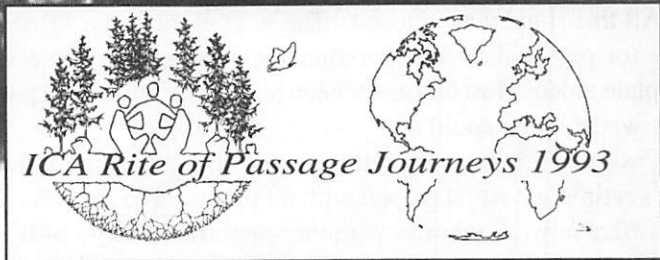


ICA

Journeys

1993



A Rite of Retirement

by Mary Ann Woodruff

Retirement is a significant passage. Even if one takes early retirement to begin a new venture, as my husband did last year after 32 years with the Weyerhaeuser Corporation, it is still difficult to leave friends and the sense of "home" which the old place represents. Ritual enables the celebration and closure which is needed.

The traditional reception at corporate headquarters was a given. A caricature of Bob was posted all over the company — "Woody Takes a Hike! Come Give Him a Send-off!" At the reception: a cake with the same caricature; posters; people creating scrapbook memories; speeches; laughter; a plaque from the president.

The *Real* celebration followed. Twenty-five close colleagues/friends gathered for a private dinner. On everyone's chair was a grocery bag. Bob began the festivities by going around to each person, introducing him or her to the rest of us, and asking them to open their bagged gifts. His overflowing "in-box" went to the person who prides herself in neatness; an ABC primer to the person who chides him about life-long learning; a sea lion with a red ball on its nose to one who is seeking more balance in her life. The gifts acknowledged each person and Bob's love for them in a unique way.

After dinner it was our turn. Each guest spoke of what Bob had meant to him or her. They presented objects symbolizing something they wanted him to take into his new venture. They hung these objects on a medicine wheel hoop: a kaleidoscope for change, a magnifying and minimizing instrument so he will always see the big picture and remember to take care of details, a bear fetish for wisdom, an otter for cleverness, a velcro baseball and glove for tenacity, a paper cup "circular file" filled with emery boards to remember about "filing" those important papers...

All this ritual was videoed. The next night at our "Beer with Bob" party for personal friends, an amazing number of people watched the complete video. Most had never been part of any retirement party like that. Most wished they could be.

Passages require celebrating, letting go, grieving, and moving on. Bob's retirement ritual helped with all of this. The hoop hangs in Bob's new office now. It vibrates with the supportive energy of friends whose encouragement is impossible to forget.

Mary Ann Woodruff is a management consultant. She and her husband live on Mercer Island, Washington.



Bob Woodruff receives a Rainbow Piñata



ICA Journeys is a publication of the Rite of Passage Journey programs of The Institute of Cultural Affairs (ICA) in North America.

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

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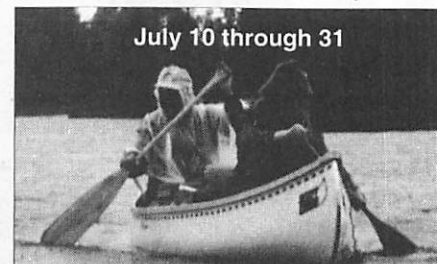
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Eastern Canada -- 577 Kingston Rd., Toronto,
ON M3E 1R3 (416) 691-2316

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the Human factor in community and organization development. Its global network spans 31 countries, with an international secretariat in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. For 25 years, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

Rite of Passage Journey -- East

ICA's traditional 22-day Initiation adventure for post 6th and 7th graders. Canoe the waters of Eastern Ontario -- Killarney, Manitoulin Island and the Bruce Peninsula. Learn personal and interpersonal skills through such activities as wilderness skills training, sharing circles, a 24-hour **solo vigil**, and closing reflection activity.



For Specific information contact:
ICA Rite of Passage Journey
577 Kingston Rd., Toronto, ON M3E 1R3

A Journey within a Journey

By Suzanne West

Last year, I went through a major transition in my life. I separated from my husband and filed for divorce.

In that transition space, I found that I had more spare time and lots of enthusiasm to give to a new project. I was fairly new to Washington



Suzanne West takes a rest on the trail during last summer's Rite of Passage Journey

state and wanted to spend time exploring. I also wanted to go backpacking, but never seemed to hook up with the right people at the right time.

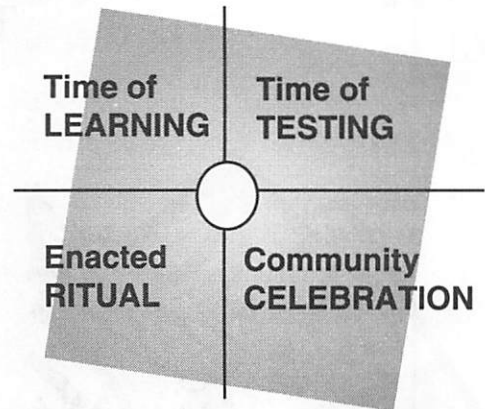
Last March when I read an article about the Rites of Passage programs sponsored by the ICA, I knew exactly what I wanted to do. The three-week volunteer experience was perfect. There were 4 adults and 16 pre-teens on the trip. As a volunteer, I served as an organizer, leader, counselor, friend and peer.

The program had been structured over a period of years, but, as the staff, we poured our own uniqueness, experiences and background into the mold to make it gel into an outstanding experience, for me and the youth. Even though I had never been backpacking, my other life experiences allowed me to fit right in and I was able to share my love for kids, the outdoors, adventure and learning with everyone.

Without a doubt, this volunteer experience provided the necessary distance to make my own passage. As I worked with the youth while they made their own passages, I had the opportunity to reflect on my own. It was the best vacation/learning-experience in my life so far.

If, next year, you'd like to be able to write your *What I Did on My Summer Vacation* story with similar enthusiasm, I recommend a Rites of Passage Journey with a group of 12 - 13 year olds.

Suzanne West is a Speech and Language specialist in the Northshore School District. She lives in Mill Creek, Washington.



Time of Testing

by Terrence Wright

In a classroom one listens reads absorbs makes a thousand decisions about what is true and then what to believe and arrives at a moment when someone asks for correct answers and we all willingly play that game if we choose to seek the prize and the gift of the process is that we grow in our own understanding of life and the universe.

There is no escape from testing nor can there be only the question of where and when we will be tested whether we allow it or not so we stand continuously testee facing testor and in the struggle what is carved out is who we will decide to be in any given moment and what emerges eventually is who we see ourselves being for a time or even for life

How about the possibility that each of us is also the testor of our testor enabling that person's life as a testee?

Is it feasible to expect the teacher to learn the tutor to toot their universe to be a different place because we have lived?

We may fight fiercely against the process or fade feebly into passive acquiescence waiting our time but either way the only time is now.

The Role of Parents in Initiation

by Stan Crow, Director, ICA Rite of Passage Programs



Dr. Angeles Arrien, trans-cultural anthropologist, tells the story of her own rite of passage as the first-born child of a Basque family in the Pyrenees. At age 16, after 4 years of study in the traditions of her culture and wilderness survival skills, she set off, alone, on her one year “walk” in an uninhabited area of the mountains. Her parents, according to tradition, walked the first day with her and then said goodbye. After 10 months, they began to wait everyday for her return. Five months later they were still watching, hoping against hope, when she finally returned.

Arnold van Gennep, who coined the phrase “rite of passage”, described the three phases of a rite of initiation as:

Severance — being taken from the comfort of family and childhood,

Threshold — encountering new contexts and challenges which enable one to make the crossing or transition, and

Incorporation — returning from the journey, challenged to live as a new being in old familiar surroundings.

As in the story of Dr. Arrien, parents have a role to play in the first and last acts of this drama, but not during the core of the experience.

In traditional societies, the community provided the initiations. These initiations marked **the start of new lives** when the child was accepted into the adult society as a unique individual --becoming hunters, taking a spouse, entering intense training to become a religious teacher, etc.

Initiation is about individuation! It is about the death of one life style and a transition into a new one.

It is the intent of initiation rites to shake up the child's comfortable situation, to:

- enlarge h/is/er world beyond that of the parents;
- create ties to the clan or extended family;
- provide a context for continuity with the history of the larger community; and to
- call the young person to take a new relationship to h/is/er life.

Parents play a special role in allowing their offspring to become individuated. Parents in traditional societies had a few years to give their children basic survival skills and self confidence and then it was over! Skills were imparted by involving their children in the day to day struggles, and in informal apprenticeships to the father or mother — observing and practicing their parents' skills.

Walking the first way ... as we grow and mature, there is an opportunity for a continual process of *little severances* beginning with the severing of the umbilical cord. The role of the parent is to prepare the child for the final severance when they are no longer available. Parents have the chance to lay the ground-work for the expansion of children's horizons, encouraging them to learn new skills and explore what it means to be an individual, not “so and so's son or daughter”. In our society, these preparations can take the form of the first “sleep-over” at another child's house; a several-day trip during which the parents leave the child with a relative or neighbor; times when the child is provided increased options for making decisions and required to live with the consequences.

In traditional societies, parents lost their role as transmitter of community wisdom **at puberty**. North American society has an ambivalence regarding when severance should take place. We have not really decided how one enters nor leaves the stage we call “youth” nor what is required of the young person who crosses through the portals. Some parents choose to create the opportunity, others wait for life to decide. In either case, severance happens. When parents choose, there is a greater possibility for growth. When youth decide, they may find options which are not the healthiest either for the youth or for society — gangs, alcohol, and sex offer tempting opportunities to demonstrate an ability to “do” adult things.

When the time for severance came in traditional societies, parents understood their role — to let go of their child in the accepted

ritual patterns. The men, dressed in costumes, came for the son, or the women came for the daughter and the mother pleaded, "Don't take h/er/im from me, s/he's not old enough!" The other adults responded, "Yes, s/he is!" the mother pleaded and cried until they had taken her daughter/son to the initiation ground. The parents were playing ancient roles, but, they were also afraid, for many boys and girls died during the initiation rites, especially when infection from circumcision, feats of skill such as killing a lion, or surviving for a year in the wilderness were involved.

Today, as frightening as it may be, parents *must let go* or they will discover they have lost their hold on their youth anyway.

Threshold ... literally should be a crossing over.

Ideally, a threshold involves making choices, accepting responsibility and gaining a new sense of one's own role in society. When I was in the Marshall Islands, I learned that the culture allowed youth, at around the time of puberty, to chose new "parents" to live with. Frequently, they even took on the surname of the "new family". This was not a rebellion, but a possibility for growth. Their birth parents blessed the arrangements and there was no sense of being abandoned. Rather, there was an expansion of the responsibilities required of the youth by a widened circle of society. From that point on, whenever either the birth parents or the new parents required help, the youth was expected to respond.

Threshold offers youth the opportunity to break out of the ordinary, to be honored by the community, to prove oneself worthy of the trust and respect of the community, and permission to wipe clean the slate and create a new persona.

One of the most helpful aspects of the initiation, I find, is the adult mentor or guide. Grandparents, uncles, and aunts tend to live at an inconvenient distance to fulfill this role, and neighbors who have time to talk and share are few. (We also find ourselves afraid of who might live next door.) A mentor is an adult who is willing to listen, to share different points of view, to encourage an examination of the young person's attitudes and behaviors rather than judging them -- providing a perspective for becoming more centered and balanced. This presence of another adult in a young person's life is all too missing in our day. Churches, men's and women's circles, ethnic organizations and others must take up the challenge of providing mentors for their members' young people.

Threshold is finally about being transported into a different space and relationship. It is there that the youth encounters life as a wonderful mystery. The space, the ritual drama, the contexts and the challenges need to be unfamiliar (not family). In traditional cultures, parents were not a part of the group which performed the initiation. They were frequently present at closing rituals, but they did not perform them. We will share more about Threshold in another issue.

Incorporation

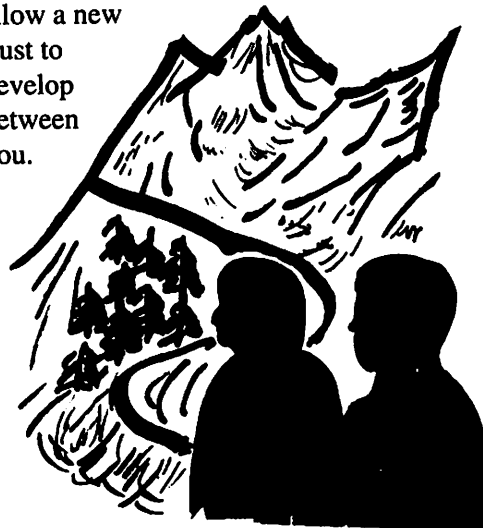
Indigenous societies mark their youth during initiation to signify that this is a different human being than the one who went away. An initiate today must figure out how to let h/er/is family know that they

are encountering a different person.

Daniel J Levinson, in *The Seasons of a Man's Life* states,

"The developmental task is not to end the relationship [to the parents] altogether. Rather, [the youth] has to reject certain aspects (for instance, those in which he is the submissive or defiant child relating to all-controlling parents), to sustain other aspects and to build in new qualities such as mutual respect between distinctive individuals who have separate as well as shared interests. Neither the young adult nor the parents find this an easy task."

As a parent, your role is to **wait at the journey's end**, not knowing what has or will happen. What will be different, and what will be the same? Much will appear the same. Your task is now harder than before, for you must look for the opportunities to create new relationships with this human being, who, no matter how hard you work at it, you will still see as *your child*, but who is *no longer*. Here you must be the creator of the story about who has returned — you must rehearse the story and behave as if you believe it (even at times when it is pretty unbelievable). You must work to remind yourselves that this youth requires different responses than you do. You and your new youth must create the opportunities to allow a new trust to develop between you.



Vision Quest as a Metaphor for Life

by Connie Hine

It occurred to me that coping with the end of a long term relationship and fitting in a mid-life transition between the bustle of meetings, fax machines and developing my own business might require a bit more attention and intention than I'd been allowing.

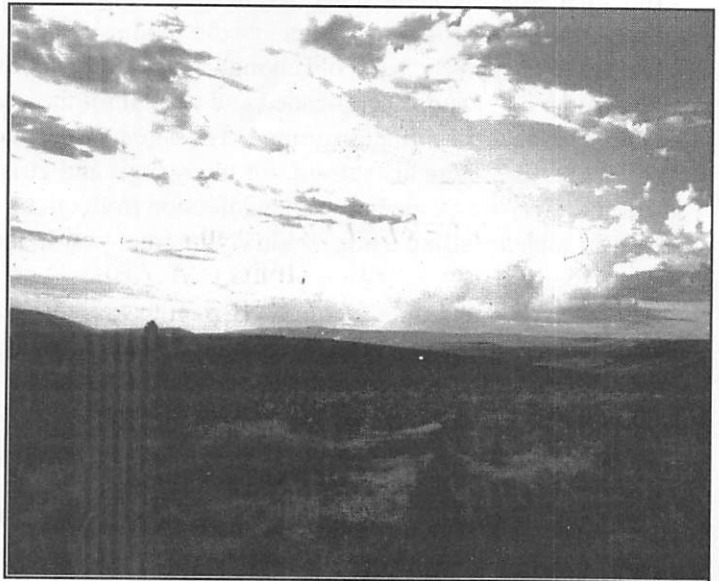
My relationship had been important to me and I wanted to honor it and my own grief about its end — I didn't want to deal with it "like everything else". I decided that taking the time to prepare for and do a 3-day solo Vision Quest would honor the transition I was going through. It was somehow a poetic metaphor — preparing to be alone — to solo in life. I found that acting that out in the wilderness was somehow fitting and soulfully satisfying.

I was also very clear that as my 40th year approached, the focus of my life had slowly, without my complete attention, been shifting. Now, I wanted to give it my full attention — knowing that focussed intention often positively impacts the outcome of any endeavor. I was committed that the second half of my life be all that it could.

I'd spent the first 30 - 35 years gathering the necessary skills and experiences and I was clearly in a phase that seemed to be calling me to put all those skills, etc. to purposeful manifestation. My life was really coming together — all the pieces — and I wanted to get a perspective of where I was in the grand scheme of things. I had a vague notion that this Vision Quest could offer me that opportunity.

I was Right! The preparation (from the time I decided to go, through the training councils 3 months later) helped me frame a clear intention for my journey — I would Quest to receive, mark, and celebrate my life direction rather than vaguely show up.

The 3-day solo was a remarkable potpourri of utter joy, singing, dancing and celebrating, despair, weeping, cursing the weather, loneliness and deep inner peace. I'd gained a sense of self-acceptance I'd never known and a new trust in



"It seemed the sky was weeping with me..."

my inner wisdom. I took time to focus, listen, and fully self express.

Sharing my stories with others is one way I've incorporated the experience into my life. It continues to work its magic, reminding me of the 2 butterflies who perched on my feet one sunny afternoon to bask in the sun, or the despair which the thunderstorm acted out for me — it seemed the sky was weeping with me — somehow comforting. I'll remember the remarkable teaching dreams — unweaving the threads of insight.

During the last night of my Quest, I asked for my medicine name to mark who I am as I re-entered the world. I heard a calm clear voice respond "she flies grounded, with her heart in her womb". When I'm pushed too hard or going too fast, I hear my medicine name as a reminder that I need to touch the place of inner feminine strength and insight in order to become more balanced and purposeful.

I anticipate that the benefits of the vision quest will continue to unfold for years to come.

Connie Hine is a consultant and early childhood development specialist. She lives in Seattle, Washington.



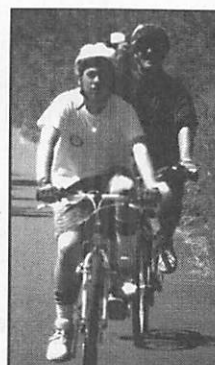
VISION QUEST '93

An Individual Journey through the Doorway
to Adult Privileges and Responsibilities

High School students keep a 3 day Vision Quest in the Native American tradition. Prepare the mind, body, spirit and emotions for the symbolic Journey to Adulthood -- take a trip by water and land through Washington State's wilderness.

July 21 through August 11

Limited to 10 youth per group



Tour de Cultures '93

A Rite of Passage into Personal Responsibility and Global Awareness for 8th, 9th & 10th Grade Youth -- Take the Challenge... Prepare for and complete a 7-day -- 300-mile **Bicycle trip around the Puget Sound** of Washington State which highlights this exciting and challenging journey of cultural awareness. Participate in rituals of personal growth.

July 6 - 27

Limited to 16 youth



From the Book Shelf

PROGRAM PLANNING

Rohnke, Karl, *SILVER BULLETS: a guide to initiative problems, adventure games, stunts and trust activities*, Project Adventure, Inc., P.O. Box 100, Hamilton MA 01936, 1984.

This is the classic guide for trust activities and initiative games. The strong emphasis of the activities is **team-building**. If you're looking for activities to get people acquainted quickly, to work things out together or to have non-competitive fun, be sure to get this one in your library.

STORIES ABOUT INITIATION RITES

Tom Brown, Jr., *THE TRACKER* and *THE SEARCH*, Berkley Books, New York, 1979 and 1982

Tom Brown, Jr. grew up in New Jersey, where he and a friend learned to live in and with the natural world. Their teacher and guide, an old Apache, taught them the "old ways". Tom's adventures are filled with danger, humor, and information about wilderness survival. These biographies read like novels, full of adventure, wisdom and love of life. Perfect books to excite young people about the wonders of nature.

Forrest Carter, *THE EDUCATION OF LITTLE TREE*, University of New Mexico Press, Albuquerque, 1985.

Orphaned at 5 years old, a young boy goes to live with his grandparents -- eastern Cherokee hill-country people who live at the margins of civilization during the 1930's depression. His Grandpa teaches him about the world of nature, his grandma about the world of books and the orphanage about prejudice. Life brings him meaningful passages. This autobiographical tale brings real meaning to the idea of Life as a Journey.

Knowledge
and skill
Proficiency

Reflective
Encounter

Personal
and Team
Perseverance

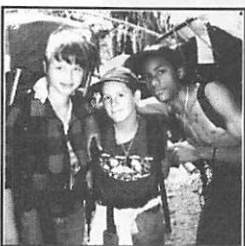
Pushed
beyond
Comfort

Time of Learning

by Terrence Wright

For 58 years learning earning yearning after sense vision insight elusive but terrible lessons pain for self and others not without great joy as career after job after task made its demands and yielded its rewards.	For one year a dawning awareness of pattern and results anger at this fate aha at connections and repeated intuitions that perhaps space need not be filled in old ways that time off undistracted by what seems to be basic necessities might possibly yield vision and understanding.	So on a certain day I stopped and sat and began to think feel absorb life around me ask how each pop and crackle and snap made me feel what was its name and absurdly asked its meaning for my life and thus began an aura of awe and clarity I sought all my life.	Confusion struggle with the sparks momentary clarity has not does not now nor will not end but is the real gift of life to death it dances sings coaxes demands decision and we learn to dance in harmony with it and if we have the courage to ask why we add our own spark to its glow.
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Rite of Passage Journey - West



An Initiation into Youthhood for post-6th and 7th Graders -- 22 days of camping adventures... Youth experience the journey as a symbol of their passage from child to youth. Learn personal and interpersonal skills through such activities as wilderness skills training, sharing circles, a 24-hour *solo vigil*, and the creation of a video scrapbook.

Hiking in Washington State's Olympic and Cascade ranges
June 23 through July 14

For specific program information
and registration materials write:

ICA Rite of Passage Journeys

22421 39th Avenue SE
Bothell, WA 98021-7941 USA
(206) 486-5164

Learning to Work — a Rite of Passage

by John Wilson

Each morning in July, at the Sangre de Cristo Youth Ranch in the mountains of Northern New Mexico, well-supervised crews of young people, 10-12 years in age, set out to work on various ranch projects. You'll find them doing such activities as grooming horses and cleaning their stalls, building fences, haying, gardening, irrigating, and filling pot holes in the ranch road. The camp is located on a real, working, farm-ranch.

