

ICA

Our 33rd
Year

Journeys

2000



ICA Rite of Passage Journeys 2000...

The Journey of a Lifetime

CONTENTS

Day and Weekend Programs

Reunion Events	4
Winter Wonderland	4
Hero's Quest	4
Girl's Weekend in the Wilderness	5
Renewal Retreat for Mothers and Daughters	5

Summer Programs

Coming of Age Journey	6-7
Apprentice Journey	8
The Solo Crossing	9
Wilderness Quest	10
EarthQuest	11
Sea-Spirit Quest	12
Adult Vision Quest	13

Leader's Training

Custom Programs	13
COA Leaders Training	14
Mentorship Training	14

Articles

Mentors: Where Does One Find Them?	15
Collective Work	16
First Rites	18
Ecopsychology and the Need for Wilderness	20

Other Items of Interest

Meet Our Staff	21
Registration Form	23
Calendar at a Glance	24

Welcome to the Winter 2000 newsletter for ICA Rite of Passage Journeys! We are proud to be in our 33rd year offering unique, initiatory programs for youth and adults, as well as consultation and rites of passage education to individuals and organizations.

By nature, all major life transitions constitute a time of initiation; a chance to reflect on our lives and mark accomplishments through acknowledgment and celebration. Traditionally this is considered a ritual for young people. Today's rites of passage journeys can benefit the individual at any age by providing opportunities for a solitary retreat, contained by a supportive community, in order to generate greater clarity and an expanded sense of self.

Set in the backcountry of the Cascade and Olympic Mountains of Washington State, the wilderness provides the perfect environment for learning the natural cycles of death and rebirth that constitute the essence of any life shift. Journeying through deep woods, tidal waters, sandy beaches or vast deserts becomes the metaphor for one's own life journey.

Our programs draw from a variety of traditions and are woven into a cross-cultural experience that allows each participant to bring forth their own cultural and spiritual customs.

Youth Journeys

Ancient cultures understood the need for youth to journey to another world, to break with their families and family patterns, in order to discover themselves. Through taking on new challenges and questioning their existence, initiates came to know their unique value and contribution to the whole village.

Our youth trips, (pages 6-10), provide age appropriate, fun, adventurous activities designed to stretch participants physically, mentally, emotionally and spiritually within a safe and supportive community of peers and mentors/guides. Participants will discover more about themselves and their inner resources, prepare for increased responsibilities and create community, based on a philosophy of respect -- for themselves, for each other and for the Earth.

Young people involved in our programs gain backcountry skills along with a new aptitude for such areas as: conflict resolution, group dynamics, decision-making, communication skills, personal responsibility, empathy, respect for nature and more. All aspects of the journey promote a greater self-confidence and inner strength as participants expand beyond their own personal limitations.

ICA Rite of Passage Journeys are for young people who long to spread their wings and cultivate awareness as they navigate life's major changes. We are not a program for "youth at risk," however, young people who have completed rehab or remedial programs may find this to be an appropriate next step.

Adult Journeys

For adults 18 and up, we offer a rich variety of vision quest experiences that call forth Earth's teachings to enhance deeper life purpose and clarity. Each trip offers a unique blend of ancient and modern spiritual and wilderness practices. As with the youth programs, all trips include a multi-day solo/fast. Whether you enjoy sea kayaking in the San Juans (page 12), or mountaineering through the rugged North Cascade mountains (page 11), our programs are unsurpassed in their ability to combine hands on skills with the attention toward the inner process of personal growth and discovery.

Tailored Programs, Consultation, and Education

In the spirit of creating community and increasing the availability of rite of passage experiences, ICA Journeys offer training and consultation in rite of passage program development, methodology, and mentorship (pages 14). We also provide custom programs to meet the special requirements of already existing groups who are seeking to experience a vision quest (pages 13).

New ICA Developments

Big changes are occurring here with ICA Journeys! For 18 years, while many mentors have guided one or two individual journeys, Stan Crow has shepherded ICA Rites of Passage Journeys as the sole continuity, providing organization and training. His passion and love for the work have benefited hundreds of young and old people alike. Through Stan's wisdom and keen ability to mentor, he has drawn to the organization a group of committed people who share his vision.

ICA Journeys is proud to say it is now cooperatively run by a group of "stakeholders" who make decisions about everything from budget to future programming. Meetings are held every two months and all important decisions are made by consensus. Together with Stan, we strive

to engender the values and ideals which are at the core of our programs. With more people dedicating time, energy, and spirit we are working to improve the quality and diversity of the programs and services we offer.

ICA Wish List

In order to offer more efficient, higher quality programs and services, we are in need of following items. If you can donate any of these items, or know where we can get a great deal, let us know. As a 501.(C)(3) not-for-profit organization,, all donations are tax deductible.

- *12 or 15 passenger van: clean, good condition, preferably low miles or new
- *Full sized pickup truck, same as above
- *New Macintosh Computer, scanner, and printer
- *Office supplies, including recycled paper, envelopes,
- *Tipi or Yurt new or good condition
- *Backpacking and camping gear, new or used, as long as it is in good condition: backpacking stoves, backpacks, nylon tarps, backpacking sleeping bags, wool/synthetic clothing, ice axes
- *Bulk non-perishable food for summer trips
- *Building materials, dimensional lumber, etc...

We also welcome monetary donations for our scholarship fund for summer programs. Last, but not least, we need volunteers for office, construction and gear organizing.

Thank you for any help you can give!

Mission Statement

ICA Journeys honors life's transitions through intentional rite of passage experiences for youth and adults. Our programs use experiential learning activities designed to foster self-discovery, connection with others, and connection with the natural world. In the spirit of creating community and increasing the availability of rite of passage experiences, we also train others in rite of passage program development, methodology, and mentorship.

REUNION EVENTS

Keeping the Journey Alive

January 22 April 15



This year marks an exciting change at ICA Rite of Passage Journeys as we expand to year-round course offerings. Along with great new weekend programs, we are committed to providing our graduates with continued opportunities to build upon the valuable insights and experiences gained before, during, and after their initiation.

Reunion events will join graduates in community to foster deeper relationships with trip friends, other graduates and of course with themselves! Participants will partake in the same fun, exciting, thought-provoking activities they experienced on their three week journeys — sweatlodge, initiative games, drum circles and more.

WINTER WONDERLAND

March 4 & 5, 2000



Join experienced guides and venture into the beautiful world of winter in the mountains. We will

snowshoe or ski into a beautiful setting and build snowcaves to sleep in. Learn some winter camping techniques, enjoy the tranquility of the sleeping forest, and see who else is out and about in the snowy woods. Open to previous participants in programs*, parents or people interested in learning more about ICA Journeys.

**15 years or older,
unless accompanied by responsible adult
Carpool from Seattle*

Deposit: \$25usd per person
Individual \$125 -- Family (3-5 members) \$300
10% discount if paid-in-full before February 5.
(Snowshoes or skis **Not provided**,
rentals can be arranged)

THE HERO'S QUEST

*A Day-long Adventure for Pre-teens
Grades 3 through 5*

April 1, 9:00am - 4:00pm

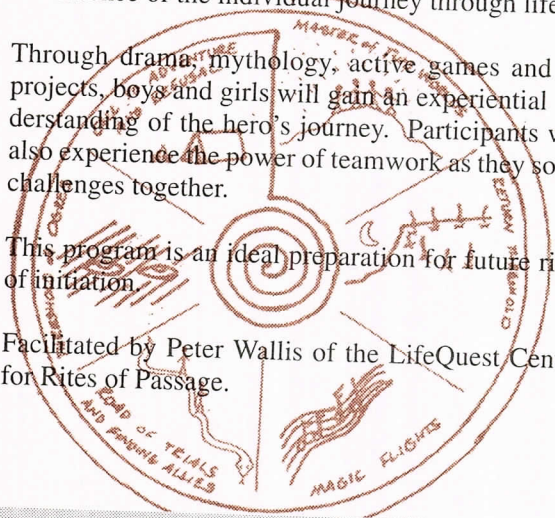
Hero's Journey - The universal adventure in which the child travels from childhood to master of two worlds.

The Hero's Quest is a fun-filled day of activities based upon the inspiration of Joseph Campbell's work -- a carefully developed sequence of themes that capture the essence of the individual journey through life.

Through drama, mythology, active games and art projects, boys and girls will gain an experiential understanding of the hero's journey. Participants will also experience the power of teamwork as they solve challenges together.

This program is an ideal preparation for future rites of initiation.

Facilitated by Peter Wallis of the LifeQuest Center for Rites of Passage.



Deposit : \$25usd (refundable before March 1)
Total Cost: \$50 (\$40 if paid-in-full before February 15)

MOTHER/DAUGHTER RENEWAL RETREAT

Weaving a Common Fabric

Friday Evening, May 19 to Early Afternoon, May 21

Join us for a time of exploring, challenging, renewing and honoring mother/daughter relationships. Take time from your busy lives to enjoy the beautiful and relaxed atmosphere of a retreat site. Seize the opportunity to gain a greater intimacy with your loved ones and with the small community of women who gather together.

Facilitated by mother/daughter team, Edith Kusnic and Darcy Ottey, the weekend is comprised of rituals, exercises, and celebrations designed to gently explore the challenges in your relationships, discover what we can learn from one another, and reflect together about what it means to be woman in today's world.



TOGETHER WE WILL...

- *play and rediscover the joy in our relationship*
- *gently explore challenges that face us*
- *renew the bonds that connect us*
- *find ways to support and be supported*

This program is for young women 13 and older and their mothers, guardians, or other close adult female relations.. Adult mother/daughter teams are also welcomed.

