

6/27/2015 - Forgiveness, One Day, \$95

Featuring Beth Turner

608.553.0728 – <http://thewalkerhouse.org>

Description

This all-day program (8:30am-6:30pm) includes two meals, two sets of snacks, beverages, session materials, and almost six hours of programming and activities on forgiveness. As with every program on Well-Being at the Walker House, this program includes sessions and components related to nutrition and exercise, the two legs that support the Well-Being edifice.

“I feel stuck.” “Why am I having these ongoing battles with health, even finances?” “I feel weighted down at times, heavy, like I’m depressed. Why?” “The past keeps coming back to play head games with me. I want to break free of those thoughts!” Are you struggling with any of these recurring thoughts? Are you concerned that past experiences have gained a hold on you and are wrecking your well-being? Studies show that the largest barrier to a person’s well-being resides in unforgiveness. Isn’t it time that you did something about it, that you released the stranglehold unforgiveness has on your life? This program moves you carefully from understanding the insidious role unforgiveness plays in your life to the activity of forgiveness, the actions you can take on a daily basis to forgive and augment your well-being. Specifically, you should prepare yourself to take the following journey:

- To learn the guises of unforgiveness (it’s like a chameleon) and the ways in which unforgiveness has worked its way into your personal narrative, your story;
- To learn what forgiveness is and is not (its distortions) and to decide whether to move forward to forgive or not to forgive;
- To acquire the tools of forgiveness, such as writing, painting, bodyspeak, and others, and to begin the process of forgiving;
- To participate in a forgiveness ritual;
- To learn throughout the program of amazing stories of forgiveness, many of them told by the people who lived them.

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Need-To-Know

Price. \$95 for the following items:

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| <ul style="list-style-type: none">●8 Sessions●4-course Dinner●Picnic Lunch●13 Side-By-Side Tastings●Program Packet | <ul style="list-style-type: none">●Snack Buffet w Drinks●Scavenger Hunt to Earn Walker Bucks●Access to Online Walker House Food Market●Session Materials |
|--|---|

Reservations. Reserve your space by calling 608.553.0728 or sending an [email](#). Please pay by check or cash at check-in.

Deadline. 6/12/2015 or Program is cancelled. Please go to the next Well-Being Program and bring family and friends with you.

Lodging. The Walker House, 10 rooms, \$79-\$139, 20% discount, 608.553.0728.
Quality Inn, 45 rooms, \$89-\$124, 608.987.4747.
A dozen local B&Bs. http://mineralpoint.com/lodging/bandb_guestrooms

Activity Level. Light to Moderate.

Minimum Participants. 10

Maximum Participants. 25

Guests. \$15 for each guest joining you for the Celebration Dinner.

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Hourly Snapshot

- **8:30-9am Check-In:** Buffet Snacks and Beverages As Soon As You Check-In
- **9-9:30am Session 1:** Welcome And Orientation
- **9:30-10am Session 2:** Unforgiveness, The New Chameleon
- **10am-12pm Session 3:** Finding The Unforgiveness Plot In Your Story
- **12-1:00pm Session 4:** Picnic Lunch (outside, if weather permits)
- **1-1:30pm Session 5:** Move That Body With A Scavenger Hunt Inside The Walker House
- **1:30-3pm Session 6:** The ABCs Of Forgiveness
- **3-3:30pm Break:** Side-By-Side Snacks And Drinks
- **3:30-5pm Session 7:** Gathering And Employing The Tools Of Forgiveness
- **5-6pm Session 8:** Celebration Dinner
- **6-6:30 pm:** Final Session: Check-Out And Au Revoir

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Details

- **8:30-9am Check-In:** Buffet Snacks and Beverages As Soon As You Check-In
- **9-9:30am Session 1:** Welcome And Orientation

- Creators of the Well-Being Workshops, Retreats, and Camps (and owners of the Walker House), Dr. Dan and Kathy Vaillancourt, welcome everyone, lead a round of introductions, and conduct a brief orientation to the day's sessions. They also reveal the single most important thing you can do to augment your Well-Being.
- **9:30-10am Session 2: Unforgiveness, The New Chameleon**
 - You uncover the structure of unforgiveness: a decision, requiring energy and cleverness to sustain in its many guises. Unforgiveness masquerades as a judgment, and wears the masks of bitterness, rejection, anger, rage, and worse. This new chameleon can grow deep roots in you, altering the brain and at times blocking healing from many physical, emotional, and spiritual ailments. Most importantly, unforgiveness can make itself at home in your personal narrative, your story, and lead you to believe you are doomed to a life of misery.
- **10am-12pm Session 3: Finding The Unforgiveness Plot In Your Story**
 - You begin the session with your own story, the way you understand yourself and the way this basic understanding guides your decisions and actions. Then you snuggle up with unforgiveness for a while—just a short while. You learn about the dead weight of unforgiveness in your life by watching a live segment of dramatic theatre. Studies from science and anecdotes from faith play a role too; they depict the hard facts of unforgiveness, including the layering of unforgiveness in people's lives. Finally, the session becomes personal by uncovering the unforgiveness plot in your own story through assorted exercises, the last of which asks you to write on a piece of paper the incident/person that figures prominently in your unforgiveness plot and to place the paper in a jar that will remain sealed until the end of the program.
- **12-1pm Session 4: Picnic Lunch (outside, if weather permits)**
 - In addition to lunch, you participate in pop-up discussions on the effects of different foods on the body. You also learn about Side-By-Side Tastings, a Walker House innovation.

