


living together,  
facilitating ourselves  
building community

6 day residential  
community building  
adventure!

facilitating ourselves 2010  
21 - 27 August  
@ Unstone Grange



what is it  
all  
about?

*I am awash and abuzz with astonishing learning and reverberations from this amazing 6 days.*

**facilitating ourselves is about building community with people that you take an instant liking to; that seem to really understand you; that you simply hit it off with!**

*I remember in our small group your eyes looking so soft and yet as though on fire, burning quietly with something from within you, and you spoke of the love you felt, felt for all of us, and you seemed so sure of this love, seemed peacefully at home in it...*

**facilitating ourselves is about building community with those that irritate or annoy you; that rub you up the wrong way; people you might normally avoid!**

*I had a series of run-ins with (another participant) which at the time seemed drastic... In order for me to give you the space 'to be you', there were things I needed to 'let go of' within me...*

**facilitating ourselves is about hanging in there through the difficult as well as the inspiring moments.**

*I've learned a lot about trust . I guess this was the first time I stayed with a group and didn't exclude myself. .. learning how to be human by taking risks and surrendering to the consequences of the risk.*

**facilitating ourselves is about opening up, being honest, being real, letting go.**

*Greater ability to be open and honest about myself; raised awareness of my innate prejudices and how wrong they may be... The spontaneity and freedom to be real.*

**facilitating ourselves is about allowing the contributions of others to stand in their individual magnificence - unaltered, undiluted.**

*I am learning to genuinely let people be where they are, and not require something different from them.*

**facilitating ourselves is an amazing week of inspiration, challenge, change, community and, above all, an adventure!**

*I was so excited, thrilled to have done it and participated. All my friends said I looked different and sounded like-wise. I saw that there was something in my future which wasn't there before. The world looked brighter.*

read on for details of this year's facilitating ourselves adventure.....

the facilitating ourselves organising team invite you to  
**facilitating ourselves 2010**  
living together - building community

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

**the foundations:** in his book *The Different Drum*, Scott Peck suggested a pathway to community; running from the social niceties or stifling organisation of pseudocommunity; through the chaos of conflict, resolved through an emptying which facilitates the inclusion and mutual respect of true community.

**chaos:** on a facilitating ourselves week we live together, aspiring to be a group of all leaders. This inevitably leads us into a certain amount of chaos! The tried and trusted foundations of community building, outlined by Scott Peck and built upon in past facilitating ourselves events, hold this chaos. Our focus moves to sharing all that we need to empty into the circle if we are to fully participate.

**expression:** two community building circles a day create a safe environment where we can begin to express ourselves honestly, sharing what we truly feel. 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.

**letting stand:** as we display our truth and it is acknowledged or appreciated, as others reveal themselves also, we start to appreciate that different and contradictory realities can stand side by side. This allows us to release more of what we are carrying, by emptying into the safe space we have created together.

**emptiness:** the inner peace of emptiness sometimes grows around us, perhaps worryingly unfamiliar at first but, with time, tranquil, lovely, without borders, welcome.

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

will you join us in building community?

### 2010 event details:

**Dates & Times:** Saturday 21st August to Friday 27th August.

**Venue:** Unstone Grange, Crow Lane, Unstone, Derbyshire. S18 4AL. [www.unstonegrange.co.uk](http://www.unstonegrange.co.uk)

**Accommodation:** Sharing 2 or 4 bed rooms or camping. Bring own bedding.

**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 each).

**Cost:** £190 (high income), £160 (mid income), £130 (low income), £35 deposit to book, balance due July 2010. 15% discount if booked before 1/7/010

**FO Organising team (FOOT):** Eric Ballard, Norman Spink, plus 2 experienced facilitators.

**Format:** Has been tried and tested through five previous events and will be used again with minor changes. Structure 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. Mentoring from experienced facilitators will be available to volunteers throughout. (see "How do we facilitate ourselves?" at [www.facilitatingourselves.com](http://www.facilitatingourselves.com)) Structure and schedule are considered fundamental, and will not be changed at the 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.

**Taster days:** One day taster sessions are planned in various locations which will give a flavour of facilitating ourselves and a grounding in its guiding principles. If you would like to be informed of such days contact us.

**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 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](http://www.facilitatingourselves.com)

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