Deposit: \$50usd (\$40 refundable before April 15)

Tuition: \$325 per mother/daughter team (includes, includes deposit meals, materials, and lodging)

Discount of \$25 if tuition paid-in-full before April 15

GIRL'S WEEKEND IN THE WILDERNESS

For Ages 10-13

March 25-26

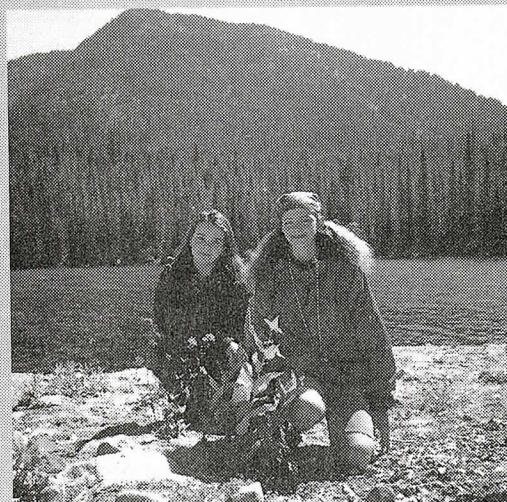
Are you adventurous? Do you want to become more adventurous? Then join us for a weekend in the lush forest of the Pacific Northwest! Prepare to get muddy, as we run, crawl, and dig through the woods in search of signs of Spring.

We will explore the natural world, learning about different plants, animals, and the land around us. We'll also play games, learning about ourselves and each other. At night we'll cook over an open fire, bundle up in warm clothes, drink hot cocoa, tell jokes, stories, and sing.

Deposit: \$35usd (\$25 refundable before February 25)

Tuition: \$110 (includes meals and materials)

Discount of 10% if paid-in-full before February 25





COMING OF

Emerging as youth in the new millennium

Adolescence is a time of life when young people are ready to experience, test, and understand their lives in brand new ways. For those who choose to shed the cocoon of their childhood, in favor of the wings of youth, the Coming of Age Journey provides a precious opportunity to take flight on an epic voyage of self discovery.

Set in the forests, mountains, and waterways of Western Washington's, this trip is designed to empower young participants to recognize, and walk in the truth of their own sovereign spirit. Trek mentors are dedicated to awakening within each individual, a sense of awe for the natural world, and an appreciation for one another based on a philosophy of respect for all living things. Day to day activities naturally lead the youth into experiencing the consequences of their own behavior and how it impacts the community around them.

Laughter, sweat, creativity, reflection, and new friendships all come together for youth who are willing to discover more about themselves and their unique contributions to the world.

Family Ritual and Workshop

The participation of the family has always played an important role in The Coming of Age Journey. At the conclusion of each 3-week adventure, parents and guardians take part in a program of incorporation. During this weekend event, parents and young people alike, will have the opportunity to see one another with new eyes. Together in this way, they can breathe new life into existing relationships, and explore the possibilities of what it means for them to be a family in the 21st Century.

Group size is limited

"Inner active" experiences include:

- Sweat Lodge
- 24 hour solo vigil
- Ropes challenge course
- Extended back country treks
- Creating intentional community
- Journal writing
- Mask making/Expressive Arts
- Celebration of return
- Parent incorporation weekend
- Creation of a family covenant

Deposit \$200usd (\$150 refundable by May 2nd)

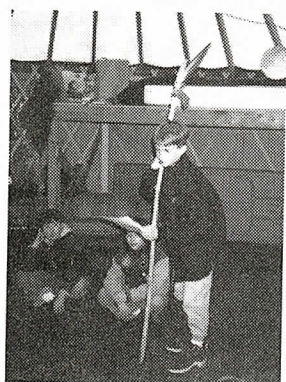
*Tuition \$1700 (includes meals, transportation,
includes materials and campsites)
deposit*

Discount of \$100 if Paid-in-Full by May 1

The Apprentice Journey

A one-week Camping Adventure for Young People 9-11 Years of Age

June 25 through July 1, 2000



Set in the beautiful Cascade Mountains of the Pacific Northwest, The Apprentice Journey is the perfect back country introduction to our wilderness rites of passage programs for young people.

Traditionally, apprenticeship is a time of experiential learning. In many cultures, a young person went off to study a particular craft such as basket making, carving, or the healing arts. Quite often, while in the presence of their mentor, the student would learn as much about life as they did about their craft, thus acquiring the personal assets that would help them pass through future ordeals. Mythologically this is also a time of nourishment; an oasis near the edge of a desert, where the traveller may gather strength and drink from the waters of wisdom, before heading out into the unknown expanses of a larger world view.

Under the guidance and encouragement of our experienced staff, participants will learn to cultivate a variety of interpersonal and wilderness skills in a challenging, yet supportive environment. As a result, children will come away with resources that will aid them in their day to day lives as they approach the mysteries of adolescence.

Leadership and team building skills

Creative self expression

Gathering personal Medicine Totems

Low impact camping techniques

Knowledge of local plants & animals

Healthy communication and conflict resolution

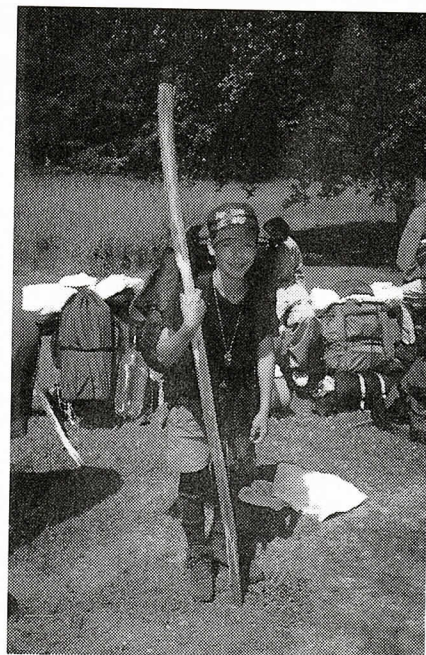
Journal writing

Reflection and alone time

Improved self confidence

The Apprentice Journey is a co-ed trip.

Group size is limited



Deposit: \$200usd (\$150 refundable before May 25)

Tuition: \$550 (including transportation, meals, art supplies, and campsites)

includes
deposit

Discount of \$35 if tuition paid in full before May 1

AGE 2000

GIRLS' JOURNEY

June 25th-July 16th

Young women have long been trained to be feminine at considerable cost to their authentic selves. Even though considerable progress has been made, girls continue to be confronted by ambivalent cultural messages about who they are and what they can become.

The Coming of Age program is a unique opportunity for girls to emerge into adolescence with the strength and self-confidence to speak their truth and believe in their worth based on talents, skills and interests rather than appearance, popularity or sexuality.

Participants will be physically, emotionally and spiritually stretched as they set out on a multi-day backpacking trip and 24-hour solo vigil. The trip gives young women an extraordinary opportunity to challenge themselves as they move beyond self-imposed limitations, take on greater responsibility, and work cooperatively with others.

Through ancient and cross-cultural activities, participants will experience a new and more wholesome understanding of what it means to be a human and a woman. They will experience a moonlodge, build and partake in a sweat lodge, learn about various feminine mythologies, engage in expressive arts and more.

Participants will learn how ancient cultures celebrated young girls at the onset of puberty. Like thousands of women before them, they will be welcomed into the larger community with a fuller understanding of the creative and visionary power inherent in the gift of their womanhood.

BOYS' JOURNEY

July 2nd - July 23rd

Entering adolescence, with all its paradoxes, is perhaps more challenging in the new Millennium than at any other time in our history. Shifting gender roles, the absence of emotionally available men, and socially driven masculine stereotypes, all contribute to the sense of isolation and distress many boys feel during this important transition.

Unlike their feminine counterparts, boys lack a dramatic life changing event to mark the onset of adult responsibilities. For thousands of years, cultures all over the world have relied on the wisdom of intentional rights of passage to awaken the mature masculine spirit within their young boys. By overcoming various ordeals, initiates were able to bring back the inner resources and external skills that each village depended on for its continued vitality.

In the spirit of these ancient traditions, this challenging journey of discovery offers young boys an opportunity to live, learn, and laugh, in a supportive community of peers and male mentors. Far away from the video games, media violence, and pressures of modern society, life slows down and begins to take on new meaning. As participants sleep under star filled skies, hike among ancient cedars, and bathe in natural hot springs, the rich inner life of a boy begins to awaken. At journey's end, each will bring home the story of his own adventure, a greater sense of self awareness, and new gifts to share with his family and his community.

FAMILY Incorporation Weekends

Girls Journey - July 15 & 16

Boys Journey - July 22 & 23

This weekend is an integral part of the program. Parents are urged to attend

Cost for parent/Guardian included in Tuition.

THE SOLO CROSSING

A Co-ed Backpacking Adventure

July 26 through August 16, 2000

Participate in this most ancient of rituals, drawn from many cultures of our planet -- *The Solo Crossing*...

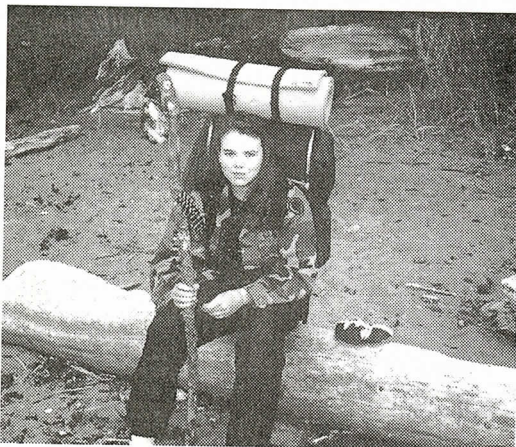
- from a place called **Childhood** to one called **Youth**
- where an Adult future can be glimpsed.
- a Chance to spend time reflecting on what life might hold.
- a time of meditation, fasting, reflective exercises and visioning.
- a chance to symbolize your growth in size, strength, intellect, and spirit.
- a physically, mentally and emotionally challenging adventure .
- the building of a spirit community with a group of peers.
- on the backcountry trails of the Mountains of Western Washington State



The Solo Crossing is a symbolic time of transition during which the young person making the journey leaves the group to spend time alone in an individual encampment. There, with the company of nature, time is spent bringing closure to the past and foreseeing the future.

