

Join us for Living the Appreciative Spirit

Let's help our thinking work for our benefit - please join us to deepen our practice of AI, and expand 'The Appreciative Life'



Celebrate the madness, the joy Of seeing god everywhere!

Hafiz – Persian Poet

Join us...

This retreat offers an opportunity to playfully explore the practice of living appreciatively. The retreat will be co-designed and co-created by the participants, each bringing their ideas to the theme of wholeness, with space for creativity in images, words, installations and activities. We'll explore:

- The principles of AI and how a deeper understanding of them can assist us as AI practitioners.
- Ways of working skilfully with the concept that, through our choice of words, we largely create the world we later discover
- The power of creativity in all its forms

The retreat has arisen from two main sources:

- Appreciating Church developed from an AI Essentials event run for the United Reformed Church by Appreciating People at the Windermere Centre in March 2014. The resulting book, *Appreciating Church*, was published in February 2017.

www.appreciating.church

- Appreciating People has a decade of experience of running courses and using AI in the public and private sector.

www.appreciatingpeople.co.uk

Retreat Coordinator

Suzanne Quinney co-founded Appreciating People and has developed a range of practical applications of AI, while also deepening and exploring her own spiritual practice, which she began while living and working in the Findhorn community in 1994 (www.findhorn.org).

She values deeply the creative and poetic; explores ways of including nature in spiritual practice; and is looking forward to sharing your expressions of these in this retreat. If you have questions, please contact Suzanne at: suzanne@appreciatingpeople.co.uk.

**When your world moves too fast
And you lose yourself in the chaos,
introduce yourself
to each colour of the sunset...
Find yourself in the appreciation of life.**

Christy Ann Martine

The Windermere Centre

Situated in the Lake District of north west England, the Centre is committed to offering radical hospitality and spiritual adventure on behalf of the United Reformed Church. The comfortable en-suite accommodation is matched by hotel-quality meals made from local produce.

www.windermere.urc.org.uk/gallery-nw

Participants

The retreat is intended for experienced and aspiring appreciative inquiry (AI) practitioners.

Fees and payments

The fee includes three nights' full board and retreat resources. There are a maximum of 25 places available. The event begins with dinner at 6pm dinner on Monday 26 June (arrivals any time after 4pm), followed by an evening introduction session. It ends after lunch on Thursday 29 June.

There will be time to enjoy the scenery, so bring suitable footwear and clothing if you want to do some local walking.

AI practitioners (Non-returnable deposit of £100)	£479
Appreciating Church practitioners (Non-returnable deposit of £30)	£300

Please email philippa.linton@urc.org.uk to book...

**Gratitude therefore takes
nothing for granted, is never
unresponsive, is constantly
awakening to new
wonder, and to praise of the
goodness of God.**

Thomas Merton, mystic and monk



Appreciating Church