

## GATHERINGS

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| <b>Day of Mindfulness</b>                        | <b>3<sup>rd</sup> Mondays, June 18, July 16</b><br>Sharing, practice, silence and peace<br>(\$25 donation, includes light lunch)<br>9:30 am - 3:00 pm Facilitator: Mary Morse |
| <b>Death Café</b>                                | <b>4<sup>th</sup> Tuesdays</b><br><b>May 22, June 26</b><br>Drink tea, eat cake and talk about death<br>2:00 pm - 4:30 pm<br>Facilitator: Francoise Frigola                   |
| <b>Loving-kindness Meditation</b>                | <b>Every Tuesday (in Main House)</b><br>Send loving-kindness to the world<br>5:00 pm - 5:30 pm  |
| <b>Self-Realization Fellowship Meditation</b>    | <b>Every Tuesday (in Hill House)</b><br>6:00 pm - 7:00 pm   |
| <b>Codependents Anonymous (CODA)</b>             | <b>12 Step Group</b><br><b>Every Wednesday (in Hill House)</b><br>6:30 pm - 7:30 pm   |
| <b>Women's Writing Group with fellow writers</b> | <b>Every Friday (in Hill House)</b><br>2:00 pm - 4:00 pm  |
| <b>Net of Light Meeting</b>                      | <b>Last Monday of each month</b><br><b>May 28, June 25</b><br>5:00 pm - 7:00 pm   |



  
 Spirit Mountain  
 Retreat  
**WORKSHOPS,  
 RETREATS  
 AND GATHERINGS**  
**Spring - Summer 2018**  
 (Revised May 21, 2018)

25661 Oakwood St.  
 PO Box 676 Idyllwild, CA 92549  
 951-659-2523  
[info@spiritmountainretreat.org](mailto:info@spiritmountainretreat.org)  
[www.spiritmountainretreat.org](http://www.spiritmountainretreat.org)

We also have accommodations for  
private retreats  
Please see details on our website

## WORKSHOPS/PROGRAMS

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| <b>Sat<br/>May 26</b>   | <b>Recovery Workshop: Maintaining Sobriety</b><br>9:00 a.m. to 12:00 p.m.<br>(Donations appreciated)<br>Join us for an insightful discussion on staying sober, Steps 10, 11 and 12, led by <b>Mary Morse</b> , Director of Spirit Mountain Retreat.   |
| <b>Fri - Sun<br/>June 8-10</b>  | <b>Katya Williamson's Summer Workshop for Women Writers</b><br>Friday 7:00 pm through Sunday 12:30 pm<br>(\$285 with room for 2 nights/\$170 commuter)<br>Facilitator: <b>Katya Williamson MFA</b> , writer, teacher, author  |
| <b>Series<br/>Sat - Sun<br/>Jun 23-24<br/>Jul 28-29<br/>Aug 25-26</b> | <b>Memories to Memoirs: for Beginning Writers (Men &amp; Women)</b><br>Prompt your unique stories and learn a new craft<br>Sat 9:30 am - 3:00 pm; Sun 9:30 am - 12:00 pm<br>(\$185 with room for 1 night/\$125 commuter)<br>Facilitator: <b>LaDonna Harrison MA</b> , writer, teacher                               |
| <b>Sat<br/>June 16</b>  | <b>Recovery Workshop: What Really Works</b><br>9:00 a.m. to 12:00 p.m.<br>(Donations appreciated)<br>Join us for a lively discussion on what really works in recovery, led by <b>Mary Morse</b> , Director of Spirit Mountain Retreat.  |
| <b>Sun<br/>June 24</b>  | <b>Summer Solstice Celebration</b><br>Honoring our individual paths<br>With the exquisite voices of Local Color<br>4:00 p.m. to 5:00 p.m. in the SMR Contemplative Garden<br>Bring finger food to share after the celebration<br>Donations appreciated  |
| <b>Sat - Sun<br/>July 7-8</b>   | <b>Revolutionary Love Conference Revisited</b><br>Videos and discussion of the April 6-8, 2018 conference in NYC - 14 videos and lively insightful discussion.<br>Facilitator: <b>Mary Morse</b> , SMR Director<br>\$80 for the weekend (includes Saturday & Sunday lunch)<br>Call Mary for scholarship information |

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| <b>(Tentative)<br/>Thurs - Sun<br/>July 26-29</b>   | <b>Return to Yourself - A Resiliency and Healing Retreat for Women Veterans with PTSD</b><br>(No cost - scholarships provided by grant funding)<br>Numbers are limited - please register ASAP<br>Thurs 7:00 pm to Sun 4:00 pm<br>Facilitators: <b>Callie Wight</b> , RN, MA and <b>Mary Morse</b> , SMR Director         |
| <b>(Tentative)<br/>Thurs - Sun<br/>Sept 27 - 30</b> | <b>Return to Yourself - A Resiliency and Healing Retreat for Women Veterans with PTSD</b><br>(No cost - scholarships provided by grant funding)<br>Numbers are limited - please register ASAP<br>Thurs 7:00 pm to Sun 4:00 pm<br>Facilitators: <b>Callie Wight</b> , RN, MA and <b>Mary Morse</b> , SMR Director         |
| <b>Mon-Thurs<br/>Nov 12-15</b>                      | <b>4 day/3 night Travel Retreat to Joshua Tree</b><br>Sacred meditative retreat, includes transportation, sound bath at the Integraton, a visit to Joshua Tree National Park, drum circle around campfire, sweat lodge, and more...<br>Facilitator: <b>Mary Morse</b> , SMR Director<br>\$495 per person - Register ASAP |

### UPCOMING LATER THIS YEAR

Workshops galore: health and spirituality, women's writing, recovery, inner/outer beauty, men's shamanic gathering, spirituality and activism, astrology uncovered, creativity and spirituality, etc.

**Stay tuned for day trips to the Self-Realization Fellowship Encinitas and again to Zen Mountain Center and Deerpark Monastery!**

**Please register for workshops and programs so we know how many to expect.**  
**Scholarships may be available.**  
**Email [info@spiritmountainretreat.org](mailto:info@spiritmountainretreat.org) or call 951-659-2523 .**  
**Thank you.**