Prior to the Solo Crossing, we will prepare ourselves with such activities as a Walkabout and a symbolic Death of Childhood with dialogue to help us focus on what we will each seek as we cross a threshold into our own unknown, mysterious, possible future. After this symbolic crossing, there will be a chance to reflect on the experience during a time of symbolic rebirth. This will be a chance to find the meaning of your having met your future.

Each Participant will be assigned an adult mentor --a journey guide -- who can help you think about ideas which come to you during your crossing. You will have time during the hiking to dialogue with mentors and/or peers about the insights which come when one shuts out the noise of civilization which frequently blocks our own best thoughts.



You will also have a chance to develop personal and interpersonal skills. The Ropes Challenge course and backpacking will offer a view of your abilities to function as part of a team.

The journey ends (or maybe, begins) as you sit in council circle telling epic stories of your Solo Crossing and sharing your vision for your future. Mentors and peers will offer support as you set forth on your next adventure -- making the insights of your crossing an integral part of your new life, your new relationships.

Deposit: \$200usd (\$150 refundable before June 26)
Tuition: \$1,600 (includes meals, transportation, and lodging)
Discount of \$100 if tuition paid-in-full by May 1

WILDERNESS QUEST 2000

A Journey to Adulthood

July 9 - July 30



Join us on an exciting three week journey that takes us into the awesome and rugged terrain of the Pacific Northwest. Steheken lies at the top of beautiful Lake Chelan and is assessable by boat or seaplane only. Here lies the gateway to the most sublime and captivating section of the renowned Pacific Crest Trail. Travel 70 miles through deep forest, blooming meadows, peaceful valleys, and over austere mountain passes to finish near Darrington, Washington.

Participants will experience mental, emotional, spiritual, social and physical challenges. They will be pushed to explore life in new depths. In the space of this three week journey, individuals will gain powerful new insights that will serve them as they take on new responsibilities of young adulthood.

Community Building

Build relationships with fellow questers as you live and travel together.

Initiative games
Ropes Course
Fireside Chats

Preparation of the Mind

Experience the way ancient peoples grew to trust and understand nature. Prepare to make the shift necessary to open yourself to a vision for your future.

Storytelling
Symbol Making
Dream Circles
Council of Elders

Preparation of the Spirit

Learn to explore deeper parts of yourself through reflective exercises and ritual.

Medicine Walk
Sweatlodge
3 Day Vigil

Preparation of the Body

Learn and apply techniques that will enable you to meet the physical challenges of extended wilderness travel.

Wilderness travel and living techniques
Self-sufficiency
Health and Safety Skills
Fasting Preparation



The Wilderness Quest for high school students is an individual journey within a supportive community. In the traditions of many indigenous peoples, youth standing at the doorway of adult responsibilities were on journeys of self-discovery, called quests. They were sent to the mountains, the forest, or the desert for a time apart—to experience a vision of what the future would require of them and to acknowledge what gifts they possessed as they assumed new roles.

Limited to 12 Participants

Deposit: \$200usd (\$150 refundable before June 9)

Tuition: \$1600 per person (including transportation, meals, art supplies, and campsites)
includes deposit

Discount of \$100 if tuition paid in full before May 1

EARTHQUEST

An Adult Spirit Quest and Physical Challenge in the Cascade Mountains of Washington

September 2-15

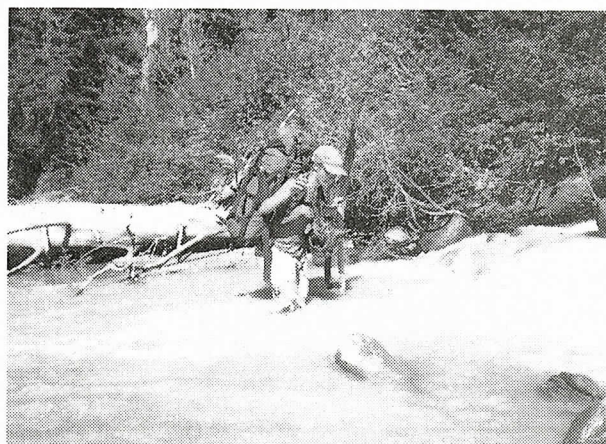
We will begin our journey in the eastern foothills of the Cascades, where the “desert meets the mountains,” learning primitive outdoor skills such as tracking and fire-making, and engage in the rituals of the sweatlodge and Vision Quest. Then we will travel into the rugged high country of the North Cascade Mountains for a five-day adventure into the Glacier Peak Wilderness.

Like your ancestors...

- *travel into the wilderness in search of your place in the world*
- *Learn primitive-living skills such as: tracking, plant identification and firemaking*
- *Use ancient spiritual practices — the sweat-house and the vision-fast to separate yourself from your everyday life and engage in a search into your life's meaning*

As a member of a small community of seekers...

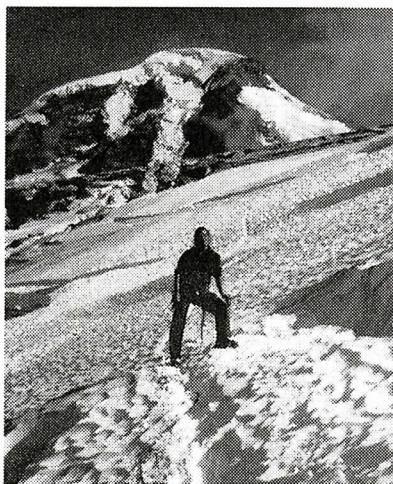
- *develop your mountaineering skills*
 - *low impact camping, routefinding and travel in alpine terrain*
 - *in a safe interdependent team setting*
- *use a blend of ancient and modern wilderness skills to interact with nature in a holistic way*
- *trade personal comfort for personal challenge*
- *share stories and experiences*
- *seek insights into life's journey*



Goals of EarthQuest include:

- *bringing together Spirit Questing, ancient wilderness skills, and modern outdoors experiences*
- *increasing awareness of the natural world and one's place within it*
- *becoming more comfortable in the outdoors*
- *incorporating the experience into your everyday life*
- *just plain having fun and enjoying of the beauty of the world around us*

*Because of the intensity of this program,
application and interview are required*



Deposit: \$200usd (\$150 refundable before Aug 2)
Tuition: \$1100 per person (including transportation,
includes meals, art supplies, and campsites)
Discount of \$75 if tuition paid in full before May 1

SEA-SPIRIT QUEST

A Sea Kayak Journey in the waters of Puget Sound

August 11-25

Be part of an exciting, powerful adventure through the beautiful San Juan Islands. Enjoy breathtaking coasts that alternate between sharp cliffs and serene beaches leading up to forested hills. As if the mountain views in the distance weren't enough reason to participate, this part of the northwest coast is known by sea kayaking and sailing enthusiasts throughout the country for containing some of the most beautiful and enticing small craft waterways in the continental U.S.

Explore the Islands by the power of your own paddle and your own spirit by ancient mode of travel that brings you into intimate contact with the elements.

*Camp on several islands and discover the abundant wildlife on land and sea.
Make allies with currents, tides, winds, and water.*

Take an Inner Journey...

Let the sea and kayak mirror your inner personal growth. Take time for meditation and reflection.

Open yourself up to the transformative power of symbol and ritual.

Prepare mentally, physically & spiritually for a multi-day solo vision quest and fast.

Share in community support for introspection and process insights gained through questing.



Trip Features:

Community building initiatives

High and low ropes courses

Sweatlodge

Day hikes and island exploration

Paddle and kayak rescue skills

Low-impact camping

Use of tide and current charts

Limited to 12 participants

*Deposit: \$200usd
(\$150 refundable before July 11)*

*Tuition: \$1200
(including transportation, meals, art supplies,
and campsites)*

*Discount of \$75 if tuition paid-in-full before
May 1*

ADULT WILDERNESS QUEST

A Solo Vigil and Fast

August 9 -- August 15

Do you seek greater clarity regarding your life's purpose and meaning?

Are you in the midst of a major life transition?

The experience of a vision quest provides many opportunities to uncover and retrieve the deepest wisdom within you and around you. Set in the magical land of Cowiche in Eastern Washington, the Adult Wilderness Quest is a chance to move deeply into your inner life as you connect with the natural world around you.

Participants will move through this powerful journey with a small supportive community of fellow questers and experienced guides. Together we will take part in rituals and ceremonies (including a sweatlodge) that prepare you to sit with courage and openness on the 3-day vigil.

On your return, 2-3 days will be spent debriefing, incorporating, and celebrating your rebirth. ICA staff facilitates several activities, such as ritual, art, writing and storytelling, that bring the power of the quest experience to greater clarity and understanding.

Our goal at ICA Rites of Passage Journeys is to ensure that each participant is well cared for throughout the six days. All cooking and cleaning are done by staff. Personal preparation before the trip is guided through the recommendation of practical tips and resources. We will meet as a group once before the quest, and are always available by phone or e-mail.

Application and interview are required

*Deposit: \$200usd
(\$150 refundable before July 9)*

Tuition: \$550

(including transportation, meals, art supplies, and campsites)

Discount of \$50 if tuition paid in full before May 1



CUSTOMIZED PROGRAMS AND CONSULTATION FOR SMALL GROUPS AND ORGANIZATIONS

Vision Quest Work for Small Groups

ICA Rites of Passage Journeys offers tailored programs that meet the special needs of those who are seeking to experience a vision quest with an already existing group. Our knowledgeable, caring staff are available year-round to help you plan and execute a powerful group experience which will address the journey of individuals as well as build a strong, supportive community.

