

Become a Peacemaker!

Alternatives to Violence Project (AVP) Basic Workshop and Retreat

sponsored by

St Thomas Episcopal Church - 301 St Thomas Road, Lancaster, PA 17601

held at

Mariawald Retreat Center - 1094 Welsh Road, Reading, PA 19607

January 20-22, 2023

Jesus said, “Blessed are the peacemakers, for they will become children of God.” (Matthew 5:9) Since its founding in 1975, the Alternatives to Violence Project (AVP) has been giving workshops to many populations providing practical techniques and strategies to recognize and diffuse conflict. In our troubled times, the world needs YOU *to join the movement and **Become a Peacemaker!*** This is a unique opportunity to attend the acclaimed AVP Basic Training Workshop presented by experienced facilitators, while participating in a personal retreat at the beautiful setting of Mariawald Retreat Center in nearby Reading, PA. Those who elect not to stay overnight are welcome to attend the workshop sessions with the meals included. Scholarships will be available.

Workshop and Retreat Schedule

Friday, Jan. 20, 2023 - Arrive after 1:00pm

3:00pm – Session 1

5:30pm – Dinner

7:00-9:00pm – Session 2

9:30am – Night Prayer+

Saturday, January 21, 2023

7:00am – Coffee available

7:30am – Prayers+

8:00am – Breakfast

9:00am – Session 3

11:45am – Prayers+

12:00pm – Lunch

Break

+Worship services are optional.

Saturday (cont.)

2:00pm – Session 4

5:30pm – Dinner

Break

7:30-9:00pm – Session 5

9:30pm – Night Prayer+

Sunday, January 22, 2023

7:00am – Coffee available

8:00am – Breakfast

9:00am – Session 6

11:00pm – Peace Worship Service+

12:00pm – Departing Lunch

Rest, hike, checkout by 3:00pm

Extend your retreat? Those wishing to come a day early or stay a day after the Workshops and Retreat are welcome to do so. You will need to make your own arrangements by contacting Cris at Mariawald at mariawaldcenter@gmail.com or call 610-777-0135. Be sure to mention that you are with the St Thomas church group.

What you will learn from the experienced facilitators:

The AVP workshops are designed to be flexible, experiential, and can be used in everyday life!

Some of the topics in the Basic Workshop will include: Affirmation, Appreciation, Animal Cooperation, Building a New Society, Coalition, Concentric Circles, Cooperative Construction, Empathy, Feeling Faces, Hand Pushing, Hassle Lines, Image a Better Community, Listening, Quick Decisions, Six Point Problem Solving, Strategy Exercise, Too Close for Comfort, Transforming Power, What is Love? What is Violence? Check out the AVP website:

<https://avpusa.org>

About Mariawald:

Mariawald is a beautiful place with lots of woods and walking trails. The building where we will have the workshops and retreat has many “nooks and crannies” where you can read, rest, meditate and pray. Take advantage of all that is available to you. **Please plan on arriving after 1:00pm to register and check in. The first session begins at 3:00pm.** As you pull in the drive, take the road to your right (the convent and chapel are on your left). Going up the hill, the retreat center is on your left across from the pond. Use the first set of double doors to unload and then move your car to the parking lot. Mariawald is ADA accessible. Mariawald website:

<http://www.mariawaldrenewal.com>

Suggestions of what you should pack:

Toiletries, personal hygiene items and your medications. Warm and appropriate clothing, shoes, boots, gloves and hats (it is winter in Central Pennsylvania) for walking and hiking if you wish. Slippers, perhaps a special pillow, books, devotional materials, prayer beads (no open flames or incense are permitted), paper and writing instruments for journaling. Mariawald has a variety of food choices, but they do not cater to specific diets. You are welcome to bring any special foods with you and microwaves and refrigerators are available for your use. WIFI is available onsite.

Become a Peacemaker! – AVP Workshops and Retreat

Registration Form (Due Date is January 6, 2023)

January 20 to January 22, 2023

How would you like to participate? (check one)

___ **Option One:** Attendance at all workshop sessions, single room has two full sized beds, private bath, bed sheets, blankets, pillows, pillowcases and towels and a private balcony. Included are 2 dinners, 2 breakfasts, 2 lunches, snacks and drinks. Cost: \$150 pp

___ **Option Two:** Workshop sessions, all meals and snacks only (no overnight accommodations). Cost: \$90 pp

Please note: Scholarships will be available.

Amount enclosed: \$ _____ **(# or rooms** _____ **)**

Name(s): _____

Phone: (____) _____

Address: _____

E-mail: _____

Name and Phone Number of Emergency Contact: _____

Would like to share a room? Yes _____ No _____

Roommate's Name: _____

Complete this registration form with your check made payable to "St Thomas Episcopal Church". (Put "Peacemaker Retreat" in memo line.) Space is limited, so register today!

Registration deadline is January 6, 2023.

Mail or give to: **Bev Rider**
St Thomas Episcopal Church
301 St Thomas Road
Lancaster, PA 17601

Questions? Call Bev at 717-569-3241 or email saintthomaschurch@comcast.net

