves with integrity, creativity, power and passion. A variety of techniques are used (e.g. role playing, guided imagination, primal therapy, Gestalt and bioenergetics) as a means for releasing and transforming underlying emotions so that one's passion for life may be felt and expressed more fully.

To register:

The fee of \$450 includes all meals, accommodation and tuition. The retreat will be held at the Glen Tara Centre (see below). Directions to the retreat centre will be provided on registration.

Send a deposit of \$125, and make your cheque payable to
Rekindled Relations

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Rekindled Relations

Mail cheques to 153 Huron St., Stratford, ON, N5A 5S9

Deadline: November 7, 2008

For more information: Please contact Karen at

(519) 275-2187 or karen.jamesabra@gmail.com



Karen James-Abra works out of her life experiences as mother, partner, therapist and pastor. She holds graduate degrees in counseling psychology as well as divinity and is a registered social worker and marriage and family therapist. She has been in private practice since 1995 and has been leading Shalom Retreats since 2003. She is passionate about creating healing, consciousness-raising experiences in the context of loving community.



Pat Parisi is a counselor, retreat and process leader, with graduate degrees in adult education and counseling. Pat has been leading retreats and workshops since 1996 and has been in private practice since 2002. Pat is a student of American Zen Master Genpo Roshi (www.genpo.org), an aspiring meditation teacher and an avid student of the Dharma. Pat is waking up and calls people to their own awakening, and that of the planet's. Pat shares her life with her husband, Alistair MacMartin, on Shalom Mountain.
www.shalommountain.com



Glen Tara Centre --near Mount Forest, Ontario. Located in a rural setting of quiet beauty near Mount Forest, Ontario the Glen Tara Centre offers a versatile venue for a wide range of activities. The facilities include a modern, spacious well-furnished and decorated house (comfortably sleeps 12 -15 people) with a fully equipped kitchen, bathrooms with showers, laundry facilities, dining room, upper and lower level activity areas.
www.glentaracentre.ca