As with all vision quest work, a custom program would include preparation activities such as: ceremonial circles, rituals and a sweatlodge; full support during solo time, and an extended time to debrief, incorporate and celebrate the rebirth!

Cost varies depending on length and format of program, number of participants, and other special needs considerations.

Consultation

If your church, school, or other organization has ever considered the benefits of a Rites of Passage program for their youth, we can help! ICA Journeys has consulted with a variety of youth groups to incorporate solid programs that help children and youth to become self-confident, self-aware young adults. The programs are designed to build intergenerational partnerships and strengthen community.

We have also consulted with therapists, educators and small organizations. Weekend programs have been designed to augment a therapeutic group process, build cooperative communities through team-building skills, and provide presentations on Rites of Passage. Resources available include: wilderness experiences, initiative games, ritual, storytelling, drumming, mask-making and more.

SKILLS OF MENTORING

Chicago -- February 26
Atlanta -- March 1
Seattle -- March 11
Vancouver, BC -- April 15
Reno -- May 13

Individuals who take on the responsibility of mentoring will find themselves in a very unique role of helping youth develop new images of themselves, others, and the world.

Central to all ICA Journeys is the assignment of Mentors. These Mentors are Journey Masters — guides on the precious road to self-discovery. Mentors play a crucial part in the journey of an initiate -- a positive force for change. Training is a key factor in the success of a positive mentoring relationship.

Imagine yourself having just accepted the role of trainer for mentors in your organization. What is a mentor in your context? How do you analyze what qualities and skills will be needed to journey youth to discover their inner resources and accept responsibility for their own behaviors and relationships? How do you decide which potential mentors offer the skills which will meet the needs of the mentees?

Bring someone else from your organization and work together to answer these questions for your organization.

Learning Outcomes:

How to recruit mentors
Screening potential mentors
How to grow a group of mentors
Skills a Mentor Needs to Develop
Building a Relationship/Bond
Communications that work
Resources
Motivating strategies
Safety practices
Tools to shift the operating images of the Mentor

COMING-OF-AGE LEADERS TRAINING

Chicago -- February 25
Atlanta -- February 29
Seattle -- March 10
Vancouver, BC -- April 14
Reno -- May 12

The *Coming-of-Age* Seminar offers an introduction to the basic skills needed to help young people reflect on their life journey. The ideas presented will be based on actual programs. The leaders have many years experience in facilitating rites of passage and training people to lead them.

The basic tool presented is a planning model — a framework which contains the basic elements of any rite of initiation. Participants will get practice creating curriculum plans for a coming-of-age program which might be used in their own situation. Participants will take home a manual of resources which includes materials which can be adopted and an extensive bibliography.

Seminar Leaders are experienced in working with youth within the framework of organizations that provide such programs, including ICA. Many are graduates of ICA's Journey programs who now find themselves able to directly relate to things which happened to them while being mentored.

Learning Outcomes:

Session participants will leave with a knowledge of:
Why Rites of Initiation are needed in the rebuilding of community
The structural elements of a Rite of Initiation program
A model for creating Rites-of-Initiation programs
Settings in which Rites of Initiation can be used
Options for tone, mood and style of programs
Access to a wealth of activities and rituals
Sources of resources for program leaders

Cost: 3 week advance Paid-in-Full \$99 for one day \$170 for both
within 3 weeks of course \$110 for one day, \$190 for both
10% Discount for additional participants from same organization

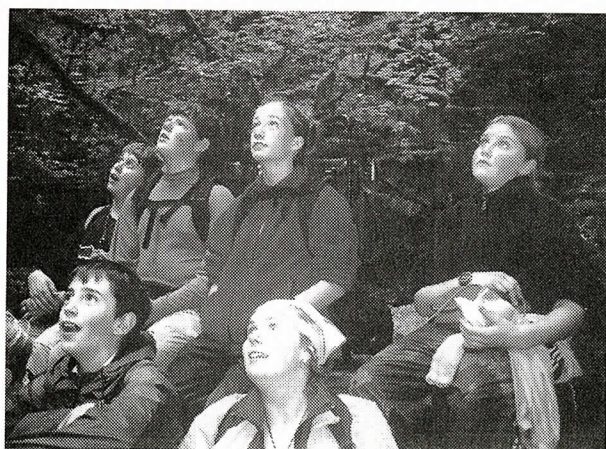
Mentors: Where Does One Find Them?

by Stan Crow

Lots of people get excited when I tell them I do "Rites of Passage" work, but most have little idea what I mean. They have a few images of a ceremony and there is usually an "I feel so bad because I never had one" response. I remind those folks that they probably have been through major transitional events in their lives that were marked with some kind of event or celebration, and that they probably can recount the influential people who helped guide them through.

Traditionally, when a Jewish boy began his journey toward a Bar Mitzvah, he knew that he had much to learn. He was not being prepared for his 13th birthday party, but rather, he was being prepared by a mentor to discuss the scripture with other men of the community. Therefore, he had to learn to read and understand Hebrew. The real test would come in the synagogue scripture discussion where upon completion the boy would officially become a man.

Mentors play an important role in moving from one life phase to another. During early childhood, the parent takes the role of the mentor. As children move toward adolescence, the matching of a mentor becomes more difficult. Without the structure of a formal program through a church or other organization, parents will find this task difficult. Apprenticeship is an option and a wonderful experience, when the magic works. Left to circumstances, others may never be enriched by the valuable contribution of a mentor.



So how do we develop the mentors needed to guide individuals at each phase of the journey?

I have found it an extremely useful exercise to recount my own mentors. They were a combination of people I chose and people who were just there in semi-official mentor roles who I chose only after I got to know them. Some were people I liked and others weren't even friendly. Some helped me to discover myself, like the scout master who fostered my love of nature, and my high school drama teacher who challenged me to be the best actor I could be.

When I was 14 I had my first job. My boss was stern and demanded no mistakes. He expected me to think things through and to make good decisions in his absence. His mantra was, "It's not your fault that you're young, but it's no excuse, either." Permutations of this have stuck with me my entire life and served me well.

Equally important that summer was a co-worker who was 17 and struggling with the requirement of those days to register for military service. We dialogued about war, and democracy and the obligation to defend your country and the right to object to concepts and laws which your own conscience said were wrong.

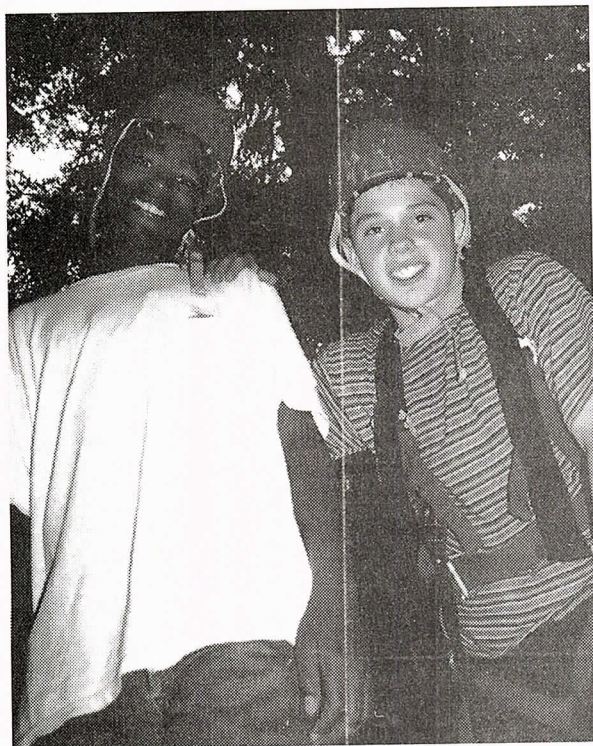
I believe that because we need mentors, we will seek them out. Parents, rightly so, need to be watchful of who is mentoring their children, but also need to be careful to avoid shutting down relationships which bring different ideas and values to their child. This may drive the child to seek other, less healthy mentoring.

Parents can help by getting their children in situations where they can link up with healthy, adult mentors. Encouraging church youth groups, scouts, Campfire Boys & Girls, Summer Camps, and jobs which require real accountability. Encourage youth to get involved in campaigns to save the environment or to help the victims of floods or earthquakes in Latin America. While it may be true that peers can serve as mentors, I believe that those with more life experience are better prepared to guide and teach.

You can learn more about creating mentoring programs, developing skills and finding resources that link up youth with adult mentors by joining me for one of the many ICA Mentoring Skills courses to be held February through May 2000. See page 14 of the newsletter for more information.

Collective Work

by Kevin Riley



We were half way through the second backpacking trip on our Coming of Age Journey and near the completion of the entire 21 day adventure. The three mentors were enjoying a fragile respite on the beach. The sun was tucking itself into the Pacific Ocean and painting the clouds a deep orange. We had just finished off of a pot of sturdy macaroni and cheese for 3 and were starting to sip our hot chocolate when Jeremy, one of the young people on the trip, walked up reluctantly. He carried a large bag of rice and a disappointed scowl.

"The fire won't start," he said accusingly, "and we can't find the beans and Stan and David won't help and me and Leif are doing all the work."

The mentors looked at one another but together we fought off the urge to jump in and fix the situation. Instead, Edan looked at this young man confidently in the eye and said, "It sounds like you guys need to work together."

