

2016 La Jolla and San Diego Annual Retreat
Shadow and Light: Do You See What I See?
May 13-15, 2016

Questhaven Retreat, 20560 Questhaven Road, Escondido, CA
Phone: (760) 744-1500

<http://www.questhaven.org/retreat.asp>

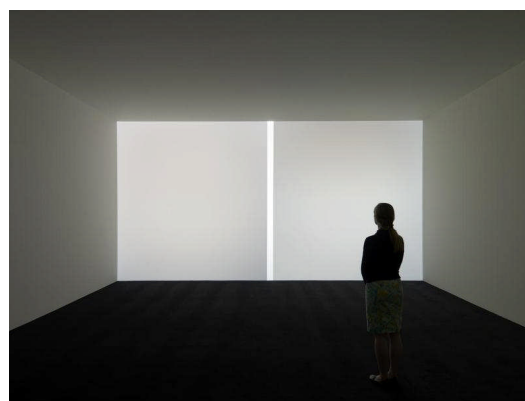
Deepen your connection to our Quaker community and your internal perceptions through an interactive art experience. We will experience art through discovery and response, visualize our internal world and make them external, and in the process bring personal meaning and value to the spiritual in art. No talent required.



Kandinsky



Rothko



Turrell

You are invited to a three-day retreat at beautiful Questhaven, nestled among chaparral-covered hills with several nature trails, shaded oak sanctuaries, and a variety of wild flowers and wildlife, and a 7-circuit labyrinth. The Elfin Forest is minutes away for afternoon hikes. Cottages and single rooms with comfortable beds await you. Linens are furnished. Chef Thierry will again provide the delicious food.

The program will feature Elizabeth Wespic and Will Stillwell. **Elizabeth** is an art educator who fosters individual expression. Her artwork captures unique perspectives of subjects in her personal life by framing the form to distinct forms and space. She has been a child attendee and now adult member of the La Jolla Friends Meeting since 1973. **Will** is on the faculty of several colleges, writes poetry, and thoughtful psychology-social science. He helps people in their organizational lives to find new ways to deal with conflict, morale, leadership, quality of work, creativity and accountability. He wants a sense of his own being, a sense of becoming, a sense of happenings that live through him. He wants to be at home in the world, spontaneous, whole of self and mutually whole. Will has been attending the LJRSF nearly 40 years.

Afternoon activities take advantage of our setting to commune with nature, to hike, to further develop our spirituality through art, and finally to share the results. Most of our favorite activities from previous retreats like Worship Sharing and Singing are on the schedule.

Community night: Please share a special song, poem, joke, talent, (whatever you are inspired to bring)!

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WHAT TO BRING

Registration and Set-up Begin at 4 pm, Friday evening

For Everyone:

Any special foods or medicines
Sunscreen, sunglasses, hats
Bug spray
Water bottle
Good walking shoes
Cloth napkin, mug for coffee and tea,
Jacket or sweater for chilly nights
Umbrella
Name tag if you have one already
Camera
Folding lounge chair if desired
Something to share for the talent show (see below).
Chargers
Flashlight

Overnighters

Jammies
Soap, shampoo, etc.
Special pillow
(linens are provided)
Earplugs if your roommate snores

Community Night: Everyone is encouraged to contribute something to share with the group. Songs, poems, jokes, art, thoughts, whatever. Let Karen, our emcee for the evening, know what you plan to do when you check-in at Questhaven.

Shadow and Light: Do You See What I See? Events

FRIDAY EVE	EVENT DESCRIPTION	LOCATION
4-6 pm	Check-in, room keys, sign ups, unpack, explore	FRIENDSHIP HOUSE
6-6:45	DINNER**	Casa de Angeles
7:15-8:45	<p>“Simplicity and Spirituality in Art” A facilitated discussion and sharing activity about three prominent visual artists who believed that art was spiritual, allowing the viewer to connect to their higher self. From a Russian abstract artist of the early 20th century, Wassily Kandinsky to Modern 1950s painter, Mark Rothko to Contemporary artists & practicing Quaker, James Turrell.</p> <p>Close with silent worship</p>	FRIENDSHIP HOUSE
8:45-10:00	Singing, board games, puzzles, hot chocolate	

