

43rd DUUC FALL RETREAT FOR ADULTS 2023



DATES: Friday evening to Sunday noon, October 6-8, 2023

WHERE: Pilgrim Park Conference Center, Princeton, IL. The facility is located about 10 miles southeast of Princeton on 155 acres of beautiful hardwood forest and prairie. Marked trails and open areas afford opportunities for walking, wildlife viewing, and quiet meditation.

THEME: The way you see the world...and your place in it: the five agreements.

FACILITATORS: Caroline Bailey, Bev Becker, Mollie Hibbard and Pat Lichtman

COST: \$160 per person (2 per room) for DUUC members; nonmembers \$180 (includes 2 nights lodging and 6 meals and the book – **The Fifth Agreement: A Practical Guide to Self-Mastery**)

HOUSING & MEALS: Large, clean rooms with 2-3 comfortable double beds and bathroom (linens provided) along with six bountiful, home-cooked meals from Friday dinner through Sunday lunch.

THE BOOK: We will be studying the book, **The Fifth Agreement: A Practical Guide to Self-Mastery** by Don Miguel Ruiz, MD and Don Jose Ruiz.

CONTENT: Join us for a fall weekend in the woods to contemplate the **The Fifth Agreement: A Practical Guide to Self-Mastery**. The book is an update and sequel to **The Four Agreements** which has seen years of best seller status and millions of copies sold. The book adds a fifth guiding principle and re-explains the four previous ones. They are: 1. Be Impeccable with Your Word, 2. Don't Take Anything Personally, 3. Don't Make Assumptions, 4. Always Do Your Best and, 5. Be Skeptical, But Learn to Listen.

During our weekend together, participants, as they are comfortable doing so, will respond to questions to encourage self-reflection. There will be time for private journaling, discussions of the five agreements, and one-on-one sharing of life stories, as well as drumming, "sauntering" in the woods and meditation. On Saturday evening we will enjoy socializing, playing games and singing around a campfire (weather permitting). Our book, **The Fifth Agreement: A Practical Guide to Self-Mastery**, is included in your registration and will be available in the DUUC office. (Note: your participation is not dependent on reading the book.) Questions or in need of a scholarship? Contact Caroline Bailey (630-851-5044 or cjbbailey@comcast.net) or Bev Becker (630-886-5622 or tovah04@yahoo.com).

Registration is limited to 20. To register, send the form below to the DUUC office by Friday, September 22. Include a check for \$55 deposit per person or for the full amount, made out to DUUC with "Fall Retreat" in the memo line. Additional detailed information, including directions, will be sent to you after you register.

2023 DUUC FALL RETREAT REGISTRATION

(Drop off at the office or mail to DUUC Fall Retreat, 1828 Old Naperville Rd., Naperville, IL 60563)

Name: _____ Roommate(s): _____

Phone: _____ email: _____ Request vegetarian meals? _____

A check for _____ payable to DUUC is enclosed. (Deposit non-refundable after Sept. 22)