

## June 2019 Global Intercultural Circle Retreat

Location: Seattle - Bainbridge Island - Kitsap Peninsula, Puget Sound

### The Transformative Potential of Global Intercultural Relationships

**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 that region. We will explore some of the unique historical and contemporary forces which shape the cultural undercurrents of the Puget Sound region of the state of Washington. The Puget Sound is the large bay of water upon which the city of Seattle sits and which creates the Kitsap Peninsula, multiple islands, and further west the Olympic Peninsula. From a ferry on the Puget Sound, one can look west towards the Olympic mountains, east towards the Cascade mountains, northeast towards snow-covered Mount Baker, and southeast towards the majestic Mount Rainier. This landscape has beacons to and shaped the multiple peoples of this place.

We hope with this retreat to help ground us in this place of majestic beauty and introduce us to the peoples who have come to call this space their home. Among the places, spaces and cultural traditions we hope to learn more about include: 1) Vibrant city of Seattle with her Pike Place market; Pioneer square; Intl District; Smith Tower - Chinese Room and observation deck; 2) Quaint Bainbridge Island with notable, creative people and a history that has come to terms with challenging periods as evident through the Japanese Exclusion Memorial; 3) Complex Kitsap Peninsula with a notable native people's legacy as evident through the Suquamish Museum, Chief Seattle Grave, Cultural Center & Casino and more recent cultural influences evident through the Norwegian village of Paulsbo.

### Suggestions In Preparation for the Retreat.

- Readings: Selection of readings connected to the cultural explorations we anticipate:  
Sherman Alexie - *You Don't Have to Say You Love Me* (memoir)  
Sherman Alexie - *The Absolutely True Diary of a Part-Time Indian* (memoir)  
Terese Marie Mailhot - *Heart Berries* (memoir)  
Jamie Ford - *Hotel at the Corner of Bitter and Sweet*  
David Guterson - *Snow Falling on Cedars*  
Roxanne Dunbar-Ortiz - *An Indigenous Peoples' History of the United States.*
- Update your Global Intercultural Narrative and select a passage which conveys an intercultural relationship or experience which has had a significant impact upon you. Be prepared to share this experience with the full group.  
**The suggested topic is to reflect on and describe an intercultural relationship or experience that has been meaningful to you.**
  - How has this relationship or experience affected you?
  - Has it led to other impactful relationships or experiences?
  - How does your personal experience contribute to your understanding of culture?

- Do we need other cultures?
- 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.  
**-- Bring along recipes from last year and this year to be brought together into a recipe book (Katharine)**

**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 including one sheet of unlined paper and pen, pencil, marker, or any drawing instrument of choice.
- Bring washcloth, hand towel, beach towel, clothes, swimming suit, walking/hiking shoes
- Critical medicines, insurance information, medical professional contact information.
- Yoga mat

**Arrival into Sea-Tac airport -- Optimal Flight Arrival time is prior to 3 pm.**

SeaTac airport is south of Seattle. There is Light rail public transportation from SeaTac to the center of Seattle which takes about 45 minutes. Take the Pioneer square stop of the light rail. it is about a 6 block / 10 minute walk to the ferry terminal which is located at the foot of Marion. You can purchase your tickets inside the terminal. Be sure to watch for the Bainbridge Island ferry; there is also a Bremerton ferry. **Washington State Ferries Bainbridge Island [Ferry Schedule - Seattle - Bainbridge](#)** The ferry runs every 50 minutes or so. The ferry offloads onto one side of Bainbridge Island and then we will need to travel north across Bainbridge and and over a bridge to the Kitsap Peninsula where Adele's home is located.

**Arrivals on Tuesday, June 25**

**Participants Contact Information**

**Dietary Restrictions / Allergies / Critical Medications or Medical Information.**

**Emergency Contacts:**

## Proposed Schedule

### Day One: Tuesday, June 25th - Travel & Opening

**Theme: The Transformative Potential for Global Intercultural Relationships**

**5:00 – 7:00 pm -- Opening Salmon Dinner (Adele and David lead chefs )  
Meal of Place**

**7:00 – 8:00 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
- Setting of Intention and Creating *our Space -- Altar*
  - Shall we be seated so we can see and hear each other.
  - Invitation to place an object in the middle to remind us we are setting our words in neutral space. Nobody has to pick them up; we can listen without agreeing.
- Song of Welcome (10 -15 minutes) Adele

**8 - 9:00 The Transformative Potential of Global Intercultural Relationships**

**[Lead Facilitators - Nathalie]** This next chapter of our Global Intercultural Narratives is intended to offer another opportunity to share our journeys. The suggested topic is to reflect on and describe an intercultural relationship or experience that has been meaningful to you.

- How has this experience affected you?
- Has it led to other impactful relationships or experiences?
- How does your personal experience contribute to your understanding of culture?
- Do we need other cultures?