On the Coming of Age Journey, the second hiking trip is designed as an opportunity for the initiates to

put into action what they have learned in the previous weeks. The mentors take a step back and let the young people make the decisions and carry them out. They decide how far we hike and in which direction. They plan the meals, cook, clean, and hang the bear bags. The last few nights, the mentors will even set up camp 30 yards down the beach, ready to step in with any safety concerns but otherwise letting the group fend for itself. This period is like a final exam for one of the most important learning tasks on the trip: working together in a group.

In the previous weeks, the three of us had played the traditional role of youth leaders. We often found ourselves prodding and haranguing these guys to wake up in the morning, pack their bags, and get along with one another. Such is to be expected with a group of 13 year olds kids. At this stage of the journey, however, the expectations are different. Each participant has gone through his or her initiation and is now considered a young adult. Moreover, they have hopefully learned how to operate collectively. It is now up to the group whether or not the group eats.

For much of the year, these young people live in a society that places competition and individual goals above all else. In school, they are graded by how well they learn compared to other students. Tests scored on a curve put them in direct competition with their classmates. On the playing fields, the emphasis is on outperforming and conquering. Even in team sports, many young people take their cues from their professional idols and keep a watchful eye on their own "stats". And, of course, the cutthroat high school social scene is a dog-eat-dog affair. In that environment, there is little room for teaching young people how to work together toward a mutual goal. There are few lessons about listening to the suggestions of others and hearing a diversity of voices.

Each young person enters the woods knowing that if they stumble on the trail physically, emotionally, or mentally, there is a circle of people there to help.

This missing element is readily apparent in adult life. Leaders in business and other organizations will tell you one of the hardest things to teach employees is how to work effectively with others in a cooperative environment.

It is no surprise that expensive corporate consultants are needed to teach "team building".

Teaching young people how to work together in a group is an example of the mentored learning that is an integral component of the Coming of Age Journey. During the trip, much of the emphasis of mentoring is related to respect for the environment, wilderness camping skills, and conscious self-reflection. The most consuming topic, however, and the one on which the entire journey depends is how the group will come to a consensus and work as a team.

The young people start learning how to work collectively from the first day of the journey. All the members of the trip sit together and write up a "Full Value Contract". This document is a set of mutually agreed upon expectations for each participant. They decide for themselves the rules within which the group will operate.

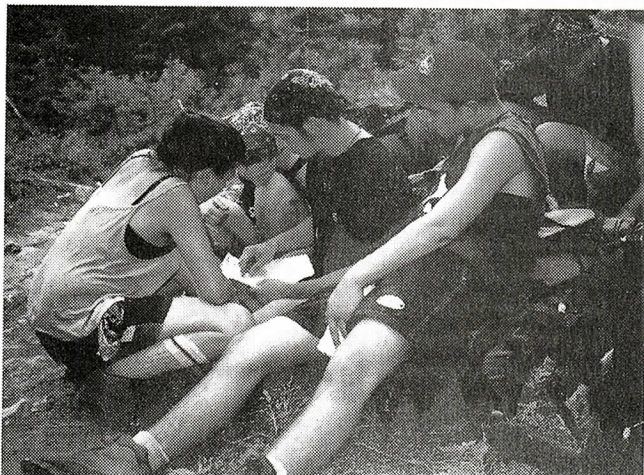
Soon afterwards, the group challenges itself to a ropes course. Using elements of the course like the 40 foot high *Giant's Ladder* or (lower to the ground) the *floating tent poles*, the group meets its first real frustrations. Tempers fly and blame gets tossed around as everyone fights for the reins. There are dozens of good ideas but no one left to carry them out. Slowly, the mentors and the course facilitator help the group slow down and listen to one another. They start to try one idea at a time and take turns at leadership. The course is a valuable learning experience where we can identify some of the difficulties that this group will have in working together and figure out ways to get through them. Later in the trip, when the group is having a hard time hanging a bear bag or tying up the shelters, we can look back on this struggle and use its lessons. Much of the Coming of Age journey is an individual chal-



lenge. Each young person signs the full value contract holding him or herself accountable for his or her individual actions. On the hikes, each participant must carry his or her own gear. And, of course, each person spends 24 hours alone fasting in the woods on their vigil. However, these individual challenges can only be met because of the support of the community. Sometimes that support is tangible. Along with their own gear, each participant must carry a portion of the food and equipment for the group. The group must work together to cook the meals and hang the tarps.

Sometimes the support comes in other ways. Just before stepping on to the trail at the beginning of each hike, the group forms a circle. Each young person states the following: "My name is _____ and I choose to do this hike willingly. Will you support me?" Everyone answers with a hearty, "Yes!" or "Haho!" This type of ritual symbolized both types of responsibility expected of every participant. It demonstrates that each member is present of their own accord and will be responsible for their own actions. At the same time, it commits each of the other members to support him or her when needed. Each young person enters the woods knowing that if they stumble on the trail physically, emotionally, or mentally, there is a circle of people there to help.

The expectation is that initiates will bring back to their communities an increased ability to work together in a group along with the willingness to offer and receive support from others.



First Rites

by Keith Packard



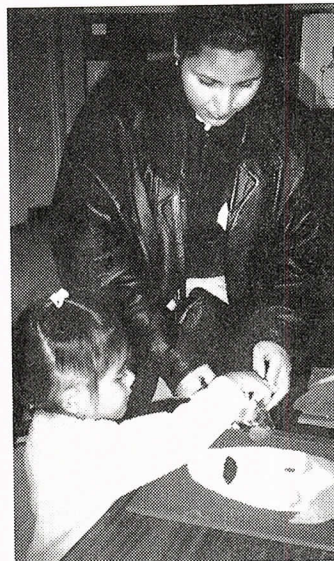
What is a more dramatic Rite of Passage than arriving into this world as a newborn after having had the amenities of a mothers' womb during our time of initial formation? And what for parents is a more transforming event than having a baby to remind us of the profound responsibility of caring for life? Birth provides simultaneous Rites of Passage for infants and parents that opens a doorway into a foundational time of growth and formation. We can approach this critical time as full of challenge, frustration, humiliation and burden; or as a precious time of shared experience, inner growth, fun and learning.

For the child the first three years of life provide the first opportunity to form trust and a foundational understanding of self worth. These are the years of confidence building. Conversely as new parents, the first three years of our first child's life can require that our self-confidence is tested, our comfortable routines are shattered, our certainties can become doubts. Yet a child's journey to confidence and a parent's journey to humility need not be competitive. One journey can complement the other. In fact they can be full of joy and delight.

What can transform a parents' experience of irritation and humiliation into an experience of wonder and gratitude? I remember as a first-time parent being both irritated and amazed at our new son's inborn time clock

that woke us with a cry several times during the night. In our drowsiness we wished that he would solve his own problem of being hungry and needing his diaper changed, but he was dependent on our willingness to get out of bed to meet his needs. He seemed amused to be able to mobilize two fully-grown adults several times a night. In his need he was requiring that we expand our care beyond ourselves. At first I was resentful, but in time I realized that this little soul was pulling us across a threshold of growth. We were developing the capacity to be sensitive, to multi-track, to share responsibility and to gain deep satisfaction in reminding him several times nightly that he was loved by us and by creation. He was providing for us a critical Rite of Passage.

It may be easy to think that our primary role as parents is to meet our child's needs for food and physical comfort, but we have a much greater opportunity. The plethora of information on the rapid development of the brain in the first years of life reminds us that we have a critical role to play in helping our infants to develop their many intelligences. Because of our emotional bonds, we are our children's most influential teachers. We teach with our every action, gesture, word and the expression of our emotions. In the first three years of life, infants depend upon families and caregivers to help them cross the small and large thresholds of development.



A critical challenge for parents is to be aware of the whole-person development of their young children; to be mindful of their sense of awe and wonder; their personal, social and cognitive development. If we are open to learning, an infant will teach us that she needs to move, to touch, to see first hand, to talk, to hear, to taste in order to learn. Her life is full of play, exploration and wonder. She plays to

learn; and, if we will take the time, she can teach us to play.

Could it be that play can provide a medium through which an infant can develop as a whole person and be able to develop the critical elements of trust, confidence and a positive self image? Could it be that through play with their young children parents can discover new vistas of creativity, wonder and delight that have formerly been cemented over by abstract thinking, media dependencies, economic burdens and fast track living?

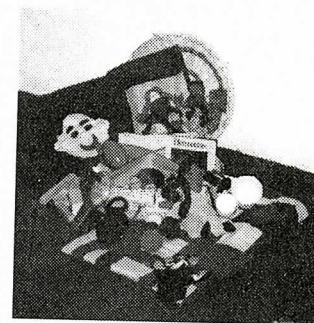
I have had the pleasure in this past year to see parents of infants and toddlers rediscovering play in their own lives as they have learned creative, intentional play with their children. These parents were participating in the pilot projects utilizing the Learning Basket 99. Developed by ICA, the basket has been introduced to parents in a Mi-



grant Head Start program in Utah, a Healthy Families program in Chicago; and to parents in five rural villages in Paraguay.

The eighteen categories of simple objects in the Learning Basket provide the concrete means by which children can accomplish tasks and develop skills through play with their parents and caregivers. The Play to Learn book, included in the basket, shows parents how they can use the simple objects in the basket to play creatively with their children. Activities in the book stimulate the development of intelligences across multiple learning domains, accomplished through the medium of play that brings smiles to the faces of parents and children

alike. A father in Utah commented that he always wanted to play with his baby, but he never before knew how. His wife was amazed to come home to find him on the floor with the Learning Basket and the baby; abandoning his usual routine of spend-



ing hours engrossed in the television. A mother in Chicago said that she always wanted to play with her children, but she thought that it was too silly. Does it matter that a child can name a doll, build with blocks, roll a ball, initiate a rhythm with a rattle, recognize her face in a mirror, dance with a scarf, squeeze water out of a cloth, name objects and tell a simple story? These are some of the tasks of development in the first years of life, and accomplishing them with confidence enables a child to move into a first experience of independence and autonomy and on to other thresholds and Rites of Passage. A young child cannot be successful at these skills without hours of practice, practice that comes through play with caring attentive adults and older children.

