

August 2018 Global Intercultural Network Retreat

(Wednesday August 8th, 5 pm - Monday August 13th, noon)

Location: Clear Lake & Des Moines, Iowa

Theme: Global Intercultural Dynamics.

Every region of the U.S has historical cultural influences and more recent cultural influences that contribute to the intercultural dynamics in a given location. What are some of the unique historical and contemporary forces which shape the cultural undercurrents for Clear Lake and Des Moines, Iowa? What traditions persist from the early native peoples and waves of immigrants from northern Europe such as the Dutch (visibly evident in Pella) and the German (visibly evident in the Amana Colonies). How have more recent waves of immigration and intentional efforts to bring refugees to Iowa (under Governor Ray) and to celebrate their contributions shaped intercultural dynamics in this area?

While in Clear Lake, we will nourish each of our capacity to live out our intercultural beliefs and values through a series of workshops, spiritual and creative exploration, meals of place, outdoor activities and deep sharing of who we are as intercultural people.

While in Des Moines, we aspire to pivot towards having global intercultural learning opportunities through community outings (i.e. World Food Prize, Farmers Market) and meals of place as well as gatherings that include active listening and learning with new acquaintances from different cultures who have come to Des Moines.

Suggestions In Preparation for the Retreat.

- Read the Preface and Introduction to “The Good Governor” to learn a bit about the intentional efforts and intercultural dynamics related to refugee resettlement.
- Update your Global Intercultural Narrative and select a passage which conveys an intercultural relationship which has had a significant impact upon you. Be prepared to share this experience with the full group during our opening evening.
- Download the free application Smart Recorder from Apple Store (for Iphone) or Google play (for androids) onto your smartphone.
- Locate copies of the recipe(s) and any particularly hard to find spices or sauce ingredients for the meal(s) you are taking the lead in cooking for the group.

Personal Items to be sure to pack.

- Bring a meaningful item that symbolizes your intention for intercultural growth to add to the centerpiece for our evening circle gatherings.
- Bring along songbook, music, journal, art pad for expressing yourself.
- Bring along the recipes, hard to find spices or sauces for your lead meals.
- Bring washcloth and hand towel, (bath and beach towels will be provided) clothes, swimming suit, walking/hiking shoes
- Critical medicines, insurance information, medical professional contact information.
- Tai Chi will be practiced in the grass. If you aren't comfortable with barefoot practice, you could bring footie socks or ballet slippers (no flip flops)

Arrival into either Minneapolis, MN or Des Moines, IA (approx 4 hrs apart)

-- Clear Lake is halfway between Minneapolis and Des Moines.

Optimal Flight Arrival time (either location) is prior to 4pm.

Opening of Retreat between 5 and 6:00 in Clear Lake.

Addresses and Driving Directions:

Participants Contact Information

Dietary Restrictions / Allergies / Critical Medications or Medical Information.

Emergency Contacts:

Proposed Schedule

Day One: Wednesday, August 8:

5:00 – 7:00 pm -- Opening Dinner -- [Lead Chef Carole Ann -Lebanese or Italian]

7:00 – 9:00 pm -- Opening Session

Our Spirit of Entry and Intention Setting for our Time Together [Leads - Christa & Adele]

- Our Mission: We gather to share our intercultural journeys, to advance our well-being and creative expression, and to support each other in facilitating intercultural engagement in our families and communities.
- Setting of Intention.
- Song of Welcome (10 -15 minutes) Adele

The Transformative Potential of Global Intercultural Relationships

-- [Lead Facilitators – Nathalie/Katharine]

This follow-up on our Global Intercultural Narratives is intended to offer another opportunity to share from your narrative with the more specific focus of sharing about an intercultural relationship which has had a significant impact upon you and your development as an intercultural person. Instead or in addition, write about questions 4 and 5 of the interview below. We encourage focussing on recent or current intercultural experiences in order to reflect on these experiences the most wisely.

