

JOURNAL RETREAT

JOURNAL TO INNER FREEDOM

Part 1 – March 22-24, 2020

Part 2 – March 24-26, 2020

Maria Linden, 2735 W. Greenfield Ave., Milwaukee, WI 53215

The name, **JOURNAL TO INNER FREEDOM**, reflects the goal of writing from the quiet center: to uncover within ourselves an inner freedom which we did not know we possess. As we discover the hidden resources deep within us, we also find ways to free ourselves of the chains of past destructive behaviors and to learn from the "mistakes" of life. We begin to see that all the material of our life is a rich, exciting learning ground and fertile soil for new, creative works. As this occurs, we find ourselves more and more inwardly free and truly ourselves. By writing from the *Quiet Center* we are able to follow our *Inner Guidance* and do the deep inner work our lives require.

Cost:

Part I only: \$225.00 includes meals and 3 nights in shared room. (Saturday night included)

Whole retreat: \$425.00 includes meals and 6 nights in share room. (Sat. and Thurs. nights included)

Limited single rooms available at extra cost.

Commuters

Part I only: \$85.00 includes meals

Whole retreat: \$170.00 includes meals

Space Limited

Presenter:

School Sisters of St. Francis Associate, Faye Schwelitz, PsyD has led Journal Workshops in many places in the U.S. (among them federal prisons) as well as in Australia and Ireland. Ira Progoff was Faye's teacher and she bases her approach, *Journal to Inner Freedom*, on his intensive Journal method.

Retreat Format:

Part 1: **Entering the Quiet**
March 22 – March 24 (noon)

Part 2: **Deepening in the Quiet**
March 24 (noon) – March 26
Open only to those who have completed Part 1

Schedule:

Sunday, March 22
8:00 a.m. Registration

The schedule for Sunday and the rest of the retreat:

8:30 – 12:00	Session
12:00 – 1:30	Lunch and break
1:30 – 4:30	Session

Registration Form

\$50.00 nonrefundable deposit

Name: _____

Email: _____

Phone #: _____

Address: _____

Overnight Stay: ☐ Part 1 ☐ Whole Retreat

Amount Enclosed: _____

Commuters: ☐ Part 1 ☐ Whole Retreat

~Deadline February 15, 2020~

Make checks payable to Faye Schwelitz and send to 2735 W. Greenfield Ave # 408, Milwaukee, WI 53215-1963. **Any questions** contact Faye at 414-988-6007 or fschwelitz@aol.com