A parent or caregiver who takes into account the needs of the young child as he moves through his busy day deepens his own journey. I have seen adults create special times each day to play with their children with the Learning Basket. We've smiled to see toddlers pull the stimulation quilt out of the basket to create their own special play space on the floor, or take the basket with them on car trips and grocery store excursions. As a result a parent doesn't have to resort to a litany of "don't touch, sit still, be quiet." The car, the grocery store, the kitchen floor become places of fun and opportunity to complete the tasks of development as infants and adults play to learn together.

Keith Packard is Co-Director of ICA's Center of Imaginal Education. She has 30 years experience in research and program design for infant, toddler and adult learners. She presently directs the Learning Basket Project. For more information you can reach her at Tel: 773-769-6363 Ext. 291 in Chicago.



Ecopsychology and the Need for Wilderness

by Jeremy Wren

The last fifteen years has given rise to a new field of science with the official title of Ecopsychology. Through this field, scientists are attempting to discern the importance of wilderness in how we think and act. What they are rediscovering is something humans have known for a long, long time. In short, we need to be connected to the world around us in order to feel healthy and whole. When we don't take time to form relationships with non-human life, the plants and animals around us, we often feel like something is missing.

What scientists are now trying to quantify and analyze is something humans have always known instinctually. When Jesus and Siddhartha were on their path of self-discovery they walked away from the chaos of civilization. In the wilderness, away from everyday voices and distractions, they were able to hear the voice of guidance through birds and trees. Somehow they knew that the answers they were looking for couldn't be found solely by prayer or dialogue with religious authorities. Taking the time to breathe and listen to what other forms of life had to say was an integral part of their journeys.

Helping people to regain a connection with the world around them is one of the main goals of ICA Rites of Passage Journeys. For most people who come on our trips, the world of the back country is a far cry from normal life back home. Away from the radio, the television, the subtle and not-so-subtle pressure of our peers, they have the opportunity to see things from a different perspective. After enough time in the trees, people begin to realize that out in the wilderness the latest song on the radio really doesn't matter that much. The trees and birds don't know about the latest video game system, and they certainly don't care if your pants have the letters GAP on them. Priorities begin to shift.

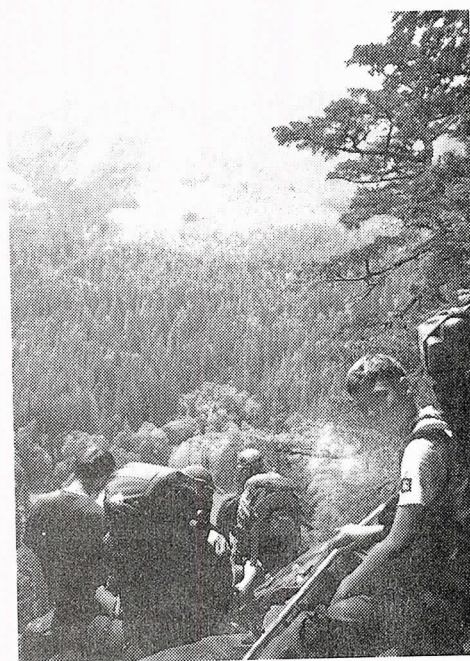
Many of our participants have never spent 3 weeks outside. It takes some adjusting to get used to sleeping on the ground, getting ready to sleep as the sun goes down, and relearning to entertain ourselves and each other. I enjoy watching people realize that it doesn't matter what time their watch says; out on the trail what matters is how much longer the sun will be hanging in the sky. There aren't a lot of showers either. Through the course

of a trip people start caring less and less about what they look like. They become more real.

Watching the wilderness change people is one of the best parts of my job. The fascinating thing is that this happens on both a physical and emotional level. They start skipping past the words and feelings they rely on so they can fit in with their peers. Things aren't cool or normal anymore just because other people say they are. Participants begin to listen to their hearts and trust themselves. It is a rare opportunity to be with a group of people who can truly be themselves. Something about the wilderness helps people to connect at a deeper level. I've never seen it happen quite the same way anywhere else.

When our trips come to an end I find myself facing the same challenges as the participants. When we are out in the field everything is magical. How do we take that experience and go back to our "normal" lives? One of the things that helps me the most is to make sure that I get plenty of time outside. There is no substitute for time spent away from other human beings in the company of the streams, trees, and clouds.

If you're feeling a little run down, hollow, or like things "just don't feel right", try spending an afternoon outside. Take a walk by yourself. Spend a couple hours sitting by a stream. Watch the clouds. I guarantee it will make a difference. So do the scientists.



ICA STAFF GUIDELINES

ICA Rite of Passage Journeys holds rigorous standards for our staff. Each brings a caring, supportive attitude to every participant as well as a variety of skills and talents. Many of our staff are professionals working with youth year-round.

ICA summer programs are led by a team of experienced facilitators who regard physical and emotional safety as their first priority. The following requirements are standard for every backcountry program:

One or more Certified Wilderness First Responders (eighty-hour course) on site.

All staff members- Certified Wilderness First Aid (sixteen-hour course).

Strong backcountry skills.

Personal vision quest experience.



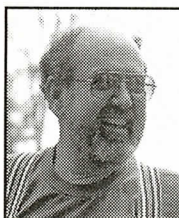
Scott Brooks

Coordinator, Mayor of Seattle's office of Intergenerational programs connecting youth and elders; extensive experience leading sacred circles; 3rd summer leading ICA Journeys - currently is helping to create Apprentice Journey. Former head coach of San Diego bicycle club; an artisan in woodworking; storyteller, avid hiker and climber.



Nina Davis

Third summer on Journeys Staff; was a participant in first ICA Wilderness Quest; Returned to staff the Coming of Age Journey in 1993 and a Wilderness Quest in 1998. Has travelled and studied in India, Europe and New Zealand. Last Summer, Nina directed a program for the Wilderness Coalition of trail maintenance and personal growth.



Stan Crow

Stan's 19th season with Journeys; 3 of his daughters, a son and a son-in-law preceded him as participants in the Journeys program; Formerly, director of ICA's Center of Imaginal Education. Extensive experience working with young people and training youth leaders; Joined ICA staff in 1971; Group facilitator, community-based educator, ritualist; enjoys nature and singing.



Amara Gilbert

Currently serving on the staff of ICA Chicago, where she is facilitating and working with the Learning Basket project (pg 18-19). A graduate of ICA Journeys during her sixth and ninth grade years; served as staff member of the Coming of Age Journey in 97 and 99; worked as a volunteer in Mexico City; served as a director of Religious Education in a United Church of Christ in Illinois.



Edith Kusnic

Edith is a counselor in private practice and an independent educator. She has 25 years experience in alternative, community, and higher education and is committed to helping people discover their own gifts, learn to learn, strengthen relationships and communities, and envision and build humane, sustainable futures for themselves and others.



Mary Jane Marcus

MSW, has worked with youth and families for the past ten years in a range of settings; enjoys working with adolescents; studies at Georgetown University (BSFS), University of Cape Town, and University of Washington (MSW); lived and traveled in many countries; consults with social service agencies in the Seattle area on developing creative and reflective programs.



Dave Moskowitz

Third summer on the staff, trained in primitive survival skills, tracking, medicinal and edible wild plants, Wilderness Emergency Medical Technician, two strong passions are being in the outdoors and teaching about the natural world. Many people find his enthusiasm for nature contagious.



Leif Oden

Was a participant in ICA Coming of Age Journey in 1984; experiential educator, wilderness guide; has worked as staff member for organizations like Outward Bound, Joy Outdoor Education Center, Colorado Mountain College, and Adventure College; Wilderness First Responder; considers Outdoor and Adventure Education a calling and chosen career.



Darcy Ottey

Participated in the Coming of Age trip when she was 13; 4th summer leading ICA Journeys — currently is helping to create Earth Quest. Rite of passage work is one of Darcy's main interests in life, Darcy brings with her a background in experiential education, youth counseling, backpacking and outdoor living skills.



David Rogers

Staffed the Coming of Age Journey in 98 and 99. David's own initiation was through the New Warrior Training Adventure; has since served twice as staff for that program. He continues to develop his skills, focusing on communication and inner-work through sacred circle; strives for integrity in his growth, healing, and relationship with nature.



Julie Perry

Fourth summer on the staff; Wilderness First Responder; BA in Psychology, Reed College; experienced leader of kayak, hiking and bicycling trips; knowledge of medicinal and edible plants; experience working in substance abuse and mental health fields. Julie has an intense love and enthusiasm for the outdoors and for the power of questing.



Meri Walker

Vision Quest Tour 98 mentor; 1997 participant in the Danskin Triathlon for women; as volunteer, assisted wheelchair athletes on 400 mile cycling marathon through Alaska's Denali Mountain Range. Meri is a facilitator and consultant in business communication practices. Has worked as a high school teacher and a professional photographer.



Jeremy Wren

This will be Jeremy's second year as ICA Journeys staff. A student at Fairhaven College in Bellingham Washington, he is designing an interdisciplinary degree focused on the areas of outdoor recreation and personal development. He is a certified Wilderness First Responder, a master napper and a coyote (trickster).



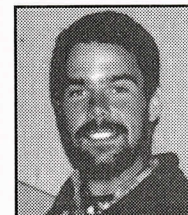
Edan Zeeboolon

Edan was a Coming-of-Age Journey '99 mentor for the first ever all-male trip. He has taken his experience with Stan Crow to set up a Coming-of-Age program at his church -- The Center for Spiritual Living -- where Edan has facilitated the middle school group and is training to be a spiritual practitioner. Edan desires to share his passion for connection to foster community healing.