Note that these ideas are suggestions only. Please feel free to take your narrative in the direction that is most meaningful to you.

*Reminders of our 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 take pauses to breathe, 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.

## Day 2 Wednesday June 26 - Grounding in Place

### 7:00 am Early Morning Spiritual Practices

- Morning Tea followed by Mind-Body Check Meditation (Christa)
- Yoga Asanas (Carol)
- Mind-Body Check Meditation (Christa)

**8:00 - 9:00 Morning Meal--Judy--Jewish (Smoked Salmon Egg Casserole, Bagels etc.)**

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

**9:15 - 10:15 Continue sharing intercultural narratives from Tuesday night**

### 10:30 - 11:50 Morning Workshop

**Cultural Rememberings with Reference to Native American or Other Indigenous Cultures  
- co-facilitated by Katharine and Nathalie (1 hour and 15 minutes) Katharine beam in.**

In this workshop we propose to examine our personal attitudes and beliefs about Native American cultures as they developed during our individual growing-up experiences. We will divide into dyads and practice the active listening skills we learned last year. We should feel free to be silent at times to reflect, and we can ask each other questions that help us to share deeper levels of understanding. The purpose of this activity is to prepare for our encounters with the Pudget Sound's / Kitsap Peninsula's Native American cultures by understanding our individual mental mappings of what Native American culture is.

You can approach this topic any way you want, but here are some prompt questions.

1. Think about when and how you have had experiences that exposed you to Native American or indigeous cultures
  - a. Early childhood - stories? images? songs? encounters?
  - b. School years/young adult
  - c. adult
2. How has an adult perspective modified your interpretation of earlier experiences?

Organization of this workshop:

1. We will gather as a full group for an introduction to the workshop led by Katharine and Nathalie. 10 minutes
2. Then we divide into dyads for active listening and sharing of memories and reflections. Each person should speak for about 20 minutes. It is nice if, in your group, after each person has spoken, you can compare and react to each other's experience. 45 minutes
3. We gather together as a full group to share the discoveries and insights we gained the small group discussion. 20 minutes

**11:50-12:05 Mid-Day song with Adele**  
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**12:15 - 1:15 Lunch Meal at Beach Glass Cafe in Tower Hotel - Clear Water Casino Complex 360-598-8662**

**1:15-1:45 Drinks at the Beach Resort Hotel Lawn or Bar**

**2:00 Suquamish Museum Docent Tour ( with Gus, tribal member) \$20 + \$5/3 ea  
6861 NE South Street, Suquamish, WA 98370 360-394-8499  
Ashley Weller, Education director  
Exhibits; Ancient Shores Changing Tides- permanent; Roots of Wisdom, temporary**

**3:30, Walking Tour of Suquamish- Old Man House Location, Chief Seattle's Grave, House of Awakened Culture and Boat Ramp. Cowling Creek?**

**5:00 – 7:00 David and Lia Preparation of Dinner -NW Pulled Pork Tostadas**

**8:00 - 8:15 Evening Song with Adele**

**8:15 – 9:30 Evening Sharing Workshop:**

Looking at whether the experience we have had today of Native American cultures has pushed us a notch further along in our understanding. What are your thoughts about mutual benefits in the relationship between Native and European Americans? How do we handle the burden of cultural harm?

**9:30 Evening Closing Song, Poem or Meditation**

## **Day 3 Thursday, June 27th, Seattle Outing.**

**7:00 Early Morning Tea followed by  
Yoga / Mind-Body Connection with Metronome (Carol)**

**8 - 9:00 Morning Meal -- Lead Chef--Christa--Huevos Rancheros**

**9:40 Ferry to Seattle**

**11:00 Bill Speidels Underground Tour - 1st and Cherry Doc Maynard's Public House  
614 First Avenue Pioneer Park, Seattle 206-682-4646**

**12:30 Lunch at Uwajimia Food Court** 600 5th Avenue South, Seattle 98104  
(Hawaiian, Japanese, Korean, Thai, Chinese)  
Explore store and gift shop, book store

**3:00 Docent Tour Pike Place Market** : Meet at the pig 85 Pike Street Seattle 98101  
Carla Rickerson, historic and cultural insights

**5:45 Ferry Back to Bainbridge**

**7:00 - 9 Dinner Meal and conversation with Local GInC members**

Linda Dorn's Home 20428 Miller Bay Road

Combination Yiddish-American - German cuisine - Possibly Russian

Brigitte Hanson, Myriam Desauois-Mullen, Sasha Mullen

**Evening closing song: Adele**

## Day 4 Friday June 28

**7:00 Morning Tea followed by Virtual Mindfulness Exercise / Guided Drawing Session**  
(Alba) *Everyone will need to be ready with unlined paper and one of the following: pen, pencil, marker, or any drawing instrument of choice.*

