

Hermitage Program Report
CCA Meeting – January 20,2024

Sojourner Reflection: March 2022 (participant in a "solo" experience with a group)

A Symphony of Rests

*I sit on a rock, one of many
This happens to be the most flat
Though there are many potential suitors*

*The sun is warm against my skin
A stark contrast to the freezing temperatures
That night will bring*

*I sit surrounded by mountains
Some bare, others dressed in white
The sight of which echoes the sheer
Vastness of this desert*

*Saguaros and palo verdes stand tall
While their pointy friends teach
Mindfulness of step*

*Silence is their song, a symphony of rest
One that drums into the ears with such strength
As if to welcome the soul to stillness
A fanfare of absence that leads the way
To presence*

*I let go of all but the here and now
Each breath brings energy*

*A bee becomes interested in me
And I in it
My eyes open and my ears attune
To the
Whisper of wind
The bussin insects
The soft wingbeat of four ravens high overhead*

*These moment of silence are short-lived
And often hard to find
But the lessons they teach reveal
A stillness that is ever present within us
A stillness that connects us to something
Greater*

Sojourners:

Since our last meeting in September, we have had:

- 8 Sojourners; Total of 24 days

Upcoming sojourners:

- Currently have someone at Corbett Center Hermitage for 10 days
- February 1-6, host Proctor Academy (2 wilderness leaders and 10 students) who will spend 4 nights, and 5 days on solo sojourns placed along Windmill Wash.
- On their last day, Tuesday, February 6, we will host a brunch potluck at the Community Center so that the students can share their experiences. All are invited to join us so please contact me for the time.
- Already have 4 other sojourners on the calendar so it's beginning to look like it will be a be a full spring.

Sabbatical Gatherings:

We have been holding Sabbatical Gatherings for 3 years now on the 2nd Saturday of each month where we meet somewhere on CCA or SJ land and spend about 2 hours together. However, at our Hermitage Meeting next week, we will discuss having Sabbatical Gatherings every 3 months.

Sojourning News:

While we have been publishing the one-page Sojourning News monthly about the upcoming events of the Hermitage Program and photographs of the changing seasons, we are going to consider doing 3 times a year.

University of Arizona RISE (Resilient Internships & Student Experiences) Intern:

The interns held an "open tent" day at the University to share about the Hermitage Program. One of the interns will accompany us in February to welcome and host the Proctor Academy students.

Interested in participating with us on the Hermitage Committee? Please contact Susan Tollefson. All are welcome!