One thing we emphasize during this camping experience is learning to accept the responsibility of taking on a job and doing that job well. These pre-teens have the chance to learn important life values while mastering new work skills and gaining self-confidence.

A second thing we emphasize is working together. Learning teamwork is our goal. Youth and staff are organized into crews to care for all aspects of the camp life including routine camp chores like preparing meals, washing dishes, and general camp maintenance.

The Youth Ranch program is designed to encourage in each camper, a sense of social responsibility. In particular at the camp, that means learning to live together. At the first meeting, everyone sits down to work out and agree upon the rules we will live by until the final celebration day before departure. Courtesy and safety are seen as important, as is respect for each other, the land and the tools. We seek to maintain a consistent effort to teach a sense of community and a concern for the well being of our fellow campers.

Don't get me wrong, we work to create a well balanced experience. Recreational activities with sports and creative arts and crafts are scheduled in the afternoons. In the final week of this four-week adventure, we hike to the top of the mountain.

While these youngsters enjoy making new friends and meeting new physical and mental challenges "en route to the top of the mountain", they also gain one of life's most important learnings as they journey from childhood to youth — that work can be fun and one can take pride in a job well done.

Dr John Wilson is a surgeon in Taos, NM. Every summer, he and his wife Barbara turn their attention to youth at their family farm near Taos.



An introduction to significant work is a rite of passage

Sangre de Cristo Youth Ranch

Come up to 8,500 feet in the Sangre de Cristo Mountains near Taos, New Mexico. Climb the mountains, explore the forests and streams. Care for animals, build bridges and fences, participate in art and drama projects.

For information, write
John and Barbara Wilson, P.O. Box 1137,
El Prado, NM 87529 (505) 776-2230

rites for mothers and daughters



Share in *stories, symbols, and rituals* which celebrate the journey of womanhood. Create symbols to rehearse the mysteries of being female. Three-generation teams are encouraged to participate.

Puget Sound Washington

July 16 - 18

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Mary Smith
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Chicago, IL 60640

rites for fathers and sons



Create *stories, symbols, and rituals* for fathers and sons to use as the son journeys toward adulthood. Make family drums. Share the experience while camping with other father/son teams.

Puget Sound Washington

June 18 - 20

Weekend Family Retreats

These weekend retreats are designed to provide quality bonding time in a rural setting where youth and their parents have time for fun, reflection, dialogue and looking toward their futures.

ICA

Journeys

1995



Inside this Issue:

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The Elder's Retreat

A Croning

Book Reviews on the Feminine Hero Myth

A Crone Organization

The Elder's Retreat: A Rite of Passage

Arlene Albright is Director of International Admissions at Solebury School in New Hope, Pennsylvania and a former head mistress of her own private school. She has led two Rite of Passage Journeys for ICA (one in the Northwest and one in Canada). Among her other passions, Arlene has led Elder's retreats for those over 50. (Our country has no consistent age for elders -- 50, 52, 55, 60, 62 and 65, take your pick.)

To be successful, the program must create a safe community in which the sharing can be comfortable and genuine. A personal rite of passage Journal is a key tool for participants who are encouraged to record their dreams, feelings, questions and images that they have brought with them or that come to them during the retreat. Artwork and poetry are encouraged as well as reflective prose.

Arlene says that at this transition of life, "people need to step beyond limiting self-identities, beyond traditional belief systems and behaviors, and move toward a more expanded way of being."

Elements of the retreat include the journaling, mask-making, art projects which help shift the story from Aging to *Sageing*, the recasting of the Hero's/Heroine's Journey to include the role of the Sage, singing, drumming and a ceremony -- a welcome to the journey of *Sageing*.

Participants are encouraged to bring photos of each period of their life and use them in artwork which encourages a sense of gratitude for all that has gone before and looks positively to the future.

The *Sageing* ceremony is central to the retreat, as it marks "this major moment of our human existence -- it is a ritual which acknowledges the loss of the old and encourages the embracing of what is new. We draw a circle around the passage so that we can be more fully awake to the magnitude of the moment."

As we enter our *Sageing*, Arlene says, "We are vulnerable, like the creature who has outgrown an old skin and can wear it no longer. We want to shed what is not fitting; but thus exposed, we are in a state of crisis and unsure of the future skin we are to grow into. Naturally, these times bring a sense of conflict, and in the Elder's retreat, we celebrate this."



Arlene Albright

Experiential Program Available to Groups

Birth, Initiation, Marriage, and Death are the archetypal passages in a person's lifetime. ICA Rite of Passage Programs is now offering a 4-6 hour experiential journey which takes 20 to 200 adults and/or youth through a highly participative journey program which facilitates individual and group reflection on life, family and community.

During the program, participants work together to achieve group challenges, dialogue in small and large groups, and learn about rites of passage through brief presentations and rituals. This is designed to build a sense of community and encourage positive cross-generation dialogue.

If you are looking for an exciting participative experience for your group, contact the ICA office at 206-486-5164 for further information.



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- Disseminate information on Rite of Passage Programs and Resources

Editor: Stan Crow

Editorial Assistant: Karly Lubach

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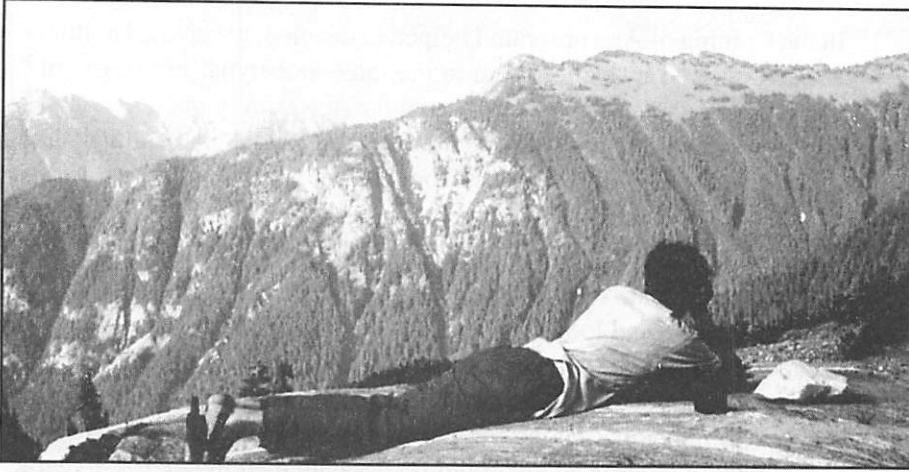
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VOLUNTEER OPPORTUNITIES

For 27 years, ICA Rite of Passage Programs have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the events and are reimbursed only for their expenses. Each volunteer will be interviewed and screened, including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our offices.

Need Help in Planning a Rite of Passage Program?

ICA in the Pacific Northwest offers facilitation services to help your group design the objectives, curriculum, and scope of your Rites of Passage for Youth and Adults



Preparation For Wilderness Rites of Passage

by James Wright, M.A.

A wilderness rite of passage is a complex experience, meaningful in more ways than can be counted. At heart it acknowledges a significant developmental change in the individual, but also inspires renewed commitment to working in the world. Although the wilderness quest is an experience focused on solitude, the intensity of that solitude provides a profound sense of connection to our communities and the world around us. Rite of passage work opens up the deeper potential of our being, encouraging us to take on visionary purpose and channel our lives to meaningful ends. This is serious work and requires preparation on a level equal to the complexity of the experience.

Because these quests often involve wilderness ordeals such as solitude, fasting, exposure to the weather, and other natural stress, it is critical to prepare for the physicalness of the experience. Awareness of bodily needs, weaknesses and strengths, adequate survival equipment, a working knowledge of the environment and how to cope with it are basic elements of preparation work. Most of this work is skill-building and can be readily taught to those willing to learn.

More subtle is the preparation on the non-physical plane. One brings to a wilderness rite of passage the burdens of the past as well as the strengths. It is important to identify these burdens and strengths and to clarify their roles in the individual's life. In some cases it may be necessary to attempt the resolution of some matters before going on the solo stage of the quest. Passage guides can work with questers in these matters, suggesting activities and approaches that may assist in the clarifying work. Seeing the present self as clearly as possible is essential preparation for perceiving the vision of the new self that emerges from the solo stage.

It is also important to identify the precise intent of the individual going on the quest. For many youth, it is simply to acknowledge a transition to adulthood. But for adults going on quest and other youth it may be a matter of healing a damaged self, taking on new responsibilities or otherwise re-visioning the self. It is important to define this intent before the passage so that one's community can be involved in a supportive way, whether that community be only friends, family, or the whole town. This community will validate the passage rite through their love and witnessing of the quester's efforts. When the quester returns from the ritual space, he or she will be a more fully realized person, ready to take on a greater role for the good of the whole community of beings. Ultimately we do this work not only for ourselves, but so that we can give more completely and satisfyingly of ourselves. The incorporation of this stronger, empowered self is based on thorough preparation for the wilderness rite of passage itself.

What is a Wilderness Rite of Passage?

Wilderness rites of passage are based upon an ancient tradition -- going to the wilderness, alone, to find one's vocation, to find peace, to seek a vision of the future, to seek guidance. Jesus, Buddha and Mohammed all went on such a quest. In many indigenous cultures, quests were entered into whenever an individual was preparing to make a passage to another life phase, or to take on a new responsibility.

These quests are not a sort of heroic dragon-slaying venture, but rather focus on the inner work necessary to discover personal strength and bring balance to one's life.

There are three elements of the typical modern quest -- *Severance*, during which the quester's work is to shed the ties and other baggage which might get in the way of doing the inner work of the quest -- *Threshold*, the actual time of leaving all else behind and allowing oneself to cross over into an unfamiliar place of self-discovery -- *Incorporation*, processing the experience of the Threshold and relating the learnings to the world one enters again. For most people who quest, this last phase can continue for several months after the return to "civilization".

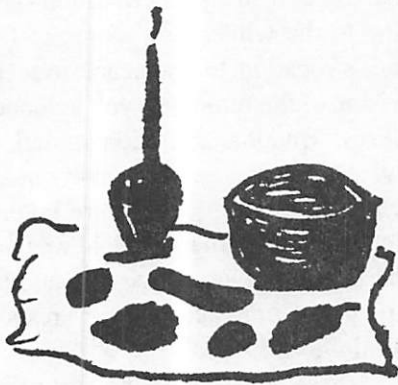
The quester's time in the wilderness typically involves fasting, meditating and waiting. Our modern lives with their rapid pace make this experience both exhilarating and difficult for most of us who have seldom spent an afternoon by ourselves, let alone three days (five days if you count the preparation time).

There are a number of wilderness guides who assist individuals to go on quest. They offer help in preparing oneself for the time apart and work with questers to process the experience afterward. We would be happy to refer you to one in your area.

-- Stan Crow

A Croning

by Beth Brownfield



The crossover into post-menopausal years marks the time when a woman becomes a "wisewoman" or "crone". That is, she embodies the third aspect of the ancient triple goddess -- which is the daughter or maiden, the mother or matron, and crone or wise woman at all times; when a woman goes into her post-menopausal years, in a sense, she officially "arrives".
Jean Shinoda Bolen -- "Demystifying the Wise-Woman/Crone: The Special Wisdom that Comes in the Second Half of Life."

Ever since working with a group of colleagues to create a Rite of Passage/Coming of Age program for youth I have been aware of how many important life landmarks once marked by ritual and community honoring have been secularized into meaningless greeting cards, gift-giving occasions, or the brunt of tasteless jokes. As I approached my 50th birthday I was called to mark the occasion with a ritual instead.

Surely there is a ritual written down somewhere for this type of event, but as for other important landmarks, we have lost the words; we have forgotten the tradition. Who was I to attempt to recreate a sacred tradition for myself? Hesitantly, knowing little of ritual craft, I began by speaking about the idea to my friends. The response was surprising. They gave me poems, recommended books, shared ideas and thoughts. A scheduled summer retreat of my religious education colleagues, at a friend's farm in Wisconsin, provided the participants and the location.

In the Coming of Age program I helped to develop, we created a ritual for teenage girls to introduce them to the three archetypal life stages of maiden, matron and crone. Remembering the powerful impact this ritual had on these young women, I decided to name my ritual "A Croning", to celebrate and explore this transition from matron to crone.

Ritual Components

Three components of the ritual emerged -- acknowledging the past, honoring the body, and looking forward to the future.

Acknowledging the past was a recognition of my ancestry, the line of women's and men's lives before me that had given me life. I was particularly drawn to remembering my foremothers, my great grandmother who had lived well into her 90's; my grandmother who died in her 101st year and my mother who died at 38 when I was 12. I stand on their shoulders. I have life because of them. I have shape because of them. I am particularly formed out of their influence.

Another aspect of the past was to honor the memory of friends and family who have died and those who still live. I also wanted to acknowledge the changes in relationships I was experiencing -- taking more responsibility for my aging father, watching my daughters Amie and Jenny, mature and leave for career and college, and creating an exciting future with my husband, Jerry, as we adjust to an "empty nest".

Honoring the body focused on my gratitude for how my body has served and contained my life. To acknowledge it as the vehicle which carries me, and as the creator, deliverer and nourisher of my children. To thank it for the strength and stamina it provides me. To commit myself to care for and tend it so that it can continue to serve me well into the future.

Looking ahead to the future centered on the accumulation of life experiences, wisdom and friends. It asks the question, "What is yet to be accomplished in this next phase of life using the wisdom, experiences, and resources gained in the last 50 years?"

The Ritual

We gathered at a friend's farm in Wisconsin, a small group, including several dear friends, a few colleagues I knew from District meetings, and several new directors of religious education whom I had just met. We gathered in early August for rest and relaxation with plans to talk, play, eat, relax and celebrate my croning.

After a day of conversation, canoe rides, hiking and a delicious dinner, I laid out on the lawn between the house and barn, a circle of wonderously rounded Lake Superior granite stones in the form of a Native American medicine wheel. The wheel was intersected with lines of stones to mark the four directions: North, South, East and West. A colored votive candle marked each direction -- yellow to the East, red to the South, black to the West and white to the North.

Eight of us sat around the wheel. I took my place at the North. We began by lighting sage, which is used in Native American rituals to purify a space and to signify the start of a special event. I began by saying that in the rapid changes of civilization and our own rushed lives we have lost the rituals that used to mark such occasions. This is true, yet on some level we have not forgotten. We still hold the ancient memories and a need to mark and celebrate these important milestones. I was called to mark my passage of

The Journey of a Lifetime

ICA Rites of Passage

1995

Offerings



Coming of Age Journey -- 6 & 7 Grade

Bicycle Tour -- Junior High

Vision Quests -- High School and Adults

Rites for Fathers & Sons

Rites for Mothers & Daughters

ICA Journeys Newsletter

Helping Organizations Develop Rites of Passage

ICA Rite of Passage Journeys are not for everyone. They offer a *special experience* for the young person who is conscious about her or his Coming of Age. The three-week programs will stretch you physically, mentally, emotionally and spiritually.

Ancient cultures understood that youth need a chance to *journey to another world*, to break with their families and family patterns in order to discover themselves before returning to their homes as new individuals.

These programs are also *high adventure*, including extended backpacking in the beautiful scenery of the Cascade and Olympic mountain ranges and cycling around Puget Sound. Youth will experience challenge, but the physical demands are within the range of normally healthy young people and adults.

Youth and staff/mentors *create a community* of fellow supplicants, seeking a chance to reflect on what is happening to them and what the future might hold. In each offering, there is an actual journey which serves as a metaphor for this exploration. Youth make friendships that can

endure because of the intensity of the time they spend together.

These events are multi-dimensional with *chances to grow* through physical accomplishments, through encounters with other cultures and cultural ideas and the opportunity to reflect on life experience. This is experiential learning in the truest sense of the word.

As one might expect from the Institute of Cultural Affairs, we draw elements of the events from many cultural roots and translate them into *cross-cultural activities* so that each participant can join in all activities from the standpoint of their own cultural and spiritual background and practices.

Finally, youth will *have fun* in this atmosphere of learning that is different, filled full and joyous.

To help you learn about these journeys, we have included descriptions, major calendar points and excerpts of articles which have been published about the programs. A Pre-Registration form is included (inside this pamphlet) so that you may pre-register for one of the programs.

Finding a New Skin: Rites of Passage from Child to Youth

by John Burbidge, Excerpts reprinted from *Healing Currents*, August, 1993

"I wish I'd been able to go through this when I was their age. It helped me reinterpret many of my adolescent experiences, it affirmed that I can endure a lot and that I can relate to total strangers. All kids need this kind of experience."

This was how staff counselor, Suzanne West, summed up her experience in the Rite of Passage program conducted last summer by the Institute of Cultural Affairs (ICA). Suzanne, a communications disorders specialist with the North Shore School District, was one of four adult guides and sixteen children who participated in this three-week journey, marking the transition from child to youth.

The Rite of Passage Program is based on the stages of Joseph Campbell's *"The Hero/Heroine's Journey"*. Participants experience the Call to Adventure and the Refusal to the Call, cross the Threshold of Ogres, navigate the Road of Trials..., embark on Magic Flights, and cross the Return Threshold to come back as Master of Two Worlds.

The program melds together rites from Native American, Celtic, and other traditions with a ROPES course, hiking, camping, and numerous opportunities for group and individual reflection. During the early stages of the program, children are "cared for" by adults but in the remainder of their time together, the tables are turned. Said 13 year old Maurice Tyson: "This rite of passage taught me that people are not always going to be there for me...I'm going to have to depend on myself to do things and believe in myself more."

A pivotal moment for the whole group came early in the program during the ROPES course. The task was to have everyone scale a fourteen foot wall. The challenge was having only themselves to do it. Several were ready to give up before they started, but others were more determined. They finally settled on a plan of hoisting themselves up on one another's shoulders, with those at the top pulling the others up.

A turning point of the three weeks was the 24-hour vigil held in the awesome solitude of Lake Ozette on the Pacific coast. During this time, participants went without food and sleep, tended their fires, and wrote reflections in their journals. Even though the counselors checked on each child at intervals throughout the night, silently and from a distance, the vigil was a solitary experience. Several children acknowledged that this was the hardest thing they'd ever done.

A precursor of the vigil was the sweat lodge. Led by local guide Walt Hoesel, children and adults alike participated in this Native American cleansing and purification ritual. Hoesel's carefully prepared context included storytelling, sharing about the medicine wheel, astrology, and animal totems. "This sweat lodge is to prepare you for your vigil and to be cleansed. What happens here I have very little to do with. What you put into this, you get back, so put a lot into it. Push yourself 10% further than where you want to go. And pray for good intent on the part of all of us."

Two powerful events brought closure to the journey. One was making a video to rehearse and celebrate the completion of the journey... The other was the Council of Elders, where each youth came before the staff and individually reflected on the experience and its significance for his or her life.

In the course of the three weeks, a number of issues cropped up that demanded to be dealt with. Sometimes, these were personal matters but more often, they affected the whole group. A key element in handling these issues was the circle gatherings... everyone had a chance to be heard and to listen to one another. A sense of "all being in the same boat" soon developed. People relaxed and bonding increased.

To many, the three week duration of the program was quite intimidating, but as counselor Jason Paulsen of Shelton, WA. pointed out, this length of time was most beneficial. "The three weeks made it impossible for the kids to bury their feelings. Some tried to do this but their feelings soon surfaced. For many of them, it was the first chance they'd had to come to terms with what was happening to them."

From the beginning to the end of the three weeks, the change in the participants' behavior was dramatic. Thrown together as a group, they exhibited the usual signs



of nervous anticipation -- either attention-craving exhibitionism or quiet withdrawal. When it was time to go home, it was a different story. "There was the same amount of energy present but it was transformed into group energy," noted Jason. "They wanted to do things together. They weren't necessarily best friends but they were much more supportive of one another."...

Why should parents send their children on a Rite of Passage program? ... Arlene Albright, herself a mother of a seventh grader, [says] "So much is going on in children's lives at this time. They need to step off the merry-go-round once in a while to digest what is happening to them. The Rite of Passage gives them this opportunity."...

Or as another staff member put it, its the time in a person's life to try on a new skin -- a new skin of the time in-between.



Coming of Age Journey

For graduates of 6th and 7th grade
ready to experience, test, and understand
their lives in a brand new way.

TREK I
June 25 through July 16, 1995
TREK II
July 2 through July 23, 1995

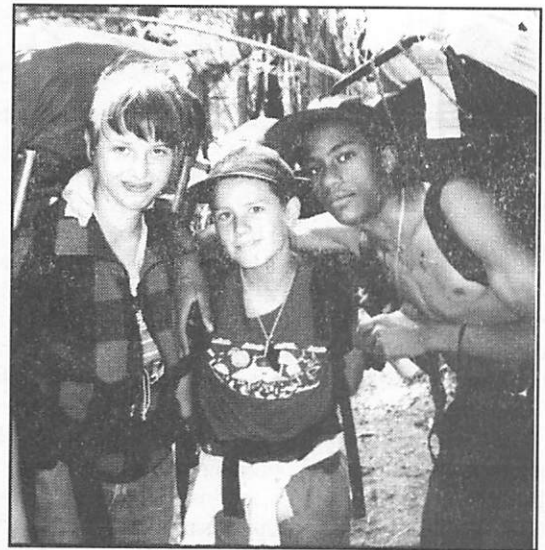
Emerging as youth into the 21st century, 11 - 13-year-old girls and boys take a *Coming-Of-Age Journey of discovery*. They experience – perhaps for the first time – what it is to be **independently responsible**. They...

- °°discover more about themselves and their inner resources;
- °°challenge their pre-conceived notions of limitations, images, and stereotypes ; and
- °°*create their own community*, based on a philosophy of respect – for themselves, for each other and for the environment.

