

*The Sustaining an Intentional Life of Service workshop is an event in which people explore their life purpose and direction, evaluate their engagement in history, and form the standpoint of profound vocation.*

*SAILS is designed for those who are committed to the future of this planet, or who are struggling with such commitment.*

## **Promises of the Course**

Out of participating in Sustaining An Intentional Life of Service, you will:

1. Release disappointments, regret and disillusionment – the heartbreak of working for change.
2. Gain tools and build resilience for lifelong social action.
3. Focus and control those “messages” you receive from your surrounding environment.
4. Make intentional and controlled use of time.
5. Identify and nurture those personal relationships which sustain you.
6. Emerge recommitted and energized for the work you find most compelling.

# **SAILS: Sustaining an Intentional Life of Service**

*I keep sailing on in this middle passage. I am sailing into the wind and the dark. But I am doing my best to keep my boat steady and my sails full.*

*- Arthur Ashe*

## The Possibilities and Dangers of Our Times

The internet and accompanying improvements in communication have made this 21<sup>st</sup> Century one of great potential. It beckons and supports citizen participation in **community renewal** — local, national and international.

Alas, this same technology also affects in us a “**systems overload**” --more bits and bytes of information and connections than we can effectively juggle.

While we are made aware daily of the threats to our environment and planet, we are discouraged by the loss of control we seem to have over progress. We personally experience this situation as “overwhelmedness” --of never being able to do enough, even in this culture of instant messaging and information access.

How each of us responds as a caring individual amidst this bombardment is the challenge of our time in history. ***Sustaining an Intentional Life of Service (SAILS)*** is designed to support vocated persons with new insights and practical methods toward the realization of wonder-filled possibilities.

### What is SAILS?

SAILS is a new national seminar, offered in Denver for the first time in January of 2012. It is a seminar of five sessions of three hours each. Each session features a practical skill and an opportunity for participants to converse, reflect and dream.

Based in part on the powerful Vocational Journey Lab that was developed and taught by faculty of the Institute of Cultural Affairs (ICA) for several years, the SAILS seminar offers time-tested methods of reflection and decision-making. Sessions are textured with complementary art-forms, including collage, music, and salon-style conversations.

SAILS seminar participants will experience that one is not alone in his or her life's work, and that others share concerns and strategies that sustain.

### SAILS Session Details

Each of the first four sessions focuses on a particular topic and related practical method; after a period of “real life” practice and thought, participants will reconvene for the fifth session where they will share successes and struggles and refine plans for next steps.

The five session topics are as follows:

#1) *Being Present to What Is*--an analysis and discussion of recent and present social trends as described in the writings of theologian and educator, Dr. John Epps;

#2) *The Challenges of Caring*--how a caring person might relate concretely and authentically to those challenges;

#3) *Signs of Emerging Hope*--identifying the signs of hope emerging in society today that you wish to empower;

#4) *In Covenant with Others and the Planet*--how can you focus on a cause and bond with others working in this cause;

#5) *Return to Report*--a commissioned “practice and return” period when you practice the recently learned methods and report back to your cohort.