SATURDAY	EVENT DESCRIPTION	LOCATION
7:00-8:00am	Self-organized time: Worship, Labyrinth Walk, etc.	
8:00-9:00	BREAKFAST**	Casa de Angeles
9:00-9:30	Intro and Welcomes, Icebreakers	FRIENDSHIP HOUSE
9:30-11:00	<p>"Light and Dark Harmony" When you close your eyes, what do you see? Use a variety of drawing materials and confront your internal judgment of making art by welcoming the exploration and visual engagement of making art. Use art to share with yourself and allowing surprise to touch you.</p>	
11:00-11:15	Group Photo	FRIENDSHIP HOUSE
11:15-12:30pm	Worship Sharing	Follow Your Group Leader
12:30-1:15	LUNCH	Casa de Angeles
1:30-3:00	Open studio with guidance by Liz. "Continuing your spirituality through art." OR hiking, blanket making, free time, Elfin forest hike	FRIENDSHIP HOUSE
3:30-4:30	Gentle Mindful Movement with Jane	
5:00-5:45	Worship sharing	Follow Your Group Leader
6:00-7:00	DINNER**	Casa de Angeles
7:15-8:45 PM	Community Night (songs, dance, readings, jokes monologues, thoughts, whatever you want to share)	
8:45-10:00	Singing, board games, puzzles, hot chocolate	

SUNDAY	EVENT DESCRIPTION	LOCATION
7:00-8:00 am	Self-organized time: Worship, Labyrinth Walk, etc.	
8:00-9:00	BREAKFAST**	Casa de Angeles
8:30-9:20	Paneurythmy at Labyrinth (movement to music)	Labyrinth
9:30-10:15	Worship Sharing	Follow Your Group Leader
10:30-11:30	MEETING FOR WORSHIP	THE ACADEMY
12:00-1:00 pm	LUNCH**	Casa de Angeles
1:00-2:00	Final Clean up, Turn in keys to Karen In kitchen	Casa de Angeles