**8:00 Breakfast -- Nathalie -- Jewish-Passover Egg Dish**

**9 - 12 Visit [Bainbridge Island Historical Museum](http://www.bijac.org/index.php?p=MEMORIALIntroduction) 1 hour tour = \$7/person**  
**Begin tour at 9:30am. 15 minute drive to Japanese Exclusion Memorial**  
**(free tour/need reservation)**  
**<http://www.bijac.org/index.php?p=MEMORIALIntroduction>**  
**(We may want/need to start sooner in order to see everything)**

**12:30 Lunch at Tree House - 4569 Lynwood Center Road, Bainbridge Island**  
206-842-2814 call at 11, to request quiet corner. Conversation in restaurant

**1:30 Discussion on Japanese exclusion and current immigrant policies and attitudes facilitated by Carol /Judy (Katharine plans to beam in.)**

The basic underlying reasons the US government interned the Japanese were :

- 1) Concerns that the Japanese Americans would be loyal to Japan and disloyal to the US when Japan attacked the US.
- 2) Security concerns that Japanese Americans in the US would rise up against the government
- 3) Concerns there were 50-60 Japanese saboteurs in the US

4) Color and Racism- they simply look different from us which explains why the US and Roosevelt did not put Germans and Italians in concentration camps.

5) Fear and Anger - people were afraid of the Japanese and they were very angry about Pearl Harbor and took it out on the Japanese Americans at home.

### **Discuss**

What are the similarities and differences between the underlying reasons for Japanese internment during WWII (listed above) and the official US government treatment of.....

- Treatment of the American Indian
- Slavery in the US
- Muslims and 9-11
- Current situation at the US-Mexico border

Will there ever be a time when the US Government (and citizens) get beyond those concerns/feelings?

**3 - 5:00 Hike from Shel-Sheb via Gazzam Lake to the Beach on Bainbridge  
Or Boating on the Bay near Adele's home**

**6:00 - 7:00 Japanese Dinner at Adele's prepared by Noyuri Soderland  
Brigitte Hansen helping**

**7:00 - 9:00 Evening Sharing of Narratives with Local Circle**

- Our reflections over these past several days has included describing an intercultural relationship or experience that has been meaningful to you.
- As you think about your culture of origin and cultures you have adopted,
  - What do you particularly value?
  - What do you / or have you found challenging?

**9:00 Evening Song with Adele**

## **Day 5 Saturday June 29**

**7:00 -- Morning Tea followed by Mindfulness Walk *using cell phone APP (Carol)***  
*App options will be recommended. Will need personal ear buds with cell phone*

**8:00 - 9:00 Morning Meal· Carol Tunisian Shakshuka**

**9:00 - 9:30 Morning Song: Adele**

**9:30 - 12:00 Morning Workshop on Totem (Facilitated by Mary Ellen)**

Art Workshop on Creating your own totems. Bring meaningful small objects, pictures you might include. Mary Ellen will bring glue, paper, paint. We might also consider making exquisite corpse design totem.

<https://whatismyspiritanimal.com/native-american-zodiac-astrology/>

**--Order In Thai Food--Kachai Kitchen 360-930-8947**

**19980 10th Avenue, Poulsbo, Wa 98370**

**12 - 2:00 Lunch Meal with visitors from Evergreen College.**

**Shawn Hawkins, Lexie Morrow and Willy Morrow**

**-- Presentation on Shawn's Journey**

**2: 00 - 4:00 Interactive discussion drawing from presentation, visits and the readings**

**4:00 Boating on the Bay or walking Heritage Trails**

**5:45- 7:00 Dinner - Northwest Cuisine at Crab Tree Kitchen and Bar**

**19225 8th Avenue, Poulsbo, Wa 98370**

**7:00 - 9:00 Evening Session -- Intercultural Round-Up**

What is the transformative potential of global intercultural relationships or experiences based on what this retreat has entailed and how it has affected us?

## **Day 6 Sunday, June 30th**

**7:00 Early Morning Tea followed by Yoga / Mind-Body Connection (Carol)**

**9:00 Morning Meal & Song--Mary Ellen--Lead Chef**

Christa - Preparations of egg casserole for lunch

**10:00 - 11:30 AM - Virtual Connect with those members who are not able to join us in person.**

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

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

- *Insights from our Time Together. Each retreat participant will share a highlight.*
- *Visioning about our work going forward*

**11:30- 12:30 Lunch -- Christa--Lead Chef--Variation on the French Quiche**

**1:00 - 2:00 Closing Ritual**

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

**2:00 Formal Closing - Taking apart the Centerpiece.**

### **Departures**

*Postlude - Afternoon Excursion for those staying*  
*Bainbridge Island Museum of Art*  
*Port Gamble, historic Mill Town*