Picnic Lunch Foods

“We serve minis so you can enjoy manys.”

- Side-By-Side Entrées
 - Budget Mini Burgers VS. Jerry Marr Grass-Finished Burgers
 - Budget Mini Veggie Burgers VS. Walker House Mini Bean Burgers
- Side-By-Side Beans
 - Budget Baked Beans VS. Walker House Baked Beans
- Side-By-Side Potato Salad
 - Budget Potato Salad VS. Walker House Potato Salad

- Side-By-Side Coleslaw
 - Budget Coleslaw VS. Walker House Coleslaw
- Side-By-Side Pasta Salad
 - Budget Pasta Salad VS. Walker House Pasta Salad
- Side-By-Side Fries
 - Budget Fries VS. Walker House Sweet Potato Fries
- Side-By-Side Dessert
 - Budget Ice Cream VS. Chocolate Shoppe Ice Cream

Please Note: Foods served today come directly from the Walker House kitchen, either prepared here or created here, using meats, vegetables, fruits, and herbs grown on the premises or locally (when available). The exceptions are brand products or items labelled “Budget.”

- **1-1:30pm Session 5:** Move That body With A Scavenger Hunt Inside The Walker House
 - This session may be as good as it gets in life. You work in groups (your form friendships), you move your body (you get exercise), you have a little competitive fun in trying to beat other groups (you play), you learn the features that make the Walker House one of the world’s treasures (you experience beauty), and you earn Walker Bucks with each item your group finds (you earn money). The session ends with a few words on exercise and play in relation to Well-Being, and you learn of ways to spend or save your “hard-earned” Walker Bucks.
- **1:30-3pm Session 6:** The ABCs Of Forgiveness
 - A skit opens the session. You’re in a courtroom trying to understand the ABCs of forgiveness, except that the letters are W, U, P, K, T, T, L, W, C, letters that stand for Wisdom, Understanding, Perspective, and so on. To learn the alphabet of forgiveness is to empower you to initiate the healing phase of your personal story. But it won’t be easy. Never automatic (not “one and done”), forgiveness requires a daily decision, sometimes a decision moment by moment. If you persist in making the decision to forgive, you will eventually experience the emotions of peace and comfort.
- **3:3:30pm Break:** Side-By-Side Snacks And Drinks
- **3:30--5pm Session 7:** Gathering And Employing The Tools Of Forgiveness
 - Are you ready to break through the false protective shield of unforgiveness and to initiate the work of forgiveness? First, you gather the tools of forgiveness, such as Talking, Listening, Bodyspeak, Writing, Painting, and Sharing. Second, you practice using these tools to learn the power of each one and possibly the one(s) more suitable to you and your circumstances. Third, you participate with the group in a forgiveness ritual using the piece of paper you sealed in a jar at the beginning of the program. The session concludes with a few small

gifts: Notes from the day's presentations, List of resources, and Memento to encourage you on your forgiveness journey.

- **5-6pm Session 8: Celebration Dinner**
 - You conclude your Well-Being residency at the Walker House with a four-course meal of side-by-side tastings. You can sit with program members and relish each other's company a bit longer, or you can invite family and friends to join you (for a modest fee). Whatever you decide to do, you may push your own journey toward Well-Being by embracing new healthy foods. Your guest(s) may follow your venturesome spirit or live life at the table more modestly by sticking to old favorites. The Walker House caters tonight to every taste so that no one leaves the table hungry, not even a finicky teenager.

**Dinner Foods
Four-Course Meal
Side-By-Side Tastings**

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|-----------------|---|-----|---|
| Salads | Head Lettuce Wedges Doused in Budget Dressing | VS. | Walker House Salad in House Dressing |
| Entrées | Mini Grilled Burgers w Budget Meat | VS. | Mini Grilled Burgers or Top Sirloin Grilled Steaks (4 oz.), both w Jerry Marr Grass-Finished Beef |
| | Vegetarian Gourmet: Lemon Vegetable Rice and Quinoa Stir Fry With Tofu Cubes on a Bed of Walker House Rice Blend—All Browned in Extra Virgin Olive Oil | | |
| Sides | Budget French Fries | VS. | Sweet Potato Fries – Baked |
| | Budget Rice | VS. | Walker House Rice Blend |
| | Budget Veggies | VS. | Walker House Stir Fry Veggies |
| Desserts | Twinky w Budget Ice Cream | VS. | Baked Alaska and Crème Brûlée (Two Walker House signature desserts made with the finest ingredients like Chocolate Shoppe Ice Cream, Meringue, and Whipped Cream.) |

*For illustrative purposes only. Foods change seasonally to take advantage of farm-to-table produce and meats.

- **6-6:30pm Final Session: Check-Out and Au Revoir**
 - The Walker House staff hopes to see you again soon, but meanwhile you can pick up your cooler with foods or meals, if you ordered any products from the Online Walker House Food Market.
 - Please take good care of yourself, because the world needs you. It was a privilege working with you.

Au Revoir!