

**August 2017 Global Intercultural Network Retreat  
(August 5 evening – August 9th noon)  
Location. Squam Lake, New Hampshire**

**Theme: Living out our Intercultural Beliefs and Values in Turbulent Times.**

The 2017 Retreat is envisioned to 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.

**Address and Driving Directions: 677 Squam Lake Road, Center Sandwich, NH.**

Finding the lake house: it is on the shores of Squam Lake and the road it is on has two names. Out of Center Harbor, NH, the road is called Bean Road. The name of the road changes to Squam Lake Road at the point at which you enter Center Sandwich, NH.

GPS may know this distinction, but you should be expecting about a five mile ride out of Center Harbor to get to the house. The house number is on the front of the house and may be on the mail box. Be watching for it carefully.

For those of you arriving after dark, a good landmark a little while before you approach the house will be a very large facsimile of a Xmas tree on the right hand side of the road that is made of reflectors in bright colors. After passing that watch on the left side of the road for the house. It has natural shingles and red trim and is set back from the road a bit around a bend and a dip in the road after you pass a red house on the right and a barn on the left.

**Contact Information:**

**Emergency Contact:**

**Suggestions In Preparation for the Retreat.**

- Bring a meaningful item that symbolizes your intention for intercultural growth to add to the centerpiece for our evening circle gatherings.
- Draft your Global Intercultural Narrative and select extracts of up to 15 minutes to read to the full group on Saturday or Sunday evening sessions.
- Read and do several of the exercises in the Leadership Step by Step text in preparation for Sunday morning workshop.
- If you have images, photos or artwork in progress that inspire you, feel free to bring them along for the art workshop as inspiration for the art sessions
- If you have a favorite song, dance, poem, reading, video clip, artwork from another cultural space feel free to bring it along to share for Monday evening sessions.
- Bring along a journal or art pad for expressing yourself throughout our time together.
- Bring along copies of the recipe(s) and any particularly hard to find ingredients for the meal(s) you are taking the lead in cooking for the group.

**Personal Items to be sure to pack.**

- Bath, hand and beach towels, Yoga clothes, swimming suit, Walking/hiking shoes

## Proposed Schedule

### Day One: Saturday August 5<sup>th</sup> Arrival and Opening of Retreat between 5 and 6:00.

5:00 – 7:00 pm -- Dinner Opening Session -- Collard Wraps [Lead Chef - Nathalie]

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.
- Song of Welcome (10 -15 minutes) Adele

Sharing our Global Intercultural Narratives. [Lead Facilitator – Christa]

This session will involve the creation of a space drawing from the text the *Story Catcher*.

*“Story Catchers are: intrigued by human experience; inquisitive about meaning, insight and learning; more curious than judgemental; more in love with questions than answers; empathetic without overidentification; able to hold personal boundaries in interpersonal space; able to be present while others experience emotions; able to be present while others have insight; able to safeguard the space for listening; able to invite forgiveness, release and grace; aware of story’s power and use it consciously; practitioners of the heart of language.*

#### *Setting the Space*

- Shall we be seated so we can see and hear each other.
- Shall we deliberately place light (candles) and place our significant objects in the middle of our circle to remind us we are setting our words down in neutral space. Nobody has to pick them up; we can listen without having to agree.
- 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 their Global Intercultural Narrative which they will have prepared in advance of the retreat. Prompt questions have been forwarded in advance to help stimulate your thinking and writing. Each member is asked to be prepared to read up to 8 pages or 15 minutes of their narratives. The reading of the narratives will be spread out over at least two evenings so we have ample time and energy for heightened attentiveness of listening.

## Sunday August 6th

6:00-7:00 am Early Morning Spiritual Practices --- Morning Tea followed by Yoga / Mind-Body (led by Carol Jean)

8 - 9:00 Morning Meal [Huevos Rancheros with Black Bean and Corn tortillas](#).  
[Chef – Alba -- with shopping done in transit]

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

9:15 - 12:00 Morning Workshop

**Workshop on Leadership for Global Intercultural Retreat 2017: Tools and Practices for Nourishment drawing from “Leadership Step by Step” by Joshua Spodek**

Sunday 9:30- 12:00 Facilitated by Nathalie

**Part One** – Whole group and dyad/triad discussion

Have you had leadership experience? What was it? What was good about it? What would you like to improve?

What was it about this book that attracted me, Nathalie, based on my experience of leadership?

What impression have you had of the book so far?

**Part Two** -

A explanation of the purpose of this workshop. A review of the premise of Leadership Step-by-Step by Joshua Spodek. (His premise is that beliefs underlie emotions and emotions motivate behavior. How does he develop his ideas in the book?)

Practicing “Adopting a Belief” (p. 80-82) and “Adopting a Challenging Belief” (p. 90-92) in dyads and a triad.

What else appealed to you in the first three units of the book? Is there another exercise you would like to practice?

Brainstorming how we can know others’ beliefs.

**Part Three** – Model/Method for Leadership

Examination of Spodek’s conviction that internal motivation is more important than external and why he believes that people need to be led from their passions.

Have you had any experience of being led (or leading) from your passions or not? Which did you like better?

Practice in dyads/triads the script for ascertaining someone’s passion and confirming and clarifying it (p. 174-6).

**Part Four** – Applying Spodek’s ideas:

What from this book might we apply to our intercultural work?