Rites of Passage is not a run-of-the-mill summer camp. It is a brand new experience. Trek mentors are dedicated to awakening within each participant a sense of awe for the natural world, an appreciation of their own individuality and an enjoyment of each others' abilities. The day-to-day activities naturally lead youth into seeing how their behavior impacts others and how their contributions immediately affect the quality of their life.

Laughter, sweat, creativity, reflection, comraderie – all come together for **youth who are willing to discover more about themselves** and their role in the world.

The **influence and role of the family** is integrated into the Coming-of-Age Journey. The trek begins with the opening campfire where significant adults in the youth's life have the chance to send their young person to 3 weeks of adventure and discovery. At the conclusion of the 3 weeks, the adults have the opportunity to take part in a 36-hour *Program of Incorporation* -- inventing together, with their new youth, the ways they will shift relationships and explore ways to bring meaning to being a youth in our time. They celebrate this significant step in the family's journey.



Puget Sound of Washington State

Limited to 16 youth per group

Backpack into the pristine wilderness of the Cascade mountains, *camp* in the only rainforest in the United States, and *hike* into a spectacular ancient seashore inhabited by eagles, deer, whales, seals, and abundant sea life

Pre-Registration: \$150USD holds a place

Total Tuition:
\$ 965USD If paid-in-full before April 1
\$ 995USD If paid-in-full before May 1
\$ 1,065USD If paid after May 1

Final Weekend -- \$60 per parent

Tuition includes all meals, materials fees & tents. Participants supply own backpacks and clothing.

(\$125 of downpayment refundable before May 1)

Week 1	Week 2	Week 3
Send out Campfire Scramble Hike Ropes Course Six Day Backpacking Trek	Sweat Lodge 24-Hour Solo Vigil Ritual of Choosing to be a Youth Hiking in Hoh Rain Forest	Council of Elders Celebrating the Journey Incorporation Weekend
<i>Call to Adventure - Threshold of Ogres - Road of Trials - Magic Flight - Return Threshold - Master of Two Worlds - Incorporation</i>		



The Vision Quest: Crossing the Threshold to Adulthood

by John Burbidge, Excerpts reprinted from the *Transformation Times*, August, 1993

"There were nine of us. We all had different ideas about why we had come. One of our first assignments was to paint a picture of the life we were leaving behind. I drew myself as a stick figure with no hands, no feet and no neck. I interpreted this to mean that I felt cut off from the world around me."

This is how Chris Wade began the three-week *Vision Quest* held last summer in Washington State... Conducted by the Institute of Cultural Affairs, the *Vision Quest* is modeled on indigenous community practices where young people are "set aside" for a time to envision their future, examine their own capacities and demonstrate self-reliance. Like most rites of passage, it is a time of learning, testing, ritual and celebration.

The program was divided into three parts. It began with a ROPES course... in which participants were challenged both mentally and physically... pushing the youth to explore their own limits, these activities called for a high degree of trust and teamwork among the group.

After this break-in period, the group moved on... for a pivotal part of the program, the three-day solo vigil and fast. This part of the program began with the Native American traditions of a medicine walk and sweatlodge. The walk gave everyone a chance to ask: "What's it really going to be like to be alone for three days and nights?"...

During the vigil itself, participants fasted and used their journals to capture elements of their vision for their life. Occasional si-

lent and distant visits from the staff to check on their safety and well-being provided a small measure of comfort. On the final night, they were asked to build a four-foot circle of stones around themselves and stay awake until sunrise...

At the end of the vigil, seven solitary figures returned to the basecamp to share their experiences and celebrate their accomplishments. Each participant met with the staff in a council of elders. This was a chance to debrief their experiences and share insights that had come to them about their life and its future directions.

The third and final part of the *Vision Quest* was equally demanding -- a seven-day hike with heavy backpacks from Steheken on Lake Chelan to White Chuck, along the Pacific Crest Trail. The trek covered more than sixty miles and often at altitudes over 6,000 feet. A couple of short day hikes paved the way for the longer journey.

But it wasn't the physical burden alone that provided the challenge. Coming from three days of a solitary existence, participants now faced over a week of intense community living. ...Staff member Jane Glancy... [said] "People came away from the vigil with many ideals about how they were going to behave... But when you're on a hike like this with the same people day and night, you experience the whole gamut of emotions with them. It called for a lot of reflective activity along the way."

However, the hike was not all trials and tribulations. A soaking in Kennedy Hot Springs provided welcome rejuvenation. And

joking and fun were always close to the surface...

On completion of the trek, the group returned to their base in Bothell, WA, to evaluate and celebrate their rite of passage...

As people shared their reflections, a number of comments rang true for the whole group. John Latham of San Francisco discovered that he didn't always have to be the leader. "I wanted to be in control the whole time... In the middle of the hike, I went from the front to the back of the line for a couple of days. In a way, I preferred it."

Like many of the participants, Nina Davis, of Seattle, was impressed with what she had accomplished: "The *Vision Quest* was a real departure for me. But now I feel I can stand on my own two feet. I'm a much stronger person, more like an adult and less like a child."

One of the unique aspects of the *Vision Quest* that marks it off from similar programs is that it seeks a balance between personal growth and responsibility to the wider society...

The *Vision Quest* is an experience that challenges the mind, body and spirit of its participants. Drawing on ancient wisdom, it addresses a real need of people in today's fast-paced global society. Program Director Stan Crow summed it up this way: "Traditional societies know what we are -- marking the significant passages of our life brings focus to the journey... and a realization that life is not one continuum but a series of meaningful steps."

Life on the Road: Riding with the Tour de Cultures

by John Burbidge, Excerpts reprinted from *Initiatives*, Winter 1992



While cycling buffs had their attention focused on the Tour de France, another cycling adventure was taking place in the Pacific Northwest. It included a 7-day trek around the undulating shores of Puget Sound.

...The *Tour de Cultures* is a 3-week program for 8th, 9th and 10th graders. Three of the participants had taken part in ICA's Rite of Passage program in previous years. One,... Ellie Roper-Ater from Gooding, Idaho, commented "This had a better feel to it... The rite of passage was like folk lore. This was more based on reality."

But reality can have its difficult moments. On the first day out, the mercury rose to an all-time Seattle high of 99 degrees. To prepare for the trek, the youth spent the first ten days building their stamina with day rides. Every member of the team set personal goals. "A few months ago, I wouldn't have pictured myself doing this", said Tim Anderson, of Toronto. "But I'm in shape now and I feel great."

While cycling was a major part of the trip, it wasn't the whole story. The *Tour de Cultures* is also a multicultural immersion experience. A highlight of the program for many participants was the *Ur Images*... an

introduction to the unique gifts of each of the world's major ethnic groups...

As well as focusing on developing individual skills, the program also requires participants to spend time serving others. They spent part of a day assisting with food preparation at Seattle's Union Gospel Mission.

Reflecting on their experience, many participants found it strengthened their self-confidence. But most commented on the strong sense of acceptance everyone experienced in the midst of being a very diverse, and often moody team of unpredictable teenagers.

VISION QUEST 95

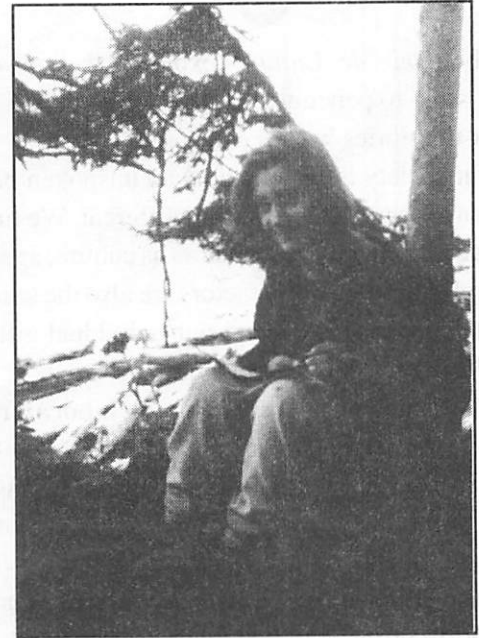
July 19 through August 9, 1995

The **Vision Quest** for high school students is an individual journey. In the traditions of many indigenous peoples, youth who were standing at the doorway of adult responsibilities were sent to the mountains, the forests or the desert for a time apart -- to have a vision of what the future would require of them, to see what gifts they possessed or could claim as they assumed new roles. This modern version of a personal pilgrimage draws on traditions as divergent as the Native American Vision Quest and Jesus' 40 days in the wilderness.

While Vision Quest 95 will be done along with other high-school-age young people, you will find yourself encouraged to grow inwardly. Then, you will join other youth to demonstrate self-reliance on a challenging 7-day hike.

Journey into another space and time. For three weeks, you'll have the opportunity to ask yourself and fellow journeyers significant questions about the life transition you're making.

Participants will experience mental, emotional, spiritual, social and physical challenges. You will have been pushed to experience your life in new depths. You will be freed by new insights, after three of the most joyous weeks of your life.



*An individual journey
to Adulthood*

<i>The Preparation of the Mind</i>	<i>The Preparation of the Spirit</i>	<i>The Preparation of the Body</i>	<i>The Journey to Adulthood</i>	<i>Celebrating the Arrival</i>
Opening campfire ROPES Course Medicine Walk Personal Symbol Making Dream Circle	Preparation for Vision Quest Sweat Lodge 3 Day Vigil Sweat lodge Ritual of the Return	Council of Elders Clean-up Day Pack Preparation Ready for Hike Boat trip to Steheken	70 mile hike from Steheken to Kennedy Hot Springs	Evaluation Day Big Celebration Goodbyes
July 19 - 23	July 24 - 28	July 29 - 31	August 1 - 8	August 9

The *Preparation of the Mind* will help you experience the way land-based peoples grew to trust nature. You will prepare yourself to make the shift necessary within yourself to see your future as it presents itself.

The *Preparation of the Spirit* calls you to reflective exercises, dialogue with mentors, the purification experience of a Native American-based sweatlodge, and three days alone in the wilderness, seeking a vision of your future.

The *Preparation of the Body* enables you physically to take the journey. You will be challenged to demonstrate teamwork during initiative games and a ROPES course. You will learn wilderness and hiking skills.

The *Journey to Adulthood* challenges you to physical accomplishment in Washington's Cascade Mountains. Travel 55 miles by boat on Lake Chelan to the village of Steheken, which is accessible only by boat. Hike approximately 70 miles over the mountain passes and the Pacific Crest Trail toward the town of Darrington, Washington.



Pre-Registration: \$150 USD downpayment holds a place
Total Tuition: \$965 if registration paid-in-full by April 1,
\$995 if registration paid-in-full by May 1.
\$1,065 If paid after May 1.
(Price includes meals, materials, and lodging.)
(\$125 of downpayment refundable before May 1.)



Tour de Cultures

a rite of passage into personal responsibility and global awareness

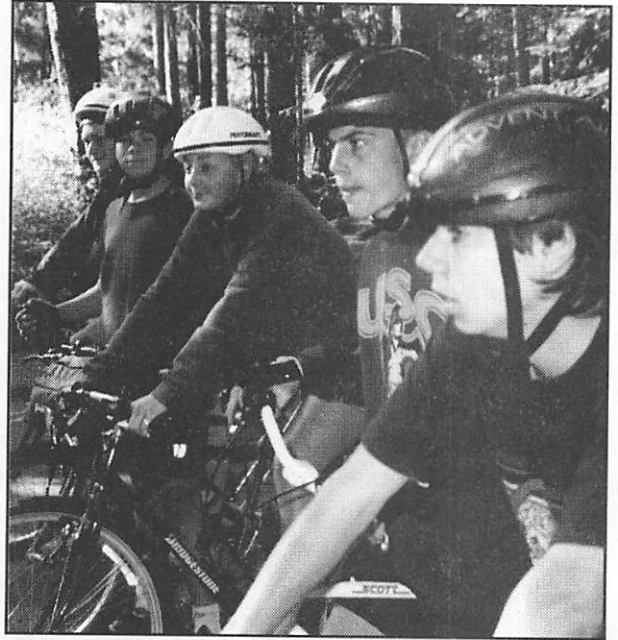
For 8th, 9th & 10th Graders
 July 26 - August 16, 1995

The *Tour de Cultures* explores the power of myth. We will seek to penetrate the *pain* of myth and ask ourselves to re-think the stories we tell each other.

Our society is separated by an unspoken belief in myths which spawn a fear of others who are different. We find ourselves isolated from each other by such factors as culture, age, gender, economics, and religion. Yet, these factors are also the seeds which can help us create communities where our individual gifts can bring strength and health to social interactions.

The *Tour de Cultures* is a **living laboratory** -- during the three weeks, we will create our own community -- bicycle based -- and seek to live in a way that honors the traditions of the participants. We will also encounter representatives of other cultures and dialogue about cultural values.

During these three weeks, you will participate in cultural events, campfire conversations, voluntary service to the less fortunate, community building games and over 600 miles of bicycling. And in the process, create memories and friends for a lifetime.



Cultural Exploration and Preparation for Trek	Journey 'Round the Sound	Reflection
Bicycling Trips to Cultural Events In Greater Seattle Area Introduction to Cultural Archetypes Overnight Campout (Practice Run) Sweatlodge Create Our Own Culture Game July 26 to August 6 -- Day trips from Bothell Basecamp	La Conner Deception Pass Pt. Townsend Bremerton Vashon Island August 7 to August 13	Return to Bothell Story Telling Council of Elders Final Celebration August 14 - 16

Pre-Registration: \$150 USD holds a place

Total Tuition:
\$885 if registration paid-in-full by April 1,
\$915 if registration paid-in-full by May 1.
\$985 if paid after May 1.

(Price includes meals, materials, and lodging.)

(\$125 of downpayment refundable before May 1.)

Live for three weeks as a part of a team of youth who are developing personal and interpersonal skills preparing for a 300 mile bike trek around the Puget Sound of Washington State. The tour will take to meandering back roads and undulating hills, crossing ferries and islands to reach the Olympic Peninsula.

This trek is for novices and skilled alike. A daily regime of gradual conditioning will prepare each participant for the trip. **No previous cycle touring experience is necessary.**

Share the experience with youth from different cultures. Visit Seattle's International District, attend cultural events in the Seattle area and experiment with customs from around the world through ethnic meals, myths and cultural events. Discover a world of many peoples! Work in teams to research, prepare and host ethnic events.

Be part of a team. Participate with people who are learning how to care for the earth, the community, and themselves. Enjoy team building exercises and the comradery of stories, conversation and songs around the campfire.

Participants are required to **supply and outfit their own 10 speed touring or mountain bicycle** and equipment. There will be a vehicle escort to transport food, equipment and luggage.

Rites for Fathers and Sons

a retreat of co-creation -- September 1 - 4, 1995

CREATING THE FAMILY MYTH		CELEBRATING THE MYTH
Genealogy	Future Story	
Scramble Hike Initiative Games	Drum Making (1 for father, 1 for son) Letter Writing to the Future	Sweat lodge Symbol Painting Drumming Campfire
Saturday, September 2	Sunday, September 3	Monday, September 4



In traditional societies, when a young man came of age, he was sent on a journey away from the village. The youth participated in rites which challenged, then welcomed him to new roles in his society. These rites were created by the men of the village to dramatize the privileges and responsibilities the community was conferring upon this "new man".

Today, most young men grow up with male images created by Hollywood and Madison Avenue. The men of their own community have little impact upon their understanding of the role they are quickly assuming, as society forces them to make decisions other societies have reserved for the initiated.

This weekend event will involve fathers and sons in a number of activities which promote significant sharing and reflecting alongside other father-son teams. There will be a mix of physical challenges, initiative games, and rituals to provide a common ground of experience, as well as guided exercises to help fathers and sons design the journeys they will take together until the father and son can meet as adults.

This event offers a unique chance for fathers and sons to examine their lives together, to look for opportunities to create meaningful rites together, and to create a *males of the family myth*.

This *is not an initiation ritual for the son*, rather, this event is a chance to plan for that initiation for the son AND to look forward to the rites of passage the father has ahead of him. You will take home a pair of drums (included in price) you have made together with the symbol you created to remind you of the journey you have planned together.

Pre-Registration: \$75 holds a place --- Total Tuition: \$325 for 2 participants, \$450 for 3 participants

Discounts available if youth participates in 3 week journey program (price includes meals, lodging and materials)

Rites for Mothers and Daughters

journeying together as women -- weaving a common fabric June 16 - 18



Friday, June 16	Saturday, June 17	Sunday, June 18
Myth telling --Psyche & Eros" Family History Creating "The BOX" Altar Dedication Campfire -- Drums & Singing	Masques Games "The BOX" Banishing Ceremony The "FEAST" & "DANCING"	Talking Circle Games Family Letters Final Ceremony

Throughout history, women have handed down the traditions of our cultures from Mother to Daughter. Those traditions, of course, evolved, but the changes took place over eons. Traditions, familial patterns, gender roles have all changed so rapidly in the last 50 years that women wonder, "What do I know that my daughter needs to know?"

This three-day women's experiential retreat will ask those questions and create a tablet upon which the new myth for "women of our family" can be written. The activities will be led in such a way that mothers and daughters can meet on a neutral ground. You will look to your historical roots and to your possible futures in order to create a new understanding of what it means to operate effectively as a woman in the late 20th and early 21st centuries.

This retreat for mothers and daughters explores what it means to live in a time when the envelope of opportunity for women has expanded and the possibility for women to live lives which are "motivated by what matters to them" is at hand.

This program is designed for young women between 12 and 17 and their mothers. Two daughters are as appropriate as one. Join together to create the symbols and rituals which will facilitate your journey together.

More than just a Summer Camp

People ask us, "What makes ICA Rite of Passage Journeys different?"

First, we're here for young people who are seeking an experience which provides physical, interpersonal, mental and spiritual growth.

Second, we've been at this for 27 years and have evolved programs which are age appropriate.

Third, we are non-sectarian, and honor an individual's own religious beliefs while allowing for an expansion of one's world view through introduction to other cultural practices and myths.

Fourth, we believe that experience is a great teacher, and have designed our work to permit individual and group learning in dialogue with events and interactions as they occur.

Helping Your Organization Bring Meaning to Life's Passages

If your organization, church, temple, or synagogue is interested in beginning or re-designing your rite of passage programs, ICA offers help in planning and curriculum creation:

- *ICA Journeys* newsletter ideas and resources.
- Group Facilitators for Rite of Passage Program Planning
- Curriculum Development Assistance
- Weekend Parent/Child Retreats in your facility (see inside)
- 1 to 6 hour Rite of Passage programs for your organization.

The Institute of Cultural Affairs and the Staff

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit 501.c.3 organization providing people with methods which help them find the motivation and the resources to become active players in the visioning of their future, the creating of the plans, and the leadership which brings their plans to fruition.

The ICA's international network spans 31 countries, with a coordinating secretariat in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. For 27 years, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

ICA Rites of Passage Programs have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the events and are reimbursed only for their expenses.

Leadership/mentor teams usually include a mix of: leaders who are experienced in leading these programs, first year volunteers and, frequently, college age young people who are alumni of these programs.

Each volunteer is interviewed and screened including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our Bothell office.

Scholarship funds are always needed to assist those who are not able to afford the entire amount. All contributions are tax deductible.

To Pre-register
mail form at right to:

Registrar
ICA Journeys
22421 39th Avenue SE
Bothell, WA 98021

You will receive by
return mail a complete
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For Further
Information
206 486-5164

Program Pre-Registration Form

Please Register me for:

Coming of Age Journey (6th & 7th Graders)

___ Trek I - June 25 - July 16, 1995

___ Trek II - July 2 - 23, 1995

___ **Tour de Cultures** (8th, 9th & 10th Grade) July 26 - August 16, 1995

___ **Vision Quest** (10th, 11th, 12th Grade) July 19 - August 9, 1995

___ **Rites for Fathers & Sons** - September 1 - 4, 1995

___ **Rites for Mothers & Daughters** - June 16 - 18, 1995

Name _____

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turning 50. I hoped as I shared my life from the perspective of the four directions, each woman present would review her life and look to her future. I then said, "We come together to honor those who have been companions on our life journey: our parents, children, partners, friends and acquaintances, mentors and teachers. We come to honor our bodies which have sustained and contained our lives. We come together to remember the joys, sorrows, celebrations, accomplishments that have been woven into our lives to make each a unique tapestry unlike any other."

We began in a light vein. I took a stone and lamented something that I didn't like about being older, "I never thought I'd have to get up to go to the bathroom in the middle of the night!" The group responded, "Oh, no! Not you having to get up in the middle of the night to go to the bathroom!" Then we pounded on the ground and wailed and laughed. The stone passed to the next woman who shared something she lamented about being older and we responded, and so we continued around the group.

Next, each participant was invited to take a natural object from a basket (pine cone, shell, piece of driftwood, feather, stone, flower) that spoke to her as a metaphor of the gift she received in becoming older. Each woman chose an object and shared her insight with the group.

I explained the Medicine Wheel as one symbolic tradition of the circle -- a metaphor for the circular aspect of life. I began in the East, lighting a yellow candle to signify "beginnings", and told of my ancestors, my birth, early childhood, and the people who were important to my life then. I passed around pictures of myself as a young child. After I finished, I gave each participant the gift of a feather (representing the Eagle, animal of the East), as a reminder of their beginnings and early childhood.

We moved to the South. I lit a red candle to signify the passionate and intense years of being a teen and a young adult. Again there was an acknowledgement of mentors, important relationships, and life landmarks. The gift for the South was a small heart-shaped oil bath bead as a reminder of where we live passionately.

We moved to the West. I lit a black candle to signify the reflective time of life, our middle years, the time for committed relationships, raising children, and careers. The gift of the West was a shell (representing water, element of the West) as a reminder of what we treasure about these middle years.

Next I lit a white candle and said, "I arrive a stranger to the North. I embrace the North with joy and expectation. I cease trying to *become* something and commit my life to *being* -- sharing and giving. I ask you to share with me models of women in your life -- the crones -- wise ones who have taught you, nurtured you, and mentored you. Share these memories with us so that we may learn the way of the North."