Setting the Space

- Shall we be seated so we can see and hear each other.
- Shall we place a significant object in the middle to remind us we are setting our words down in neutral space. Nobody has to pick them up; we can listen without agreeing.
- Shall we adopt a few simple agreements.
 - The narrative belongs to the speaker and will not be shared without permission.
 - We will practice listening to each other with curiosity rather than judgement
 - We will take responsibility to ask for what we need and offer what we can;
 - We will pause from time to time to take a breath, recenter ourselves, call ourselves back to our intention
- Our intention is to bear witness to the stories of defining events in our lives that have been at the core of our “intercultural journey -- in all of our diversity.
- Our time together has a defined beginning, middle and end. We know when we are in the heightened attentiveness of listening and when we are relaxing together.

Each member is invited to read the passage from their Global Intercultural Narrative which they will have prepared in advance of the retreat. Prompt questions can be found below under oral histories. to help stimulate your thinking and writing. Each member is asked to be prepared to share up to 10 minutes.

Day 2 Thursday August 9 Clear Lake

7:00 am Early Morning Spiritual Practices -- Morning Tea followed by Yoga / Mind-Body (led by Carol Jean)

8:00 - 9:00 Morning Meal [Adele - Scandinavian]

9:00 - 9:15 Morning Song , with a few vocal warm-ups, 15 minutes - Adele

9:15 - 12:00 Morning Workshop: "The Invitation"

The Practice of Listening and Guiding another in the Telling of their Intercultural Journey.

Framing the Workshop (9:15 - 10:00)

I. During our last retreat we experimented with writing as a mode for capturing and sharing our global intercultural journeys. We also explored art and music as modes for expression. During hour virtual calls over the year, we revisited these modes of expression and begin to imagine how these modes as well as the dramatic arts might be intentionally used for enhancing global intercultural learning. We hope this summer to experiment with dramatic art as a mode for capturing and conveying what it means to be global intercultural people

Last night we opened our retreat again drawing from our written intercultural narratives about relationships that have significantly shaped our understanding of ourselves as intercultural people. We examined....

This morning, we want to shift to another modality for intercultural expression -- that of listening - of inviting another person to reflect and share deeply of themselves. Through deep listening we open ourselves to be changed. But this is not something that comes naturally, rather it is one that merits practice and refinement.

We have adapted the questions that we have drawn upon in the past to prompt our introspective, reflective global intercultural writing to an interview -- dialogic format. Interviews are commonly used by ethnographers to capture oral histories, in many cases from individuals who otherwise may not have had the opportunity or the means to convey their stories.

While in Clear Lake we are together in the intimacy and familiarity of our GInC. When we shift to Des Moines over the weekend, we will also be shifting from our intentional introspection to a more outward opening to others who are new to us. So, it feels appropriate to practice and refine the art of listening and if we are so inspired when we get together with new friends we may want to try out these newly practiced skills in extending ourselves and inviting others to share with us and to be changed through the sharing.

II. Overview of Interview Techniques. The following interview techniques have been adapted from the Mother/Daughter oral interview project developed by dear Women's Studies colleagues -- Drs. Rubin and Friedensohn -- who were mentors to Christa when she taught Women's Studies at New Jersey City University about 20 years ago. Christa guided students in the use of these techniques for the Women's Lives course she taught as students interviewed their mothers and brought these amazing stories into the classroom for us to learn together about the Mother daughter relationship. Much like the women's movement drew upon several techniques to raise people's consciousness about women's lives, we can, I believe use similar techniques to raise people's consciousness about what it means to be global intercultural people.

- Make arrangements in advance for the interview. Be sure the time is good for both parties.
- If you are going to record the interview, ensure the equipment is working before you begin.
- (Rather than using a recorder, refer above to applications like "Smart Recorder) available for smart phones which allow you to record and share a audio file onto Google Docs.
- Before beginning to record, talk informally for a few minutes. Try to make the person you are interviewing feel at ease --- One approach you might consider is asking them to share their name and how it is meaningful to them.
- Put your signature on the recording as you begin... "This is Christa Lee Olson and I am interviewing >>>> . I just learned that her/his name means....
- Note the date, where you are meeting and the general context for your conversation... located, "We are sitting at the >>>> in Des Moines, Iowa. It is August It's beautiful outside and we have...
- Be patient. Try not to interrupt. Remember that the subject is the one being interviewed; it's their story that you are trying to capture and not your own. Do not launch into your own stories ... you are there it lean into and really hear the story of the person you are interviewing.
- Be attentive. Interviewing, especially an intercultural interview, requires more concentration than an ordinary conversation. Pay attention to details; be sensitive to phrasing and language. If your subject is not understanding the question, rephrase it; ask it more simply. The word "why" or the expression "can you tell me more" often elicits useful information.
- Ask only question at a time, more may confuse the subject. If an important question comes to mind while the subject is speaking, write it down and ask it when you get an opening. Don't interrupt your subject's flow of thoughts or memories.
- An interview should not continue for more than two hours. Both you and your subject will tire and lose concentration.
- Don't show the questions in advance. Spontaneous responses are usually more telling than overly calculated one. Also a warm, supportive tone may encourage the subject to talk about matters he or she might otherwise consider "difficult", "painful" "awkward" or "inappropriate"
- Don't lead the respondent or try to put words in her mouth. Allow the respondent to tell her or his story in their own style and language (if possible).