**Sign up clean up of tables at registration table.

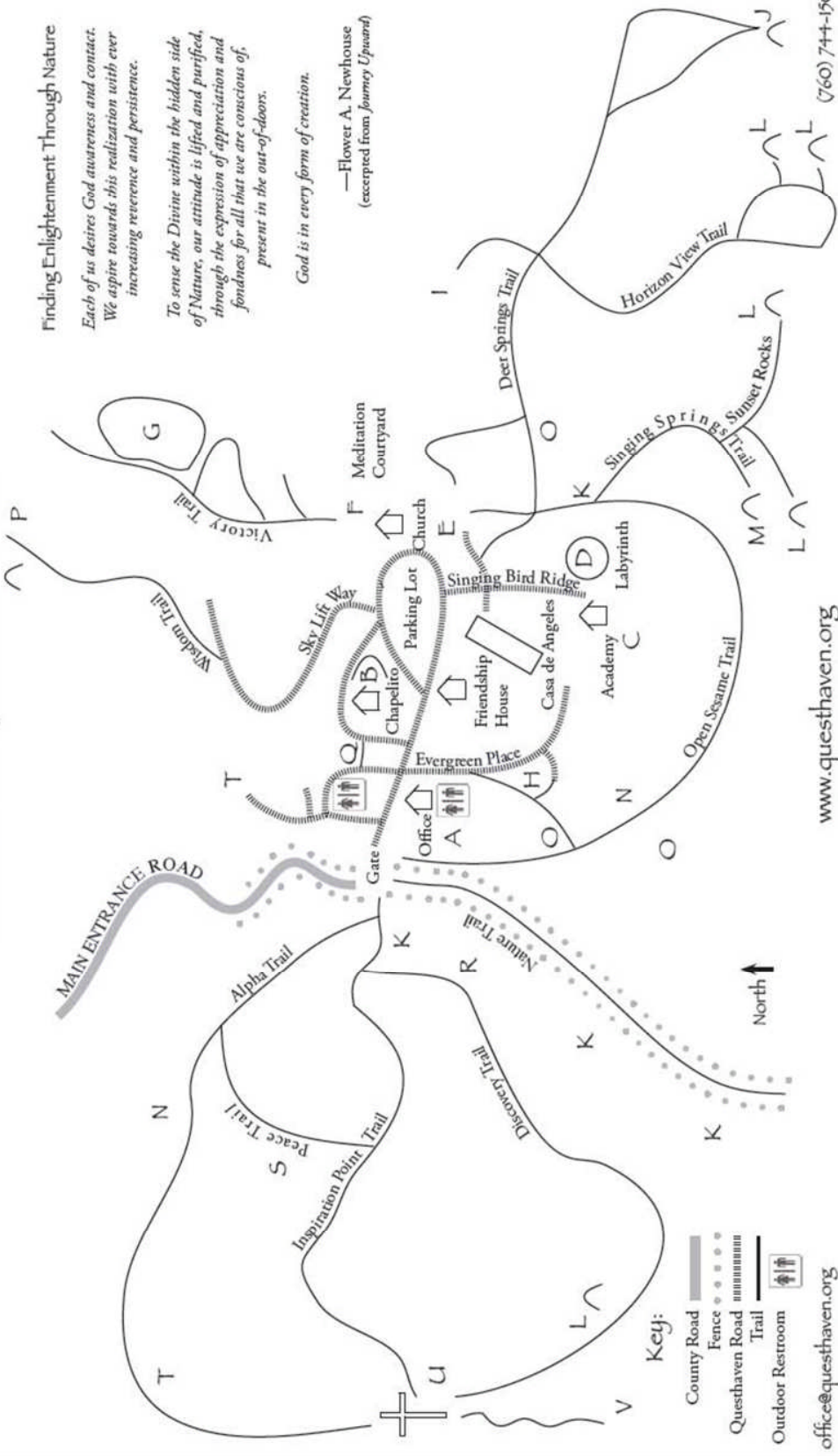
NOTES

Questhaven Trail Map and Points of Interest

Finding Enlightenment Through Nature
Each of us desires God's awareness and contact. We aspire towards this realization with ever increasing reverence and persistence.
To sense the Divine within the hidden side of Nature, our attitude is lifted and purified, through the expression of appreciation and fondness for all that we are conscious of, present in the out-of-doors.

God is in every form of creation.

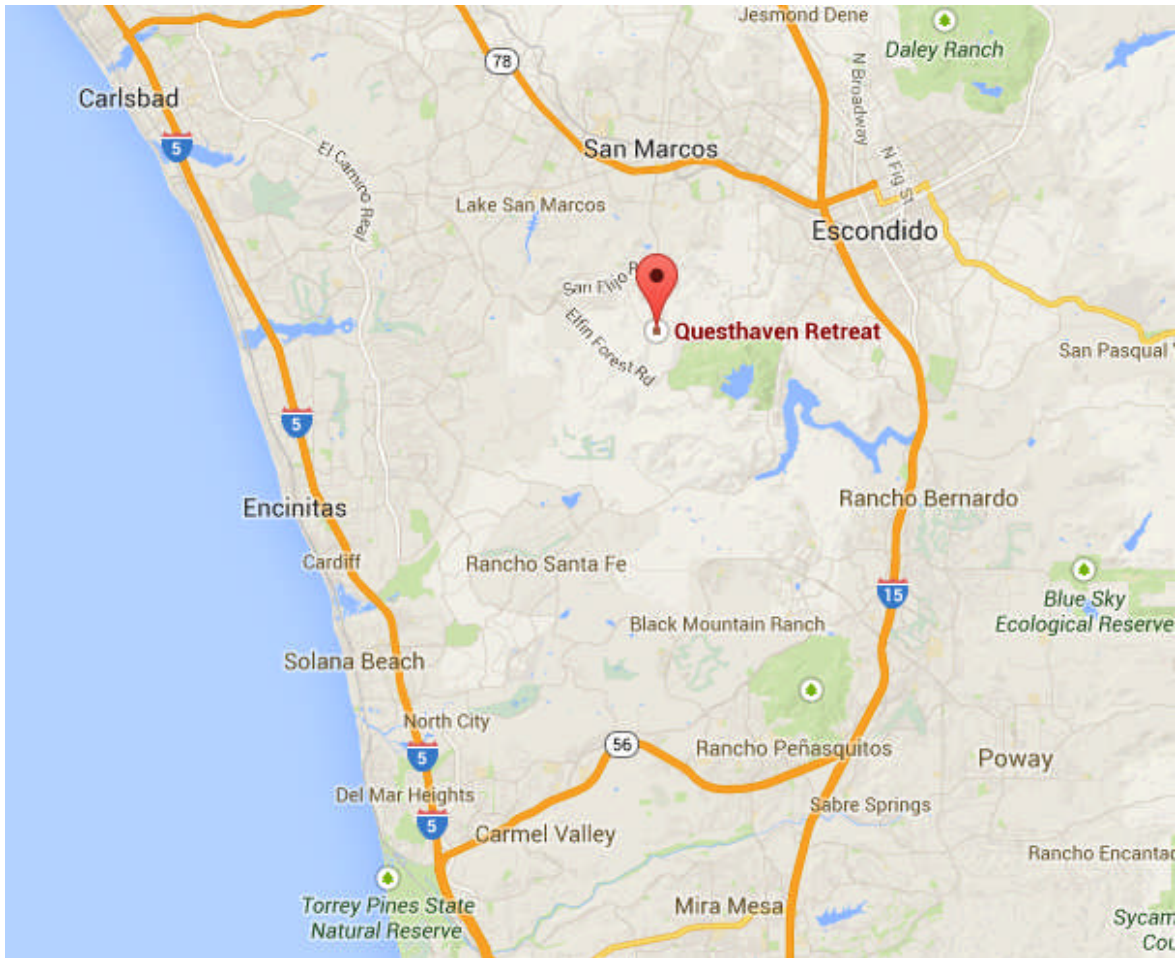
—Flower A. Newhouse
 (excerpted from *Journey Upward*)