Each woman in turn shared deeply about significant, older women in their lives. It was a time of tears and joy. For many it was a completion, because these relationships had never before been acknowledged, and for some, because the mentor was no longer living, there would be no opportunity to do this in person.

When we completed sharing, I said that part of the tradition of the North was to give thanks in return for what we had received in our lives. I took an ear of corn and pulled back the husk, exposing the kernels. I passed the ear around the circle and invited each woman to share something that she had been successful in passing on to the next generation. Each woman told

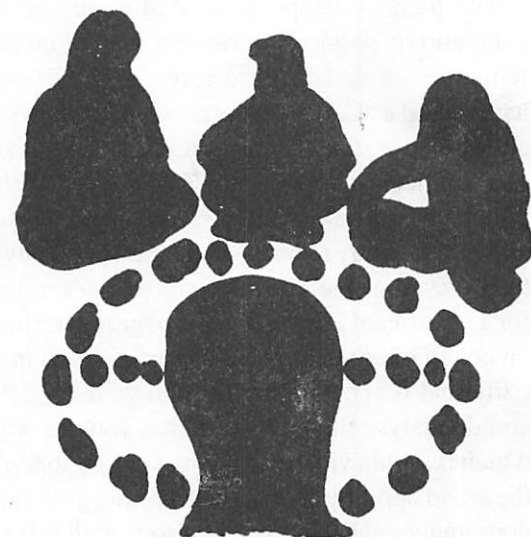
of a gift, a skill, a contribution she was making to the world and the next generation. As a gift of the North, I gave each woman a small, rounded stone as a symbol of our connection to the earth.

We then passed around a mirror which each woman held up to her face. While she looked at herself the rest of us gave her affirmations: "I can see the years have given you the gift of humor (compassion, gentleness....)"

We ended the ritual holding hands, singing and chanting: "We are the old women, we are the new women, we are the same women, deeper than before," or "We are the flow, we are the ebb, we are the weavers, we are the web."

At times, ritual can transform. What starts out as a self-conscious effort can have incredible impact. In some way this ritual tapped into a need we had to acknowledge our life passages in a symbolic way -- to honor special people in our lives, to give thanks to our bodies, to mark what was complete in the past, to look forward to the future. There was no magic involved, only a deep listening and a response to what was heard.

Beth Brownfield is a director of religious education at the First Unitarian Society of Minneapolis, Minnesota.



From the journal, *Liberal Religious Education* (Boston: Liberal Religious Educators' Association, Issue 12, Spring, 1994) 57-61. © 1994. Reprinted with permission of the publisher.



From the Book Shelf

Two books which address the Hero Myth from a Feminine perspective



Edmund Smith

The Sound of a Silver Horn: Reclaiming the Heroism in Contemporary Women's Lives, by Kathleen Noble, Ph.D., Fawcett Columbine, New York 1994, \$20.00

There is an age-old journey -- the Hero's Journey, that human beings have taken during the course of the world. It has been called by many different names with various images. Yet, for the most part, it has been an adventure in which men were the active participants; those women who were present often played only a secondary though necessary role, that of supporting and enabling men to reach their goal. While women and girls have received inspiration from stories of men and boys on their journey, there has been limited identification with those journeys; somehow leaving the females to believe that they were unable to share in a "CALL" to be their own greatness, or perhaps, that their feminine uniqueness was not necessary or required.

Our planet is deeply in need of a spiritual, nurturing, non-competitive passion; attributes that often come from our feminine side and truly are necessary for life to continue. Life has offered a "CALL" to us as women and we must be aware, acknowledge, and dare to take the first step toward that call.

Kathleen Noble's book *The Sound of the Silver Horn* gives personal stories, images, dreams, and encouragement to all women who are ready to hear... If you have been wishing there was someone who understood your yearnings and dreams for a significant life... a life that begins deep inside yet is taken on behalf of others, a life that nurtures you in a total way, yet a life that is spent caring beyond yourself... "The Sound" ... could catalyze the adventure that you are waiting for... that which is within your reach or on your doorstep! Or if you have the grand opportunity to be with young girls and women, share your images and some of the stories with them to initiate at an early stage the sense of possibility of listening to and hearing the "Call"!

-- Nancy Lanphear, Bothell, WA



©Jimm Roberts/Oriando

the Bridge to Wholeness: A feminine Alternative to the Hero Myth, by Jean Benedict Raffa, Ed.D., LuraMedia, San Diego, 1992, paper, \$14.95.

Unlike men, women do not need to separate themselves from the feminine in order to become individuated; but they do need to leave the outer world of conformity where they have tried to remain safe.... I think it is possible to bypass forays into the Father's world altogether and go straight to the Mother's world... where she first establishes a relationship with her repressed feminine and then unites with her inner masculine.

I picked this one up while browsing for books which might be appropriate for this issue. When I scanned it, it looked good enough to give to someone to review, then I got hooked. Its focus metaphor and the forthright approach made it a "keep reading" book. One, which, though written to a female audience, about a woman's journey, is also appropo to a male reader. It is, in fact, filled with wonderful insights for anyone who finds themselves in the role of guide for other people's journeys.

The personal style of the writing invites the reader to take a journey with the author. Her use of personal stories from her own life allows one to identify with her points. They are also helpful in grounding how the techniques of meditation, dream work and "going into the wilderness of the unconscious" facilitate this journey.

The journey to "Wholeness", Ms. Raffa says, "always involves integrating the opposites within ourselves" -- the masculine, logical, outer world and the feminine, unconscious, invisible, spiritual world. The central metaphor of her focus myth -- building a bridge to *the island* where one does one's inner work -- provides insights to facilitate this integration.

Ms. Raffa makes the case for journeying women by a different model. She makes her points well about the dominance of the patriarchal world view without dwelling on them, then moves on to images of bringing balance to the outer (masculine) and inner (feminine) journeys.

Her final chapter, "What does a "Whole" person Look Like?" stands alone, even though it is the completion of the book. It contains a list of what a whole person might look like and a "Song" about the feminine quest. It could well be used as a reading for feminine quest work.

-- Stan Crow

CRONE -- An Organization Whose Time Has Come

Crone : *Historically, the wise old woman of the village — the prophet, the healer, the artist — the one with the lantern, showing others the path to choose. A Crone was powerful, passionate, wise, strong, and outrageous.*

For the last eight years, CRONE of Puget Sound has flourished as a place where women 55 and older can come together for friendship, affirmation and support. It provides ways to link with others who are going through the same transitions.

CRONE is an active volunteer network of women which seeks to educate each other and the general public about ageism and how it affects and discriminates against older women.

Key to its reason for existence is helping women whose lives have changed to know that they are not alone -- there are others who have been here, are here and who are willing to share their experience.

CRONE provides workshops on a broad spectrum of topics which appeal to its members. Over the past year these have included such topics as *Health Care, Alternative Health Care, Housing, Alternative Housing, Relationships with Grown Children, Sexuality and Older Persons* and *Taxes*. They also have study circles and conversation groups which meet in homes, senior centers and libraries around the Puget Sound.

For the past two years, CRONE has collaborated with other similar organizations around the country to put on conferences. Last year, they worked with *The Amazing Greys* of Vancouver Island, British Columbia to put on a conference -- *CRONE Counsel II* in Silverdale, Washington. Over 200 participants came from California, Arizona, Maine and North Carolina as well as the host organizations.

Two to three times a year, CRONE holds a secret ceremony to welcome new members into the joys and secrets of the wise woman.

While CRONE of Puget Sound is not a national organization, nor does it want to be, it is interested in seeing its benefits extended to women in other parts of the country.

If you are interested in starting such an organization, they will send you a packet of materials which includes copies of their legal papers, brochure, newsletter and ideas on how to start your own organization. They will also refer you to an existing sister group in your area if there is one.

Their newsletter is filled with sharings and listings of events which might also be informative. A subscription is just \$6.00 a year.

You may contact them at:
CRONE of Puget Sound

P.O. Box 31991
Seattle, Washington 98103
(206) 368-8135 or (206) 784-7680

The Journey of a Lifetime

ICA Rites of Passage

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Ari Bay with Rite of Passage youth at CapeAlava, July, 1994

A Volunteer's Testimonial by Ari Bay, Toronto, Ontario

My affiliation with the Institute of Cultural Affairs began 5 years ago when I saw an advertisement for the Rite of Passage. In 1989 I took part in my first ICA Summer Journey. In 1991, I attended the Tour de Cultures and in 1993, I returned to Washington State for the Vision Quest.

I then wondered what it would be like to view things from the counselor's perspective, so I volunteered to help with the '94 Rite of Passage Journey.

During my month as the junior counselor, I developed distinct relationships with each of the youth. For the first time in my life, I was able to observe the maturing process of others in a conscious way. Some changed dramatically while others went through no apparent transformations at all. Whenever I could, I reflected on what I had seen in these youth. And what I saw in them was myself.

I was not simply a counselor on the trip, I was maturing along with the youth I was counseling. I now see that my experience as a counselor on the '94 Rite of Passage Journey was one more important event in my life that I owe to ICA.

Letters



Dear Stan,

I want to be a part of this year's Vision Quest. However, this time I want to be part of the leading and following aspects... I say following because the Vision Quest is a time for learning as well as teaching... learning from all who surround you.

Let me tell you a bit about what my quest did for me. I learned that I am capable of a lot more than I thought. I saw this during the Ropes course and the hike... I realized that there is more to life than what we see every day and my vigil taught me more about the world around me than anything that I had ever experienced. In addition to the personal teachings, I learned that living with a small group takes a lot of self restraint and consideration for those around you. I know that as a group we learned more than we had ever bargained for.

I wrote my college application essay on the Vision Quest and am now attending the college of my choice and loving it!

So why do I want to lead one? Well, for starters I think there is more for me to learn. Because of what the trip did for me I want to help others gain from it as well. I have a deep admiration for what [the staff] did for us and I would like to do the same for somebody else. If even one person came out of the trip with the feeling of accomplishment and happiness that I felt, I would be content in knowing that I helped someone to see things in a different light.

With great hope and enthusiasm,
Lila Amarasingham, Seattle, WA

Dear Stan,

I particularly enjoyed your article *The Community and the Drama of Initiation* [in *Journeys 94.1*]. I have long felt the need for a ritual or ceremony that would celebrate and enhance a male's transition to manhood. In 1992, I created such a ritual which took 5 one and a half hour sessions for five successive Mondays.

I found it tremendously meaningful and I think the other men did too. It was based largely on the book *King, Warrior, Magician and Lover*. We used guided meditation, affirmations and discussions. We used Breema Balancing on each other to become comfortable with the touch of another man.

We took vows, the most important of which was to keep absolutely secret whatever was said and done from the women in our lives. The purpose of this vow was to break our psychic dependence on women and to realize that we men have our own feelings, ideas, and insights as males. This vow achieved its intended purpose.

All of this seemed powerful and successful. The trouble was, I could never find any other men who wanted to participate in an initiation of any kind. Most men seem to be too busy earning a living to be interested.

The element that was missing in our ritual was the connection with the community. You correctly pointed out that initiation has meaning only with reference to the community. It may be the absence of any meaningful sense of community today that is our weakness, not the absence of an initiation ritual.

Sincerely,

Doug Page, Walnut Creek, CA

Institute of Cultural Affairs
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Seattle, WA, 98122

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1996



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Inside this Issue:

Confessions of a Ritualist

*Excerpt from SACRED MANHOOD, SACRED
EARTH by Joseph Jastrab*

From Death to Life: Marking our Journeys

ROPE --a rite of passage for inner city youth

From the Book Shelf



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

Editor: Stan Crow

Editorial Assistants: Karly Lubach & Lynn E. Alden
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The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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.

Cover Photo by Robert McKay: Lucas Ridinger keeps his 24 hour vigil on the beach during the *Coming of Age Journey* at Hood Canal on the Olympic Peninsula July 1995.



VOLUNTEERS NEEDED

Since 1968, ICA Rite of Passage programs have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the events and are reimbursed only for their expenses. Each volunteer will be interviewed and screened, including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our offices.

Confessions of a Ritualist

by Stan Crow

I have been actively leading rites of passage since 1983 when I joined ICA's youth leadership team. For several years, I struggled with what to call myself, and have finally created what I think is a workable response when people ask me, "What do you do?" -- "I am a Ritualist." I am not ordained by any group or religion, and yet I lead and train others to perform sacred rites -- rites which significate life passages. I have a strong belief in the power and importance of marking the significant points of the journey for individuals and groups. These markings are sacred because they bring meaning and focus to events which might otherwise slip by us unnoticed.

Rites or rituals can be used for many other reasons as well: healing, bonding, honoring traditions of community or religion, petition to a higher power for intercession, personal enlightenment, etc.

My focus is, obviously, times of life transitions. My theatre is community, either an existing one or one created for a special occasion.

The Process of Ritual Creation

As a ritualist I have learned that there are many ways to create ritual. But there are always a number of questions to be asked before you begin.

- What are our rational and experiential objectives for this event -- in other words, what do we want to happen and what experience do we want the participants to have (especially the ones for whom the ritual is being performed)?
- Who needs to be present?
- How will we care for their spirits?
- Where does it need to take place?
- Will there be an altar? What are the metaphors and symbols we will use? Therefore, what should be on the altar?
- Who shall lead this ritual?
- How will the principal participants make known their intent? Should they come with a prepared statement? Should they respond impromptu or simply answer "I do."?
- How will we begin and end?
- What mood should we strive for and how will we achieve it? with music? poetry? stories?
- What setting would best facilitate the intent? lights? size of room? comfort?

Perhaps the most important tools you have for ritual creation are your own understanding of what is needed, and a sense of what will make that happen.

These questions act, for me, as a guide to the creation of rituals. Inspiration for the actual ingredients of the ritual must still be sought. In the next few paragraphs, I'll share some

Continued next page

experiences in ritual over the last year and some thoughts about their inspiration.

Birth



Youth on ICA Coming of Age Journey participate in anointing ritual at water's edge

Turning to books by those who have more experience works well.

For the *Home Birth* of her third child, one of our daughters wanted to do some special rituals. I had just completed reviewing Robin Heerens Lysne's *Dancing up the Moon* (ICA Journeys '95.2) and gave her my copy to stimulate ideas. She chose a ritual from the book for their family to do in preparation for the de-

livery, and then created her own ceremony of welcome for this new person by members of the family, the midwives, doulas and friends as we came by the house within hours of the birth.

Divorce

Simple formulas can inspire **ritual invention**.

Last year, the marriage of a couple we had come to know and love ended. They didn't want the end to come as just a divorce pronouncement from a judge, so we created a ritual of closure, to allow them both to move on.

In a class with Angeles Arrien, I learned a four part formula for a ritual of closure. The four elements were 1. an expression of gratitude, 2. a statement of what had been learned, 3. acknowledgment of what was being closed and 4. a statement of future intent.

So it was that a few friends gathered to bear witness to the ceremony (much as had happened at their marriage). During the course of the ceremony, both spoke of their gratitude for the ten years they had spent together, took several symbolic actions in recognition of their decision to live apart, and released each other from the vows they took at their marriage.

Child Naming or Dedication

Most religions baptise or dedicate children to God as dictated by their tradition. This year, I had the privilege of leading a special naming ceremony for a family in our church. One child was one year old the other three. We met at their home for dinner and to plan the event. When we asked the question "How shall the participants be involved, it became clear that the three-year-old could participate in several ways. She wound up passing out flowers to everyone, repeated a Sunday school verse she knew, and, with her father's help, lit a candle,

Initiation,

Rituals are not always for large groups. Some of the most meaningful are for 2 or 3 people. Initiation is traditionally understood to be a time of training, followed by testing. One of our daughters recently secured a job as a labor and delivery nurse which will involve a two months on-the-job training. On the day before she began her training, my wife and I sat down with her over lunch and did a quiet ritual in which she had a chance to reflect on this initiation she was about to enter. It offered us a chance to affirm her and to let her know of our love and support for her on this journey.

Death

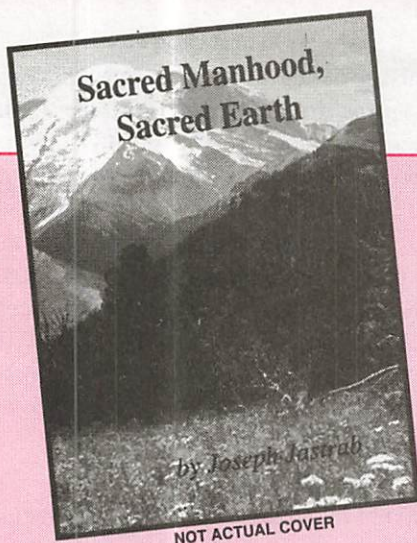
I do not like to lose friends, family members, and colleagues to death. No matter how rational I can be about it, there is still both the pain of the loss and the reminder of my own mortality. Last summer and fall, our community lost a dear friend and colleague. Throughout her illness, many had gathered at her place to spend time with her, celebrating our community and her role in it. We sang songs that she liked, read poetry and talked while two of the women massaged her feet with oil.

One week when we were ready to go to her place, her husband called to say she was in the hospital; and two days later she was dead.

The story of that family's journey with her during her last hours was one of significant ritual. The family came together, all in one room with her. They and she knew she was dying and during those hours as she moved in and out of consciousness, they talked, sang, and played games their family had always played when they were together.

When she died late that evening, they held their own wake -- singing her favorite songs, looking at family photos, creating a montage of photos of her life (copies of which they distributed at the memorial service, which they also planned that night). The next morning, they called the undertaker. Those of us who joined them the next day could sense the power and comfort those rituals had provided.

Resources for ritualists are many and varied, including books, experience, and working with others. Perhaps the most important tools you have for ritual creation are your own understanding of what is needed, and a sense of what will make that happen.



We are pleased to share with you a small sample from the book:

Sacred Manhood, Sacred Earth

by Joseph Jastrab

At the center of our circle is an altar of smooth river rocks adorned with a dozen glowing votive candles. The quiet flames cast a rich warm light over the faces present here. The intimate solitude of night calls forth nuances of character that daylight washes over. I let my eyes linger for a moment, on the faces so innocently available now.

A seashell holding a mixture of dried sage and cedar sits before us... As the scented smoke curls upward, I offer its fragrance in honor of the Old Ones, the ones who have come before us, the guides to all seekers whose longing for wholeness returns them to the sacred earth. I invite their presence here to join our council.

I call on us to honor ourselves by speaking our truths here -- all colors of truth. Let us acknowledge that the line between good and evil runs through the center of every human heart. And let us remember, for all who walk the path with heart, truth is our medicine.

I open the pouch that holds our council talking staff and place it on the blanket before me. It is a sacred pipe, a medicine gift I received years ago from a woman who was initiated by pipe carriers of the Lakota people... In the presence of the sacred pipe, one must speak truth or not speak at all. The Old Ones remind us that silence is powerful and sacred. To taint it with lies or half truths brings harm to the speaker and disharmony to his people. And so we hold the pipe in council, we allow its ancient and honored lineage to resonate in our hearts, giving us courage to speak whatever it is we find there.

I now grasp the pipe bowl -- a crafted piece of red pipestone, the color of dried blood, which was quarried from deep inside the earth... Holding this vessel in my left hand, I let its weight draw me down to rest with the soil. It is the chalice, the cauldron, the heart, the container that holds the dark, moist, soul mystery of the below. A mystery that seeks union with the above.

Joining stem and bowl at the level of our hearts -- the hearth of heaven and earth-- I offer this pipe now as our talking staff to all those in the four directions with whom we share life.

I call on the sacred ancestry of this pipe to encourage us to speak as the authors of our lives. Through our willingness to be who we really are, we discover our oneness with things.

Let us align with the intention to give voice to our hearts' truth here tonight. Let us direct this staff to carry us beyond reason into the Great Mystery of our lives. Let us find the wisdom to listen to the other voices present, as an echo of our own voice.

Passing the pipe to the man seated to my left, I offer him the three questions that will open the first chapter of our collective story.

Who comes on this quest?

What does he seek?

What has he met along the way?

We are pleased to be able to present to you a small taste of a significant new book on the experience of a modern day vision quest.

Several contemporary authors have attempted to describe the journey of a vision quest. Most of them focus more on the how and the intent of the journey than on the experience. Joseph Jastrab has drawn from many experiences as a quest guide to create a composite story of a quest, its happenings, its participants and their reflections on the experience of the journey. It reveals the real participatory nature and intimacy of a quest.

Mr. Jastrab, chief instructor at the North American Wilderness Survival School, has led Vision Quests in New York's Adirondacks since 1982.

The book begins with a powerful essay by Clarissa Pinkola Estes. What follows then in the main body of the book is the story of an authentic quest for meaning and for spirit. It is as appropriate for understanding a woman's quest experience as a man's.

Mr. Jastrab deals with the significant questions all of us face, teaches about aspects of the quest, their meaning and purpose, and lets individual participants share the power of their experience.

We recommend this book for anyone contemplating participation in a quest, for someone who wishes to deepen their reflection on a completed quest, or for those who lead or will be leading wilderness quests.

Our gratitude to Harper Collins publishers for their permission to reprint this excerpt here. -- SC

ICA Rites of Passage 1996

ICA Rite of Passage Journeys offer a special experience for the young person who is conscious about her or his Coming of Age. The three-week programs will stretch participants physically, mentally, emotionally and spiritually.

Ancient cultures understood that youth need a chance to *journey to another world*, to break with their families and family patterns in order to discover themselves before returning to their homes as new individuals.

These programs are also *high adventure*, including extended backpacking in the beautiful scenery of the Cascade and Olympic mountain ranges, and cycling around Puget Sound. Youth will experience challenge, but the physical demands are within the range of normally healthy young people and adults.

Participants and staff/mentors *create a community* of fellow journeyers, seeking a chance to reflect on what is happening to them and what the future might hold. In each program, there is an actual journey which serves as a metaphor for this exploration. Youth often develop friendships that endure because of the intensity of the time they spend together.

