

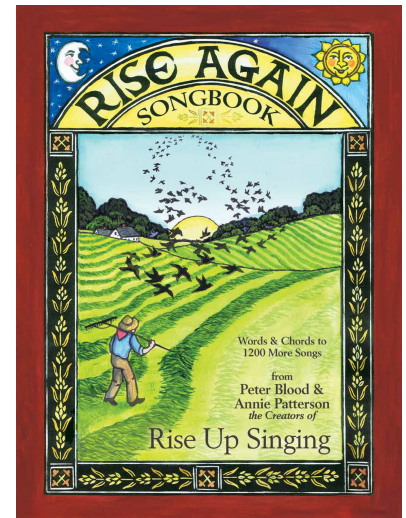
**BEN LOMOND QUAKER CENTER** invites you to:

**Rise Up & Sing:**

**Renew Your Spirit with Song**

*With Annie Patterson & Peter Blood*

**October 26 – 28, 2018**



*“Why is singing good for the planet? Nobody can put it in words. But if there is a human race here in a hundred years, my guess is that one of the main reasons will be we found ways we can sing together.”*

*~ from the preface to Rise Again, by Pete Seeger*

Singing builds community, strengthens friendships, and enriches the soul. It inspires empowerment, hope, and resilience during challenging times. This is a time to sing songs that renew the spirit and open up the hearts of those present, as well as songs that are just plain fun! Annie and Peter will teach and lead songs out of their songbooks, *Rise Up Singing* and *Rise Again*.

Everyone – and we mean everyone – is encouraged to come to this program. If you think you can't sing, surprise yourself this weekend! Singing is an act of love, joy, and courage, not of talent. (If anyone can get you singing with gusto, it's Annie & Peter). This will be an intergenerational weekend, and all ages are welcome.

Last time Quaker Center hosted Peter and Annie, their workshop sold out, so register early! *Rise Again* songbooks will be available for purchase at the workshop.

### **About the workshop leaders:**



*We have been songleaders, life partners, and Friends for over 30 years, performing and leading singing retreats throughout North America, New Zealand, and the British Isles. Coming back to Ben Lomond Quaker Center feels like coming home. We have wonderful memories of leading retreats here in the past using both of our songbooks. Like proud parents, we can't wait to teach and sing some of the wonderful songs that are in this new collection (1200 more songs)! Of course, we'll also raise our voices singing the old chestnuts we love and cherish. Learn about Annie, Peter and their songbooks at their website, [riseupandsing.org](http://riseupandsing.org)*

**TO REGISTER** for the ***RISE UP AND SING*** workshop, fill out this form and send it to the address below.

Name(s) of adult attendees: \_\_\_\_\_

Name(s) and age(s) of children coming: \_\_\_\_\_

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**I/we plan to pay \$ \_\_\_\_\_/person on the \$160 - \$240/person sliding scale.** (More on this below)

**I plan to use the Quaker Center Annual Pass purchased by \_\_\_\_\_ (name of meeting)**

**Medical or ethical dietary restrictions:** \_\_\_\_\_

**Accommodation or mobility concerns:** \_\_\_\_\_

----- Detach Here and Return -----

Check-in is from 4 PM to 6 PM. Dinner is served at 6 PM and you can expect to be depart by 12 PM on Sunday after our closing circle. We no longer require a deposit with your registration. We trust that you will "let your yay be yay" and you'll participate in this program if you register. If you absolutely must cancel, please do so at least two days in advance. Otherwise we will request \$50 payment for the food the cook has already purchased for you.

**A NOTE ABOUT OUR SLIDING SCALE:**

- **Comprehensive rate:** The top of our scale covers all our costs. **(\$240/person).**
- **Standard rate:** We hope most people will pay at least this amount. **(\$200/person)**
- **Special reduced rate:** The bottom to our scale **(\$160/person).**

No one will be refused from our programs due to lack of funds. Please call or email us for financial aid.

For children ages 4 – 12, the sliding scale is \$80 - \$120. We do not charge for children age 3 or younger.

**ACCOMMODATIONS, THINGS TO BRING, AND FOOD:** Sleeping accommodations will be in the Orchard and Redwood Lodges (semi-private rooms). **Bring a sleeping bag or sheets, pillowcase, towel, and toiletries.** Please do not wear or bring strongly scented toiletries. All meals at Quaker Center are vegetarian. We ask all participants to take turns working together on meal prep, dish crew, and cleaning at the end of the program. **Please tell us if you must leave early** so that we can make sure you get signed up for a final clean up task that can be done early.

**PLEASE DO NOT BRING PETS.** Only service dogs trained to perform a specific task to palliate the disability of the dog's handler may accompany guests. Please call Quaker Center in advance if you would like to bring your service dog.

**TRANSPORTATION:** See our website, [www.quakercenter.org/directions/](http://www.quakercenter.org/directions/) for directions. We will send a registration list out for arranging carpooling. If you are **arriving by bus, let us know at least a day in advance if you need a shuttle and we will pick you up** from Ben Lomond bus stops. **Call 831-212-2631** if you need to change your pick-up time.

**DRIVING DISTANCES FROM:**

- ◆ Los Angeles: 365 miles, 6.5 hours
- ◆ Sacramento: 150 miles, 2 hours, 45 minutes
- ◆ San Francisco: 90 miles, 2 hrs and 15 minutes
- ◆ San Jose Intl Airport: 35 miles, 50 minutes
- ◆ Santa Cruz, 12 miles, 25 minutes

**PUBLIC TRANSIT:**

- ◆ **Amtrak:** Take the train to San Jose Diridon Station
- ◆ **From San Jose Diridon Station:** Take the 17 Express bus to the Cavallaro Transit Station in Scotts Valley.
- ◆ **From the Scotts Valley or Santa Cruz:** Take the 35 or 35A bus to Ben Lomond.
- ◆ **In Ben Lomond:** Get off at Highway 9 and Main Street and walk or call for a ride.

**QUAKER CENTER**

**PO BOX 686**

**Ben Lomond, CA 95005**

**831.336.8333**