

Michigan Friends Center

7748 Clarks Lake Road

P.O. Box 218 Chelsea, Michigan 48118

A Quaker-Oriented Facility for Meetings, Retreats and Conferences

Phone/FAX (734) 475-1892

Winter into Spring 2018: Current Programs

Pathway to Intimacy: Intimacy with One's Higher Power through Intimacy with One's Self and with Others

This three-part program is a benefit for the Friends Lake Cooperative Community. Cost will be \$120.00 (up front) for all three segments or \$50.00 per individual segment; reduced rate available based on need; contact the program facilitator.

Community – Spiritual Development – Fundraiser – Personal Growth – Classes/Workshops

Part I: Intimacy with Self

9:00-4:00 Saturday, January 13

Intimacy defined through group discussion. Then there will be detailed opportunities for participants to engage in exercises that can begin to assist in an exploration of Self Intimacy. Debriefing of the day's experience with participants.

Part II. Intimacy with Others

9:00-4:00 Saturday, February 3

Definition of Intimacy reviewed. Then there will be instructed dyadic interactions between participants that will help participants begin to engage in Other Intimacy. Debriefing of the day's experience with participants.

Part III. Intimacy with One's Higher Power/The Divine/Spirit/God

9:00-4:00 Saturday, March 3

Quick review of definition of Intimacy with added time to discuss how Intimacy in a Spiritual Relationship might reveal itself. Then participants will be led in exercises and experiences that will help elicit possibilities for greater Spiritual Intimacy. Debriefing of the day's experience with participants.

Each segment of the three part program will be 7 hours divided by an included one-hour lunch.

The Program Facilitator will be Susan Flinders, Fully Licensed Clinical Psychologist and Board Certified Psychoanalyst. Please contact her at (810)444-3274 to register.

Poetry of Nature and Spirit

7:30 Friday January 19

Donations welcome

Spiritual Development – Book Discussion Groups – Nature/Outdoors – Writing & Poetry

Join us for a third annual evening of sharing favorite poems. Richard Tucker will host our conversation. He writes "The Center is on the wooded 90-acre land of Friends Lake Cooperative Community, where we find renewal and sustenance in the silence of Nature. As a spiritually grounded community, we enjoy discussions that explore our shared experience of renewal through Nature, drawing sustenance for our ongoing work to heal the damaged natural world."

We will celebrate a winter evening together, discussing "Nature and Spirit" poems by various authors. . Join us, and bring a couple of your favorite poems to share.

Winterfest! with Gemini

3:00 Sunday February 4

\$10/individual, \$25/family. Email manager@mfccenter.org or call (734)475-1892 to reserve your seats.

Community – Fundraiser – Children & Families – Music, Sound, & Voice

Winterfest is

... our annual Benefit Concert with the award-winning Family Music duo, Gemini

... a celebration of community

... winter play for children of all ages

Every winter the Gemini folk singers bring us a program of upbeat music. Kids and grownups of all ages come every winter for this happy celebration.

Dignity v Rights: Exploring the Practical Effects of Constitutional Principles in US and German Prisons

7:00 Thursday, February 15

Donations welcome.

Peace and Justice – Social and Political Activism

This presentation addresses “how we do prisons” in the US and Germany and the Constitutional backdrop that informs practices, architecture, and policy—what we very generally would call “prison conditions.” As the nation with the highest incarceration rate in the world the US is “exceptional” in its use and abuse of incarceration as punishment. Michigan incarcerates more than 58,000 individuals, only 10,000 fewer than the entire country of Germany (68,000 in a population of 80 million). What accounts for this difference historically? What can we learn from it as we seek to change our practices?

Conversation about how and why we use prisons to punish and what advocacy/resistance strategies and state-based reforms are in motion in the current moment.

A World of Health: Connecting People, Place, and Planet

7:00-8:30 Wednesday evenings: March 14, March 21, March 28, April 4, April 11, April 18

Sliding-scale fee of \$30, \$45, or \$60 (as able) to cover book and other course costs; pre-registration required.

Sustainability

A healthy environment is essential for human health and well being. This six-session discussion course helps participants explore the connections between the health of our communities and the health of our planet. You also learn about the limitations of the current medical model and the places where our personal health intersects with the environment—from our food and homes, to our communities and society. Together, we will discover actions that promote good health and in turn, promote a healthier environment.

Each session is based on a set of readings from the NWEI course book, with rotating facilitation by course participants. This course is hosted by Michigan Friends Center and offered in partnership with Transition Town Chelsea.