These events are multi-dimensional with *chances to grow* through physical accomplishments, through encounters with other cultures and cultural ideas, and through the opportunity to reflect on life experience. This is experiential learning in the truest sense of the word.

The Institute of Cultural Affairs has drawn elements of these events from many cultural roots and translated them into *cross-cultural activities* so that each participant can join in all activities from the standpoint of her/his own cultural and spiritual background and practices.

The atmosphere of learning is different, filled full, fun, and joyous.

We have included descriptions, major calendar points and excerpts of articles which have been published about the programs. A **pre-registration form** is included (on the last page) so that you may pre-register for one of the programs.



"On this journey, you learn to appreciate the things that you love in life even more."
Jessica Varney, Mount Vernon, WA.:

The Journey of a Lifetime

"The one thing that I learned at this camp was never to lose hope or to give up on yourself."
Morr Soloman, Chicago, Ill.:

"One of the things that I learned is that a lot of things may seem challenging and you may not think that you can do them but if you can just try, you'll probably be very surprised with yourself."
Sonja Spencer, Chicago, Ill.:

"I learned that you can keep going. When you think that you're tired, say that you'll just go a little further, and you might make it."
Zeph Ragland, Bothell, WA.:

Finding a New Skin: Rites of Passage from Child to Youth

by John Burbidge, Excerpts reprinted from *Healing Currents*, August, 1993

"I wish I'd been able to go through this when I was their age. It helped me reinterpret many of my adolescent experiences, it affirmed that I can endure a lot and that I can relate to total strangers. All kids need this kind of experience."

This was how staff counselor, Suzanne West, summed up her experience in the Rite of Passage program conducted last summer by the Institute of Cultural Affairs (ICA). Suzanne, a communications disorders specialist with the North Shore School District, was one of four adult guides and sixteen children who participated in this three-week journey, marking the transition from child to youth.

The Rite of Passage Program is based on the stages of Joseph Campbell's *"The Hero/Heroine's Journey"*. Participants experience the Call to Adventure and the Refusal to the Call, cross the Threshold of Ogres, navigate the Road of Trials..., embark on Magic Flights, and cross the Return Threshold to come back as Master of Two Worlds.

The program melds together rites from Native American, Celtic, and other traditions with a ROPES course, hiking, camping, and numerous opportunities for group and individual reflection. During the early stages of the program, children are "cared for" by adults but in the remainder of their time together, the tables are turned. Said 13 year old Maurice Tyson: "This rite of passage taught me that people are not always going to be there for me...I'm going to have to depend on myself to do things and believe in myself more."

A pivotal moment for the whole group came early in the program during the ROPES course. The task was to have everyone scale a fourteen foot wall. The challenge was having only themselves to do it. Several were ready to give up before they started, but others were more determined. They finally settled on a plan of hoisting themselves up on one another's shoulders, with those at the top pulling the others up.

A turning point of the three weeks was the 24-hour vigil held in the awesome solitude of Lake Ozette on the Pacific coast. During this time, participants went without food and sleep, tended their fires, and wrote reflections in their journals. Even though the counselors checked on each child at intervals throughout the night, silently and from a distance, the vigil was a solitary experience. Several children acknowledged that this was the hardest thing they'd ever done.

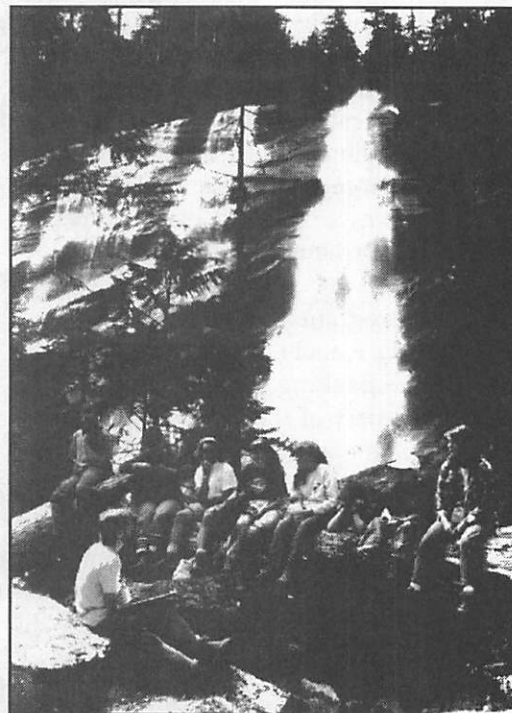
A precursor of the vigil was the sweat lodge. Led by local guide Walt Hoesel, children and adults alike participated in this Native American cleansing and purification ritual. Hoesel's carefully prepared context included storytelling, sharing about the medicine wheel, astrology, and animal totems. "This sweat lodge is to prepare you for your vigil and to be cleansed. What happens here I have very little to do with. What you put into this, you get back, so put a lot into it. Push yourself 10% further than where you want to go. And pray for good intent on the part of all of us."

Two powerful events brought closure to the journey. One was making a video to rehearse and celebrate the completion of the journey... The other was the Council of Elders, where each youth came before the staff and individually reflected on the experience and its significance for his or her life.

In the course of the three weeks, a number of issues cropped up that demanded to be dealt with. Sometimes, these were personal matters but more often, they affected the whole group. A key element in handling these issues was the circle gatherings... everyone had a chance to be heard and to listen to one another. A sense of "all being in the same boat" soon developed. People relaxed and bonding increased.

To many, the three week duration of the program was quite intimidating, but as counselor Jason Paulsen of Shelton, WA. pointed out, this length of time was most beneficial. "The three weeks made it impossible for the kids to bury their feelings. Some tried to do this but their feelings soon surfaced. For many of them, it was the first chance they'd had to come to terms with what was happening to them."

From the beginning to the end of the three weeks, the change in the participants' behavior was dramatic. Thrown together as a group, they exhibited the usual signs



of nervous anticipation -- either attention-craving exhibitionism or quiet withdrawal. When it was time to go home, it was a different story. "There was the same amount of energy present but it was transformed into group energy," noted Jason. "They wanted to do things together. They weren't necessarily best friends but they were much more supportive of one another."...

Why should parents send their children on a Rite of Passage program? ... Arlene Albright, herself a mother of a seventh grader, [says] "So much is going on in children's lives at this time. They need to step off the merry-go-round once in a while to digest what is happening to them. The Rite of Passage gives them this opportunity."...

Or as another staff member put it, it's the time in a person's life to try on a new skin -- a new skin of the time in-between.



Coming of Age Journey

For those who have completed 6th & 7th grade

June 23 through July 14, 1996

For those who have completed 8th & 9th grade

June 30 through July 21, 1996

Puget Sound of Washington State

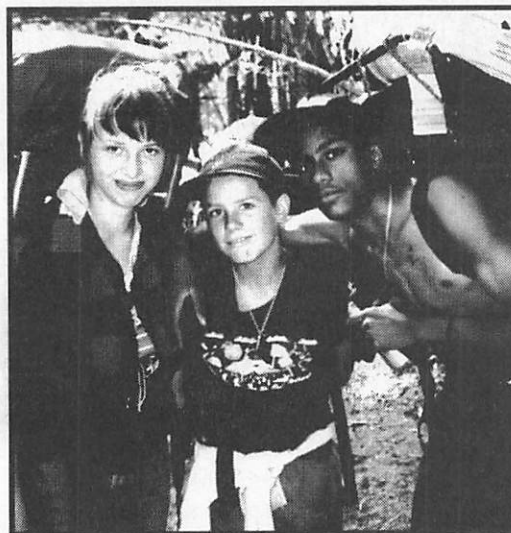
Emerging as youth into the 21st century, girls and boys take a *Coming-Of-Age Journey of discovery*. They experience – perhaps for the first time – what it is to be **independently responsible**. They:

- discover more about themselves and their inner resources;
- have their pre-conceived notions of limitations, images, and stereotypes challenged; and
- **create their own community**, based on a philosophy of respect – for themselves, for each other and for the environment.

Rites of Passage is a brand new experience. Trek mentors are dedicated to awakening within each participant a sense of awe for the natural world, an appreciation of their own individuality and an enjoyment of each others' abilities. The day-to-day activities naturally lead youth into seeing how their behavior impacts others and how their contributions immediately affect the quality of their life.

Laughter, sweat, creativity, reflection, comradery – all come together for **youth who are willing to discover more about themselves** and their role in the world.

The **influence and role of the family** is integrated into the Coming-of-Age Journey. The trek begins with a campfire where parents, guardians or their representatives have the chance to send their young person to 3 weeks of adventure and discovery. At the conclusion of the 3 weeks, these adults have the opportunity to take part in a 36-hour *Program of Incorporation* -- inventing together, with their new youth, the ways they will shift relationships and explore ways to bring meaning to being a youth in our time. They celebrate this significant step in the family's journey.



Limited to 16 youth per group

Programs are not identical -- 8th & 9th grade program is geared to meet their developmental needs.

Backpack into the pristine wilderness of the Cascade mountains,

Camp in the only rainforest in the United States, and

Hike into a spectacular ancient seashore inhabited by eagles, deer, whales, seals, and abundant sea life

Pre-Registration: \$150 USD holds a place

Total Tuition:

\$ 985 if paid-in-full before April 10.

\$ 1015 if paid-in-full before May 1.

\$ 1,085 if paid after May 10.

Final Weekend -- \$60 per parent

Tuition includes all meals, materials, fees, & tents. Participants supply own backpacks and clothing.

(\$125 of downpayment refundable before May 1)

What is YOUTH ?

Youth is a time of life when individuals are ready to experience, test, and understand their lives in brand new ways. Those who accept this premise have the chance to move self-consciously from childhood toward becoming an individually responsible citizen.

Week 1	Week 2	Week 3
Send out Campfire Scramble Hike ROPES Course Six Day Backpacking Trek	Sweat Lodge 24-Hour Solo Vigil Ritual of Choosing to be a Youth Hiking in Hoh Rain Forest	Council of Elders Celebrating the Journey Incorporation Weekend
Call to Adventure - Threshold of Ogres - Road of Trials - Magic Flight - Return Threshold - Master of Two Worlds - Incorporation		



The Vision Quest: Crossing the Threshold to Adulthood

by John Burbidge, Excerpts reprinted from the *Transformation Times*, August, 1993

"There were nine of us. We all had different ideas about why we had come. One of our first assignments was to paint a picture of the life we were leaving behind. I drew myself as a stick figure with no hands, no feet and no neck. I interpreted this to mean that I felt cut off from the world around me."

This is how Chris Wade began the three-week *Vision Quest* held last summer in Washington State... Conducted by the Institute of Cultural Affairs, the Vision Quest is modeled on indigenous community practices where young people are "set aside" for a time to envision their future, examine their own capacities and demonstrate self-reliance. Like most rites of passage, it is a time of learning, testing, ritual and celebration.

The program was divided into three parts. It began with a ROPES course... in which participants were challenged both mentally and physically... pushing the youth to explore their own limits, these activities called for a high degree of trust and teamwork among the group.

After this break-in period, the group moved on... for a pivotal part of the program, the three-day solo vigil and fast. This part of the program began with the Native American traditions of a medicine walk and sweatlodge. The walk gave everyone a chance to ask: "What's it really going to be like to be alone for three days and nights?"...

During the vigil itself, participants fasted and used their journals to capture elements of their vision for their life. Occasional si-

lent and distant visits from the staff to check on their safety and well-being provided a small measure of comfort. On the final night, they were asked to build a four-foot circle of stones around themselves and stay awake until sunrise...

At the end of the vigil, seven solitary figures returned to the basecamp to share their experiences and celebrate their accomplishments. Each participant met with the staff in a council of elders. This was a chance to debrief their experiences and share insights that had come to them about their life and its future directions.

The third and final part of the Vision Quest was equally demanding -- a seven-day hike with heavy backpacks from Steheken on Lake Chelan to White Chuck, along the Pacific Crest Trail. The trek covered more than sixty miles and often at altitudes over 6,000 feet. A couple of short day hikes paved the way for the longer journey.

But it wasn't the physical burden alone that provided the challenge. Coming from three days of a solitary existence, participants now faced over a week of intense community living. ...Staff member Jane Glancy... [said] "People came away from the vigil with many ideals about how they were going to behave... But when you're on a hike like this with the same people day and night, you experience the whole gamut of emotions with them. It called for a lot of reflective activity along the way."

However, the hike was not all trials and tribulations. A soaking in Kennedy Hot Springs provided welcome rejuvenation. And

joking and fun were always close to the surface...

On completion of the trek, the group returned to their base in Bothell, WA, to evaluate and celebrate their rite of passage...

As people shared their reflections, a number of comments rang true for the whole group. John Latham of San Francisco discovered that he didn't always have to be the leader. "I wanted to be in control the whole time... In the middle of the hike, I went from the front to the back of the line for a couple of days. In a way, I preferred it."

Like many of the participants, Nina Davis, of Seattle, was impressed with what she had accomplished: "The Vision Quest was a real departure for me. But now I feel I can stand on my own two feet. I'm a much stronger person, more like an adult and less like a child."

One of the unique aspects of the Vision Quest that marks it off from similar programs is that it seeks a balance between personal growth and responsibility to the wider society...

The Vision Quest is an experience that challenges the mind, body and spirit of its participants. Drawing on ancient wisdom, it addresses a real need of people in today's fast-paced global society. Program Director Stan Crow summed it up this way: "Traditional societies know what we are rediscovering -- marking the significant passages of our life brings focus to the journey... and a realization that life is not one continuum but a series of meaningful steps."

by John Burbidge, Excerpts reprinted from *Initiatives*, Winter 1992

Life on the Road: Riding with the Tour de Cultures



While cycling buffs had their attention focused on the Tour de France, another cycling adventure was taking place in the Pacific Northwest. It included a 7-day trek around the undulating shores of Puget Sound.

...The Tour de Cultures is a 3-week program for 8th, 9th and 10th graders. Three of the participants had taken part in ICA's Rite of Passage program in previous years. One, ... Ellie Roper-Ater from Gooding, Idaho, commented "This had a better feel to it... The rite of passage was like folk lore. This was more based on reality."

But reality can have its difficult moments. On the first day out, the mercury rose to an all-time Seattle high of 99 degrees. To prepare for the trek, the youth spent the first ten days building their stamina with day rides. Every member of the team set personal goals. "A few months ago, I wouldn't have pictured myself doing this", said Tim Anderson, of Toronto. "But I'm in shape now and I feel great."

While cycling was a major part of the trip, it wasn't the whole story. The Tour de Cultures is also a multicultural immersion experience. A highlight of the program for many participants was the Ur Images... an

introduction to the unique gifts of each of the world's major ethnic groups...

As well as focusing on developing individual skills, the program also requires participants to spend time serving others. They spent part of a day assisting with food preparation at Seattle's Union Gospel Mission.

Reflecting on their experience, many participants found it strengthened their self-confidence. But most commented on the strong sense of acceptance everyone experienced in the midst of being a very diverse, and often moody team of unpredictable teenagers.

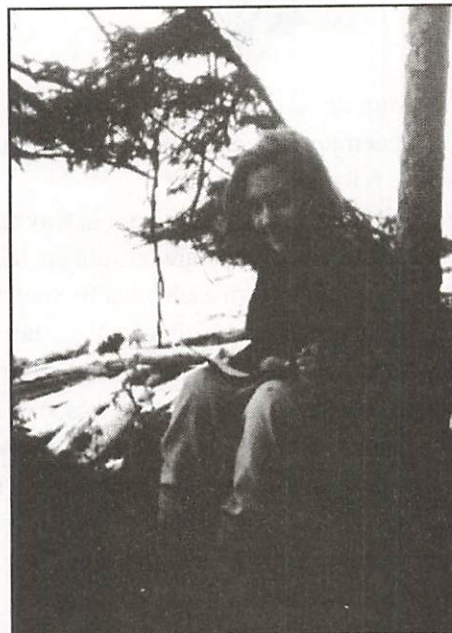
VISION QUEST 96

July 16 through August 6, 1996

The **Vision Quest** for high school students is an individual journey. In the traditions of many indigenous peoples, youth who were standing at the doorway of adult responsibilities 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, to acknowledge what gifts they possessed or could claim as they assumed new roles. This modern version of a personal pilgrimage draws on traditions as divergent as the Native American Vision Quest and Jesus' 40 days in the wilderness.

Participants will journey into another space and time. While Vision Quest 96 will be done along with other high-school-age young people, individuals are encouraged to grow inwardly. For three weeks, journeyers have the opportunity to ask themselves and fellow participants significant questions about the life transitions they are making. Finally, together, they will demonstrate their self-reliance on a challenging 7-day hike.

Participants will experience mental, emotional, spiritual, social and physical challenges. They will be pushed to explore life in new depths. They will be freed by new insights, after three of the most joyous weeks of their lifetime.



*An individual journey
to Adulthood*

<i>The Preparation of the Mind</i>	<i>The Preparation of the Spirit</i>	<i>The Preparation of the Body</i>	<i>The Journey to Adulthood</i>	<i>Celebrating the Arrival</i>
Opening Campfire ROPES Course Medicine Walk Personal Symbol Making Dream Circle	Preparation for Vision Quest Sweat Lodge 3 Day Vigil Sweat Lodge Ritual of the Return	Council of Elders Clean-up Day Pack Preparation Ready for Hike Boat Trip to Steheken	70 mile Hike from Steheken to Kennedy Hot Springs	Evaluation Day Big Celebration Goodbyes
July 16 - 20	July 21 - 25	July 26 - 28	Jul 29 - Aug 5	August 6

Preparation of the Mind -- experience the way land-based peoples grew to trust nature; prepare to make the shift necessary to see the future as it presents itself.

Preparation of the Spirit -- reflective exercises, dialogue with mentors, the purification experience of a Native American-based sweatlodge, and three days alone in the wilderness, seeking a vision of your future.

Preparation of the Body -- be enabled physically to take the journey through the challenge to demonstrate teamwork during initiative games and a ROPES course; learn wilderness and hiking skills.

Journey to Adulthood -- meet the challenge of physical accomplishment in Washington's Cascade Mountains; travel 55 miles by boat on Lake Chelan to the village of Steheken, which is accessible only by boat; hike approximately 70 miles over the mountain passes and the Pacific Crest Trail toward the town of Darrington, Washington.



Pre-Registration: \$150 USD downpayment holds a place,
Total Tuition: \$985 if registration paid-in-full by April 10,
\$1015 if registration paid-in-full by May 10.
\$1,085 if paid after May 10.
 (Price includes meals, materials, and lodging.)
 (\$125 of downpayment refundable before May 1.)



Tour de Cultures

a rite of passage into personal responsibility and global awareness

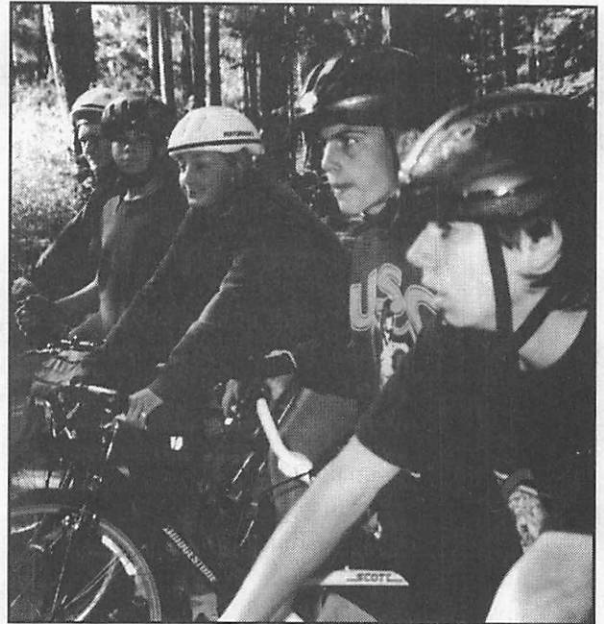
For 8th, 9th & 10th Graders
 July 24 - August 14, 1996

The *Tour de Cultures* explores the power of myth. We will seek to penetrate the *pain* of myth and ask ourselves to re-think the stories we tell each other.

Our society experiences this pain in ways such as a fear of others who are different. There are unspoken beliefs in myths which spawn our isolation from each other by such factors as culture, age, gender, economics, and religion. Yet, these factors are also the seeds which can help us create communities where our individual gifts can bring strength and health to social interactions.

The *Tour de Cultures* is a **living laboratory**. During the three weeks, participants create their own bicycle based community and seek to live in a way that honors their individual traditions. They will also encounter representatives of other cultures and dialogue about cultural values.

Bicycling destinations include cultural events in the greater Seattle area.. Other activities include campfire conversations, voluntary service to the less fortunate, community building games and over 600 miles of bicycling. And in the process, participants create memories and friends for a lifetime.



Cultural Exploration and Preparation for Trek	Journey 'Round the Sound	Reflection
Bicycling Trips to Cultural Events In Greater Seattle Area Introduction to Cultural Archetypes Overnight Campout (Practice Run) Sweatlodge "Create Your Own Culture" Game July 24 to August 4 -- Day trips from Bothell Basecamp	La Conner Deception Pass Pt. Townsend Bremerton Vashon Island August 5 to August 11	Return to Bothell Story Telling Council of Elders Final Celebration August 12 - 14

Pre-Registration: \$150 USD holds a place

Total Tuition:
\$985 if registration paid-in-full by April 10,
\$1015 if registration paid-in-full by May 1.
\$1085 if paid after May 10

(Price includes meals, materials, and lodging.)

(\$125 of downpayment refundable before May 1.)

Live for three weeks as a part of a team of youth who are developing personal and interpersonal skills preparing for a 300-mile bike trek around the Puget Sound of Washington State. The tour will take to meandering back roads and undulating hills, crossing islands and on ferries to reach the Olympic Peninsula.