12 - 2:00 Lunch Meal Fresh seafood on bed of mixed greens (lobster?)  
[Lead Chef – Adele -- with shopping done in transit]

2 - 4:00 Afternoon Outing-- Swimming and Kayaking on the Lake [Guidance from Carole Ann]

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

5 – 6:45 - Dinner Meal Salmon Nicoise Salad· [Lead Chef – Carol Jean ]

6:45 - Virtual Test Run of Skype with Christa and Katharine Krebbs.

7 PM Virtual Connect with Other Members [Annick, Katharine, Mary Ellen, Susie]

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

- Retreat participants share one of our songs with virtual group, (Adele facilitates)
- Year in review: How have we evolved as a Global Intercultural Circle over the year?

8 – 10:00 Evening Workshop

Evening Song, 10 -15 minutes, Adele

Sharing our Global Intercultural Narratives (Part 2 -- Continuation of reading) [Led by Christa]

- Each member is asked to be prepared to read up to 8 pages or 15 minutes of their narratives. The reading of the narratives will be spread out over at least two evenings so we have ample listening energy to take in and be changed by each other's narratives.

10:00 Evening Closing Song, Poem or Meditation

## **Monday August 7<sup>th</sup>**

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6-7:00 Early Morning Tea followed by Yoga / Mind-Body Connection [Led by Carol Jean]

8:00-9:00 Morning Meal [Bagels with lox and fruit](#) [Lead Chef – Judy]

9:00 -12:00 Morning Workshop

Morning Song- Warm-ups and introduction of a new song- Adele (15 minutes) can be at the beginning or as a short break at 10:30

*Visually Representing your Intercultural Journey through Art* [Lead Facilitator – Alba]

- 5-10min This activity begins with a look at images of the NDEBELE (An African tribe) and their art.

- 5-10 min demonstrate of materials I will bring which consists primarily of colored chalks and paper. Note: **If you want to work in other media please bring your own.**
- This book can also be more closely examined while you wait if we meet one to one.

By 10:30 each participant will have completed one of more small drawings that visually an “image/memory from an intercultural visit.” Please label each image by the city & country you are referring to in your drawing.

- 10-30 to 10:45 we will share our individual drawings in a group and take a 15 min break
- 11:00-12:00 we will work on a large sheet of paper to work collaboratively to create a mural. Instructions will include responding to marks/designs left by friends that are placed on this large paper. If you would like to bring magazines of image of magazines that you would like to glue onto this mural paper background to use along with colored chalk please bring them.

12 - 2:00 Lunch Meal

*Lebanese food: Spinach fataya with yogurt/stuffed grape leaves [Lead Chef – Carole Ann]*

2:00 - 6:00 Afternoon Outings - Hiking and Swimming on the Lake

6:00 - 8:00 Dinner Meal – *Local Restaurant for New England Fair*

8 – 10:00 Evening Workshop [[Lead Facilitator, Adele](#)]

Exploring the Arts (Music, Dance, Visual Art, Poetry) for Intercultural Connections.

- Each member is invited (but not required) to bring along an expression to share.
- Session of singing the songs that we have learned so far, and learning several new ones. This session can include Q & A about voice, breathing, range, diction, etc, that anyone would like to bring up that would help facilitate having more fun or ease with their singing voice. I can also propose some ideas, exercises to explore based on observations of our group singing. Bring a stone, and we will play an African game!

## **Tuesday, August 8<sup>th</sup>**

6 - 7:00 -- Morning Tea followed by Yoga / Mind-Body Connection [Led by Carol Jean]

8:00 - 9:00 Morning Meal -- Poached Egg on Toast with Avocado [Lead Chef – Nathalie]

9:00 - 12:00 Morning Workshop

Pedagogies for Facilitating Intercultural Growth in our Families, our Classrooms and our Communities – [Lead Facilitators – Katherine and Christa]

- Introductory Talk by Katherine (Virtually joining us) - 45 minutes
- Break -- 15 minutes
- Exercise 1 -- Intergenerational Relationships. - 45 minutes

- Break -- 15 minutes -- Singing (Led by Adele)
- Exercise 2 -- Sister Cities Delegation - A Simulation -- 45 minutes
- Closing -- 15 minutes

12:00 - 2:00 Lunch Meal [Deli-- Sandwiches & accompaniments](#) [Lead Chef –Judy]

2:00 - 5 :00 Afternoon Outing

- Hiking and Boating
- Shopping for Fish and Veggies for the Chinese Hot Pot

5:00 - 7:00 Dinner Meal

*Chinese Hot-Pot – [Lead Chefs – Christa and Carole Jean]*

7 PM - Virtual Connect with those members who are not able to join us in person.[Donna]

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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.*
- *Our 2018 Vision 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.

*Review of the Vision components.*

- -Our circle will include more intercultural member and be intentionally connected with a network of interculturally engaged groups in our respective communities and around the world.
- We will 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 would be engaged in doing an intercultural project in one of our local communities.
- We will have created and continuously refined a template for co-facilitating local circles.
- We will 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 of the strategies we might like to undertake over the next year.*

*Closing Song.*

8-10: Evening Workshop

Sharing our Creativity:

- Exploring Music & Visual Arts for Intercultural Connections [Alba and Adele]

- Learning several more songs, further exploration of singing skills

10:00 Evening Closure

### **Wednesday, August 9<sup>th</sup> Travel Day**

8:00 - 9:00 Morning Meal· Yogurt and granola with blueberries [Lead Chef – Adele]

9:00 - 10:00 Clean – UP

10:00 - 11:00 Closing Ritual

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

11:00-12:00 Departure.