

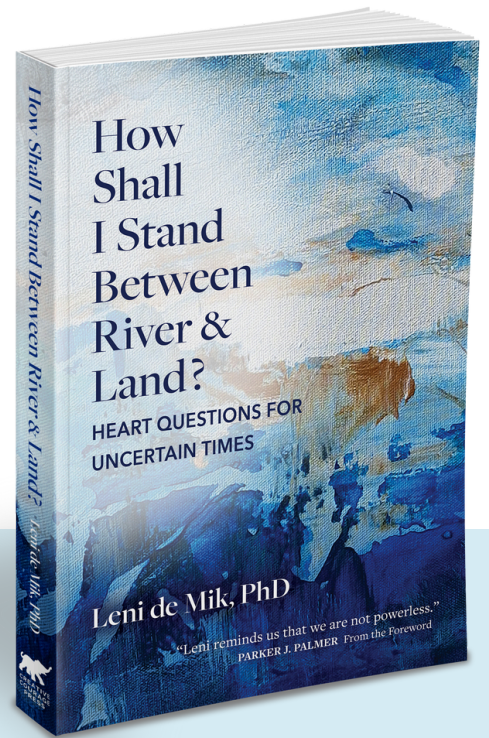


HOW SHALL I STAND? A Morning of Reflection Toward Action

Saturday, October 25 from 9-12 pm plus lunch
Morningside Hills UCC Church
4201 Morningside Road, Edina, MN 55416

"Leni reminds us that we are not powerless. We can choose connection over isolation, seek out and listen to diverse voices and conversations, and build bridges to understanding."

~ Parker J. Palmer, from the Foreword



BEGIN WITH HEARTFELT QUESTIONS

In a world filled with noise and uncertainty, take a morning to pause, reflect, and reconnect with what truly matters. This half-day retreat is inspired by a new book, *How Shall I Stand Between River and Land? Heart Questions for Uncertain Times*, by Leni de Mik, a retired clinical psychologist and elder rooted in the Minneapolis community. The retreat will explore themes of resilience, integrity, and belonging.

You will be invited to:

- **Listen** to your own "heart questions" through journaling and gentle conversation
- **Learn** practices for resilience and grounded presence
- **Connect** with inner clarity and a sense of shared humanity with neighbors
- **Consider** actions to take aligned with your values

The retreat will be led by local facilitators from the Center for Courage & Renewal, Laura Kinkead and Winton Boyd, along with musician/songwriter Barbara McAfee.

Leni de Mik dedicated her book to the legacy of her close friend, Minneapolis leader Joyce McFarland, a loving and longtime supporter of the Center for Courage & Renewal.

"Joyce was eager to make sure that the larger world had a chance to learn Leni's story and benefit from Leni's wisdom," writes Parker J. Palmer in the foreword. "Leni, for her part, was equally eager to do the hard work required to honor and keep Joyce's spirit alive with a book that responds to the ancient question, 'How, then, shall we live?'"

MEET THE AUTHOR Leni de Mik, PhD, is a clinical psychologist with a remarkable journey spanning continents and challenges. Born in Nazi-occupied Netherlands in 1941, Leni (pronounced "Lainey") survived wartime hardship and emigration to Canada and later the United States, experiences that shaped her profound understanding of human resilience. Rooted in her Christian Calvinist upbringing but deeply influenced by Zen and Tibetan Buddhist traditions, she has worked as a teacher, activist, and therapist with over 40 years of clinical practice. Leni lives in Minneapolis, continuing to explore the depths of human compassion through meditation classes and wellness workshops. For more about *How Shall I Stand Between River and Land? Heart Questions for Uncertain Times* from Creative Courage Press, visit <https://bit.ly/LdMbk25>



LOCAL EVENT CONTACT: Marna Anderson, Center for Courage & Renewal, marna@couragerenewal.org, 651-247-5542
PUBLISHER CONTACT: Shelly Francis, Creative Courage Press shelly@creativecouragepress.com, 970-812-3224



DETAILS ABOUT THIS RETREAT

What's Included:

- Guided retreat from 9:00 AM – 12:00 PM (come for coffee at 8:30)
- A signed copy of *How Shall I Stand Between River and Land?*
- Lunch reception to celebrate the book launch and raise support for the Dick and Joyce McFarland Scholarship Fund for the Center for Courage & Renewal.

SCHEDULE

8:30 a.m. Meet and greet over coffee/tea

9:00 a.m. – Noon. **Listen. Learn. Connect. Consider.** Make time to reflect on these uncertain times, how you might stand in them, and take action going forward aligned with your values. Inspired by Leni de Mik's new book, enjoy a Courage & Renewal experience in large and small groups.

12:00 – 1:00 p.m. **Lunch reception** to celebrate Leni's book and raise support for the Dick and Joyce McFarland Scholarship Fund for the Center for Courage & Renewal. Includes a pre-recorded message from Parker J. Palmer and in-person comments from Courage & Renewal Executive Director, Kathryn McElveen.

COST: \$75 includes retreat, book and lunch. Please pay as you are able (\$25 min), more if you can, less if you can't. \$25 for lunch only. Register online at <https://bit.ly/ccrLdM25>

ALL ARE WELCOME! The retreat welcomes people of all backgrounds seeking deeper reflection and purposeful action in uncertain times.

MEET YOUR FACILITATORS

LAURA KINKEAD, MBA is a leadership development consultant, executive coach, and facilitator. Her focus as a Courage to Lead retreat facilitator is in creating supportive communities that give participants the opportunity to explore meaning and purpose in their work and life and to rediscover and rekindle their spirit and passion. She has facilitated The Courage to Imagine retreat series for medical fellows through the Archibald Bush Foundation and she has been a member of the community faculty at the Center for Spirituality and Healing at the University of Minnesota where she led a renewal retreat series for health professionals. Laura has studied Adaptive Leadership at Harvard University and has a MBA from the University of St. Thomas. She is a partner in the leadership development firm, The Collabrium.



WINTON BOYD has been a facilitator with the Center for Courage & Renewal since 2007. He currently heads up the Flourishing in Ministry Project for the Center. In this capacity he has worked with clergy and faith leaders in settings across the USA and British Columbia. For 20 years, he was pastor of Orchard Ridge United Church of Christ (UCC) in Madison, WI. While there, he was involved with racial justice work across the city, the Sanctuary movement, and the UCC Outdoor Ministry program. He concluded that work in January 2019. He continues to lead various retreats (Soul of Aging, Seasonal Retreats, and others) and is also a facilitator with the Center for Clergy Renewal at the Holy Wisdom Monastery in Madison, WI. He and his, Tammy, have three young adult children and 2 grandchildren. He loves running, biking, hiking and baking bread!



BARBARA MCAFEE. According to Parker Palmer, "Barbara is a one-woman Burning Man Festival!" All of her work takes root in voice—through voice coaching, songwriting, speaking, and leading others in song. Barbara has written two books on voice and produced nine recordings of her music. She lives in St. Croix Falls, Wisconsin.

