



Art of Reconciliation 1:

Be the change you want to see



The Art of Reconciliation course equips people to grow in the art of living as agents of reconciliation and peace in their lives and the wider world. Following Gandhi who said: *“Be the change you want to see in the world”*, it believes the best way to achieve a just, forgiving, peaceful and sustainable world is by starting on ourselves with inner work and practical action.

This spiritual formation program invites participants to:

- Grow in their practical understanding of forgiveness, compassion, healing and reconciliation in the context of their own lives, communities and society,
- Increase their awareness of their inner wisdom, resources, challenges and inter-personal dynamics,
- Practice skills in the art of dialogue and building community across disparate groups, and
- Take steps to develop the virtues and practices necessary to sustain a life of integrity, wisdom, hope and effective action that contribute towards a reconciled world.

The learning occurs experientially through a combination of seminar input and group discussion, contemplative and meditation exercises, personal and small group work over three weekends and five 3-hour sessions involving practical action and reflection. It is taught over 3 modules, the first being a residential live-in weekend together. This course is available for credit in graduate and masters programs through the MCD University of Divinity. It can be used for Professional Development, or for personal growth.

Participants of this course in the past have ranged from social workers, activists, community leaders, international development staff, chaplains, homemakers, psychotherapists, ministers, war veterans, spiritual directors, doctors and nurses. We welcome applicants from the breadth of multicultural and multifaith Australia.

“This course has radically changed my life! It altered how I relate to others, so that I can better empathize and listen to those I disagree with, and work more effectively for peace with all people. We are all called to be a reconciling presence in our world, but this course shows us how” – Course participant.

Format:

Modules	Location	Time	Cost
1. <i>Being the Change in our own personal life</i>	At Live-in Retreat Centre	Fri 27 th April 7 pm- Sun 29 th April, 4 pm, 2012 (Live-in weekend).	\$ 390
	WellSpring Centre 10 Y Street, Ashburton	2 x 3 hr small group work sessions- times decided by group.	
2. <i>Being the Change in our relationships with others</i>	WellSpring Centre 10 Y Street, Ashburton	Sat 19 th , Sun 20 th May, 10am-4 pm + 2 x 3 hr gp work sessions – times as per small group.	\$ 215
3. <i>Being the Change in our communities and world</i>	WellSpring Centre 10 Y Street, Ashburton	Sat 23 rd , Sun 24 th June, 10am-4 pm Sat 30 th June, 10 am-1 pm	\$ 215

The course is facilitated by Rev. Dr Tim McCowan and a team of trained staff.

The cost for those who apply for all three modules \$ 795.00 (saving \$ 25).

For MCD Uni students, the cost is the standard unit fee plus \$ 200 for the residential weekend. The course is limited to 12 participants. All applicants are interviewed beforehand, for suitability.

Applications close on Friday 23rd December, 2011, with a non-refundable deposit of \$ 50.00.

For inquiries and application details, to Tim tmccowan@connexus.net.au or visit the website:

www.wellspringcentre.org.au and follow the links to programs, then Art of Reconciliation 1.