

Molly Duplisea-Palmer
April 16-18, 2010

HOLES AND WHOLENESS

a journaling retreat

What is wonderful in my life? * What am I lacking in my life?

This is an opportunity to explore through writing the holes and wholeness in our current lives. Out of the safety of the group we will explore our disappointments and our celebrations, writing from our hearts. With opportunities to share our writing (always optional), we may find additional support in the deep listening within the group.

Bring writing supplies and also your favorite art supplies for our Saturday afternoon adventure. Molly welcomes both experienced journal keepers and newcomers to this weekend.

NOTE: Limited to 15 participants, this retreat will run concurrently with "Intentional Living, Mindful Dying."

Molly Duplisea-Palmer is a seasoned Friend and retired teacher from Stetson, Maine. She is an enthusiastic journal writer and has facilitated others' writing for many years. Molly has been offering her popular programs at Woolman Hill for over two decades.

Bonnie Zimmer



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