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Wellness and Sustainability Programs

All wellness or sustainability programs listed below are \$95 and include a delicious whole foods lunch prepared by Harmony Hill cooking staff. Make it a weekend and stay the evening for an extra \$65 (includes a continental breakfast).

Building Projects Using Sustainable Materials July 11, 10am–4pm

Learn how to build using Cordwood masonry, a low-cost technique where walls are constructed of log ends cut from rounds of wood, using a special mortar mix. You'll receive hands-on training and will take home plans for building and completing your own Cordwood structure.

The Joy of Yoga with Denise Carrico August 1, 10am–4pm

The truth and beauty of who we are is believed to emanate from the heart. This day-long

program will allow us to move through the practice of Yoga with postures that open our shoulders and chest, and breathing techniques that free congestion in our lungs. Add to these the practice of Loving Kindness Meditation and a simple, devotional intention to be present where we are and we may access what is most essential at the heart of our own lives. All levels & abilities are welcome!

Celebrating the Harvest September 5, 10am–4pm

Lighten the load on our environment by growing your own food and buying seasonal produce from local growers. Explore ways to stretch your food dollars, avoid unneeded trips to the grocery store and prepare simple nutritious dishes. Enjoy a tour of Harmony Hill's organic gardens, get introduced to our composting methods, harvest fresh produce, learn how to handle those bumper crops of foods so they can be enjoyed for many months to come, and take the recipes home with you.

Yoga for the Seasonal Blues with Joanna Cashman November 7, 10am–4pm

Antidepressant yoga practices can provide a life raft to help you sail through winter, using ancient and contemporary tools for positive mood management. Recent research from Boston University showed that yoga practices can significantly increase GABA mood elevating neurotransmitters. This workshop will show you how to access those benefits with specifically designed asana, pranayama and meditation techniques that empower physiological and psychological levity. All levels welcome. ■



At a Glance Now Available

Harmony Hill is best known for our life-changing Cancer Retreats but there are many other programs that Harmony Hill offers. Our newest publication, *At a Glance*, highlights all of Harmony Hill's programs and gives an overview of how you can rent a space for a family reunion, wedding or business meeting and support our programs.

Review our new *In Harmony* series or learn what we are offering for nurses and health professionals. If you are putting together a retreat for your business or need a place to hold a meeting, Harmony Hill has many different spaces to choose from and will even cater your event. The *At a Glance* catalog is available for free—you can either download the document from our website or request a copy by calling 360.898.2363. ■

Local Merchants Help Harmony Hill

Harmony Hill has partnered with **Glassybaby** of Seattle, Washington and **Sage Bookstore** in Shelton, Washington to sell their products online. Glassybaby makes unique hand-blown candleholders, glass cups or vases at their Seattle location. For every purchase you make of a Glassybaby product using the product code Harmonyhill we will receive 10% of the proceeds from that sale.

Sage Bookstore is your friendly neighborhood bookstore in Shelton, Washington. When you order one of the books from Harmony Hill's recommended reading list online, Sage Bookstore will donate 20% of the proceeds from that sale to Harmony Hill. Sage Bookstore has been a longtime supporter of Harmony Hill and we appreciate the continued support.

Visit our online store to learn more about Sage Bookstore, Glassybaby and other products you can purchase to support Harmony Hill at www.harmonyhill.org/store. ■

Looking for Auction Items & Sponsors

Harmony Hill's third annual auction is just around the corner and we are looking for auction item donations and sponsorships to make the event a huge success! The fundraising goal for this year's event is \$50,000 to benefit our cancer and wellness programs. All donors will be recognized in the auction program and on Harmony Hill's donor listings. If you have an item that you are interested in donating, please contact us at donate@harmonyhill.org or 360.898.2363 by September 1.



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View from the Hill

Improving the quality of life for those affected by cancer, providing support and resources that inspire renewal.

Spring 2009



A spectacular mountain and water view from the labyrinth garden.

FROM THE DIRECTOR New Discoveries and Hope

Spring greetings to all! We're happy to witness signs of new life with buds on every tree, blooms appearing, and capital construction close to beginning. We are still filled with gratitude for all your enormous support contributing to the success of our capital campaign. It has given Harmony Hill an enhanced calling. In this time of economic challenge we believe that Harmony Hill has been called to be a refuge of hope, a place of light, providing an even higher level of needed services.