www.questhaven.org

office@questhaven.org

(760) 744-1500



QUESTHAVEN 20560 Questhaven Rd., Escondido, CA 92078
Phone: (760) 744-1500

FROM I-5

- Take I-5 to the La Costa Ave. Exit.
- Turn East on La Costa Ave.
- Turn Left (North) on Rancho Santa Fe Rd.
- Turn Right (East) on San Elijo Rd.
- Continue past the Town Center and school.
- The next light after Hope St. is Questhaven Rd.
- Turn Right (South) on Questhaven Rd.
- Follow Questhaven Rd. approx. 2.5 miles to the end of the road.

FROM I-15

- Take I-15 to the Hwy 78 Exit.
- Head West on Hwy 78.
- Take the Twin Oaks Valley Rd. Exit.
- Turn Left (South) on Twin Oaks Valley Rd.
- Follow Twin Oaks Valley Rd. past the college and over the mountain.
- The name of the road changes to San Elijo Rd.
- Turn Left (South) on Questhaven Rd.
- Follow Questhaven Rd. approx. 2.5 miles to the end of the road.

15 min (7.5 miles)
via Questhaven Rd and Elfin Forest Rd
14 min without traffic

20560 Questhaven Rd
Escondido, CA 92029

- ↑ Head west toward Questhaven Rd
371 ft
- ↑ Continue onto Questhaven Rd
2.6 mi
- ↘ Use the left 2 lanes to turn left onto San Elijo Rd
0.9 mi
- ↘ Turn left onto Elfin Forest Rd
2.8 mi
- ↑ Continue onto Harmony Grove Rd
Destination will be on the right
1.7 mi