Neva Welton

MA Counseling Psychology. Third year ICA Journeys. Professional work focuses on adolescent issues with a special interest in psycho-spiritual development...has worked with youth-at-risk at The Center for Wooden Boats, with Seattle Mental Health, co-facilitated youth programs and LifeQuest Summer Camps. Also leads self-awareness, personal growth groups with young women through the Daughters/Sisters Project.

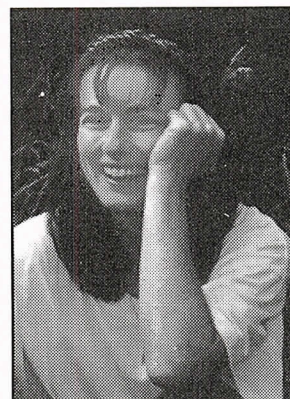


Kevin Riley

Has worked with young people in the inner city and in the wilderness for over 10 years; Director of Youth Formation at an Episcopal Church in Evanston, IL; started a 6 year coming of age program for the young people in the parish; led a group of young people on a service trip to Nicaragua. Second Summer ICA Journeys. Kevin works with Seattle Children's Home on their Children's Crisis Response Team.

In Memorium
Melanie Baker-Bowman
1953 - 1999

Melanie was a Coming of Age Journeys mentor 1993-95.. She was filled with spirit and a passion to see young people succeed. Versed in the learning of Native American teachers, she brought a reverence for the land and nature and a deep love of ritual. Her infectious laugh was a hallmark of her leadership. Her creativity and organizational eye added greatly to the practices we follow today. We will miss her greatly.



2000 Pre-Registration Blank



Please Register me for the _____ program

Name _____

Parent/Guardian Name _____

Address _____

City/State/Prov. _____

Postal Code _____

Phone Number _____

Age _____ Gender _____

Enclosed is a Check for \$_____ for Deposit_____ Payment-in-full_____

Charge \$_____ for Deposit_____ Payment-in-full_____ Other_____

to my Visa_____ Mastercard_____ American Express_____ Account

Account # _____ Expires _____

Signature _____ Date _____

A registration packet will be sent upon receipt of this form & fee

Mail to: Registrar, ICA Journeys, 22421 39th Ave SE, Bothell, WA 98021

Registration Information

- All fees and discounts are listed on the page with the specific program
- Deposit Fees hold a place in the program.
- Registration Fees refundable until a month before the program begins except a service charge stated in the program description.
- Once a program is full, we start a waiting list for openings and with the possibility of organizing an additional Journey for that age group.
- All Tuition fees are due 1 month before the program unless other arrangements are made.
- No refunds will be made after a program begins. In some instances, partial credit toward a future program may be allowed
- Limited Workshops/scholarships are available. Please submit a letter requesting consideration. A committee will determine recipients around the first of April and May.
- Scholarship funds are needed to assist those who are unable to afford the entire amount. All contributions are Tax deductible.

Join the ICA Family

There are many exciting ways to get involved in our growing community! Each year, ICA accepts a limited number of Interns who are interested in learning how to carry out rites of passage experiences.

Administrative interns get a chance to experience what makes the program happen behind the scenes -- promotion, fundraising, budgeting, trip planning and other necessary but crucial tasks.

Journey Interns must attend our two day leadership training, be available for pre-program set-up, participation in the full length of the journey, a couple of days for clean-up and trip evaluation and other short term assignments. It is possible to be both an Administrative and a Journey Intern.

Some interns have been able to arrange university credit for their experiences.

If you would like to find out more about ICA or how to get involved as a volunteer, give us a call, e-mail, or drop us a letter.



CALENDAR at a Glance

January

- 22 COA 1999 6-month Parent-Child reunion

February

- 25 COA Leader's Training - Chicago
- 26 Training Mentors Workshop - Chicago
- 29 COA Leader Training - Atlanta

March

- 1 Training Mentors Workshop - Atlanta
- 4-5 Winter Wonderland
- 10 COA Leaders Training - Seattle
- 11 Training Mentors Workshop - Seattle
- 25-26 Girl's Weekend in the Wilderness

April

- 1 Hero's Quest with Peter Wallis
- 14 COA Leader's Training - Vancouver BC
- 15 Training Mentors Workshop - Vancouver BC
- 15 Reunion Event (TBA)

May

- 12 COA Leader's Training - Reno
- 13 Training Mentors Workshop - Reno
- 21-23 Renewal Retreat for Mothers and Daughters

Summer Programs

- | | |
|---------------------|-------------------------|
| • June 25-July 1 | The Apprentice Journey |
| • June 25-July 16 | Coming of Age for Girls |
| • July 2-July 23 | Coming of Age for Boys |
| • July 9-July 30 | Wilderness Quest |
| • July 26-August 16 | The Solo Crossing |
| • August 9-15 | Adult Wilderness Quest |
| • August 11-25 | Sea-Spirit Quest |
| • September 2-15 | EarthQuest |

Additional Copies

As long as they last, we will be happy to send you additional copies of this newsletter to pass on to groups or friends.

NON-PROFIT ORG
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 2912

CHANGE SERVICE REQUESTED

Institute of Cultural Affairs
1504 25th Avenue
Seattle, WA 98122



Our 33rd
Year



ICA Journeys is a twice-yearly publication of the Rite of Passage Journey programs of the Institute of Cultural Affairs (ICA).

It is our intent to:

- Offer ideas for the creation of rituals to mark the transitions of our lives
 - Share help for groups which are planning their own programs
- Disseminate information on Rite of Passage Programs and Resources

© copyright 2000 Institute of Cultural Affairs

SUBSCRIPTION \ CONTRIBUTIONS: for 4 issues -- USD \$12.00

For PROGRAM INFORMATION:

22421 39th Ave SE, Bothell, WA 98021

(425) 486-5164

e-mail: info@icajourneys.org

Web: www.icajourneys.org

Editors: David Rogers & Neva Welton Editorial Assistance: Stan Crow

The ICA -- The Institute of Cultural Affairs (ICA) -- a private, not-for-profit organization -- is a global social change association working with community, organizational and personal development. Its global network spans 35 countries, with an international secretariat in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. Since 1968, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

We welcome articles on Rites of Passage ritual, programs and related topics. Send to "Editor - ICA Journeys". If you wish article returned, please enclose SASE. We also review related books as appropriate and space permits.

G1601.13
6597-B2

Check
#10944

MENTORING



The Simpsons
MTV

Mentor

The Journey Master

Goal: To Facilitate Youth Exploration

- Challenges/Encourage
- Risk Taker
- Asks Questions/Listens
- Plays Devil's Advocate
- Speaks from the heart
- Focuses on Journey of Youth
- Takes Responsibility for youth
- Not Friendship dependent
- Is Compassionate
- Is Empathetic
- Calls forth Reflection
- Calls Forth Responsibility
- is Human/without pretense
- Embodies a World View which differs from parents
- Challenges the B/S
- Open to Outcome
- Calls forth a Dream of the Future

You Are Not...

Authority over Youth

Therapist

A role Model to be copied

Serving your own Journey

Just be a friend!!

Relationship

Goal: To build a Trust Bond and a relationship with depth



- An Encounter with the Other
- Depth Experience
- Established on Trust and mutual respect
- Two-way communication
- Common Pursuit
- Growth experience

You are Not...

- always going to be comfortable
- expected to be pals

Initiate

The Journeyor

Goal: To Journey, To Explore

- Ready to Accept Challenge
- Explorer
- Risk Taker
- Works with Questions (no easy answers)
- Is Trustworthy
- Speaks from the Heart
- Answers from own integrity (doesn't give expected answer)
- Seeks own truths
- Ready to jettison parts of own past which no longer serve
- Seeks new personal Story
- Encounters a world beyond self
- Challenges the B/S
- Encounters Innocent Suffering

You are Not...

Graded for your answers, but esteemed for your efforts
Here because your parents made you

Stages and Tasks

Stage 1: The Family Cocoon (early childhood)

Tasks: Ego formation, and the care of innocence

Stage 2: World Genesis (late childhood)

Task #1: Discovering the enchantment of the natural world

- (1) Wild nature (the more-than-human-world)
- (2) The body
- (3) Imagination (especially deep imagination)
- (4) Emotions

Task #2: Learning the ways and traditions of one's culture (and developing childhood survival strategies for acceptance)

Stage 3: Primary Individuation (early adolescence)

Task: Creating a secure and authentic social self (one that generates adequate amounts of both social acceptance *and* self-approval)

Sub-tasks:

- (1) Value exploration and clarification
- (2) Learning the skills of authenticity
- (3) Developing social skills
 - (a) Emotional skills: access, insight, action, and illumination
 - (b) Art of conflict resolution (with both outer and inner conflicts)
 - (c) Status-assignment skills
- (4) Skills with sex and sexual relationships

Stage 4: The Second Cocoon (late adolescence)

Task: Preparing to Leave Home (i.e., relinquishing the adolescent identity, and learning the skills of soulcraft)

Practices and disciplines:

- (1) Honing the skills of physical, psychological, social, and spiritual self-reliance
- (2) Acquiring and developing a set of soulcraft skills (see other side)
- (3) Volunteering
- (4) Completing unfinished business from earlier stages
- (5) Giving up addictions
- (6) Healing of the Sacred Wound
- (7) Learning to choose authenticity over acceptance
- (8) Making peace with the past as preparation for leaving behind the life of the primary-ego (the Death Lodge)
- (9) Learning the art of solitude
- (10) Discovering nature as a mirror
- (11) Confronting one's own death
- (12) Acquiring and developing the skills of Shadow work
- (13) Learning the art of romance
- (14) Commencement of mindfulness practice
- (15) Living the questions of soul (Rilke)