Song Break: 5 Minutes 10:00-10:05 with Adele

III. Practicing with Interviewing. (10:05 - 11:00)

-- Pair Off and find a comfortable place to settle in for an interview session.

-- Begin by testing your recording with the Opening Preamble --What's in a Name.

-- Then decide who is going to try the role of "Active Listening" first and select a two or three parts from the five stages of our journey below to focus on.

-- After about 40 minutes of active listening, take a few minutes of quiet time independent time to reflect and write about your experience of listening if you are interviewing or of answering questions if you were the subject.

-- Be prepared to report on your experiences to the full group.

a) What was it like to actively listen for this extended period of time?

What reflections do you have on the meaning of what you heard?

b) What was it like to be heard?

What discoveries occurred to you as you were sharing?

Preamble to the Interview -- What is your full name? How is each part of your name meaningful to you? -- Use of the term Intercultural...

Part 1: Early Life -- Family of Origin.

- 1) What would you consider your culture(s) of origin? What do you know about the cultural origins of your parents? Through what family or community traditions were these origins made evident? Can you share a story about one of these traditions and how it is meaningful to you?
- 2) What kinds of expectations did your parents have of you as you were growing up? What kind of person did your parents want you to be? Were there other members of your family who were particularly important in shaping your sense of self as you were growing?

Part 2: Our Early Friends, Neighbors and other Community members.

- 1) Who were your best friends as you were growing up? Where were they from? Did they have any cultural traditions or practices that were different from your families' traditions or practices? Can you tell a story about how they shared this practice with you and its impact upon you?
- 2) What are your earliest memories of engaging with another person who was notably different from you -- perhaps because they or their parents were from another community, state or country. Tell a story about one of your experiences together and how it impacted the two of you.

Part 3: Mentors on your journey.

- 1) If you were to create a list of those people who planted "seeds of curiosity" about other places in the world or introduced you to different ways of thinking and doing things who would be on your list? Why? Can you pick one or two and tell a story about which illustrates who they have impacted you and your thinking?

Part 4: Critical Junctures and Our Adopted Culture(s)

- 1) What one or more cultures, other than your culture of origin do you feel you understand well? How did you develop this understanding of this culture? Who helped you gain that understanding? How did they help you?
- 2) If you have intentionally immersed yourself in another culture other than your culture of origin, what was this experience like? Can you share a story that illustrates how this experience impacted you? Have you incorporated practices from that culture into your life?
- 3) What other culture have you always been interested in learning more about? Why?

Part 5: Who are we as intercultural people in our adults lives?

- 1) Think about the diverse spheres that you inhabit in your daily lives. (Neighborhoods, Schools, Work environments, places of worship, entertainment, gyms/clubs/organizations). What are the cultural backgrounds of the people in each of these spheres?
- 2) What intercultural experiences do you have moving through your daily life which impact your thinking or ways of doing things? Can you share an example of an intercultural misfire or misunderstanding? Can you think of another intercultural engagement that may have been initially dissonant but resulted in significant intercultural growth and learning?
- 3) Given the opportunity, what intercultural connection would you like to deepen? Why?

