

NFNC SUMMER CAMP EAST 2004 PROGRAM DESCRIPTION

Forum - Ongoing

The Forum (www.nfnc.org/docs/forum.html) is a group process developed at the German community ZEGG to provide a stage for whatever is happening inside the person: one's true motivations, deep feelings, ideas and emotions. The Forum helps facilitate transparency, sharing and clarifying unsolved situations of daily life, and it can be a catalyst for one's own personal growth.

Teryani Riggs has been participating in ZEGG-style Forums since 1998 and leading them since 2000. She's taken Forum courses both in English and in German both in the U.S. and at ZEGG. She's led the Forum for NFNC Summer Camp West, NFNC's Hawaii Spring and Winter camps, Lost Valley Education Center, Shivalila Community, and other neighborhood and city communities in Oregon and in Hawaii. Believing strongly in value of the Forum and desiring to empower communities, Teryani delights in bringing the Forum to intentional communities and neighborhoods and other close-knit groups and is now offering a Forum Leadership course for communities and individuals interested in holding their own Forums.

Living in the Moment - Monday, July 12

Larry Kaplowitz is a community member at Lost Valley Educational Center near Eugene, Oregon, where he serves as program coordinator and associate editor for their nationally distributed magazine, *Talking Leaves: A Journal of Our Evolving Ecological Culture*. From 1985-1990 he was a teacher for Direct Centering (later called Nexus), from which his current path, Naka-Ima (www.naka-ima.org), evolved. Larry is an artist, writer, and graphic designer, and enjoys puttering in the garden.

Larry is perhaps best known for teaching programs designed to improve our ability and willingness to communicate directly and honestly, and foster a deeper level of alignment, cooperation, trust, and enjoyment within our community.

Human Awareness Institute Workshop - Tuesday, July 13

Come explore the balance in your own humanity through interactive exercises, guided visualizations, and sharing with others. Balance between mind, heart, body, and spirit. Balance between individuality and community. Exploring the alpha and omega of being human so one knows where one's balance point is. It promises to be fun, heartfelt, and informative!

Laina Dicker, MAT, CHT, is a joyful, loving mish-mash who defies pigeon-holing. Laina is a leader for the Human Awareness Institute (www.hai.org), and a co-leader for the monthly workshops of the Self-Awareness Institute. And oh yes, she rides a Harley.

Nonviolent Communication™ - Wednesday, July 14

Often called a language of the heart, NVC (www.cnvc.org) helps us connect with others in a way that breaks through - or prevents - conflict, and allows us to craft solutions and outcomes in which everyone's needs are met. In situations where blame, criticism and judgment are directed at us, it enables us to hear the life-connected universal feelings and needs behind them. This process does not require both parties to be trained in it in order to be effective. When we connect with each other on the level of our humanity, it is easier to create win-win outcomes.

Estill Putney, PhD, is a lecturer, traveler, trainer and artist. For ten years, she lectured in Psychology at the University of Buckingham in England. She has been a leader of the interfaith Community for Spiritual Living in Blacksburg, VA for the last 15 years. She is Executive Director of a private, charitable foundation which is established with her sister, the author Mary Jo Putney. She is a stone carver, leads Dances of Universal Peace, studies African drumming and exhibits her paintings.

The Magic of Sexual Empowerment - Thursday, July 15

Within safe sacred space we will explore the realms of our individual sexual energy. Those who choose to will work naked, exploring personal boundaries, learning to sense our own sexual energy/power, experiencing energy orgasms and sexual healing through breath work and self-love of our physical bodies. For some, working naked in a group is challenging and scary. Undressing will be part of the work we will do together to create a safe space for all participants. Madrone will be at camp for a number of days before the workshop to answer your questions or concerns. This is a magical workshop for those men and women wanting to have fun and make some changes in their lives.

Madrone likes to think of herself as a wild woman, witch, musician, performer, producer and teacher, wounded soul, lover of nature and wild things. She moved to San Francisco 17 years ago from Australia and began to study magic and ritual, and began the long path of healing. With strength and her connection to the goddess, she changed her life. She has been teaching Reclaiming Tradition Witchcraft core classes nationally and locally for nine years. During that time, she has been working on healing sexual wounds and developing sexual healing workshops, groups and classes. She also loves to use performing arts for healing, and has produced a number of performance events, including Reclaiming Spiral Dance Ritual, and California Witchcamp summer retreat. She is a powerful woman with strong opinions and a sense of humor, committed to living in alternative, diverse community, walking and talking on the edge. Madrone has an ongoing counseling practice in Oakland, CA. For more info, see www.madroneproductions.com.

Healing Ourselves as we Heal the Earth - Saturday, July 17

In this session, Robert Silber will describe his personal journey which has focused on protecting and regenerating ecological systems. We will look at how our work can be a form of yoga, whether puttering in a garden or organizing a community to protect their watershed.

Robert has worked as an organic farmer and gardener, permaculture landscape consultant, political organizer with the Sierra Club and other national environmental organizations, and is currently the Allegheny Riverkeeper. He lives in the Pittsburgh, Pennsylvania area.

Open Sessions

Join in as the entire camp self-organizes for concurrent events, inspired by your own passions and interests. Open Sessions are an opportunity for campers to convene dialogue groups on topics they've been wanting to explore, or create group massages, or do a music jam together. Participants are free to move from session to session, honoring their instincts and natural enthusiasm.

Auction

Expect to be amused and surprised by the variety of unusual items and services donated by fellow campers for bidding. Previous auctions have included such offerings as "1000 kisses" and "a morning serenade". Auction proceeds help to provide scholarships and improve future camps.

Sensual Feast

Imagine a table loaded with succulent fruits, candies, and nuts; in the center are large bowls of chocolate sauce and whipped cream for dipping. But there's a catch - the one rule is that you may not feed yourself! Serving, and being served, are the watchwords of this event. The result is a delicious combination of sensory input: music, movement, people, touch, and yummy treats.

7-Minute Date Marathon

Campers get an opportunity for several spontaneous "dates" of only 7 minutes duration. The pace of the event can promote higher levels of transparency, and the spontaneous nature often facilitates unexpected connections.

How We Come Across

Campers get an opportunity for 1 or 2 minutes of spontaneous "popcorn-style" feedback from the entire group about how their personal projection comes across to others. Campers may choose to receive only positive feedback, negative feedback, or a mix of both.

Fishbowl

The Fishbowl is a type of discussion group where only some members participate (often either just men or just women), while the others observe silently from the perimeter of the room. This provides a unique sharing opportunity for the participants and an equally unique learning opportunity for the observers.

Lighter Side

Participants create and perform skits to illustrate humorous events that they have observed or experienced at camp.