

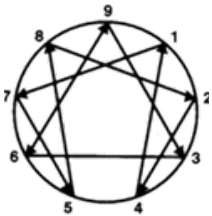
Retreat Experiences for Your Group

Siena Retreat Center offers a variety of spiritual enrichment opportunities that your group, staff team, board, congregation, extended family, or friendship circle can arrange for your retreat. Most can be offered either at Siena Retreat Center or another gathering place. Pricing is available upon request.

Please make arrangements by contacting Program Director, Vicky Curtiss, at vcurtiss@sienaretreatcenter.org or 262-898-2584.



Vicky Curtiss is a retreat leader, spiritual guide, and Program Director for Siena Retreat Center. She served as a Presbyterian pastor for 40 years. Vicky is trained as a spiritual director, SoulCollage® facilitator, labyrinth facilitator, grief coach, grief companion and supervisor of spiritual guides. She is also a sister, aunt, widow, quilter, and lover of nature.



The Enneagram

The Enneagram is a personality framework with ancient roots in the Sufi tradition that identifies nine types of people based on their gifts, their desires, and what they fear or seek to avoid. It is a tool often used by spiritual guides with their seekers, as well as for staff teams to learn how to work together with more understanding. In this retreat you learn about your type and its particular strengths and challenges, as well as explore each one's distinctive path toward wholeness. *Length: 2 hours to weekend.*

Discerning Your Call & Gifts

We find meaning in our life when we engage in service to something greater than ourselves. Each of us has particular gifts, passions, and vision that bring us alive when we engage them. In this retreat we explore the marks of a calling, identify our gifts, name barriers to pursuing our call, and spend time in silence to discern God's call on our lives in this present moment. *Length: 6 hours to weekend.*



Ways to Pray

There are many ways to meditate, to listen to and talk with God, or simply be in Divine presence. This retreat can teach particular forms of prayer such as Lectio Divina, the Examen of Consciousness, Centering Prayer, and dialogue journaling. It can also include walking a labyrinth, which is an ancient practice used by many different faiths for spiritual centering, contemplation, and prayer. *Length: 2 hours to weekend.*

Healing After Loss

Grief comes after loss, whether it is a death, end of a relationship, unemployment, relocation, dashed hopes, or illness. We are tempted to avoid or buffer the pain, yet we must befriend grief to move toward wholeness. In a safe and loving circle of kindness and understanding, we will learn the impact of grief, identify what can sabotage our healing, and practice tools that help us process grief and instill hope. Drawing on the sustaining love of the Divine, we will support one another to restore a meaningful life. *Length: 4 hours to weekend.*

Writing Haiku as Sacred Art

Living in the present moment with attentiveness using all our senses is a spiritual practice enhanced by writing haiku. Haiku is a brief poem, usually of three lines with 17 syllables or fewer, that originated in Japan. Traditional Japanese haiku includes a nature image and seasonal reference. In its English adaptation, haiku captures a variety of moments within our everyday days—moments in which we can recognize the Sacred. Writing prompts and contemplative walks fuel your creativity and awareness throughout the retreat.

Length: 3 – 8 hours.



Communal Discernment

Communal discernment aids groups who seek to reach oneness on a decision led by the Spirit. Vicky Curtiss can either teach groups a process for engaging in communal discernment or lead a group

through the process for discerning a particular issue. Steps include building community, clarifying issues, gathering information, letting go, praying and reflecting, naming and weighing options and reaching consensus.

Length: 4-8 hours.



Women of the Bible

There are many courageous, faithful women included in the Scriptures, but their stories are often overlooked or misrepresented. We will explore the patriarchal

context in which women of the Old and New Testament lived, and be inspired by their particular witnesses of faith through a feminist framework. Sarah, Miriam, Deborah, Rahab, Ruth and Naomi, Huldah, Mary and Elizabeth, the woman at the well, sisters Mary and Martha, the anointing woman, and Mary of Magdala will be celebrated. *Length: 4 hours to a weekend.*



SoulCollage®

SoulCollage® engages one's intuition and imagination and reveals inner wisdom through making a collage and journaling with it. Participants browse through colorful pre-cut images, then play with them to

create a small collage. Then using a few writing prompts, you discover what message the card has for you. Often it seems like a sacred surprise in its synchronicity. Anyone can express themselves in this fun exercise. Beginners are welcome; no art experience is necessary. Pre-cut images from magazines and calendars, 5" x 8" mats, scissors and glue sticks are provided. *Length: 1.5 hours to weekend.*

Quiet Day for Renewal

Come away for a sacred time apart from daily routine to renew your spirit and rest from everyday demands. Retreatants gather together for opening and closing reflections led by Vicky Curtiss. In between, each person spends their own time as they wish in silence and solitude. You may walk along the lakeshore or the labyrinth outdoors, use art supplies in the Creativity Room, meditate in the Meditation Room, journal, read, and nap in your private bedroom, while someone else does the cooking. You can also arrange for a one-hour session with a spiritual guide for an additional fee.

Length: 8 - 24 hours.

Forgiveness

Forgiving others and ourselves, and accepting forgiveness, move us toward wholeness and to authentic, reconciled relationships. Forgiveness often takes intentional inner work to acknowledge and release shame, guilt, and regret; to face and transform our anger; and to receive and offer forgiveness. Through music, poetry, journaling, and making SoulCollage® cards, we will move toward the freedom forgiveness offers.

Length: 4 hours to weekend.

"Thank you, Vicky, for a wonderful retreat experience on forgiveness. Each part was so intentional. The poems, the songs, the video, and ritual added to the experience. Your gentle presence is a gift. Namasté."
Shaun O'Keefe



Judy Gavigan has over 35 years of experience in the area of sales, performance management, and coaching. Her career as a leader in the financial and healthcare fields has allowed her to put the True Colors philosophy into use for building relationships and teams. Judy has utilized the color strategies in dealing with conflict management, team building and overall performance enhancement for professional growth.



Valuing Differences, Creating Unity: A True Colors Workshop

Through lighthearted, interactive activities, we use colors—orange, gold, green, and blue—to differentiate four primary personality types and illustrate how these types best interact with each other. Every person uses all four of the color personality traits to differing degrees. Participants will learn about their most and least dominant personality traits, and gain insight into their combination of personality traits, communication style,

and best ways to manage conflict and stress. Grow in self-awareness, the ability to navigate relationships, and appreciation of others' differences. *Length: 2.5 hours.*



Tom Buhler just celebrated his 50th anniversary as a meditator, having started in high school. Tom is a graduate of Siena Retreat Center's Spiritual Guidance Training Program and has been leading mindfulness training classes at the Racine Youth Offenders Correctional Facility in Racine for the past two years.



Craig Welch is a retired Milwaukee Police Officer and currently a lead visitor with St. Vincent DePaul and facilitator at Draeger-Langendorf Funeral Home. His spiritual path, work in immigration, and career choices have led him to seek the healing-wisdom path of mindfulness and meditation through the works of Thich Nhat Hahn, Jon Kabat Zinn, Pema Chodron and others.

A Day of Mindfulness for Helpers and Seekers

This retreat focuses on the teaching of Zen Master Thich Nhat Hanh, and the founder of Mindfulness Based Stress Reduction, John Kabat-Zinn. It includes learning various meditation forms (sitting, walking, breathing, body scan), sharing philosophy of Thich Nhat Hanh and practice of Mindfulness Based Stress Reduction, participant dialogue, forest bathing, a practice of therapeutic relaxation in a natural setting, and focusing on sensory engagement to connect with nature. *Length: 7 hours.*