

# Nonviolence in the mainstream: The daily practice of peace

## Non-Residential Retreat

As individuals on a journey towards a sustainable practice of peace and nonviolence, we are seeking wholeness. We need to know who we are and how the dominant culture into which we were born shapes and conditions us. Sustainable spiritual growth requires the integration of the inner and outer journeys. Throughout the week, our conversation will alternatively focus on the inner and outer concerns around developing a nonviolent foundation for living.

The overall context of the work is the Christ story. The facilitators work intentionally in an experiential, non-dogmatic way and draw on a wide variety of resources, metaphors and stories.

We welcome and include people of any age, occupation, faith-community or none. Living nonviolently is supported by a living faith in the divine, and a belief that a sacred presence resides in the hearts of all people.

## The Rhythm of our Time

We will gather on the Monday morning to begin our journey together.

The daily rhythm will include time for: prayer, worship, meditation, journaling, artistic creation, silence, small and large group sharing and input presentations. We will end each day sharing an evening meal in order to debrief the day's learning.

Four core themes, around which the process of the retreat will flow, are:

- Knowing myself and my place in the cosmos
- Dominant cultural myths outer and inner
- Jesus and a strategic nonviolent alternative
- Skills for nonviolent living

## The Details

**Where** - Kingston House, 5 Cameron Avenue, Kingston Park, South Australia (18 km South of Adelaide).

**Times** - Monday July 13<sup>th</sup> - Thursday July 16<sup>th</sup> , 9am-7pm. Friday July 17<sup>th</sup>, 9am-3pm.

**Costs** - Includes program fees and all meals (includes dinner Mon-Thurs).

**Early Bird Rates** (up to 31 May 09):

- Corporate = \$770
- Individual = \$550

**Regular Rates** (from 1 June 09 onwards):

- Corporate = \$880
- Individual = \$660

If any individual finds the suggested costs might present an issue, please contact us to discuss.

## The Venue

Kingston House sits on a spectacular location overlooking St. Vincent's Gulf in a beachside suburb 18kms south of Adelaide. The surrounding area is of special significance in the Tjibruke dreamtime story of the local Kurna people. The cosy charm of the house, together with the ocean views, scenic walks and spiritual significance of the area make it an ideal place for the program.

Accommodation options are available at a beachside caravan park beside the House [www.brightoncaravanpark.com.au](http://www.brightoncaravanpark.com.au) or the nearby Espalande Hotel [www.esplanadehotel.com.au](http://www.esplanadehotel.com.au) Please contact Greg (below) for further information

## Questions?

Greg Bowyer 042 853 8599  
[greg.bowyer@ceo.adl.catholic.edu.au](mailto:greg.bowyer@ceo.adl.catholic.edu.au)

Brendan McKeague 042-944-8090  
[mckeague@iprimus.com.au](mailto:mckeague@iprimus.com.au)



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The more we are equipped with the vision and skills of nonviolence, the more capacity we have to sustain a commitment to the daily practice of peace in our lives.

Every day people face the challenge and consequences of



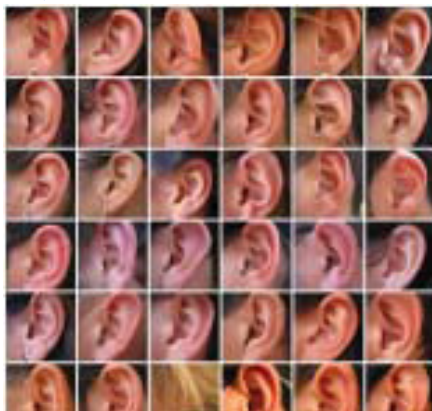
violence and injustice. Some people confront violence with

violence. Others remain passive. Neither approach is sustainable.

Each often fail to address the root causes of violence or stop the cycle of destruction, resentment, and retaliation that violence and injustice create.

An alternative approach is **active nonviolence**, a creative and

**active power** for justice that uses neither violence nor passivity.



People use nonviolence to challenge personal, interpersonal, and social patterns of violence. Creating a nonviolent world for ourselves, for our families and for our communities challenges each of us to become purposeful leaders with clear intentions.

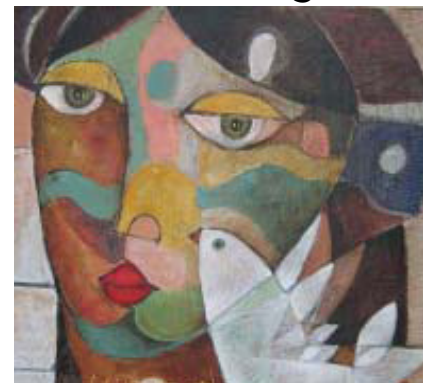
*A leader is someone with the power to project either shadow or light onto some part of the world and onto the lives of the people who dwell there...*

*a good leader is intensely aware of the interplay of inner shadow and light, lest the act of leadership do more harm than good*

(Palmer, P. 2000, *The Courage To Teach*, pg 79)

The ongoing journey inward nurtures and sustains our growth

in active non-violence and thereby enables a more powerful engagement in the transformation of the world around us.



On this retreat we intend to create space for anyone who is passionate about nonviolence regardless of background, beliefs or current skill level.

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## Registration Form and Tax Invoice

(ABN: 793 818 036 70)

(Please Print)

Workshop  
Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Post Code \_\_\_\_\_

Telephone (daytime) \_\_\_\_\_

(evenings) \_\_\_\_\_

Email \_\_\_\_\_

Personal Requirements (ie food, transfers to/from Adelaide airport)

### Payment Options

Please send a **non-refundable deposit of \$110.00 (GST included)** with this registration form (or full payment) to:

1) B McKeague, 25 Halley Street, Innaloo, WA 6018, or

2) EFT to Commonwealth Bank, 066-179 Account No: 10335192, reference ADEL and SURNAME

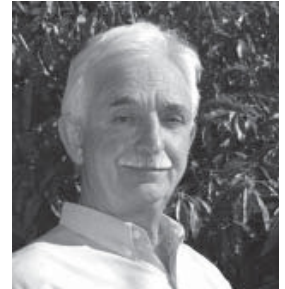
The **balance is payable on arrival** at the retreat.

## Facilitators

### Brendan McKeague

grew up in the 'troubled' north of Ireland and is currently an Associate Staff Member with the international Pace E Bene Nonviolence Service ([www.paceebene.org](http://www.paceebene.org)).

Brendan has been involved in adult education, group facilitation and nonviolent social transformation for the past twenty-five years. He enjoys combining his Irish spirit with a passion for peace.



### George E. Trippe

has had a focus on the dialogue between Jungian psychology and Christian spirituality. He functions in private practice in which he offers psychotherapy, counseling, spiritual

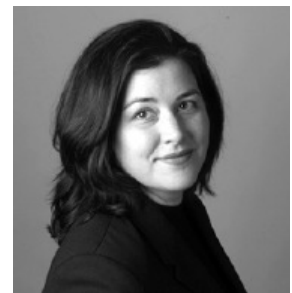
direction and professional supervision. He also works as an artist. George has over 45 years experience in inner work, and has worked extensively with dreams and active imagination.



### Stacie Chappell

lectures and studies at the UWA Business School, and facilitates learning in the areas of leadership, ethics and corporate social responsibility. She

brings over 20 years of experience in the design and delivery of leadership programs. Stacie's specific interests include the role of ego-development and emotional intelligence in leveraging leadership effectiveness.



*This event is an intentional contribution to the growing global movement that seeks to cultivate a culture of nonviolence.*