



## Time to *Wise Up*: From Changing to Sage-ing

### A Courage and Renewal® Retreat

January 24, 2015

*Yesterday I was clever, so I wanted to change the world.  
Today, I am wiser, so I am changing myself.* ~Rumi

#### An Invitation

How are changes and transitions reflected in your life? Has a personal relationship changed? Is there a family member transitioning to a very different place, physically or emotionally? Has your work life been altered? Has your health improved – or worsened? Perhaps you are noticing how ageing is impacting your life, how you have been shifting to a new normal. We are constantly in the midst of a myriad of changes, often struggling to adapt to new realities. We may get confused, uncertain of the next step on the path to a healthy transition. Sometimes change can wound. As Hemmingway writes, although life wounds us all, “some grow stronger in the wounded places.” Why do some grow stronger with change, and others do not?

The ebb and flow of life events offer rich opportunities for personal and professional growth, for understanding ourselves and others better. Strength and insight can emerge from consciously reviewing life events, and creating a new vision for the years to come. Done thoughtfully, change-ing can lead to sage-ing, new situations generating deeper insights into your being. Moving forward might also include letting go of past hurts, the hurts inflicted on you and the hurts inflicted by you on others, and on yourself. Creating mindful strategies for future change is part of growing, learning, and rediscovering your hidden wholeness.

In this retreat, we will focus on learning from change, on navigating life’s transitions, on consciously guiding our own evolution. This retreat offers you the opportunity to subdue everyday distractions, to give yourself the gift of time, reflection, and community. Our retreat will help you:

- Build resilience for life’s transitions.
- Use paradox and nature as vehicles to harvest life’s lessons.
- Create a caring community that welcomes the soul and honors diversity.
- Gain greater access to your inner wisdom and a new depth of self-knowledge.
- Explore transformative practices that renew heart, mind, and spirit for continued growth.

## What to Expect

In this one day retreat, skilled facilitators create a quiet, focused, and disciplined space—a *circle of trust*—in which the noise within and around us can subside and we can begin to hear our own inner voice. In large group, small group, and solitary settings, we will explore the intersection of our personal and professional lives, learning to listen to the lessons of our lives. We will use stories from our own journeys and insights from poets, storytellers, and various wisdom traditions. We will have the opportunity to deeply listen and reflect, as well as to practice forgiveness of others and ourselves, rare skills in our culture. We will explore transformative practices to help us embrace change. During this retreat, we invite you to learn new and sustaining ways to thrive.

We will meet in a beautiful, serene northwest Tucson location on **Saturday, January 24** from **9:30 AM to 4:30 PM**. Lunch, snacks, and materials will be provided.

Give yourself a New Year's gift of renewing your mind, body, and soul.

## Meet Your Retreat Facilitators

**David Sadker** lives in Tucson where he is a writer, and a life-long advocate for educational equality and personal growth. He has authored 8 books and more than 70 articles, and is a Professor Emeritus at American University, Washington D.C. David works to create a safe, even sacred space, where participants can reflect deeply and act with integrity. [www.courageaz.com](http://www.courageaz.com)

**Susan Kaplan** is an Adjunct Professor at Graduate School of Social Work, University of Denver. She grew up in Tucson and visits often as a presenter for the Pima County Library System. Her Coaching Practice is entitled: Listening & Leading from Within. [www.susankaplanmsw.com](http://www.susankaplanmsw.com)

Susan and David were prepared by the Center for Courage and Renewal® to help individuals bring their role and soul into greater harmony.

*When I let go of what I am, I become what I might be. ~Lao Tzu*



**Registration Form**  
**Saturday, January 24, 2015**  
**9:30 AM to 4:30 PM**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Early Registration Fee:** \$60 *before* December 22.

**Registration Fee:** Registration is \$75. Please complete registration process no later than January 20.

Registration includes lunch, snacks, and all materials. Note that space is limited.

**Have a question?** Contact: David at 520-297-2319 or [dsadker@gmail.com](mailto:dsadker@gmail.com)

\*For special dietary needs, please contact David in advance.

Please send registration form and your check (made out to David Sadker) to:

David Sadker  
6988 N. Chula Vista Reserve Place  
Tucson, AZ 85704

*We look forward to seeing you!*