

# Perceiving the Arc: Exploring One's Legacy

*A Spiritual Writing Retreat*

Date: Saturday August 7, 2010  
Location: Christos Center  
Time: 9:00 am—4:00 pm  
Cost: \$55  
(bring a bag lunch-snacks provided)  
Registration deadline: August 1st  
(Retreat is limited to 15 participants)

**Facilitators:**

Steve Simmons, Professor Emeritus in Agronomy  
and Plant Genetics—Uof Minn  
Kathleen O'Donovan, Edu. Specialist—Uof Minn

As one progresses through life, it is not unusual  
to wonder how one fits into the larger arc of one's  
family, occupation, community or some other  
context. Poet Wendell Berry writes:

I wake  
thinking of the ones who once  
were here, some I know,  
others I know by stories  
told and retold...  
~from *Sabbaths 2002*

However you define the term,  
it is important to ask:

- What is your legacy?
- What are those stories that will be told and retold about you and your life?
- What are the "footprints" you are leaving behind?
- What are your "own best secrets" that others can discover?

This retreat invites you to examine the arc of your life and its stories and to consider how you can represent those as a legacy for others. Depending on your particular situation, this might involve writing, but it can also involve other forms of expression such as photography or music. No prior experience is needed for this retreat; we only ask that you bring a desire to reflect upon and represent your legacy for others.

The day will consist of a rhythm of prayer, silence, instruction, reflection and writing or other forms of expression. Our goal is to create a supportive space and to offer some valued time for you to listen to your creative inner voice that is yearning to speak.

**Registration: Exploring One's Legacy Retreat**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payable to:

Christos Center  
1212 Holly Drive  
St. Paul, MN55038  
651-653-8207  
www.christoscenter.org

Amount enclosed: \$ \_\_\_\_\_



*Photo: Delicate Arch by Steve Simmons (2007)*

Wendell's poem hints at one meaning of the term "legacy"—  
stories of one's life that are told and retold. Another defines  
legacy as the "footprints we leave behind." And writer Barbara  
Kingsolver tells of the joy of being in her family's homeland and  
watching her children discover her "own best secrets."  
That is legacy too.