

2011 event details:

Dates: Saturday 23 July to Friday 29 July.

Venue: Unstone Grange, Crow Lane, Unstone, Derbyshire. S18 4AL.
www.unstonegrange.co.uk

Accommodation: Sharing 2 bed to 6 bed rooms or camping.

Food: Shared self-catering for all diets as well as we can! Bring food to share if you wish; food will be purchased as required, costs shared out between all participants by end of week (approx. £25).

Cost: £190 (high income), £170 (mid income), £150 (low income), £120 (camping) £35 deposit to book, balance due July 15 2010. 15% discount if booked before 1/7/2011.

(book online or by cheque payable to "CBiB")

FO Organising Team (FOOT): Eric Ballard, Norman Spink, plus 1 or 2 more trained facilitators..

Format: Has been tried and tested through five previous events. Schedule will include Community Building Circles, Small Groups, Open Space sessions and reflection in pairs. Holding of the circles will be provided by participants who want to experience the basics of facilitation and who volunteer within their small group. Mentoring from experienced facilitators will be available to volunteers throughout. (see "How do we facilitate ourselves?" at www.facilitatingourselves.com) Structure and schedule are considered fundamental, and will not be changed at the event. Full programme will be sent prior to event.

Living: There is time for friendships to grow, music to be played, dancing, walking, relaxing, cooking, eating, conversations, bonfires and celebration.

Introductory sessions: The first day's focus will be on the principles & guidelines of Community Building, as an introduction to newcomers and a re-affirmation for the more experienced.

Is it for you? If you are open to new experience, committed to honest communication, seeking a balance of participation and facilitation; if you yearn for true community... this event may be for you. If you prefer to participate in a workshop held throughout by experienced, paid, facilitators, or if you have current concerns about your emotional stability, it may not be for you. If you have a professional advisor/ therapist please consult them.

For bookings or enquiries: www.facilitatingourselves.com

Telephone: 01273 243997 (Eric Ballard)

or write to: Norman Spink, CBiB, 39 Garland Close,
Hemel Hempstead, HP2 5HU

facilitating ourselves 2011

a six day residential community building adventure

23 - 29 July @ Unstone Grange, Derbyshire

Our adventure?

to mutually create our week together
to speak our unique truth
to not lose ourselves in the group
to see others more clearly
to participate fully
to facilitate ourselves

Might it be your adventure?



**to get close to others
without losing myself**

facilitating ourselves

to get close to others without losing myself

a 6 day community building adventure based on the ideas of Scott Peck



facilitating ourselves is about getting close to others without losing ourselves:

Have you ever left a close relationship and, only then, realised how much of yourself had been submerged or lost within a compromise of 'togetherness'? Ever been in a tightly knit group but felt somehow incomplete, not fully recognised or acknowledged? Ever felt oppressed or overwhelmed by the power of a group you were part of? How often do we build strong ties but somehow lose part of ourselves? Facilitating ourselves is about building true community with others without losing ourselves. It works because we build community by revealing, expressing and celebrating our true selves whilst witnessing and celebrating the revealed selves of others. facilitating ourselves is a six day adventure, a festival of self within community.

the foundations: in his book *The Different Drum*, Scott Peck suggested a pathway to community; running from the stifling, everyday conventions he calls pseudocommunity; through the chaos of irrepressible difference; an emptying, with honest communication and growing acceptance, which makes room for the mutual respect of true community.

pseudocommunity: is the non-inclusive group which holds together by excluding individuals or parts of our self which 'don't fit' or will not toe the line.

chaos: on a facilitating ourselves week we live together, mutually creating and caring for our shared adventure. If we are truly open and honest there will be some chaos! The tried and trusted foundations of community building can create a holding space in which we begin to embrace and accept this chaos.

being me: two community building circles a day create a safe environment where we can begin to express ourselves honestly. Small groups also meet daily to provide an intimate level of listening and support in our emptying process.

opening up: open space sessions allow us to share interests, insights and passions. As each day's adventure unfolds, we are able to present more of our own unique reality.

seeing you: as we display our truth and others reveal themselves also, we start to appreciate that different and contradictory realities can stand side by side. We are somehow more alive when they do.

emptiness: the inner peace of emptiness may grow around us, perhaps worryingly unfamiliar at first but, with time, tranquil, meditative, without borders, welcome.

community: and from this point of emptiness; respect, acceptance, and love may grow into a thrillingly real sense of being ourselves within community.