

Registration Form

Name: _____

Address: _____

City/State/Zip _____

Phone: _____

E-mail: _____

Retreat Fees: (Circle choice)

\$690 Entire Retreat: tuition, journal, overnight accommodations and meals. (Sharing room: \$640)

\$360 Part 1: tuition, journal, overnight accommodations and meals. (Sharing room: \$340)

\$470 Entire fee for commuter: tuition, journal, and meals except breakfast.

\$250 Commuter's fee for Part 1: tuition, journal, and meals, except breakfast.

Please send **deposit** of **\$150** by **July 1** to:
Faye Schwelitz
3594 Sequoia Dr.
Beavercreek, OH 45431

Make checks payable to: Faye Schwelitz

For any questions or concerns
call 937-431-8281 or
e-mail FSchwelitz@aol.com

Marillac Center, a retreat and spirituality center established by the Sisters of Charity of Leavenworth, is an ideal place for the deep inner work asked of those who participate in this writing retreat. The Sister's aim is to share their holy ground with those who seek to grow spiritually. Marillac Center is located on a 145-acre campus with walkways, lovely fountains, and natural landscaping. This modern facility has bedrooms with a private bath available for overnight accommodations. Fully equipped kitchens are located near the bedrooms. An exercise and spa area with a jet swim pool is also available to retreatants.

For more information on Marillac Center, please visit our web site at www.MarillacCenter.org or call (913) 758-6552

Journey to Inner Freedom Retreat Writing from the Quiet Center



July 20—July 25, 2009

Facilitated by Faye Schwelitz, Phd, PsyD



Marillac Center
4200 S. 4th Street
Leavenworth, KS 66048
www.MarillacCenter.org
(913) 758-6552

Overview

The name, JOURNEY 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.



Development of Journey to Inner Freedom Writing

Journey to Inner Freedom is the name given by Dr. Faye Schwelitz to the writing workbook and facilitation method used in writing workshops and retreats. Faye, who holds doctorates in both biology and psychology as well as training in spiritual direction, has always been interested in the mind, body, spirit connection and integration. She has found journaling a powerful tool in bringing about this integration.

In 1976 she was introduced to the *Intensive Journal* by Dr. Ira Progoff and under him became a journal leader in 1978. For many years (until 2006) Dr. Schwelitz gave *Intensive Journal* workshops across the country and in Australia. During the past 5 years she has been giving journaling workshops to groups of inmates at the Federal Prison in Leavenworth, KS. Drawing on this past rather extensive experience in compiling the Journey to Inner Freedom workbook, Faye sought a workbook format that was easier and less complex to use, especially in the early stages of writing. Dr. Schwelitz considers Ira Progoff her mentor and teacher whose philosophy and work continues to guide her. However, in the compilation of the writing notebook and way of facilitation, she not only draws on Progoff's work as described in his book, At a Journal Workshop, but other sources as well as her own unique contributions.

Retreat Format

The Retreat is divided into two parts:
1: Entering the Quiet: July 20-22
2: Deepening in the Quiet: July 23-25

Options for Participants

Participants may chose to take only **Part 1**. However, **only those who take Part 1 may also take Part 2**.

Schedule

Monday, July 20

1:30 PM: Registration
2:00-5:00 PM: Session
5:15 PM Supper
7:00-8:30 Evening Session

Tuesday, July 21

8:30 AM -12 PM: Session
12:15 Dinner
2-5 PM Session
5:15 PM Supper
7-8 PM Session

Wednesday, July 22

Same as Tuesday except no Evening Session: End of Part I

Thursday, July 23

Same as Tuesday

Friday, July 24

Same as Wednesday

Saturday, July 25

8:30—12 PM: Session
12 PM Departure