For registration information, check our website at www.mfccenter.org

Vernal Equinox Celebration — a multi-generational celebration of balance and letting go

Tuesday, March 20; potluck 5:30-7 pm, bonfire/circle 7-9 — at the Friends Lake beach fire ring or at MFC depending on the weather (look for a sign on the MFC door)

Donations welcome

Community – Ceremonies, Celebrations & Festivals—Body, Mind, & Spirit—Outdoors/Wilderness

We will celebrate the balance of light and dark and the birth of spring with a pot luck dinner and a circle in which to share thoughts, poems, stories, songs, knowledge. All ages welcome.

Bring something to share -- a verse, a story, a song you like, seasonal lore, or a readiness to partake in what others have brought. What is this season saying to you?

Dress for the weather and bring a flashlight.

A Day of Solitude and Meditation Practice led by Carol Blotter

9:00 a.m. - 4:00 p.m. on Saturday, March 24; Sunday, June 17; Saturday, September 29; and Sunday, December 9

Suggested donation \$30 or as able. Pre-registration requested; contact Carol Blotter at 475-0942.

Spirituality – Meditation – Fundraiser

Each retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. This day is appropriate for anyone interested in meditation: beginners will have break-out instruction; experienced meditators can be in silence all day; those in-between can practice and have their questions answered. These retreats are fundraisers for the benefit of Michigan Friends Center.

Contact Carol at (734)475-0942 or cb.meditate@gmail.com to register.

Carol Blotter's meditation practice draws from dual roots in the Quaker and Buddhist traditions. She has been teaching since 1999 and has led more than 40 retreats across the United States and has taught over 50 classes in meditation to spiritual seekers, schools, universities and medical groups. She is a teacher for The Forest Way which is an organization dedicated to providing retreat opportunities conducive to spiritual growth that is both balanced and integrated.

The Day Before Earth Day

1:00 Saturday, April 21

Donations welcome.

Sustainability – Community – Art & Craft – Children & Families – Teen/Young Adults – Ceremonies & Celebrations – Holiday

This year's Earth Day program will be held the day before. The designated theme is eliminating single-use plastic.

Fun, hands-on activities for kids and adults are offered. Reuse and remake with common plastic materials while keeping them out of the environment, and take home something useful.

Along with the hands-on activities will be a short presentation from Richard Tucker about how the issue of plastics wastes is being handled in other places around the world. Free, with donations cheerfully accepted.

Summer Solstice — a multi-generational celebration of the light and growth

Thursday, June 21, potluck 6-7 pm; bonfire 7-9 — at the Friends Lake beach; join us for any part (the food will be put away at 7)

Donations welcome.

Community – Ceremonies, Celebrations & Festivals—Body, Mind, & Spirit—Outdoors/Wilderness

We will celebrate the longest day with a potluck dinner followed by a bonfire around which to share thoughts, stories, and songs. All ages welcome. Bring food to share and your own place settings. We will provide water and herbal iced tea.

Bring something to share for after dinner as well-- a story, poem, song, some Solstice lore, or just your readiness to partake in what others have brought. This will be a time to explore various ways of celebrating the light. We welcome your spark.

Bring long sleeves in case there are mosquitoes and a flashlight.

Autumnal Equinox Celebration — a multi-generational celebration of balance and letting go

Saturday, September 22, potluck 6-7 pm; bonfire 7-9 — at the Friends Lake beach; join us for any part (the food will be put away at 7)

Donations welcome

Community – Ceremonies, Celebrations & Festivals—Body, Mind, & Spirit—Outdoors/Wilderness

We will celebrate the balance of day and night with a potluck dinner followed by a bonfire around which to share thoughts, poems, stories, songs, knowledge. All ages welcome.

Bring food to share and your own place settings. We will provide water and herbal iced tea. Bring something to share for after dinner as well-- a verse, story or song you like, seasonal lore, a readiness to partake in what others have brought. What does this season mean to you?

Bring flashlights, and long sleeves, and dress for the weather.

Winter Solstice Sing — a reflection of the season in sound and silence

Friday, December 21, 7-9 pm

Donations welcome.

Community – Ceremonies, Celebrations & Festivals— Body, Mind, & Spirit—Live Music, Sound, & Voice

We sit quietly in a circle and teach each other rounds, songs, and chants of the season as they occur to us. The woods around us, our sheltered circle focused on inner light, and our voices are the only elements of this simple celebration of the longest night.

Anyone who enjoys singing and sitting quietly is welcome. You don't need to be a singer-- some just enjoy humming or listening. However most young children do not enjoy this event, since it does not involve any activity other than sitting and singing.