From the Director | Continued, page 2

Finding the Missing

It was eight years after her first cancer diagnosis that Marolan found Harmony Hill. "I think that instead of me discovering Harmony Hill, Harmony Hill kind of discovered me. I kept having the name 'fall into my hands' over and over. When I was sick, I'd think I was too sick to go, it was too far away, I was too tired to get out there, that type of thing."

The first two times she was diagnosed, Marolan knew she had to get well for her daughter, but the third time, she says, "I knew I had to live for me, that I had to find a reason to find myself worthy enough to live. It wasn't enough to live for someone else. I had to be good enough. And that was hard for me, really hard for me."

She signed up for the one-day workshop *Tools for the Journey*. "I felt a profound sense of all the people who'd walked here, people who'd died, who'd come here to heal. And I just knew, deeply, 'This is where I'm supposed to be.' I felt so touched on so many different levels – my compassion, my heart; I felt sad, joyful, everything all at the same time. It was really beautiful."

"When I was at Harmony Hill, and when I saw what they gave to people, but specifically what they gave to me, I wanted to give that to other people. It really showed me how much something big was missing in my life. And that was giving back, doing some sort of work for someone else, helping others, being generous. Doing all the things we all say we want to do but never get around to doing."

The big change that happened because of my cancer and Harmony Hill was that I found the focus and the courage to do something good for the world, to give back. For me, it's about having that personal debt – I don't think everybody needs a debt to pay in order to give, but I think I needed one, to get off my butt and really turn my life into what I really wanted it always to be."

Marolan does a number of things to help Harmony Hill including selling angel charms in Harmony Hill's gift shop. She has also started a young girls' volunteering group with her daughter, Hannah, called *Power to Be*. Marolan was interviewed by alumna Kristine Leathers. ■

New Building Starts

We are very pleased to announce that Harmony Hill received a grant from the Bill & Melinda Gates Foundation for \$500,000 in early March. This gift came due to the support of many donors and volunteers that participated in the challenge set forth by the foundation. The receipt of this gift will allow Harmony Hill to start the construction of two new hillside cottages and the rebuild of the Creekside Annex. This is in addition to the new Greenhouse at Harmony Hill which was made possible due to a grant from the Boeing Employees' Community Fund.

After the completion of the Greenhouse, Harmony Hill will be able to grow more produce in our gardens for use in our kitchen year-round. The other buildings will expand our overnight capacity allowing us to serve more people in our programs and generate more revenue through rentals and programs to support our long-term sustainable growth.

This summer Harmony Hill will start construction on two new projects. The first is the construction of the Creekside Annex, located next to the Ferrari Family Sequoia Labyrinth. After the completion of this building we will have another six beds for retreat participant use and a small apartment for an on-site caretaker. The Creekside Annex will be two stories and include three separate double occupancy rooms with private entries on the lower story. Each of these spaces will have lovely views of our gardens, their own full bathroom, window seats and high speed internet access.

Site preparation will also be started for the construction of two new buildings on our upper campus which we are calling the Hillside Cottages. Each cottage will sleep six people in three different rooms. Each of the cottages will be two-story buildings, with each bedroom to include two beds, a small kitchenette, full bathrooms and private sitting areas. Nestled in the woods they will be a perfect place to spend a quiet day or two away from the bustle of life.

New Building | Continued, page 3

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Lynne Twist, author of *The Soul of Money*, recently had insight into these difficult times that I want to share: “This is a time that I think history will look back on and say, ‘These are the people, this is the generation of humankind, that made the changes that went through a transformation that made the future of life possible. These are the people who had the courage to make profound changes in the way they were thinking--as well as in the way that they were behaving--that gave the future to life itself.’”

It is a privilege to be part of this time of deep and needed change. Harmony Hill is here to offer respite and renewal and perhaps help reignite a spark of life for those who travel here. I am often inspired by the change in those who come to our Cancer Program—the hope that so many of our participants show in what can be a difficult time of loss. It is a great message to the rest of us during these times that we too will get through this.

I hope that you will come and visit Harmony Hill to witness all the changes that are happening. As the ground warms we intend to plant over 1000 dahlia tubers. You are welcome to join one of our volunteer work parties to take part in the planting and witness nature’s miracles—or just get away and rest on our grounds, walk our hiking paths or take one of our upcoming classes on sustainability or yoga.