Stage 5: The Soul Apprentice (early adulthood)

Task: Learning to embody soul

Sub-tasks:

- (1) ongoing explorations of the realms of soul
- (2) identifying one's soul work within the cultural terms of one's community
- (3) acquiring the skills of one's soul work
- (4) the secondary individuation of the ego (i.e., differentiating the self in relation to soul, as opposed to the adolescent differentiation in relation to society)

Stage 6: The Artisan (late adulthood)

Task: Manifesting abundant and innovative gifts of soulful service

Sub-tasks:

- (1) mastering, refining, and celebrating one's form of soul-work
- (2) strengthening and balancing the four sub-personalities

Stage 7: The Master (early elderhood)

Task: Caring for the soul of the community, and shifting from doing to being

Sub-tasks:

- (1) mentoring and initiating the youth
- (2) maintaining the delicate balance between the human and more-than-human worlds

Stage 8: The Sage (late elderhood)

Tasks: Sharing of spirit-centered wisdom, refinement of self-transcendence, and preparing for the return to spirit

Soulcraft Skills

- dreamwork
- deep imagery journeys (of many sorts, but especially those involving "power animals")
- "council" work (forms of interpersonal communication, employing the "talking staff" or "talking stick", that allow for the deep encounter with self, other, and Other)
- the discovery, creation, and use of symbols and sacred objects
- self-generated ceremony
- traditional ceremonies, rituals, and festivals that alter consciousness (e.g., everything from the Native American Sun Dance to the Japanese tea ceremony, and the myriad forms of nature festivals)
- soulcraft games (e.g., the bone game)
- fasting
- breathwork
- understanding and responding to signs and omens in nature
- talking across the species boundaries (Gary Snyder's phrase)
- animal tracking and other methods of sensitive and skillful nature observation
- the art of wandering in nature
- trance drumming
- ecstatic trance dancing
- ceremonial sweats and saunas
- underworld journeys facilitated by hallucinogenic substances employed within ritual contexts
- soulful music and poetry
- symbolic artwork
- journal work (writing employed as a way to connect with one's own depths)
- the telling, retelling, and study of myths and other sacred stories
- the composing of one's personal myth (understanding one's life from a symbolic perspective)
- storytelling (of one's personal journeys) and the mirroring of others' stories
- sacred speech and ritual silence

Purposeful Questioner

Beyond Comfort Level
 Beyond Experience
 Beyond Trust Level
 Beyond Self & "Family"
 Facing Fears
 Encounter with Innocent Suffering
 Consider other Viewpoints

What If...
 Life Meaning
 Put yourself in that situation...
 Place in the Universe
 How would you react?
 Honored by trust that they can work it out.
 Encounters with the Sacred/Spiritual

J
O
U
R
N
A
L
I
S
T
E
R

Issuing the
Challenge to
Risk

Asking the
Ontological
Questions

Facilitating
Encounters with
Truth

Transferring
Community-
Valued Skills

C
O
M
M
U
N
I
T
Y
T
O
R

Discover Answers for Self
 Discover Inner Resources
 Surprise
 Council of Mirrors
 Council of Elders
 Facing your dark side

Vision of a Healthy/Vibrant Society
 Tools of a Trade (Apprenticeships)
 Interpersonal Skills
 - Communication Skills
 - Empathy
 - Consensus skills
 Intrapersonal Skills
 Ability to Mentor
 Its the Journey, Not the Destination

Revealer of Wonder

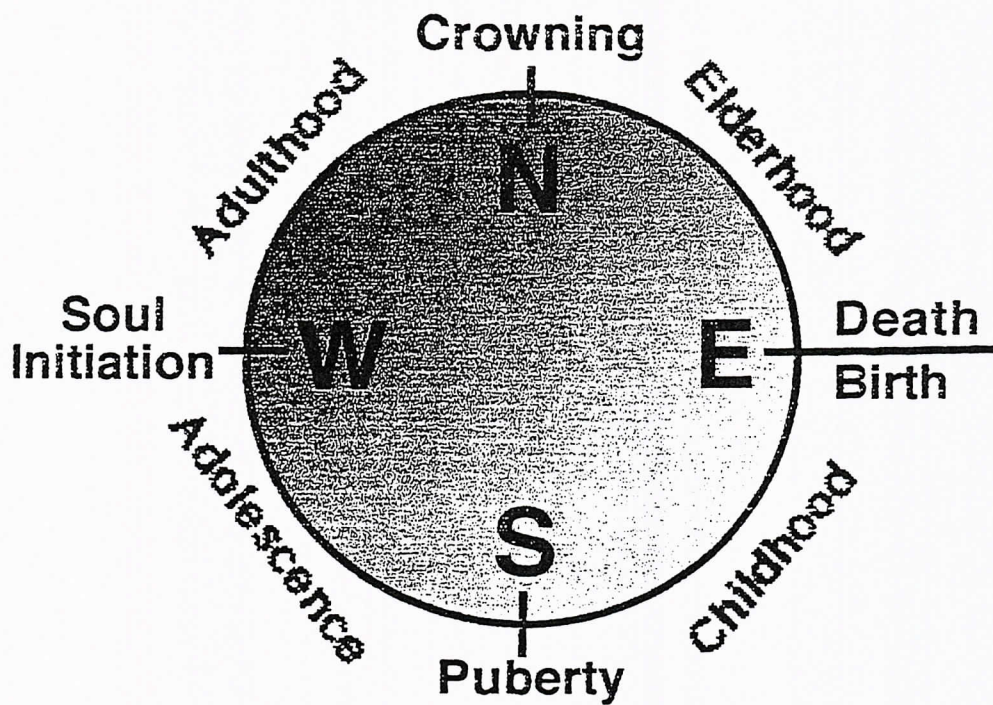


Diagram 3-2

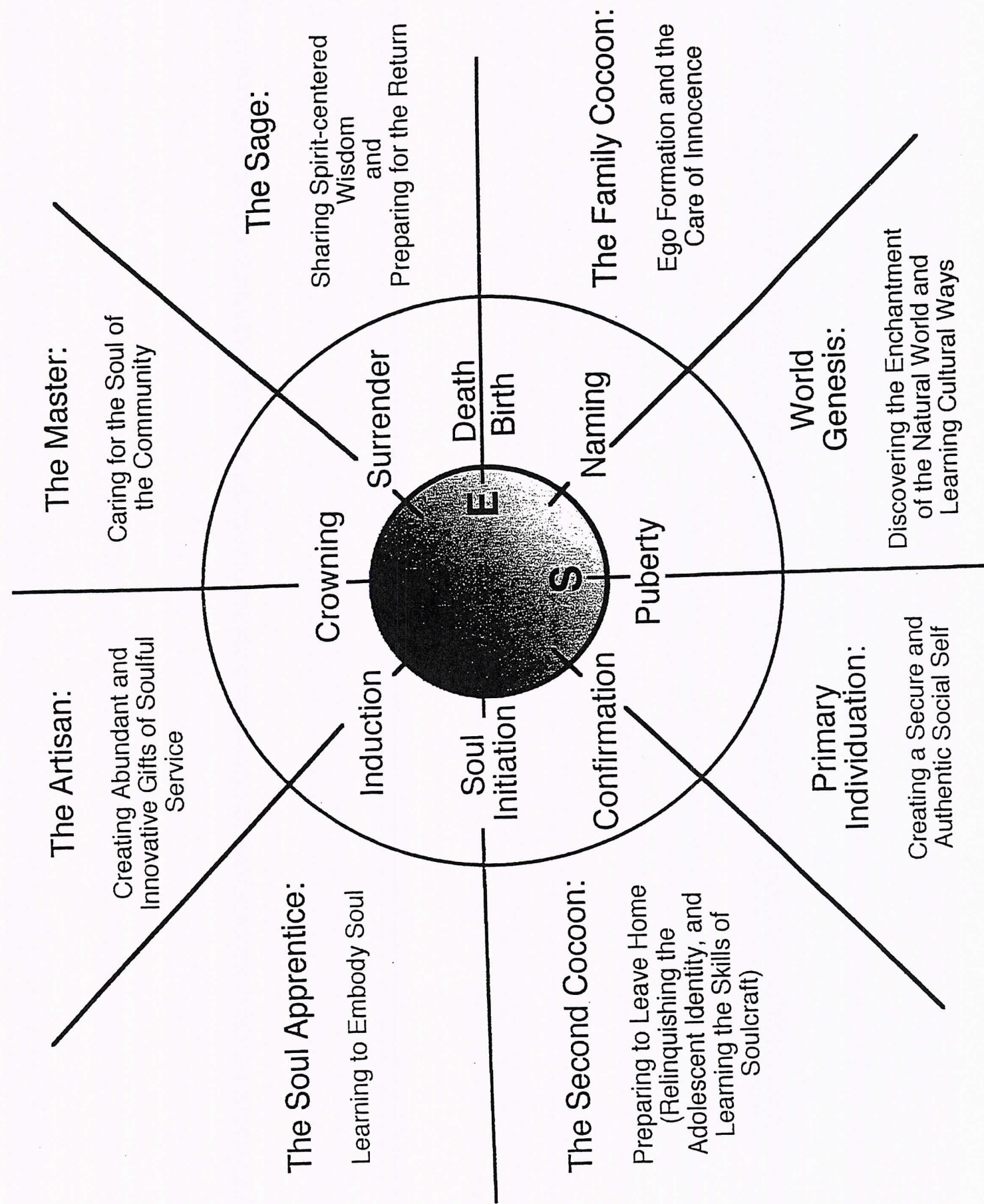


Diagram 4-1