



**Kristen Chamberlin**, M.S., L.M.T., has been a facilitator for 20 years drawing on systems theory, mindfulness traditions, experiential models of education, process therapy and the expressive arts. She coaches corporate and non-profit teams on communication, conflict resolution, leadership and wellness. She sees private clients and facilitates group work for those wishing to dive more deeply into their own healing process. She is deeply guided by her desire to live in the world with her heart wide open.



**Jeff Hilliard**, MA, M.F.A. is a therapist and retreat leader whose work is shaped by many years' experience as a visual artist and college professor. A long time veteran of the Shalom Process, he has recently completed a master's degree in Counseling Psychology at Lesley University. Jeff is passionate about the interplay of the psychological and spiri-

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## A Shalom Retreat for Social Change Activists



“More than anything else, we  
want to love and be loved.”

June 5th - 7th, 2009

Kristen Chamberlin & Jeff Hilliard  
at Maitri  
Florence, Mass

**We all long to live the full expression** of our core essence and purpose, to be alive and present in each moment. For some of us, this is a call to the work of building a better world. The work can be rich with meaning, honor and satisfaction. And yet, facing directly into the suffering of our world can leave one with the burden of accumulated despair, fear and anger.



“Love is an intention.  
That’s the first foundational principle.  
It’s not just something that happens,  
that you fall into. It’s something you  
choose to do, because it’s the way of  
truth and it’s the way of life. “

~ Jerry Judd

# for the healing of ourselves and our world

A Retreat for Social Change Activists is an opportunity to gather in loving community, open to the depth of our experiences and to be replenished for the work of building sustaining and loving relationships in the world.

## **The Gift of Love**

A Shalom Retreat is an intensive growth experience set in a loving and supportive community. Shalom Retreats are based on the following principles:

- More than anything else, we want to love and be loved.
- Love is a gift.
- Love is not time bound.
- Love is goodwill in action.
- Love is a response to need.

Intentional loving is an art. When practiced well in all aspects of our lives we have the promise of becoming the true agents of change of which we dream.

**Shalom Retreats** (the name comes from Shalom Mountain Retreat Center) focus on empowerment. We invite each person to trust the process of his or her own life. We encourage each person to become a dedicated disciple of their own life, to do the psychological and spiritual work necessary to live fully into the soul’s journey.

Our life force can be blocked by unexpressed feelings such as anger, fear and grief. By unblocking energy we are able to claim our joy and passion to fully embody the Divine in our lives. A variety of techniques are used as a means for releasing and transforming repressed emotions, so that one’s passion for life may be fully realized.

Shalom Retreats are for personal growth. They are not intended as a substitute for psychotherapy. They are designed for those who seek to grow and become more aware.

## **Registration**

Our retreat will be held in Florence, MA. Sleeping arrangements will be cozy and rustic. Please bring your own bedding and pillow. The retreat will begin with a potluck dinner at 6:00 pm on Friday and end by 2:00 pm on Sunday.

The cost of this retreat is \$290. This includes room, board, and all retreat sessions. Space is limited.

For more information, please contact:  
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