

## Agenda for Annual Retreat

### **Annual Retreat - December 1-3, 2005**

Bring you 2006 calendars!!!

#### **Thursday, December 1, 2005**

4 pm - Opening Ceremony – What Are Our Highest Possibilities?

Each person is invited to bring earth from a place most special to you for this ceremony, when you will receive a gift given only to Kindred Spirits. Each person has 4 minutes to tell a story that is central to your destiny path from your past, your present or your future. Local singer and healer Mary Schunemann will contribute her ceremonial magic.

6 pm - “Slow Food” Gourmet Organic/Biodynamic Dinner

Michael Fields Agricultural Institute’s organic chef, Julie Jasinski, draws from local organic producers, in season, to capture the essence of slow food dinners, when we break bread, celebrate ethnic specialty foods and delve deeply into our shared yet contrasting stories. Member Sam Mills will perform one of his epic poems..... and another one on Saturday!

8 pm - Connecting With the Earth, Transforming Our Paths

Kindred Spirits speak as the spirit moves you!

#### **Friday, December 2, 2005**

8:30 - Organic/Biodynamic Breakfast and Networking

Walter will cook his signature raw milk (biodynamic) oatmeal, I’ll do raw milk yogurt and chef Julie will source your breakfast from local organic growers, while you sit back and feel the difference! Meanwhile, Jessica Thompson will set up her ‘back massage’ chair, which will be available to you throughout our conversations.

9:30 - Reaching the Tipping Point

Susan will present CMC’s current Tipping Point Project, a design for reaching the tipping point in each niche of sustainability. This will give us a grand map letting each of us find our optimal place on the map. We’ll continue our stories from Friday night, beginning to create the map of how we connect to each other, to each other’s networks and to the earth.

11:30 - Break/Networking

12 noon - Time to Work or Be Free

As you requested, Walter will spearhead a “farm-work” detail and those who choose can take free time.

#### 12:30 pm - Organic/Biodynamic Lunch

Local biodynamic farmers will be at each table, as you requested, to give more explanations about biodynamics and EarthCare. Walter will give this year's progress report on how he creates a unified ecosystem on Nokomis EcoDairy, using pragmatic yet spiritualized information from the discipline of biodynamics. Christopher and Martina Mann will close the lunch with this year's progress report on our eco-village.

#### 2 pm - EarthCare; Care of Yourself

How can we 'save the planet' when so few of us are connected to the earth in any real way? Can organic farmers become the very teachers of earth care that can result in each of us finding our own way to 'husband the earth'? Kindred Spirits will explore for ourselves how our own spiritual and physical health is directly connected to our involvement in caring for the earth.

Options: Walking the farm, possible birth of a calf, meditation on the hill, exploring in the woods, bringing back natural things for a centerpiece we create, letting peoples' stories jell in our hearts and minds, reflecting on our own possibilities. If the weather is adverse, we'll have alternate plans for being inside.

#### 4 pm - Session Designed By Kindred Spirits

Based on our experiences to date, we'll use this time for personal or group sessions. In particular, many members enjoy group meditations.

#### 6 pm - Organic/Biodynamic Dinner and Communing

Dinner is a time for musing about our own possibilities, exploring how we can help other Kindred Spirits and how they can help us and imagining how to create the shift to care for ourselves and for the earth. Kindred Spirit Jim Slama will give us a progress report on FamilyFarmed.org. We will also try to answer the tough question about how non-farmers can find value they want to pay for in learning EarthCare from organic farmers, the original impulse Walter and I began with. We are asking Kindred Spirits to help us create this answer.

8 pm – What delicious agenda will we create now?

### **Saturday, December 3, 2005**

#### 9 am - Organic/Biodynamic Country Breakfast

Now is a good time to think about who you've felt most connected to so that you can suggest to them choosing the same 2006 weekend for your Weekend In The Country as Walter's and my guests. We'll have 8 of you visit for each of 6 weekends.

#### 10 am - Designing Kindred Spirits for 2006

We've listened to each other, we've imagined reaching the tipping point in the niches of sustainability, we've dreamed our own highest path. Now what is

Kindred Spirits highest possibility? What can we most contribute to it; what most receive? What relationship would we like it to have to CMC's Tipping Point Network? How can kindred spirits most help each other? How can we help each other's networks? How can we create a model for other organic farms of farmers being paid to educate non-farmers about EarthCare? What do we want membership to entail? What worked best in 2005 and what are our ideas for enhancements?

12 noon - Break/Networking

12:30- Organic/Biodynamic Lunch

Sit with the folks you'd most enjoy sharing your summer weekend with and get to know each other better. The weekend sign-up process is done after lunch.

2:30 - We'll co-create a ceremony, sharing the sacred earth we've brought with each other, recommitting ourselves to our highest path and making new commitments to each other and to the design we have created for Kindred Spirits.

4 pm- Departures

Useful addresses: *(Also see Transportation and Directions Page for more detailed information and web links.)*

Country Inn and Suites  
2921 O'Leary Lane  
East Troy, WI 53120  
Manager: Jon  
262.642.2100

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East Troy, WI 53120  
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