This trek is for novices and skilled alike. A daily regime of gradual conditioning will prepare each participant for the trip. **No previous cycle touring experience is necessary.**

Share the experience with youth from different cultures. Visit Seattle's International District, attend cultural events in the Seattle area and experiment with customs from around the world through ethnic meals, myths and cultural events. Discover a world of many peoples! Work in teams to research, prepare and host ethnic events.

Be part of a team. Participate with people who are learning how to care for the earth, the community, and themselves. Enjoy team building exercises and the comradery of stories, conversation and songs around the campfire.

Participants are required to **supply and outfit their own 10 speed touring or mountain bicycle** and equipment. There will be a vehicle escort to transport food, equipment and luggage.

Rites for Fathers and Sons

a retreat of co-creation -- August 31 -September 2, 1996

CREATING THE FAMILY MYTH		CELEBRATING THE MYTH
Genealogy	Future Story	
Scramble Hike Initiative Games	Drum Making (1 for father, 1 for son) Letter Writing to the Future	Sweat Lodge Symbol Painting Drumming Campfire
Saturday, August 31	Sunday, September 1	Monday, September 2



In traditional societies, when a young man came of age, he was sent on a journey away from the village. The youth participated in rites which challenged him, then welcomed him to new roles in his society. These rites were created by the men of the village to dramatize the privileges and responsibilities the community was conferring upon this "new man".

Today, most young men grow up with male images created by Hollywood and Madison Avenue. The men of their own community have little impact on their understanding of the roles they are quickly assuming, as society forces them to make decisions other societies have reserved for the initiated.

This weekend event will involve fathers and sons in a number of activities which promote significant sharing and reflecting alongside other father - son teams. There will be a mix of physical challenges, initiative games, and rituals to provide a common ground of experience, as well as guided exercises to help fathers and sons design the journeys they will take together until the father and son can meet as adults.

This event offers a unique chance for fathers and sons to examine their lives together, to look for opportunities to create meaningful rites together, and to create a "Males of the Family" myth.

This is *not an initiation ritual for the son*. Rather, this event is a chance to plan for that initiation for the son AND to look forward to the rites of passage the father has ahead of him. Each participating team will take home a pair of drums they have made together with their own symbol to remind them of the journey they have planned together. (Drum materials included in the price.)

Pre-Registration: \$75 holds a place --- Total Tuition: \$325 for 2 participants, \$450 for 3 participants

Discounts available if youth participates in 3 week Journey program (price includes meals, lodging and materials)

Rites for Mothers and Daughters

journeying together as women -- weaving a common fabric August 31 - September 2



Saturday, August 31	Sunday, September 1	Monday, September 2
Myth telling -- "Psyche & Eros" Family History Creating "The BOX" Altar Dedication Campfire -- Drums & Singing	Masques Games "The BOX" Banishing Ceremony The "FEAST" & "DANCING"	Talking Circle Games Family Letters Final Ceremony

Throughout history, women have handed down the traditions of their cultures from Mother to Daughter. Those traditions, of course, evolved, but the changes took place over eons. Traditions, familial patterns, gender roles have all changed so rapidly in the last 50 years that women wonder, "What do I know that my daughter needs to know?"

This three-day women's experiential retreat will ask those questions and create a tablet upon which the new myth for "Women of our Family" can be written. The activities will be led in such a way that mothers and daughters can meet on a neutral ground. Families will look to their historical roots and to possible futures in order to create a new understanding of what it means to operate effectively as a woman in the late 20th and early 21st centuries.

This retreat for mothers and daughters explores what it means to live in a time when the envelope of opportunity for women has expanded and the possibility for women to live lives which are "motivated by what matters to them" is at hand.

This program is designed for young women between 12 and 17 and their mothers. Two daughters are as appropriate as one. Together they will create the symbols and rituals which will facilitate their journey together.

Program Pre-Registration Form



Name _____
Street _____
City, State (Prov), Postal Code _____

Age _____ Grade in School _____
Please register me for:

Coming of Age Journey

___ 6th & 7th Grade - June 23 - July 14, 1996

___ 8th & 9th Grade - June 30 - July 21, 1996

___ **Wilderness Quest** (10th, 11th, 12th Grade)
July 16 - August 6, 1996

___ **Tour de Cultures** (8th, 9th & 10th Grade)
July 24 - August 14, 1996

___ **Rites for Fathers & Sons** -
August 31 - September 2, 1996

___ **Rites for Mothers & Daughters** -
August 31 - September 2, 1996

To Pre-register mail form above plus registration fee to:

Registrar, ICA Journeys, 22421 39th Avenue SE, Bothell, WA 98021
You will receive by return mail a complete registration kit.

For Further Information -- (206) 486-5164
Internet -- <http://www.songaia.com/ica/rop>

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The Institute of Cultural Affairs and the Staff

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit 501.c.3 organization providing people with methods which help them find the motivation and the resources to become active players in the visioning of their future, the creating of the plans, and the leadership which brings their plans to fruition.

The ICA's international network spans 31 countries, with coordination in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. For 27 years, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

ICA Rites of Passage Programs have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the events and are reimbursed only for their expenses.

Leadership/mentor teams usually include a mix of: leaders who are experienced in leading these programs, first year volunteers and, frequently, college age young people who are alumni of these programs.

Each volunteer is interviewed and screened, including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our Bothell office.

Scholarship funds are needed to assist those who are not able to afford the entire amount. All contributions are tax deductible.

More than just a Summer Camp

People ask us, "What makes ICA Rite of Passage Journeys different?"

First, we're here for young people who are seeking an experience which provides physical, interpersonal, mental and spiritual growth.

Second, we've been at this for 27 years and have evolved programs which are age appropriate.

Third, we are non-sectarian, and honor an individual's own religious beliefs while allowing for an expansion of one's world view through introduction to other cultural practices and myths.

Fourth, we believe that experience is a great teacher, and have designed our work to permit individual and group learning in dialogue with events and interactions as they occur.

Helping Your Organization Bring Meaning to Life's Passages

If your organization, church, temple, or synagogue is interested in beginning or re-designing your rite of passage programs, ICA offers help in planning and curriculum creation:

- **ICA Journeys** newsletter ideas and resources.
- Group facilitators for Rite of Passage Program planning
- Curriculum development assistance
- Weekend parent/child retreats in your facility (see inside)
- 1 to 6 hour Rite of Passage programs for your organization.

After holding the pipe until it rests comfortably in his hands, the first man speaks.

A man comes...a man whose heart hungers for actions of meaning and beauty such as this. Whose heart thirsts for the sacred, whose body has grown tired of pacing back and forth within the prison of his own making. He has spent much of his life peering out between the bars of this prison wondering if there were any other men who felt the way he does. He is delighted to find you here. He seeks the support of this community of men and earth to help him remember what his Earth Walk is really about. He seeks to learn to trust his spiritual life to other men -- to let his friends and his world see who he really is...

Having finished speaking, he sits for a moment in the Great Silence that surrounds his words; for it is there, in the silence, that wholeness is remembered. In the space between words, in the space between breaths, we can best remember who we really are...

And so, when he is ready, the one holding the Talking Staff turns to the man next to him, repeats the questions, and passes the pipe along. One by one, we each take a turn.

This man comes to this quest... he comes because his wife sent him--a birthday gift. He wishes he had a more noble reason for being here. Everywhere he turns he finds people making decisions for him. What has he met along the way? People pushing him to do this, be that. Always people pushing him. Yet, he finally has to admit to himself that he secretly likes it that way.

All this talk about "being the author of your life" disturbs him. A man here who is halfway through his life yet is still plagued with the feeling of being a boy wearing an adult mask. He comes to this Quest hoping someone will have the answers for him. Yet he has not even taken time to find out what his questions are. He feels ashamed. He is not looking forward to waking up tomorrow and looking you guys in the eyes...

The one who just spoke gives me courage to share what's really in my heart. This man comes to you with a new name. He heard our guides speak of the importance of honoring where we are now before rushing headlong into this Quest. Traveling down the rocks in the stream this afternoon he felt his legs shaking. He felt unsure and timid among you. In his head, he imagined the guides saying, "Start where you are, trembling fawn."

Trembling Fawn-- that is who is here now. He knows that if he rejects this name gift, the rest of his Quest will be a sham. He asks that you call him by this name, allow this part of him a seat in this council.

A man comes who has reached many completions in his life. His career has ended, his children have grown, his house is comfortable both physically and spiritually. This man is one who always cried, "I need more time!" Now he has nothing but time. This man is one who said to others, "Why are you in my way--in my space?" Now he has nothing but space. A man comes who seeks to know how to use that time and that space in ways that fulfill him and contribute something of value to his people...

A man comes to the wilderness to learn the names and odors of his passions, to learn to sing the music of his soul, to touch the Earth that has brought him into existence and to know the connections that link him to nature and to this world. He wants to be a human being, not a human doing. He wants to grin so hard and so well that rocks grin back. He wants to laugh from deep in his belly. This man wants to celebrate his manhood instead of always trying to improve it...

And so, the Talking Staff is passed until it arrives where it started, completing the round. It returns warmer, with more body heat, than before. Holding the pipe before us, I slowly inscribe open circles, stirring the cauldron of Heart we have entered to-night:

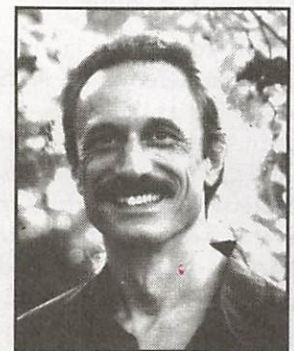
I give thanks for our willingness to see and be seen -- for the courage, wisdom, and compassion embodied in our giveaways of self...

Let us now gather up all of our offerings, our stories, our medicine and release them...

I separate the pipestem from the bowl and return them to their deerskin wrapping. The ritual container of this council now opens. There is little talk as we gesture good night and make our ways back through the darkness to our tents. It has been a full day. Our day tomorrow begins at first light.

Excerpted from **Sacred Manhood, Sacred Earth** by Joseph Jastrab with Ron Schaumburg, by permission from HarperPerennial.

Sacred Manhood, Sacred Earth, by Joseph Jastrab with Ron Schaumburg, HarperPerennial, a division of Harper Collins Publishers, New York, 1994, paper 212 pages, \$13.00. ISBN 0-06-016945-1



From Death to Life: Marking Our Journeys

by Jenny Wiegel

Rites of Passage have been offered by the ICA for 26 years. Some of those who participated in the program as children have come back as leaders. One such person is Jenny Wiegel who looks back over eleven years in sharing her reflections on this year's event.

As each participant crossed the threshold, I smudged his face with soot, sending the child to his "death" and claiming the promise of rebirth as a youth. I walked down the beach to his vigil site to commence his 24 hour vigil.

"Are you ready to begin your vigil, honoring your vows of silence, solitude and fasting, and to keep your fire burning?" I asked. At his affirmative response, I began the ritual. "You are about to die. This is a time to say good-bye to those whom you love, for never again will you see them as a child."

Placing a bandanna over my face I turned to face the child, a surrogate for his loved ones. As I listened to the crackling of his fire, I heard his breathing become heavier. "Good-bye Mom," he said, "I love you, and Dad" His voice cracked and I knew that tears wet his face as he said good-bye and made promises and apologies to family, friends, pets and loved ones. When he was through, I instructed him to separate and burn the mold of his plaster "death mask." As he placed it in the flames, tears welled up at the loss in letting go of his childhood. It was the pain of death that frees one to be reborn, in this case as a youth.

Twenty-four hours later, a similar looking group gathered in the same place on the beach. But as they crossed over the threshold again, they took their first step as youth. They held up the new masks they had created, full of colorful symbols and images. As they were anointed with oil, they each shared a decision they had made as youth: "I've decided to communicate my feelings with my parents; I've decided to play a greater role caring for my baby sister ..."

The vigil was a turning point on this self-conscious journey from child to youth. Throughout the second half of the journey, I was reminded constantly that I was no longer dealing with children — when one

called the group to stop to resolve an interpersonal conflict; when five members of a six-person hiking team divided among themselves the gear of their injured member without asking a counselor to intervene; when I looked over into their campsite and saw everyone at work, a miracle we counselors never achieved.

This was my third time on this trip. Eleven years ago, I first went on it as a participant. Five years ago, as a peer mentor, I watched and helped others make the same journey I



Jenny Wiegel [left] smudging face of participant, Willy Hughes.

had made. It was not until this year, as I took on a greater leadership role, that I realized something more than an adventure was taking place. I was better able to appreciate and recognize the ICA's skill in creating this kind of structured journey during which each individual is transformed and grows, nurtured by the group.

It allows participants to break away from the idea that they are being carried by life and helps them realize they can choose to actively shape the future and their own lives. ICA Rites of Passage raise crucial questions and provide the occasion to pause, reflect and make self-conscious decisions about what comes next. The twelve youth who hugged me good-bye as the program closed were privileged to be part of this profound experience. The challenge is to figure out how more young people can also share in it. ☎

For information on ICA's Rites of Passage programs, call (206) 486-5164.



Jenny Wiegel graduated from Hampshire College, MA, with a degree in community change. She is starting a year in Nicaragua as a Fulbright Fellow.

R.O.P.E. -- A Rite of Passage for Inner City Youth

I recently heard an editorial on National Public Radio by Bibi Moore Campbell calling for action to save young people "who believe that being violent and cold is what manhood is all about." She called on men of the African-American community to "replace false definitions of manhood with something life affirming" and to create "ritual marks of transition to manhood."

This prompted me to talk with Michael Grant, a staff member of Seattle's ROPE program (Rites of Passage Experience). ROPE has been meeting Ms. Campbell's challenge for 6 years

Young African-American men and women (primarily from Seattle's innercity) are enrolled in a 12-week "values-centered" curriculum which will equip them for success in today's world. Each week, there is a "focus value" which forms the basis of discussions and opportunities to reflect.

The Afro-centric program is set in a context of skills for lifelong learning. Cognitive skills receive a heavy emphasis in the learning task. Students acquire computer skills under the tutelage of mentors from Computer Professionals for Social Responsibility. As candidate's demonstrate success at each level, they are given teaching assignments to work with participants who are at earlier phases of the program.

It is time to "replace false definitions of manhood with something life affirming" -

- Bibi Moore Campbell

As in any good rite of passage program, young people are encouraged to take responsibility for their own progress. Leadership responsibilities are quickly given to the candidates who must, among

other tasks, lead other students in a conversation on one of the program's 11 basic values,

Excursions into nature do not play heavily into the current program, although there are occasional trips and an overnight camp out. Mr. Grant states that there are changes to curriculum in the planning which may allow a greater outdoor experience.

Last year, the program has registered over 300 young people. 64 young people graduated in the fall quarter's class.

The program has received numerous recognitions and awards from public and private organizations, including the 1994 Violence Prevention Award from the Seattle Mayor's office.

For further information on the program, contact ROPE, c/o Central Area Motivation Program, 1305 East Jefferson, Seattle, WA 98122 (206) 726-9572.



Take The Journey of a Lifetime This Summer

ICA Rites of Passage Dates for Programs Summer 1996

Coming of Age Journeys

for 6th and 7th Graders

June 23 through July 14

For 8th and 9th Graders

June 30 through July 21

Wilderness Quests

For High School Students

July 16 through August 6

For Adults

dates to be announced

Tour de Cultures

For 8th through 10th graders

July 24 through August 14

Rites for Fathers & Sons

August 23, 24, 25

Rites for Mothers & Daughters

August 31, September 1, 2

Write for free catalog of program offerings for youth and adults to:

**ICA, 22421 39th Avenue,
Bothell, WA 98021**



This month we present a series of books which can be of help toward the creation of ritual.

The Secret Language of Symbols: A Visual Key to Symbols and Their Meaning by David Fontana, Chronicle Books, San Francisco, 1993, paper, 192 pages, \$17.95
ISBN: 0-8118-0462-3

This beautiful full-color book is filled with symbols of many of the cultures of the world. The accompanying text gives many helpful contexts on background and meanings of hundreds of symbols.



Dancing up the Moon: A Woman's Guide to Creating Traditions That Bring Sacredness to Daily Life, by Robin Heerens Lysne, Conari Press, Berkeley, CA, 1995, paper, 252 pages, \$12.95, ISBN: 0-943233-85-2.

Ms. Lysne provides vignettes from her own and others' lives to illustrate how ritual can be used in daily life. In so doing, she allows the reader to see the possibility for the creation of their own ritual. Her simple narrative style welcomes you into the lives of those whose experiences she relates. The book contains a helpful bibliography.



The Art of Ritual, by Renee Beck, Metrick Beck and Sydney Barbara Metrick, Celestial Arts, Berkley, CA, 1990, paper, \$11.95, ISBN: 0-89087-582-0

This cook-book for novice ritualists provides an excellent foundation. Chapters are built around various aspects of ritual, with ideas, examples and elements to be considered in planning ritual events. The book contains a number of checklists which can be helpful to either novice or experienced ritualists.

Ritual: Power, Healing, and Community-- The African Teachings of the Dagara by Malidoma Patrice Somé, Swan, Raven and Company, 1993, paper, \$12.95, ISBN: 0-9632310-2-2

From Somé's perspective, ritual is the essence of community. He gives us introductions to ritual by sharing his own personal life experiences of rituals offered to ancestors -- his naming ceremony, rite of initiation, sacrifices made to heal illness, sharing food with those in need, and funerals. He then uses his experience to share insights into the wisdom contained for our culture and time.



Of Water and the Spirit, by Malidoma Patrice Somé, Penguin/Arkana Books, New York, 1994, paper, 311 pages,

This moving autobiography of a man living in two worlds -- the educated academician and the fully immersed member of an African tribal society -- will not let you put it down. The vivid account of his initiation into manhood in the Dagara tribe takes up over a third of the book and presents a strong image of the power that tribal ceremonies hold for participant and shaman alike.



From Beginning to End by Robert Fulghum, Villard Books, New York, 1995, hard cover, 283 pages, \$20.00, ISBN 0-679-41961-6.

Fulghum looks at the rituals we create in life and the cultural background which sustains us. He then pushes on to deeper reflections on the role and importance of ritual. An enjoyable read with lots of food for thought for any ritualist.

Earth Prayers From Around the World, edited by Elizabeth Roberts and Elias Amidon, HarperSanFrancisco, New York, 1991, paper, 451 pages, \$15.00, ISBN: 0-06-250746-X

This collection of prose and poetry from the world's religions and leading philosophers is a handy tool when you need a quick reading. It is organized for easy reference. into 11 sections, such as *Healing the Whole* and *Praise and Thanksgiving*



Earth Medicine: Ancestors Ways of Harmony for Many Moons, By Jamie Sams, HarperSanFrancisco, New York, 1994, paper, 385 pages, \$14.00, ISBN: 0-06-251063-0

The Author of *Medicine Cards* and *Sacred Path Cards* has created a collection of meditations, poems and stories based on Native American traditions with many possibilities for inclusion in rituals.

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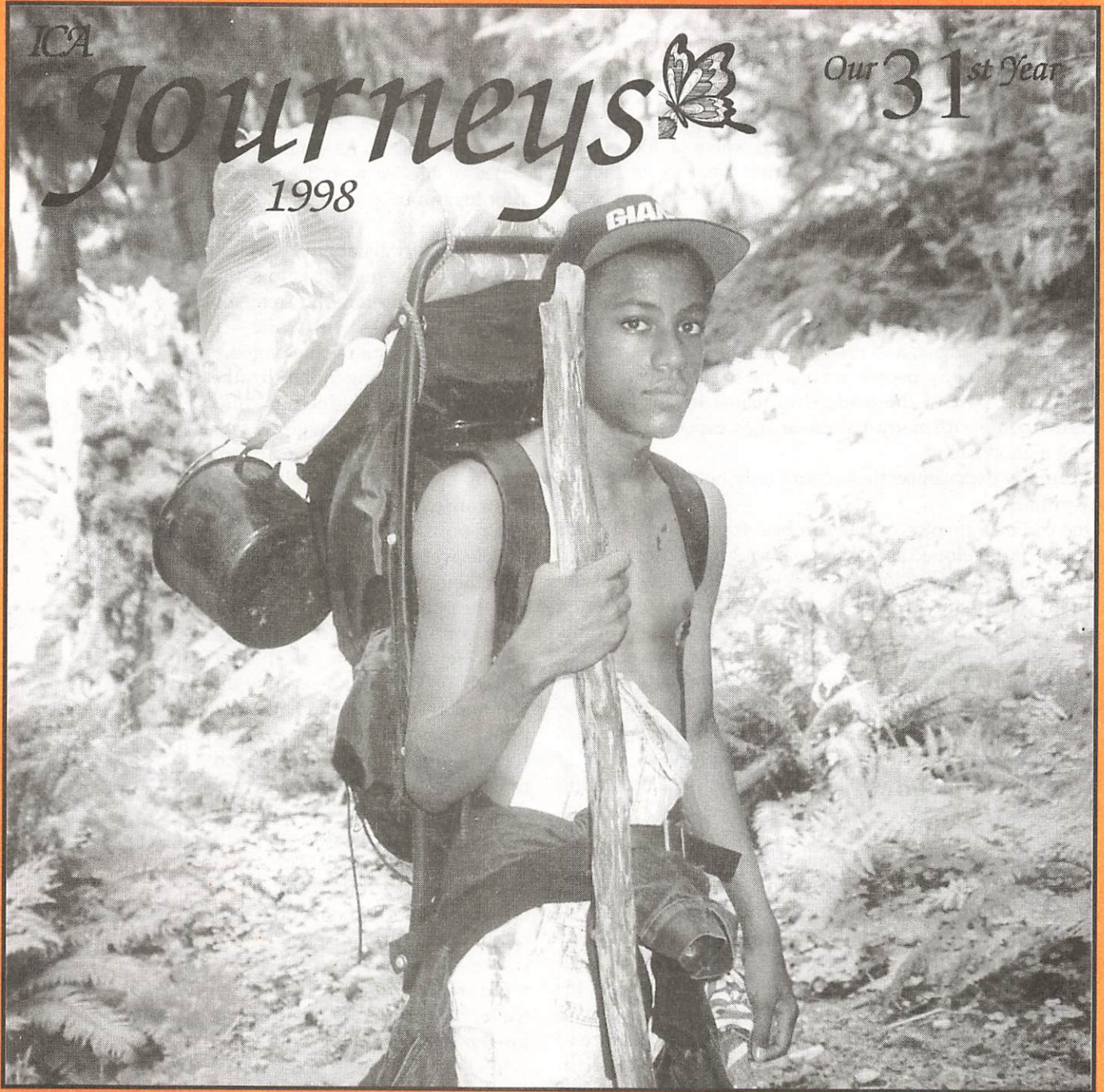
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The Role of the Mentor

by Stan Crow

I am frequently in situations where people discuss mentoring as a great idea. "We could solve a lot of our problems with youth if we could just find mentors for them." Perhaps we could, but first, we've got to understand what a mentor is, what one does -- the purpose and responsibility of mentoring.

