

Next Steps on *The Road Less Traveled*

A COMMUNITY BUILDING WORKSHOP BASED ON THE WORK OF M. SCOTT PECK, M.D.

"...'community' is a group of two or more people who, regardless of the diversity of their backgrounds, have been able to accept and transcend their differences, enabling them to communicate openly and effectively, and to work together towards common goals, while having a sense of unusual safety with one another. Community Building workshops endeavor to create this safe place."

– M. Scott Peck, M.D.,
author of *The Road Less Traveled*

MAY 7-9, 2010

**ST. MARY'S CENTER
FOR SPIRITUALITY
SEWANEE, TN**

**COST: \$350 after April 16,
\$330 through April 16th**
(includes workshop, room and meals)

Call 865-525-7376 or e-mail
office@edgroody.com
or go to www.edgroody.com

Sponsors: Stephen's Table (an initiative of Chattanooga Endeavors), The Chattanooga and the Knoxville Chapters of IONS (Institute of Noetic Sciences), Community Building Institute, Ed Groody & Associates, Inc., The Contemplative Executive, Inc. St. Charles Youth Family Services, and Project Return.

WHAT IS COMMUNITY BUILDING?

Experiential in nature, this workshop is based on a set of guidelines and principles rather than a structured agenda or particular procedure. Trained facilitators gently guide the group through a process that shows how to overcome personal obstacles and the cultural, political and religious differences that prevent us from deeper levels of communication and embracing our common humanity. The workshop encourages tolerance of ambiguity, an experience of discovery and an understanding of the tension between holding on and letting go.

WORKSHOP OBJECTIVES/BENEFITS:

- To experience the healing power of "genuine community"
- To strengthen our ability to communicate authentically
- To learn and practice the principles of effective community building
- To increase awareness of strengths that you bring that build community and personal obstacles/masks that block community
- To listen deeply and effectively, without expectations or agenda
- To relate with love, integrity and respect
- To explore ways to bring more community into your everyday life (family, church, business, etc.)

During the weekend, we will spend daytime immersed in the community building workshop. Evenings will offer small group sessions on how Community Building is being utilized in unique settings. On Saturday evening, we will explore how poetry and singing builds community. Optional centering prayer/meditation periods will be offered early morning and evenings. We will meet in the beautiful setting of the St. Mary's Center for Spirituality in Sewanee, TN. St. Mary's is set atop a mountain side with hiking/walking trails and beautiful views.

A night full of talking that hurts,
 My worst held back secrets.
 Everything has to do with loving or not loving.
 This day will pass,
 then, we have work to do.

– Rumi

BIOS

DONNA KING DIEZ is a registered nurse by profession, and worked for 18 years at Woman’s Hospital In Baton Rouge, LA, serving in various management and administrative positions. She received her Community Building facilitation training in 1997 from the Foundation for Community Encouragement, a non-profit organization founded by M. Scott Peck, author of *The Road Less Traveled*. Much of her Community Building work in the past 11 years has been with Project Return of Louisiana, Inc.

ED GROODY is president of Ed Groody & Associates, Inc. an organizational consulting firm helping companies get exceptional results and find a Spirit of Community. Ed specializes in helping companies change in a way that engages and honors people. A long time community building facilitator, Ed is one of a handful of individuals trained by the late renowned author M. Scott Peck M.D. Ed is also one of the organizers and leaders of the first men’s groups with Robert Bly in the early eighties.

DAVID HOWARD is a mentor and presenter in the art of poetry. Together, he and Ed Groody have presented numerous workshops on both Community and Poetry Divina. David retired from a career in the Naval Nuclear Submarine Program and the Department of Energy and is involved with several organizations in volunteer roles. He spends most of his time now learning to be astonished within his family of wife, three sons, and five grandkids.

BOB ROBERTS Bob Roberts is a Licensed Social Worker and the founder of the renowned Project Return of Louisiana, Inc., a post-prison re-entry program headquartered in New Orleans. Bob is the author of *My Soul Said To Me*, an autobiographical book about his work with Project Return. He is a gifted facilitator and has helped groups around the country create and find community.

SCHEDULE

Thursday May 6: Optional Early arrival
 4:00pm Registration
 7:00pm Dinner on your own in Sewanee

FRIDAY, MAY 7

8:00am - 9:00am Registration
 9:00am - 12:00pm Community Building Workshop
 12:00 - 1:00 Lunch
 1:30pm - 5:30pm Community Building Workshop
 6:45pm Dinner
 8:00pm Optional Small Groups on Community Building Topics

SATURDAY, MAY 8

6:45am - 7:45am Optional: Meditation
 7:45am - 8:30am Breakfast
 9:00am - 12:00pm Community Building Workshop
 12:00 - 1:00 Lunch
 1:30pm - 5:30pm Community Building Workshop
 6:45pm Dinner
 8:00pm Poetry and Singing led by David Howard and Ed Groody

SUNDAY, MAY 9

6:45am - 7:45am Optional: Meditation
 7:45am - 8:30am Breakfast
 9:00am - 10:30am Community Building Workshop
 10:30am - 11:45am Debrief/Exercises/Understanding the Four Stages of Community
 11:45am - 12:15pm Close
 12:00 - 1:00 Lunch/Depart

COST

Cost: \$350 after April 16, \$330 through April 16th
 Includes all meals (beginning lunch on and workshop, single room lodging for Friday and Saturday night Lodging for Thursday night and breakfast Friday morning for early arrivals requires additional fee of \$85.00.

Please send payment by check to Ed Groody & Associates, 1110 Kenesaw Ave., Knoxville, TN 37919 or PayPal at www.edgroody.com, see Events. Call 865-525-7376 for information.



Ed Groody
& Associates, Inc.