

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

Current Programs

Winter into Spring 2018

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.

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.

Pathway to Intimacy:

Intimacy with One's Higher Power through Intimacy with One's Self and with Others

9:00-4:00 on any combination of three Saturdays: January 13, February 3, March 3

A benefit for Friends Lake Cooperative Community. \$120.00 (up front) for all three segments or \$50.00 per individual segment (participation in other segments not required); reduced rate available based on need; contact program facilitator.

Part I: Intimacy with Self (Saturday, January 13) Intimacy defined through group discussion. Followed by detailed opportunities to engage in exercises that assist in an exploration of Self Intimacy. Debriefing of the day's experience.

Part II. Intimacy with Others (Saturday, February 3) Definition of Intimacy reviewed. Followed by instructed dyadic interactions between participants to begin to engage in Other Intimacy. Debriefing of the day's experience.

Part III. Intimacy with One's Higher Power/The Divine/Spirit/God (Saturday, March 3) Quick review of definition of Intimacy with added time to discuss how Intimacy in a Spiritual Relationship might reveal itself. Exercises and experiences to elicit possibilities for greater Spiritual Intimacy. Debriefing of the day's experience.

Each segment will be 7 hours divided by an included one-hour lunch

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

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.

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.

Poetry of Nature and Spirit

7:30 Friday January 19

Donations welcome

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.

Dignity v Rights:

Exploring the Practical Effects of Constitutional Principles in US and German Prisons

7:00 Thursday, February 15

Donations welcome.

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.

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.mfcenter.org

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

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

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.

The Day Before Earth Day

1:00 Saturday, April 21

Donations welcome.

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.