A current popular idea of a mentor seems to amount to *someone to hang out with*. Mentors are seen as persons who *will share great wisdom* based on their own life experience, *teach by example, be a good friend, and make the young person feel comfortable*. I find that many people who come to us to learn to be mentors (as a part of the leadership teams in our summer programs) come with many of these images, especially the idea of being a good friend.

From My experience, these commonly held ideas contain many pitfalls.

One can be a mentor or one can be a friend, but not both! Friendship is developed as people go through trials together. A real trust and an ability to be honest with each other must be nurtured. The mentor's role is to be a journey master, a "sensei" -- one who takes a measure of responsibility for this other person. As arrogant as this sounds to take responsibility for the life journey of another human, this awareness must be present.

There's nothing wrong, I suppose, with an adult who tries to "be a good friend". Adult friends are good to have, as long as they're not excusing unexcusable actions or encouraging irresponsible behaviors.

The mentor archetype which most people are familiar with is Yoda, from George Lucas' "StarWars" trilogy. Yoda's task was to train a *thinking/reflecting* Jedi knight, not a mindless foot soldier. (You'll forgive the military references -- the dynamics would be the same if he were guiding a novice chess player.)

Yoda performed his role by setting difficult challenges for his initiate and while we saw his compassion, we also saw an unwillingness to compromise. He demanded performance of the task, a trust in the mentor and the initiate's belief in himself. He challenged the initiate to figure out ways to accomplish a task -- he didn't demonstrate and then say copy me.

He was training the mind and soul of the initiate. The performance of the body grew out of the initiate's inner resources. Yoda's training ground was a swamp. His training methods were not always straightforward. He set trick problems in front of his trainee and raised questions to help Luke Skywalker process the experience.

Yoda also shared his feelings and concerns openly. He did not try to sugarcoat problems he saw in his young trainee. He talked directly about the things that concerned him.

Yoda provided both the training experience and the testing. The testing was designed to demonstrate to the initiate that he

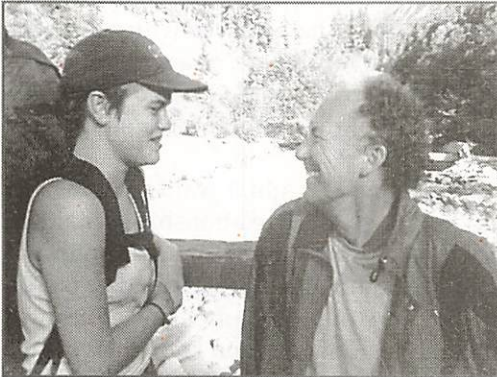
was either ready or not ready. It was another chance to reflect on the realities of life he would encounter after his training

Initiation is about reflection. The role of the mentor is to set up situations -- preferably real, but hypothetical ones will work -- in which the initiate is challenged to deal with something she/he'd rather not. Frequently, boldness is called for. I know a mentor who was trying to help a group of young people whom he considered selfish and unaware of how well off they were. Their only contact with suffering people was on TV. In discussions with them, he saw they weren't seeing the pain which many people in their community were experiencing. He arranged a "sleep-over" and about 11pm got everyone into cars and headed for the charity hospital. They sat in the emergency room waiting area, watching victims of heart attacks, drug overdose, knifings, shootings, and auto accidents being rolled-in on a busy, icy Friday night. The next day, after a little sleep, the youth had a chance to talk about the difficult experience. They had encountered real suffering, and their reflection was no longer theoretical. Several years later, I met one of the young men who told me it was a life-changing event for him.

We use intentional reflection as a major tool in all our rite of passage programs. As mentors, we start out with the understanding that our role is to be aware of what is happening with the initiates and utilize the daily challenges as starting points. Disputes between participants, poor preparation for the day's hike, abuse

Yoda performed his role by setting difficult challenges for his initiate and while we saw his compassion, we also saw an unwillingness to compromise.

of someone else's property, mistreatment of the environment, along with many other happenings become opportunities for individual, small or large group dialogue. I call this the *Curriculum of the Moment*. This dialogue offers a chance to guide participants through a reflection on the event and its effects and to create plans regarding alternative approaches in the future.



Bob Burgess (r), mentor, Caeli Lynch (l), initiate on the Pacific Crest Trail -- ICA Wilderness Quest

A major presupposition I use for mentoring is, "My role is to provide an experience which takes this person beyond their comfort level." Physical activity, honest dialogue, initiative games, rituals, and councils in which real issues are raised and dealt with are all discomfoting.

I often find myself uncomfortable as a mentor, wondering if I'm on track, with some of what I do. Then, I think, if I'm not uncomfortable I'm probably not really taking my role of mentor seriously enough. There is no script, no set of tactics which always work. In fact, one of the risks is that you will fail to connect. When this becomes evident, a good mentor will yield to another mentor.

In many traditional societies, the parents were not allowed to initiate their own children. Today, some parent groups organize rites of passage for their own children. Yet, someone else must do the mentoring, because for a parent to mentor is a conflict of roles. A parent cannot be a mentor.... and that's not bad! A parent's role is to protect and nurture. A mentor's role is to push and challenge. One of the major functions a mentor plays is to introduce a different adult voice -- a differing world view for the young person to relate to -- perhaps even in the Devil's advocate role. A mentor offers the initiate an opportunity to try out ideas or ask questions in an ac-

cepting environment. The mentor's task is to give the young person permission to quest beyond his or her customary borders and to help process the journey.

Mentors have the possibility of being more objective than parents because they don't have the full experience (or baggage) of parenthood. I have seen young people who "heard" something a mentor said and made some life changes, even though the parents had been saying the same thing for years. I remember a family which treated their fifteen-year-old daughter as if she were seven (perhaps because she often acted that way). The daughter complained to the mentor about her "not being allowed to grow up". Her mentor's response was to ask, "Is there anything that you think you might be doing to perpetuate this?" The mentor continued to probe, "How would you respond if your brother was old enough to take responsibility for his own things, or demanded that things always be his way and never appeared to be grateful?" "Would you be ready to give him recognition and more privileges?" ...She got it!

I also know another similar situation in which the young person turned to the mentor and rebutted, "Who do you think you are, my psychiatrist?" No guarantee comes with the job.

I recently had a person I had mentored tell me, "You know why I changed? Because you told me what I needed to hear. Other people may have been thinking it, but no one else said it. And you let me know that you cared about me and wanted to see me change so people wouldn't treat me like a child anymore." I know this person's parents had done a good job and had said similar things, but I had a chance to help him hear.

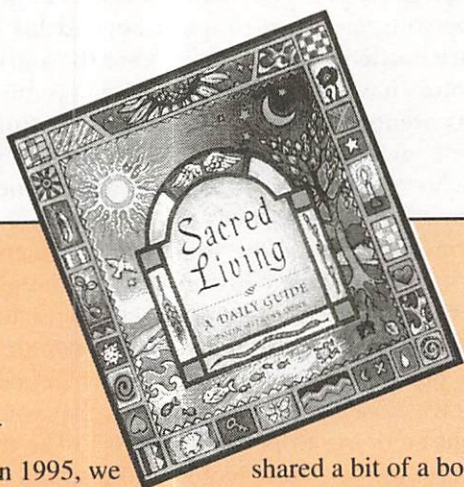
One final caveat. Robert P. Eckert, director of the Learning Institute for Functional Education (LIFE) in upstate New York, says, "We lose the power of initiations because the adult initiators attempt to put themselves across as 'having it all together'. This is exactly what happens in cults."

Mr. Eckert's caution about cults rings true. How easy it is to pontificate -- and how ineffective. Initiation is about individuation, not about learning to follow the flock.

As mentors who are on journeys of investigation and discovery ourselves, our role is to assist the initiate to discover his/her own answers, to teach by question and by encouraging the initiates to risk in situations which drive them to reflect on meaning and relationships. We must ask, how can we assist them to have an experience which pushes them beyond their comfort level and into a recognition of their personal power.

Ceremonies from the Heart

by Robin Hereens Lysne



In 1995, we shared a bit of a book on Ritual, *Dancing Up The Moon*, by Robin Hereens Lysne. Now we are pleased to be able to share a portion of her new book *Sacred Living*.

The book is designed in a 365 day of the year format which works well for widely celebrated holidays, but also introduces others such as Kwanzaa, Purim, Solstice and Grandmother Goddess Day. For other days, which are less tied to celebrative periods, she provides ideas for many types of rituals to transform mundane daily life into an extraordinary encounter.

The index gives us a full view of the wide variety of ritual: divorce, Earth Day, adolescent passages, crone ceremony, baby birth, belief clarification, career change, breathing together, releasing ceremony, and so much more.

Ms. Lysne has a way of making ritual come alive. She shares actual tidbits of many rituals, leaving the reader ready to create a full ritual to suit his or her own style and tradition.

Using this book as designed, for daily reflection or meditation would also increase one's storehouse of ritual ideas.

--sc



Robin Hereens Lysne

Sacred Living

by Robin Hereens Lysne;
Conari Press, Berkeley;
1997; Hardcover;
226 pages, \$14.95
ISBN 1-57324-099-0

When we take time to create, a meaningful sacred event for ourselves, it is a self-loving action. We companion ourselves. We listen to our hearts and act on what is called for. When we include other people, isolation disappears as we share our personal stories — we have a purpose; we make a difference; we feel loved and part of the world.

Rites of passage bring more awareness to our lives, simply by taking the time to do them. We need only to slow down and listen. So often when I have shared with people the rite of passage we performed for my nieces and nephews or how a family celebrated the arrival of their newborn, people comment that they thought of doing something similar but hadn't acted on it.

By acting on that fleeting thought, I want to honor my daughter's womanhoodwe shift relationship dynamics, everyone is informed of her change, denial of her growth and maturity disappears, and our family and friends take on different roles in the family group. Too often we let the next thought stop us, but I don't know how, and I don't have time. It takes courage to create something new. But we learn as we try.

A rite sets new boundaries and makes new connections at the same time. In a puberty ritual, for example, your daughter is honored and educated about her budding maturity, and she is given new responsibility through the process of creating the rite with her. Everyone moves into more harmony with the flow of life's changes.

Our lives are full of important changes. Marriage, birth, and death are most commonly celebrated, because they are the transitions that traditionally carry the most impact on our lives. However by celebrating only these events it becomes all too easy to speed our way through life without much thought to what happens in between. Celebrating life in between helps us to be more conscious of what we are doing here.

Besides the essentials of love, respect, trust, safety and the knowledge that we are part of a greater whole, there are a few things that might assist you in composing rituals for yourself and your families. They have come from my personal observations of creating ceremonies over the last fifteen years and from the spiritual teachers I have studied with along the way.

Intention

The single most important element in any rite is setting your intention. Rituals are neutral containers of the present moment. You determine the positive or negative quality of that container and the flow, of energy through the container by your attitude, frame of mind, and actions.

If you intend to honor yourself and others and support changes that are occurring in your life, your rite will be a positive experience. If you come with a negative frame of

mind -- resisting change, using the rite to control the outcome -- the Universe will give you a negative experience. That's why clarity of intention is the most important element.

Simplicity

Keep it simple. If you find yourself creating a Broadway production, you may be missing the point. Return to what the ritual is about and use only the essentials. Complicated rites only distract you from the core meaning you intend to convey.

Take Your Time

Because you want to stay aware of what you are doing in the rite, it is important to go slowly. I like to imagine that I am entering a timeless dimension when I perform a ritual. In this space, there is nothing more important than what is happening right now. I unplug the phone, don't answer the door, make sure there is nothing else planned, and ask other participants to do the same. Most people instinctually know to do this. Occasionally, however, there are those so hooked into their schedules that they need permission to relax,

Know You Are Not Alone

It takes courage to create your first ritual, especially if you have never even attended one before. It's always scary to begin something new. That's part of the creative process. This book is designed to be a friend on the path, tested by others who have gone before you. All of the rites in this book have been tried by someone, and their experiences are here to guide you. It's normal to be afraid, and it's part of our evolution to go for it anyway.

We can choose to move through fear and not let it run our lives, knowing we are supporting internal growth and love.

Many times I have been afraid of looking silly or stupid. Sometimes I was afraid of not being able to speak the truth. What I have discovered is that people respond to your sincerity. They can feel your intention, as well as hear it. If you are coming from the heart, that is all you need.

Part of the fear of a ritual is facing the unknown. We don't always know how the Universe will create our new experiences. At some point, if we set our intention, come from our hearts, and do the ritual sincerely the Universe responds in kind.

The most challenging thing is often letting go and trusting the process, which means dropping the need to control beyond what we are truly responsible for, then leaving enough room for spontaneity. It is intuition and spontaneity that make each rite unique, even if the format is the same every time.

Nature as Teacher

Every ritual throughout history has been based on nature. The four elements —Earth, Air, Fire, and Water — have been used in ritual to invoke blessings, remembrances, and to recount scripture or sacred stories. No matter where you live on the globe, there are the four elements and seven directions—north, east, south, west, as well as the Earth, sky, and the center — which all describe our place in the vast context of the natural world. Each element also relates to myriad aspects of human nature, which will be helpful to keep in mind when creating a ritual.

Various indigenous cultures use different colors for the four directions, for example. The differences depend on where they live, the terrain, the wind and weather patterns, seasonal fluctuations, and traditions they have learned from their families.

The Earth is often symbolized by the color green because it is said that Grandmother Earth heals all things. Indeed, all vitamins, minerals, and medications come originally from the Earth. Water is the life blood of the Earth. The Earth is considered feminine by Native American cultures, and Earth is considered the fifth direction.

The Sky is symbolized by the color blue. Grandfather Sky is the sustainer of life and includes the air we breathe, the stars we travel by, and the weather that brings rain. Sky is considered masculine and the sixth direction.

The center is where all the directions come together. It is the heart, unconditional love, the "I am," self-realization. It is the seventh direction.

In most Native American traditions, the Creator is neutral and loves all creations equally, no matter where you are on the wheel (north, east, South, West) or whether you are animal, Sacred mineral, or vegetable.

It is said that as we move through life, we move in a clockwise direction facing the center around the medicine wheel, from one direction to the other. In addition, each element contains positive and negative aspects. When we are in the north, or in our power, we face south, the direction of home, surrender, family, birth, and death. When we are in the east, the direction of new beginnings, we face west, the direction of the unknown. Thus we are reminded constantly of the apparent opposite of where we are, humbling us to the realities of life.

Excerpted from *Sacred Living*, by Robin Hereens Lysne, by permission from Conari press (800) 685-9595

Persephone Rides Off on A Dark Horse: What Should Demeter Do Now?

by Corla B. Varney

When my daughter Jessica was twelve years old, I had this dream:

I am at a retreat center with Jessica and a group of her girlfriends. early one morning she asks me, "Can I go horseback riding?" I give her the okay but ask her to wait, saying, "Give me a few minutes to get up and get dressed." I decide to have my morning cup of coffee first before meeting her at the stables. I arrive to discover she has already ridden off - alone on a dark horse. I can't go after her, because I don't know which direction she is headed. I am stricken with grief -- I can't go where she has gone -- I can only wait for her to return.

I awoke heavy hearted. "So this is how Demeter felt," I thought, "when Persephone left for the underworld!" I reminded myself, "she is not lost, she will return someday, even if she will not be my same little girl anymore."

This dream clearly brought to consciousness my fear of Jessica's emerging adolescence. Whether or not I was ready, her childhood and my role as doting mother were quickly being left in the dust as she rode off on the dark horse of adolescence. I also recognized that her coming-of-age would require a balanced effort between her need to become her own person and my responsibility to protect her. But I didn't know how I could best support her growth and development. What was my new role?

Our society tries to deny adolescents their time to prove themselves and find their potential -- their rightful ride on the dark horse. We want to tame *them* and fear they are too spirited. We're afraid they'll fall off and get hurt, or we want them to ride *our* way. We try to deny their dark time, but our failure mocks us in the form of vandalism, drug abuse and gangs. Maybe it's inevitable, this attraction of the dark, and we grown-ups are in denial about the necessity of passage through its murky depths to reach the prize: adulthood. Not formally initiated ourselves, perhaps we fear we haven't successfully navigated this watery tomb.

I didn't want to hold Jessica back, but I couldn't help worrying about her. Would she have a firm grasp on the reins, determining which direction was best for her interests? What would be the best way to strengthen her self-confidence and prepare her for occasional falls and mishaps she would surely experience?

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I started by reading *Reviving Ophelia: Saving the Selves of Adolescent Girls*, by Mary Pipher. I suspected that graduating to middle school and becoming thirteen would signal not only big changes for Jessica, but also an all-out assault on her sense of self-worth. Pipher confirmed this concern:

As children go through school, boys do better and feel better about themselves and girl's self-esteem, opinions of their sex and scores on standardized achievement tests all decline. Girls are more likely than boys to say that they are not smart enough for their dream careers. They emerge from adolescence with a diminished sense of their self worth as individuals.

A Mother's Experience

My own experiences coming-of-age in the 1960's mirrored this view. I had been popular and did well in school, but somewhere along the way my confidence was



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pinched back. Anytime I was too much of anything—too exuberant, too eager to learn, too talented—I received a thorough pruning. When I did a remarkable drawing and envisioned myself as an artist, I was quickly told I wouldn't be able to support myself on "art."

When I excelled in water-skiing, I was told I wouldn't want to end up with hefty thighs. "Be a good girl" and "think about what others will think" seemed to be what was most important. Since I did my best to appear happy, not wanting to burden my parents who had financial and health problems, they had no idea how stressful and tumultuous those years were for me. Pipher supports this observation when she warns us that: "Parents who send their daughters the message that they'll be overwhelmed by problems aren't likely to hear what's really happening."

My next endeavor was to read Emily Hancock's *The Girl Within*. Hancock's research indicates that women take a more circular approach to individuation than the more linear trail taken by men. She explains: "Instead of crystallizing an identity during adolescence, women as adults, reach back to girlhood to retrieve an original sense of self. Each woman's identity -- the identity each felt was authentic, real, and true to who and what she was -- had been present, intact, in the earliest part of her life and had in the meantime been obscured."

It wasn't hard for me to see how I had lost a great many pieces of myself in the process of growing up. At the age of nine, I loved to wander off alone in the woods where I drew sustenance from the wildness I encountered there. How long had it taken me as an adult to recognize that I had to return to the wilds periodically, to find clarity and peace of mind? I realized how important it was for me to help Jessica remember what held her passion at the age of nine and ten, before the onslaught of acculturation. She had loved to read and write and absolutely glowed while in the spotlight — at any podium or on any stage. Would she discount or disqualify this later?

As I read more, I wondered whether or not the format of a coming-of-age journey

based on the Hero's Myth was really optimum for girls as well as boys. In *A Bridge to Wholeness: A Feminine Alternative to the Hero Myth*, Jean Benedict Raffa also focuses on the differences between the female and the male journey to individuation. Raffa explained how the heroine's quest is different from the hero's in that it usually does not begin in the outer world. For a male, "the primary task was outer work, and he needed to develop and test his personal skills in the outer realm before he would be able to generate a connection with the inner world." But for a female, "the opposite was true: inner work was the primary task before [one] could acquire a meaningful connection with the outer world." A female can of course do all the things a male does in the outer world, but this will not assure that she achieves wholeness. Unless she begins her inner work first she will be "doomed to frustration."

Raffa's description of her youthful fixation with the black stallion, which she described as "the epitome of powerful masculine energy, combined with dark, feminine, instinctive passion" reminded me of my dream of Jessica on the dark horse. Suddenly I realized what I feared most: Jessica's emerging sexuality. I was worried about what kind of impact her beauty would have at this stage in her life. *Reviving Ophelia* had seemed focused on the problems of ugly-duckling girls, but said nothing about the young beauty, the twelve year old mistaken for seventeen -- coveted and feared at the same time by boys of her own age, while encountering blatant sexual advances by older boys. I also worried about the double-standard still apparent in society that says "nice girls don't, but you know, boys will be boys."

I remembered an incident which happened to me in the first grade, that I had never talked about, and denied blatantly at the time. One day during morning recess, I went out to the far end of the playground with a little boy, and we pulled down our pants to show each other what was between our legs. Innocent enough. At lunch recess my best friend Vicki came rushing up to me with a look of absolute disgust on her face saying, "I can't believe you would do that!" I denied it completely. I will never forget how smug Tommy was, and how no one seemed to think less of him for his part in our little "secret." Of course I would feel the sting of the inequity of this double-standard many times again, but I remember how this first incident had hit me in the gut like a shovel, the pain muddying my sense of my inherent goodness and making me wish I would be buried somewhere. I didn't want to tell my mother about it, and that night I agonized in the bathtub about what an ugly thing I had done.

