

Looking Within, Living Without:



A Call to a Personal Renewal

A personal renewal is ...

a gift of time and space for us to pause, slow down and connect with what's truly important to us. It is a time for us to be silent at times, to reflect, and to enter into searching conversations with others at an unhurried pace, and in a safe and inviting environment.

Renewal is the process of intentionally choosing long-term practices that provide more nurturance and development of our physical, intellectual, emotional and spiritual dimensions (P.I.E.S.).

Renewal offers us the opportunity to be more aware of who we are and to make intentional choices to take better care of our P.I.E.S. The intentional choices that we make will allow us to live a life that is authentic and whole.

What will you be invited into ?

You will be invited into a variety of experiences that include silence, music, journalling, drawing, kinesthetic activities, conversation and solitude. All these are designed to awaken, affirm, challenge and make you more aware of your needs. You will be able to decide and choose which of these activities best meet your needs.

The outcomes of a renewal experience are unique for each person. For some people, it could be a deeper self-understanding; for others, it may be an awareness that one is not caring for oneself. Such new awareness may bring joy to some and discomfort to others.

What does the renewal experience look like?

Renewal is a developmental journey over a substantial period of time. It requires a willingness to set aside time to practise in order to build capacity to take care of ourselves.

You are first invited to a 2-day residential experience. Following this, there will be several 1-day Renewal Reconnect (RR) sessions offered at regular monthly or bi-monthly intervals. You are invited to sign up for as many of these reconnect sessions as you choose so as to experience more fully the renewal rhythms and practices.