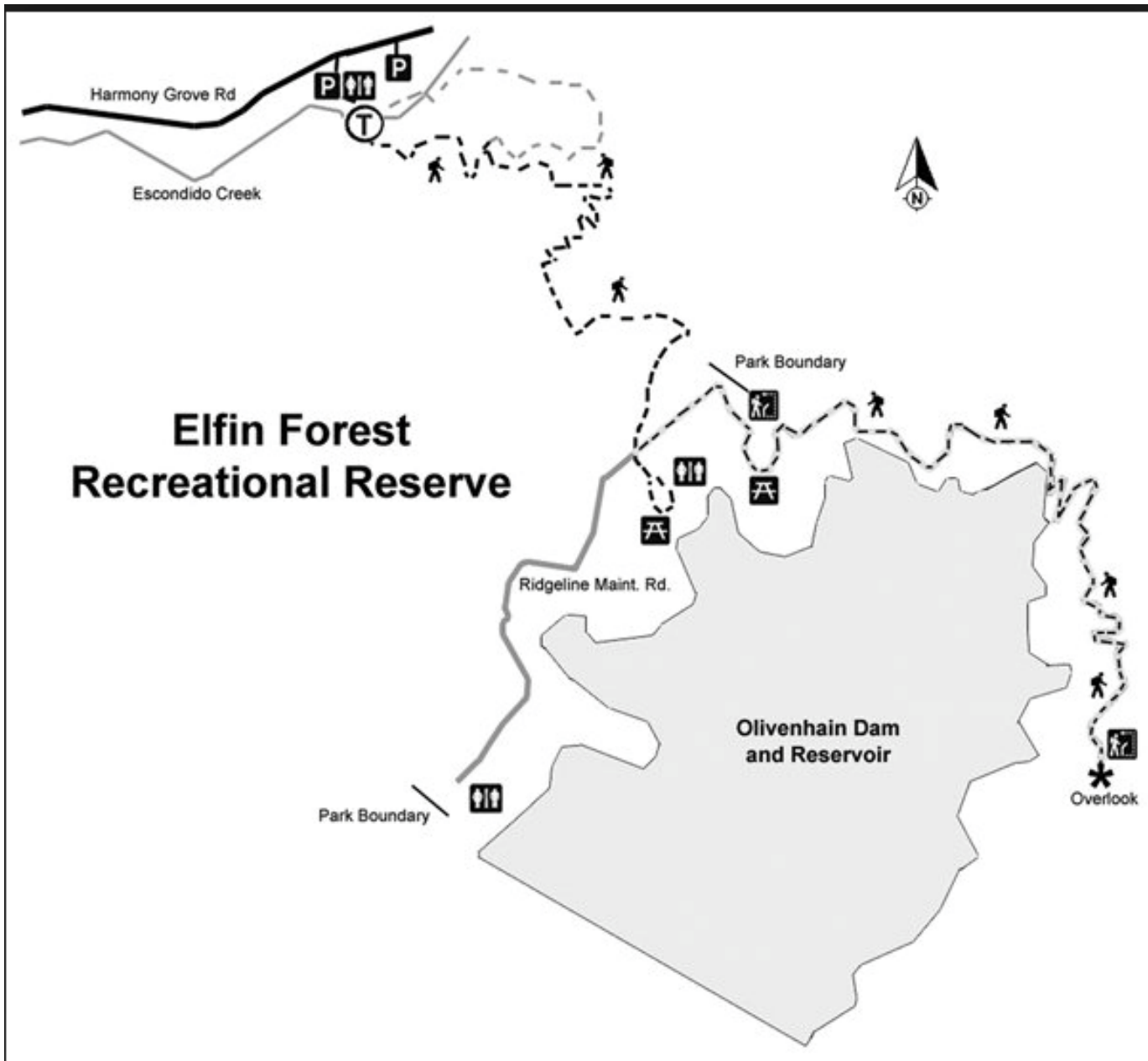
8833 Harmony Grove Rd
Escondido, CA 92029

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other factors may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

DIRECTIONS FROM QUESTHAVEN TO ELFIN FOREST RESERVE

8833 Harmony Grove Rd, Escondido, CA 92029

<https://www.olivenhain.com/elfin-forest-recreational-reserve>



2016 LJRSF & SD MEETING'S ANNUAL RETREAT REGISTRATION
May 13-15, 2016 at Questhaven

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**EARLY REGISTRATION DEADLINE FOR WEEKENDERS IS APRIL 17
REGULAR REGISTRATION DEADLINE IS MAY 1 2016.**

Note: All accommodations are lovely and the committee will do its best to accommodate everyone's needs.

Registrants Name(s): List all housemates. Fees include all materials/activities.

Email for contact person: _____ Phone: _____

Address: _____

(NOTE: Number of persons given below should match names listed above)

Registration Fees

Weekender(s): includes 6 meals at

\$175 - \$210 double occupancy (pay what you can in this range) for adults _____

\$185 - \$220 single occupancy (pay what you can in this range) for adults _____

\$15 discount for weekenders who register and pay in full by April 17, 2016

\$75 for children under age 10. If you have children under 4, please let the committee know for pricing.

Day Tripper(s); includes Saturday lunch and dinner at \$70 _____

Brown Bagger(s); fridge available; no housing or meals at \$40 _____

Payment enclosed \$ _____

Check here if you need some support from the Meeting's sharing fund (subject to M&O approval before April 22). Amount you are able to pay \$ _____ towards attending the retreat (include a check, please).

Please contact Jim Precht (858 775-4687) if you might need a ride, or might be able to offer a ride to the retreat.)

You may confidentially submit your registration form, with a full or partial payment check made out to La Jolla Friend's Meeting, to Elisabeth Fidler, 4126 Vermont St., San Diego, CA 92103 by **May 1** so we can finalize the cottages reserved and meet the final count deadline of our great caterer, Chef Thierry. Thank you!