An Invitation to a day of Reflection & Renewal

**Rio Hondo College’s 2020 Spring Retreat:**

**Navigating the Crosscurrents:**
**Determining ‘Right Action’ in Complex Times**

"Nothing in life is to be feared. It is only to be understood.” ~ Marie Curie

**When:**
Friday, April 3rd, 2020 9:00am-5:00pm (due to the nature of the event, participants are asked to make plans to attend the retreat in its entirety)

*Applications (attached) due March 19th*

**Where:**
Mater Dolorsa Retreat Center, Sierra Madre*

**What:**
This spring retreat invites participants to reflect upon how to discern the wisest course of action in the midst of competing and sometimes conflicting forces, while also maintaining a focus on being of the most service to students and the campus.

If this theme speaks to you, consider joining us on April 3rd where we will use tools such as journal writing, poetry, individual and small group reflection, to encourage personal insight and a renewed sense of how to bring the best of who you are to your work at the college. **6 hours of FLEX available.**

**Who:**
Open to All staff (a mix of faculty, staff & management is encouraged!) – 15 maximum

“R & R” Facilitators: Sheila Lynch, Kelly Lynch & Katie O’Brien

To find out more about R & R retreats, feel free to contact one of the facilitators and/or visit our website to see what past participants have said @ [http://www.riohondo.edu/staff-development/reflection-renewal/](http://www.riohondo.edu/staff-development/reflection-renewal/)

*Mater Dolorosa is situated in a natural preserve in the San Gabriel Mountain foothills. While a Catholic facility, secular, unaffiliated groups such as ours are also welcome to utilize their lovely and tranquil grounds.

"Formation is journeying, individually and in community, to identify our true selves and deep integrity. From this center proceeds our action.” ~ Parker Palmer