With a thankful heart for each of you,

Gretchen Schodde, ARNP, MN
Executive Director

Re-Discovering the Heart of Nursing

With a deep concern for the well-being and retention of Nurses, Harmony Hill in collaboration with VOICE for Healing in Healthcare, a group of nurse educators; initiated a series of one-day programs on February 24th. Creating Nursing Community: Your Story as a Healing Path is based on the powerful work about the healing potential of story by Rachel Naomi Remen, MD. Remen is the Medical Director of Commonweal in California, the center that inspired Harmony Hill’s Cancer Program.

A number of nurses and health professionals attended this initial offering including several young new nurses and one student who referred to herself as a “nursling!” Judy Ulibarri, RN of the VAH in Portland was thrilled to bring several of her colleagues and said, “*Creating community is vital to my well-being as well as to all those I work with and serve. This course provides the framework for approaching work, colleagues and patients in a more holistic way which reflects commonalities and community.*” This one-day program is approved for 6 Continuing Nursing Education (CNE) credits via the American Holistic Nurse Association. Harmony Hill and VOICE will be offering this program again on September 1st with personal retreat options available the day before and after.

Embracing the Wisdom of Nursing is a three-day workshop offering for nurses only. The first two offered at Harmony Hill will be June 7th-9th and November 8th-10th. At this workshop the very personal and intimate work of Nurses, the hearts and hands they offer each day, will be honored. Concepts of loving kindness, grace, compassion, quiet dignity and generosity of spirit will be explored. Nurses attending can expect to feel refreshed, rested, inspired and supported. This program was developed by Leonie Wolff, RNC, LMT from her extensive experience with the healing potential of retreat. It has been approved by the American Holistic Nurses Association for 9.5 CNE credits.

Details on both of these programs can be found on the Harmony Hill website at www.harmonyhill.org. Please let your Nurse friends and colleagues know of these exciting new programs! ■

Upcoming Special Events

There are a number of fun upcoming events to help support Harmony Hill’s programs. Space is limited, so get your tickets or reserve your spots today to have a good time and help benefit Harmony Hill’s programs. If you are interested in attending any of the events below or would like to reserve a spot, contact us at 360.898.2363 or donate@harmonyhill.org.

Saturday, August 15

SummerFest (Harmony Hill)

Spend a day at Harmony Hill with your family and friends. This year we will be offering a number of free sampler workshops for everyone including using the harp to promote healing, as well as sample workshops on lifestyle change and sustainable living. This is also a great time to see everything that Union has to offer by visiting the Cameo Boutique & Wine Shop, having a meal at one of Union’s restaurants, checking out the Alderbrook Golf Course or getting out on the water with Hood Canal Adventures. SummerFest starts at noon, the entire event and workshops are free of charge. Special overnight package rates are available.

Sunday, August 16

SummerFest Brunch (Harmony Hill)

If you haven’t had a brunch at Harmony Hill here’s your chance. Come out early for a delicious buffet brunch at Harmony Hill then enjoy the remainder of the day hiking the trails or exploring the Hood Canal. Brunch will be available from 10am - noon and must be purchased before the event. Price is \$25 for adults or \$10 for children under 12.

Wednesday, September 9

Tournament at the Golf Club at Newcastle (Newcastle/Seattle area)

Put a foursome together for this fun scramble at the beautiful Golf Club at Newcastle. Admission includes play on one of the two courses at the club, a golf cart for use at the club, breakfast and a catered lunch. There will be tons of tournament prizes and contests. Registration and breakfast at 7:30am with 8:00am shot-gun start. Cost is \$220 per golfer.

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Special Events | continued from page 2

Saturday, September 12

Harmony Hill’s 3rd Annual Auction and Dinner (Harmony Hill)

Join us at Harmony Hill for an evening of music, fun and food to benefit Harmony Hill. Taste dishes from Harmony Hill’s newest cookbook prepared by Harmony Hill’s amazing cooking staff and caterer Anne Nisbet from Seattle. Price includes buffet dinner and dessert, live and silent auction and music. Silent auction starts at 4:00pm with dinner served at 5:30pm followed by live auction. Cost is \$100 per person, overnight package options available.

Saturday, November 14

2nd Annual Art for the Hill (Gig Harbor)

Start your holiday shopping while supporting Harmony Hill and local artists at this art sale. A large number of local artists will have their artwork on display for purchase with a percentage of the purchase price donated to Harmony Hill. Amazing pottery, paintings, breathtaking photography and other crafts will be available for purchase. There is no cost for admission, come and enjoy tasty snacks, fantastic art and music. See our website for further details. ■

New Building | continued from page 1

The completion of these buildings will allow us to continue to increase the number of people we serve in our cancer retreats by giving us more overnight beds which will reduce the per person cost of the retreat, stretching donor dollars further. Visit our website to see the plans for these buildings or come out to Harmony Hill to see for yourself. ■

Contact Us!