IV. Debrief in Full Group (11:00 - 11:30)

- b) What was it like to actively listen for this extended period of time?
What reflections do you have on the meaning of what you heard?*
- b) What was it like to be heard?
What discoveries occurred to you as you were sharing?*

V. Meta Review -- Adaptations for Next Round (11:30-11:50)

**What questions worked particularly well? Which ones did not work very well?
What additional questions came up during your session that would be good to add to the list of questions.**

Mid-Day Song : 11:50-12:05 with Adele

12:05 - 2:00 Lunch Meal [Meal at Restaurant and Grocery Shopping]

2 - 4:00 Afternoon Outing--Swimming & Kayaking on the Lake

[Guidance from Carole Ann] My husband plans to take us on a boat ride at 2 to get us familiar with the lake. It should only be an hour and then we will be able to do other water activities including kayaking, paddle boarding, personal watercraft or swimming. Do not swim toward the center of the lake due to boats. Pair up and wear a life jacket on personal water craft. Be safe and have fun!

4:00 - 5:00 Late Afternoon – Shopping and Cooking Dinner

5:00 – 6:45 - [Christa-- French -- Nicoise Salad]

6:45 - Virtual Test Run of Skype.

7 PM - 8 PM Virtual Connect with Other Members not in attendance

-- Alba, Susie (Confirmed)

We invite those who are not able to join us in person to virtually join us for this session.

From Canada [867-292-3030](tel:867-292-3030). From US [712-832-8330](tel:712-832-8330) Access code: 8271435

- Year in review:
- How have we evolved as a Global Intercultural Circle over the year?

8:00-8:15 Evening Song with Adele

8:15 – 9:30 Evening Workshop -- Returning to The Practice of Listening and Guiding another in the Telling of their Intercultural Journey.

I. Find your partner and a comfortable place to settle in for an interview session -- This time switch roles with the other person trying the role of “Active Listening” and select a 2 or 3 parts from the 5 stages of our journey below to focus on.

II. After 30 - 40 minutes of active listening, take a few minutes of quiet independent time to reflect and write about your experience of listening if you were interviewing or of answering questions if you were the subject. Be prepared to report on your experiences to the full group

*III. Applying this process with new acquaintances.
Opportunities when we shift to Des Moines
What additional things would we need to be attentive to?*

9:30 Evening Closing Song, Poem or Meditation

Day 3 Friday August 10 Clear Lake to Des Moines

7:00 Early Morning Tea followed by Yoga / Mind-Body Connection [Led by Carol Jean]

8 - 9:00 Morning Meal [Lead Chef: Katharine - Turkish]

9:00 Morning song with Adele

**Vocal Technique: Breathing, Tone Production
New Songs**

9:30 - 11:45 Drama Workshop --- Adele

Warm up activities, exploring communication with body and voice

Part 1: -- Exploration of Drama Skills and Tools

Voice - Body Language - Movement -Awareness -Communication

Games:

Storytelling: character, time, place, setting, conflict/resolution

Northwest Indian legend Raven, as told by Gerald McDermott dramatized by Adele Berg-Layton

I read the story aloud, sharing pictures.

Read the Play: Assign parts and Read through prepared script.

Learn the elders dance. Practice with drum.

Act out the story, talking through the movement, staging, repeating small sections.

Run through without stopping, if possible.

Reflection on this theatrical experience:

--How does being in the story, differ from listening to the story?

--How do you feel, taking on a different character, set of emotions, moving differently?

—What was the main conflict in the story, and how was it resolved?

—Is it helpful to compare story conflicts and resolutions to our own life challenges?

—Does it help us to become more open to different kinds of resolutions to conflict/ dissonance

12 - 2:00 Lunch Meal [Lead Chef: Nathalie - Macrobiotic Sandwich]

2:00 - 3:00 Afternoon Outings - Hiking and Swimming on the Lake

3:00 - 3:45 Close out Cabin and Drive to Des Moines (2 hr drive)

Carol and Judy pick up prepared items for dinner on way into Des Moines.

Everyone unloads and settles in at Carol's home.

Carol and Adele will pick up Joanne approx 5:45pm.

6:00 - 8:30 Dinner Meal and conversation – [Judy - Shabbat]. Dine at Carol's.

Shabbat is ushered in by lighting candles and reciting a blessing. The evening meal typically begins with a blessing over wine and another one recited over a loaf of challah (egg bread). There's another blessing also about the gratefulness of life. Judy will bring copies of all three blessings in Hebrew and English for everyone to join in. Dinner usually consists of roast chicken, asparagus, and a noodle kugel , a salad and

dessert.