Harmony Hill Retreat Center
7362 E State Route 106, Union, WA 98592
www.harmonyhill.org (360) 898-2363
info@harmonyhill.org

Upcoming Programs at Harmony Hill – 2009

For more details or to register, visit www.harmonyhill.org or call Cindy Shank at 360.898.2363.

Community Volunteer Days

June 6 September 26
August 8 October 31

Volunteering during the work week is not an option for many people. In an attempt to create accessible avenues of involvement we offer “Community Volunteer Days.” Welcome in the seasons by volunteering and enjoying a delicious whole foods lunch. Each event is 10am-4pm. Space is limited, if you are interested please call us at 360.898.2363 or info@harmonyhill.org.

Cancer Program

Register online for any of the programs listed below or contact us at 360.898.2363 or info@harmonyhill.org. Harmony Hill’s Cancer Program is offered free of charge to those that attend.

Tools for the Journey

August, 17, 10am–4pm
November 16, 10am–4pm

This workshop provides practical resources and strategies for those facing the challenges of cancer.

Thriving in Uncertainty

June 15, 10am-4pm

Life after a cancer diagnosis is graduate training in living in Mystery! Learn how befriending the unknown can be the entryway into living a full, wise and passionate life.

Expressive Arts: Play as a Healing Tool

September 14, 10am–4pm

This one-day workshop plays with various shapes of expression including gentle movement (Qigong), sound, story and creating with simple materials.

After the Storm of Cancer

October 26, 10am–4pm

With the experience of cancer there is a process of learning: moving from chaos and trying to figure out “what’s happening” to survival and then beyond survival to meaning.

Loving Yourself through Cancer

December 7, 10am–4pm

This retreat is a time for caregivers to refresh the body and spirit, to acquire the tools and resources for self-care.

Extended Cancer Retreats

August 3–5, for men and women
October 12–14 (Mon. – Wed.),
for women with breast cancer
November 13–15, for men and women
December 4–6, for sexual minority women

Our primary cancer retreats are designed to help individuals find emotional, mental and spiritual healing in the face of cancer. Our flagship three-day cancer retreats offer experiences and education to help individuals explore the issues, choices, feelings and concerns associated with a cancer diagnosis.

Cancer Caregiver’s Retreat

May 29–31

We all know how all-encompassing a cancer diagnosis can be for the person with cancer, but it’s easy to underestimate the toll of caring for a loved one with cancer. This 3-day retreat offers a time of respite for caregivers to refresh body & spirit.

Grief & Loss/Passionate Sadness

September 18–20

This retreat is for anyone who feels they would benefit from sharing with others who

have dealt with the loss of a loved one to cancer, and is designed to help participants cope with the physical, emotional, and spiritual challenges that come with that loss. A separate group will address issues related to losing a spouse or life partner.

Health Professional Series

Programs for Nurses and Health Professionals

Embracing the Wisdom of Nursing

June 7–9 (Sun. – Tues.)
Nov 8–10 (Sun. – Tues.)

Tuition: \$395 per person. Includes all meals, lodging and 9.5 CNE contact hours.

Inherent to the art & practice of nursing is the wisdom of the heart and the hands. This wisdom is a constant as we work in a health care system that continues to get more complex. Embracing wisdom within a holistic framework is a path to healing our profession and ourselves. You are invited to join a supportive circle of nurses in the deeply nurturing environment of Harmony Hill.

Creating Nursing Community: Your Story as a Healing Path

September 1, 9:30am–4:30pm

Tuition: \$175 per person. Includes delicious whole foods lunch and 6 CNE contact hours.

In our complex healthcare environment isolation can occur which makes it difficult for nurses to remember the core concepts of nursing: the heart, hands and the spirit of caring. Community offers the heart of healing by allowing the individual to be present with and heard by supportive others.

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Find us on Facebook

Harmony Hill is now on Facebook! Become a fan of our page and keep up-to-date with our upcoming programs and connect with other alumni and Harmony Hill friends. Find us by searching Harmony Hill Retreat Center at www.facebook.com or by linking to the page from our website at www.harmonyhill.org. ■

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