-- Joanne Brown, Adele's aunt, will join us that evening for dinner.

-- Christina from the former local GInC group will also join us.

Evening closing song: Adele

Day 4 Saturday August 11 Des Moines

7:00 -- Morning Tea followed by Yoga / Mind-Body Connection [Led by Carol Jean]

8:00 -- 8:15 Morning song with Adele

8:15 - 10:30 Des Moines Downtown Farmers Market (will take 30 minutes to drive there and find parking) Morning Meal -- to be purchased individually at the market. A list of (prepared) food vendors will be provided to select from.

Suggest that we pair off ahead and each pair decide upon a recipe to serve for dinner, then purchase fresh produce ingredients at the Farmer's Market. Purchase enough ingredients to feed our guests as well as ourselves. Estimate 15-18 people. We will want to coordinate menu items in advance. *A meal of place.....*

11 - 12:30 Guided tour of the World Food Prize Building
- Ellen Strachota, volunteer docent, will lead our tour.

1:00 - 3:00 Lunch Meal or simply a beverage
--- Lunch at the State Historical Museum of Iowa (Baratta's Cafe)
--- Walk the path round Grays Lake ???

3:00 - 5:00 [Lead Chef: Carol Jean - Midwest] Group participation *Prepare a Meal of Place*

5:00- 5:45 Welcome intercultural guests to join us for dinner.
To date: Daniela (Bulgarian); Susmita and Mumta (Indian); Qing and Shirley (Chinese)

6:00 - 7:00 Participate in individual or small group interviews with guests.

- Pair Off and find a comfortable place to settle in for an interview session.
- Begin by testing your recording device with Opening Preamble -- What's in a Name.
- Then select a two or three parts from the five stages of our journey to focus on.
- After about 40 minutes of active listening, take a few minutes of quiet time independent time to reflect and write about your experience of listening if you are interviewing or of answering questions if you were the subject.
- Be prepared to report on your experiences to the full group later.
 - c) What was it like to actively listen for this extended period of time?

- What reflections do you have on the meaning of what you heard?
b) What was it like to be heard?
What discoveries occurred to you as you were sharing?

7:00 - 7:30 Dessert and close of evening for our guests.

7:30- 8:30 Debrief on Experience of Interviews.

8:30-8:45 Evening Song

8:45 -10:00 Evening Workshop -- Intercultural Drama

Part 2: Exploring conflict and resolution through storytelling.

Warm-ups: Games to activate our awareness of our voice, our bodies, our intention with movement and gesture.

Let's consider another cultural folktale Ananzi the spider: a tale from the Ashanti, of West Africa. I read the story aloud, sharing the pictures.

Script: Assign parts, practice movement & sounds, talk through blocking & staging.

Work through the play in assigned parts.

Do the play with as little stopping as possible.

Reflect on how to heighten the conflicts and resolutions with voice and gesture. Act it out again

Reflection:

Does this play feel different culturally from Raven?

How do you experience the difference or the similarities between the two folktales?

How do these two cultures relate to our American Culture?

Do you think the conflicts/Resolutions presented in the two plays would be different if the stories were set in a different culture? Raven in Ghana? Anansi in a NorthWest Indian Tribe? Raven in Modern America?,

10:00-10:10 Evening Closure -- Song with Adele

Day 5 Sunday August 12 Des Moines

**7:00 -- Morning Tea followed by Tai Chi in Carol's yard,
led by Sherry Levine, Tai Chi Instructor**

**8:00 - 9:00 Morning Meal· [Lead Chef: Judy - Fried Matzoh and Fruit]
Sherry will be our guest for breakfast.**

9:00-9:30 Morning Song: Adele

9:30 - 12:00 Morning Workshop Drama with Adele

Warm-ups: Games to activate our awareness of our voice, our bodies, our intention with movement and gesture.

Choice: To be decided with the group, guidance from Adele

1. Revisit, rehearse and refine the plays Anansi and/or Raven
2. Improvisation in Drama- work with a partner-

Select a character from a well known folk tale and identify what they want:

(Example: Little Red Riding Hood- to take treats to grandma,

big bad wolf- to eat the 3 pigs, Cinderella-to go to the Ball)

Have them encounter Raven or Anansi and Identify a trickster goal (What happens if Little Miss Muffet meets Anansi? How will this change the conflict and what is a possible resolution?)

Work with your partner, talk through your story, rehearse, and be ready to share with the group.

Reflection:

1. How does being in the story: portraying a character and interacting with others as this character change your understanding of the story or the conflict?

2. How does this experience of being in the story affect our intercultural understanding?

3. How can we use drama to further our own and others intercultural journeys?

12 - 2:00 Lunch Meal [Christa & Nathalie- Tex Mex Fajitas / Taco Salad]

2:00 - 3:00 Free Time Yoko will arrive early to set up

***Mind of Omotenashi* - Learn about customs, clothing and food of Japan;**

3:00 - 4:30 Participate in an authentic Japanese Tea Ceremony led by Yoko Tanaka.

4:30- 5:30 Prepare Japanese food for dinner with guidance from Chikako Brown.

Sushi rolls, gyoza, sunomono, umami

5:30 - 6:15 Dinner - [Lead Chef: Carol Jean - Japanese - Group participation]

Welcome additional Japanese guests to join us for dinner. To date our guests will include (in addition to Yoko and Chikako) Chie, Yoshimi, Miki and possibly Sachiko. Miki's teenage daughter will also join us. She was born in the US, so she can just sit in with Miki for the interview.

6:15- 7:45 Interview Japanese guests - one on one or small group.

-- Pair Off and find a comfortable place to settle in for an interview session.

- Begin by testing your recording device with the Opening Preamble-- What's in a Name below.
- Then decide who is going to try the role of "Active Listening" first and select a two or three parts from the five stages of our journey below to focus on.
- After about 40 minutes of active listening, take a few minutes of quiet time independent time to reflect and write about your experience of listening if you are interviewing or of answering questions if you were the subject.
- Be prepared to report on your experiences to the full group.
 - d) What was it like to actively listen for this extended period of time?
What reflections do you have on the meaning of what you heard?
 - b) What was it like to be heard?
What discoveries occurred to you as you were sharing?

8:00-9:00 PM - Virtual Connect with those members who are not able to join us in person.

-- **Alba, Donna, Susie**

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Setting our Vision & Intention for the next two years of our Global Intercultural Circle

- *Sharing a Song of Intention to Open Session*
- *Insights from our Time Together. Each retreat participant will share a highlight.*
- *Revisiting Our 2018 Vision Statement & Components.*

Statement: "We will be a global intercultural network of circles that gathers regularly to support each member's intercultural growth, creative expression and engagement in their families and communities."

Vision components.

- Our circle include more intercultural members and be intentionally connected with a network of interculturally engaged groups in our respective communities and around the world.
- We have monthly virtual gatherings that include discussions of intercultural readings and sharing of our intercultural learning experiences that we will have documented through journal writing, music, or art forms between our gatherings.
- We are engaged in doing an intercultural project in one of our local communities.
- We have created and refined a template for co-facilitating local circles.
- We hold an annual retreat. The retreats will be co-hosted by intercultural circle members and held at a home or a retreat facility in their region.

Discussion.

Does this vision statement and the components still offer inspiration for us?

What might we like to change for 2020?

What strategies might we want to undertake in 2019?

Evening Closing - In honor of our Japanese friends.

Song -- Sakura

Nichiren Buddhist Chant - from the Liturgy of the Soka Gakkai International
"Nam-myoho-renge-kyo"

Literal Meaning

- "Nam" - devotion, the action of practicing Buddhism.
- "myoho" - mystic law, the essential law of life and its phenomenal manifestations.
- "rengé" - lotus, the simultaneity of cause and effect.
- "kyo" - sutra, the trust expressed through sound of one's voice.

Day 6 Monday August 13 Des Moines

7:00 Early Morning Tea followed by Yoga / Mind-Body Connection [Led by Carol Jean]

8:00 - 9:00 Morning Meal [Lead Chef: Carole Ann, fried corn meal mush with maple syrup,, apple dumplings (Pennsylvania Dutch)]

10:00 Morning Song Adele

10:15 - 11:00 Closing Ritual

- Our Commitments to Ourselves, each other and our communities [Lead – Christa]
- Closing Words to carry with us. []
- Closing Song [Adele]

11:00-12:00 Departure.