In Human Development classes, sixth and seventh graders are now being informed about AIDS, and other sexually transmitted diseases, as well as the mechanics of the male and female bodies, and how babies are conceived and develop. All this information is worthy and important, but what kind of value judgment is being extended along with it? Although there are discussions about birth control practices, abstaining from sex until one is married still seems to be the overt conclusion for "good girls." At the same time there is an onslaught of messages and images from our consumer culture to look and be sexy. What does a mix of fear of disease, fear of sex, desire to be sexy, and desire to be popular do to an

Persephone Rides off (Continued)

adolescent's view of herself? Without conscious help from mothers and other older women to honor and celebrate the physical and emotional changes they are going through, how can girls grow comfortably into their womanhood and see female sexuality as truly beautiful?

In *Emerging from the Chrysalis: Rituals of Women's Initiation*, Bruce Lincoln raises an interesting question: "Who is it that initiates young women when they come of age?" Although he is referring to the five traditional societies within his study, his question raises many serious issues about our modern culture. Lincoln argues that if it is men who initiate the women, then the focus is on "indoctrination" and "subjugation," and quite possibly involves an assault. Whereas, if it is women who initiate women, the focus is on "affirmation," "commiseration" and "unity." In many cultures young female initiates experience both oppression from males and support from females, taking on the "totality of the social order." Therefore the rites take on the battle of the sexes present in the broader society.

Since in our culture there are no clear rites of passage for girls (or boys), I fear the result is the same as if there were -- in the end, girls are indoctrinated and subjugated according to the views of the broader society. In our case, society is clearly patriarchal and negates feminine attributes, such as emotion, intuition, and the need for relationship. This all screams at the seriousness of our present situation. We must act. We may not be able to administer appropriate rites of passage for all youth, but with the help of our daughters we can spend conscious time and effort developing ways to counteract, or at least balance out the social order. With a strong dose of affirmation of what it is to be female we can strive for full human potential, for everyone's sake.

A Daughter's Return

Jessica returned from her journey with "insightful" descriptions of her experience like "backpacking was mass hard" and "the sweat lodge was way cool!" And predictably, she displayed a renewed appreciation for small things, like clean sheets, pizza, Mr Pibb and her younger sister. More importantly though, she returned with a greater sense of herself, of her boundaries and her permeability. She shared intimations of this in her journal. She wrote, "I will not sit on a cloud with wings and white clothes draped around me like an angel, I will run with deer along the winding river to feel the meaning of life." I was also heartened to hear she intends to be nobody's darling. Her future plans include starring as the lead in a femi-

nist movie by age twenty. Then she wants to go to Harvard and study politics so she can fight for the rights of *all* people. Ah yes, a sense of responsibility to her community is emerging as well.

Finding the Parents Role

I would highly recommend this experience to parents and youth alike -- but it isn't the end-all solution. As parents, Jessica's father and I can't place all the responsibility for her education on the teachers and administrators at her school. We need to play an active role in her initiation as well. Since she isn't returning to a culture that recognizes the change in her and will honor her sacred position as a woman, she will still need our ongoing attention to help resist unconscious cultural influences. The trick of course will be to find a balance, between her need to become her own person and our responsibility to protect her.

Jessica's return brought the realization that initiation is just as much for parents as it is for initiates. Parents need to spend this time in reflection as well, focusing on what they might rather not look at: their own childhood and adolescence, things they prefer not to admit, and unrealized or forgotten dreams. It's a time to do some thorough house cleaning in those dusky, dark corners of the soul. Parents should be as free as possible of any static from past experiences, fully present and ready to receive their returning youth with open arms and open ears. This is the role of parents in initiation.

References:

- Pipher, Mary *Reviving Ophelia: Saving the Selves of Adolescent Girls*; Ballentine Press; New York; 1994
- Hancock, Emily *The Girl Within*; Fawcett Colmbine; New York; 1989
- Raffa, Jean Benedict *The Bridge to Wholeness: A Feminine Alternative to the Hero Myth*; LuraMedia; San Diego; 1992
- Lincoln, Bruce *Emerging from the Chrysalis: Rituals of Women's Initiation*; Oxford University Press; New York; 1991

Corla Bertrand Varney is the director of **Raven Dawn Rites**, which offers adults empowering eight day wilderness Rites of Passage. She has apprenticed with Sedonia Cahill of the Great Round and with Stephen Foster and Meredith Little at the School of Lost Borders. Corla has a BA in Cross-cultural Approaches to Healing and Spirituality from Western Washington University. For Information from **Raven Dawn Rites**, call (360)428-8089.



The Daughter, participating in a trust game during her Coming-of-Age Journey

The Journey of a Lifetime

ICA Rite of Passage Journeys, now in its 31st year, offer a special experience for the young person who is conscious about her or his Coming of Age. We're here for young people who are seeking an experience which provides a chance for personal growth. We are not a remedial or rehab program, but young people who have completed such programs will find this to be a meaningful next step. The three-week programs will stretch participants physically, mentally, emotionally and spiritually.

Ancient cultures understood that youth need a chance to *journey to another world*, to break with their families and family patterns in order to discover themselves before returning to their homes as new individuals.

These age appropriate programs are also *high adventure*, including extended backpacking in the beautiful scenery of the Cascade and Olympic mountain ranges, and cycling around Puget Sound. Youth will experience challenge, but the physical demands are within the range of normally healthy young people and adults.

Participants and staff/mentors *create a community* of fellow journeyers, seeking a chance to reflect on what is happening to



ICA Rite of Passage Journeys 1998



them and what the future might hold. In each program, there is an actual journey which serves as a metaphor for this exploration. Youth often develop friendships that endure because of the intensity of the time they spend together.

These events are multi-dimensional with *chances to grow* through physical accomplishments, through encounters with other cultures and cultural ideas, and through the opportunity to reflect on life experience. We believe that experience is a great teacher, and have designed our work to permit individual and group learning in dialogue with events and interactions as they occur. This is experiential learning in the truest sense of the word.

The Institute of Cultural Affairs has drawn elements of these events from many cultural roots and translated them into *cross-cultural activities* so that each participant can join in all activities from the standpoint of her/his own cultural and spiritual background and practices.

The atmosphere of learning is different, filled full, fun, and joyous.

We have included descriptions, major calendar points and quotes from program participants. Call for more information.

To Pre-Register, send pre-registration fee along with the name, age and grade of the youth. Be sure to include an address and phone number. We will send you a full registration packet.

The Heroes' Quest

March 28, 1998

Coming of Age Leaders Training

January 18,
April 11 & 25, 1998

Adult Wilderness Quest

August 25-29, 1998

Vision Quest Tour (8th, 9th & 10th Grade)

June 21 - July 12, 1998

Wilderness Quest (10th, 11th, 12th Grade)

July 15 - August 5, 1998

Coming of Age Journey (post 6th & 7th Grade)

July 26 - August 16, 1998

The Institute of Cultural Affairs and the Staff

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit 501.c.3 organization providing people with methods which help them find the motivation and the resources to envision their future, create viable plans, and develop the leadership to bring their plans to fruition.

The ICA's worldwide network spans 28 countries, with coordination in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. For 31 years, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

ICA Rites of Passage Programs have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the events and are reimbursed only

for their expenses.

Leadership/mentor teams usually include a mix of: leaders who are experienced in guiding these programs, first year volunteers and, frequently, college age young people who are alumni of these programs.

Each volunteer is interviewed and screened, including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our Bothell office.

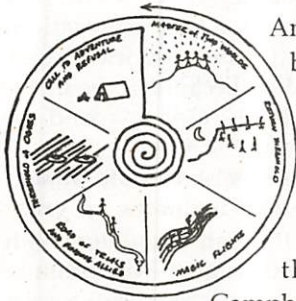
Scholarship funds are needed to assist those who are not able to afford the entire amount. All contributions are tax deductible.

The Heroes Quest

For girls and boys 3rd through 5th grades

March 28, 1998

Saturday 9:00—4:00



An all day adventure for pre-teen boys and girls. An introduction to the *Hero's Journey* -- the universal adventure in which the child travels from childhood to master of two worlds.

This program draws upon the inspiration of Joseph Campbell and flows from a carefully developed sequence of themes based upon his understanding of the hero's journey (male and female) and activities. Young people will experience the power of a team as they work to solve the challenges they confront.

The experience will include a diversity of experiences including drama, mythology, active games, art projects. An ideal preparation for later rites of initiation.

Facilitated by Peter Wallis of the Life Quest Center for Rites of Passage.

Location: Bothell, WA

Pre-registration: \$20 (refundable until 3/10)
Total COST for the day if paid-in-full before
March 8 -- \$34.00 ; after 3/8, \$39.00
 (includes lunch)

Group limited to 16 .

Adult Wilderness Quest

August 25 through 29, 1998

Take yourself to the wilderness. Make time alone. Keep a quest for the future, for meaning, for wholeness, for peace.

People go on Vision Quests for many reasons and at many transition times in their lives. Preparing for or recovering from any one of a number of life changes such as: graduation from college, a job change, divorce, children leaving the nest, retirement.

ICA facilitates small groups of questers who wish to spend time alone, fasting and seeking.

Groups are kept small and require preparation. An application and interview are required.

Once accepted, the group will meet to prepare for the experience, both practically and spiritually. (Those outside the Puget Sound area can be accommodated by phone and email.)

Personal spirit preparation outside the group is strongly recommended. We will provide guidance and materials to read.

Location: Washington State



Pre-registration: \$100 after acceptance.
Total Tuition if paid-in-full before August 5
 (including pre-registration): \$295; After 8/5 \$345
 (includes preparation sessions and materials --
 participants provide own gear and clothing.)

Helping Your Organization Bring Meaning to Life's Passages

Our 31st Year



If your organization, church, temple, or synagogue is interested in beginning or re-designing your rite of passage programs, ICA offers help in planning and curriculum creation:

- Coming-of-Age Leader's Training Seminars (See Page 10)
- *ICA Journeys* newsletter ideas and resources.
- Group facilitators for Rite of Passage Program planning
- Curriculum development assistance
- 1 to 6 hour Rite of Passage programs for your organization.
- Two day parent/child retreats in your facility (write for information)

mind -- resisting change, using the rite to control the outcome -- the Universe will give you a negative experience. That's why clarity of intention is the most important element.

Simplicity

Keep it simple. If you find yourself creating a Broadway production, you may be missing the point. Return to what the ritual is about and use only the essentials. Complicated rites only distract you from the core meaning you intend to convey.

Take Your Time

Because you want to stay aware of what you are doing in the rite, it is important to go slowly. I like to imagine that I am entering a timeless dimension when I perform a ritual. In this space, there is nothing more important than what is happening right now. I unplug the phone, don't answer the door, make sure there is nothing else planned, and ask other participants to do the same. Most people instinctually know to do this. Occasionally, however, there are those so hooked into their schedules that they need permission to relax,

Know You Are Not Alone

It takes courage to create your first ritual, especially if you have never even attended one before. It's always scary to begin something new. That's part of the creative process. This book is designed to be a friend on the path, tested by others who have gone before you. All of the rites in this book have been tried by someone, and their experiences are here to guide you. It's normal to be afraid, and it's part of our evolution to go for it anyway.

We can choose to move through fear and not let it run our lives, knowing we are supporting internal growth and love.

Many times I have been afraid of looking silly or stupid. Sometimes I was afraid of not being able to speak the truth. What I have discovered is that people respond to your sincerity. They can feel your intention, as well as hear it. If you are coming from the heart, that is all you need.

Part of the fear of a ritual is facing the unknown. We don't always know how the Universe will create our new experiences. At some point, if we set our intention, come from our hearts, and do the ritual sincerely the Universe responds in kind.

The most challenging thing is often letting go and trusting the process, which means dropping the need to control beyond what we are truly responsible for, then leaving enough room for spontaneity. It is intuition and spontaneity that make each rite unique, even if the format is the same every time.

Nature as Teacher

Every ritual throughout history has been based on nature. The four elements — Earth, Air, Fire, and Water — have been used in ritual to invoke blessings, remembrances, and to recount scripture or sacred stories. No matter where you live on the globe, there are the four elements and seven directions—north, east, south, west, as well as the Earth, sky, and the center — which all describe our place in the vast context of the natural world. Each element also relates to myriad aspects of human nature, which will be helpful to keep in mind when creating a ritual.

Various indigenous cultures use different colors for the four directions, for example. The differences depend on where they live, the terrain, the wind and weather patterns, seasonal fluctuations, and traditions they have learned from their families.

The Earth is often symbolized by the color green because it is said that Grandmother Earth heals all things. Indeed, all vitamins, minerals, and medications come originally from the Earth. Water is the life blood of the Earth. The Earth is considered feminine by Native American cultures, and Earth is considered the fifth direction.

The Sky is symbolized by the color blue. Grandfather Sky is the sustainer of life and includes the air we breathe, the stars we travel by, and the weather that brings rain. Sky is considered masculine and the sixth direction.

The center is where all the directions come together. It is the heart, unconditional love, the "I am," self-realization. It is the seventh direction.

In most Native American traditions, the Creator is neutral and loves all creations equally, no matter where you are on the wheel (north, east, South, West) or whether you are animal, Sacred mineral, or vegetable.

It is said that as we move through life, we move in a clockwise direction facing the center around the medicine wheel, from one direction to the other. In addition, each element contains positive and negative aspects. When we are in the north, or in our power, we face south, the direction of home, surrender, family, birth, and death. When we are in the east, the direction of new beginnings, we face west, the direction of the unknown. Thus we are reminded constantly of the apparent opposite of where we are, humbling us to the realities of life.

Excerpted from *Sacred Living*, by Robin Hereens
Lysne, by permission from Conari press (800) 685-9595

Persephone Rides Off on A Dark Horse: What Should Demeter Do Now?

by Corla B. Varney

When my daughter Jessica was twelve years old, I had this dream:

I am at a retreat center with Jessica and a group of her girlfriends. early one morning she asks me, "Can I go horseback riding?" I give her the okay but ask her to wait, saying, "Give me a few minutes to get up and get dressed." I decide to have my morning cup of coffee first before meeting her at the stables. I arrive to discover she has already ridden off - alone on a dark horse. I can't go after her, because I don't know which direction she is headed. I am stricken with grief -- I can't go where she has gone -- I can only wait for her to return.

I awoke heavy hearted. "So this is how Demeter felt," I thought, "when Persephone left for the underworld!" I reminded myself, "she is not lost, she will return someday, even if she will not be my same little girl anymore."



This dream clearly brought to consciousness my fear of Jessica's emerging adolescence. Whether or not I was ready, her childhood and my role as doting mother were quickly being left in the dust as she rode off on the dark horse of adolescence. I also recognized that her coming-of-age would require a balanced effort between her need to become her own person and my responsibility to protect her. But I didn't know how I could best support her growth and development. What was my new role?

Our society tries to deny adolescents their time to prove themselves and find their potential -- their rightful ride on the dark horse. We want to tame *them* and fear they are too spirited. We're afraid they'll fall off and get hurt, or we want them to ride *our* way. We try to deny their dark time, but our failure mocks us in the form of vandalism, drug abuse and gangs. Maybe it's inevitable, this attraction of the dark, and we grown-ups are in denial about the necessity of passage through its murky depths to reach the prize: adulthood. Not formally initiated ourselves, perhaps we fear we haven't successfully navigated this watery tomb.

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After talking with Jessica, I contacted the Institute of Cultural Affairs in Bothell, Washington and signed her up for their three week *Coming-of-Age Journey*. This program focuses on the transition from child to youth and provides challenges for youth groups -- including team building exercises on a Ropes course, backpacking in the Cascades, sweatlodge ceremony and mask making.

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uncomfortable -- which would force her to see things from a different perspective. She would need to push up against her perceived limits and call forth all of her reserves, and, most importantly, she would be required to use her intuition as well as her thinking capabilities. In this way Jessica would have an opportunity to dig deeply into the far reaches of her psyche and claim jewels she could treasure for the rest of her life.

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Coming of Age Leaders Training

January 18, 1998 San Francisco

April 11, 1998 Bothell, WA

April 25, 1998 Portland, OR

Saturday 9:00 -- 5:00

Traditional societies utilized Rites of Initiation of their young to strengthen their communities. Today, coming-of-age programs are needed to affirm young people and connect them to a larger world view and larger community. Participants will gain an overview of coming-of-age programs and tools for their planning and facilitation. Participants will take home a manual including materials that can be adapted, plus an extensive bibliography.

Anyone who seeks to facilitate a rite of passage for young people should spend time getting familiar with what is happening to young people today. Mary Pipher (author of *Reviving Ophelia* and *The Shelter of Each Other*) says that just because you knew what youth were up against five years ago, does not mean you do today unless you've been actively working with them.

Rites-of-passage programs are more widely recognized today, as groups organize to provide such rituals and the popular and alternative press focuses attention on programs currently in operation. ICA Rites of passage has recently been featured in an article in *Common Ground* and cited in several resource guides and books.

Youth need rites of initiation to help them move into a different relationship to the rest of their community. ICA's 31-year history of facilitating rites-of-passage work puts us in a position to serve a real need in reclaiming community.

THIS 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.

Cost: Early Bird Registration (received 3 weeks before course) \$70.00 per person (\$60.00 for each additional representative from the same local organization)

Within three weeks of course, \$75.00 per person



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.

Learning Outcomes

Session participants will leave with a knowledge of:

- why Rites of Initiation are needed in the rebuilding of community
- the 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

Rites of Passage Leaders Internship

Each summer, ICA accepts up to four interns who are interested in learning how to do this type of program in their own communities. Some interns have also been able to arrange university credit for their experience.

Interns attend the one day leadership training (above) and then continue to learn as a member of the summer team. They must be able to participate for the entire duration of a three week program and to work with the team ahead of time in preparation for the journey. Interns provide their own gear. ICA can help provide transportation and all program related expenses during the actual Journey.

While there are many theoretical ways to lead a Rite-of-Passage experience, each one is unique and does not follow a cookbook. Interns learn to do this work in the only way one can, by doing it.

Contact ICA Journeys at the address below for application and further information.

Vision Quest Tour

June 21 - July 12, 1998



The Vision Quest tour affords young people the chance to symbolize their *Coming of Age* through a physically, mentally and emotionally challenging adventure with a group of peers.

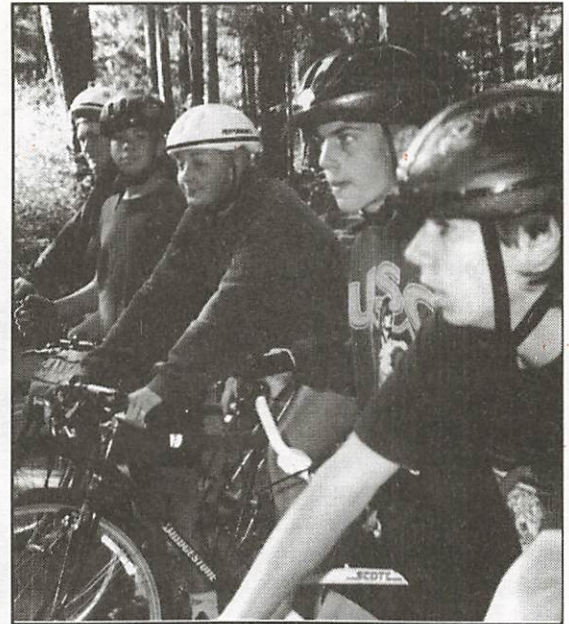
The Journey of the group is both symbolic and actual. Physically, we'll travel by bicycle over 400 miles around the Puget Sound of Washington State. The tour will take to meandering back roads and undulating hills, crossing ferries and islands to reach a place of questing on the Olympic Peninsula.

Symbolically, youth participate in one of the most ancient rituals of humankind -- crossing from a place called Childhood to a spot where a vision of the future can be glimpsed. These crossings have been a part of many cultures on every continent. Traditionally, they lasted from a few weeks to over a year. This Solo Crossing is a time of fasting, reflective exercises and meditation. This experience allows the quester to spend time in a way not offered in our day to day active life -- reflecting on life and what it might hold for us.

During our ride out, we will prepare for the Crossing. Once at our destination, we will continue our preparation with such activities as a symbolic Death of Childhood and dialogue to help focus what we will each seek on the quest.

After the 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 quest.

For 8th, 9th & 10th Graders
Group Limited to 16



Claiming your "Coming of Age" on a Bicycle Tour

Preparing self and Bike for the Quest	Vision Quest	Incorporation
Severance	Walkabout	The Return Ride
Bicycle Orienteering	House of Childhood's Death	Story Telling
Ropes Course	Solo Crossing	Council of Elders
The Ride Out	House of Rebirth	Final Celebration
June 21 to July 2	July 3 to July 7	July 8 to July 12

Pre-Registration: \$150 USD holds a place

Total Tuition:
\$999 if registration paid-in-full by April 10,
\$1,030 if registration paid-in-full by May 10.
\$1,111 if paid after May 10.

(Price includes meals, materials, and lodging. \$100 of downpayment refundable before May 1.)

FREQUENTLY ASKED QUESTIONS

Q. Does this tour require me to be an athlete?

A. This trek is for any healthy young person who can ride a bicycle, even those who have recently learned to ride. We encourage riding at home before the trip to prepare, however, the riding regime will be paced to allow some time to build stamina at the beginning of the trip.

Q. What skills will I learn?

A. Members of the tour will have a chance to develop personal and interpersonal skills. The Ropes Challenge course offers a view of one's ability to function as part of a team. Learn about bicycle maintenance, riding techniques, and safety.

Q. What equipment will I need?

A. Participants are required to supply and outfit their own 10 speed touring or mountain bicycle and equipment. (There will be a vehicle escort to transport food, equipment and luggage.) We will provide registrants with a list of needed items.

Coming of Age Journey

For those who have completed 6th & 7th grade
July 26 through August 16, 1998

Puget Sound of Washington State

Emerging as youth into the 21st century, girls and boys take a *Coming-Of-Age Journey* of discovery. They experience – perhaps for the first time – what it is to be **independently responsible**. They:

- discover more about themselves and their inner resources;
- have their pre-conceived notions of limitations, images, and stereotypes challenged; and
- **create their own community**, based on a philosophy of respect – for themselves, for each other and for the environment.

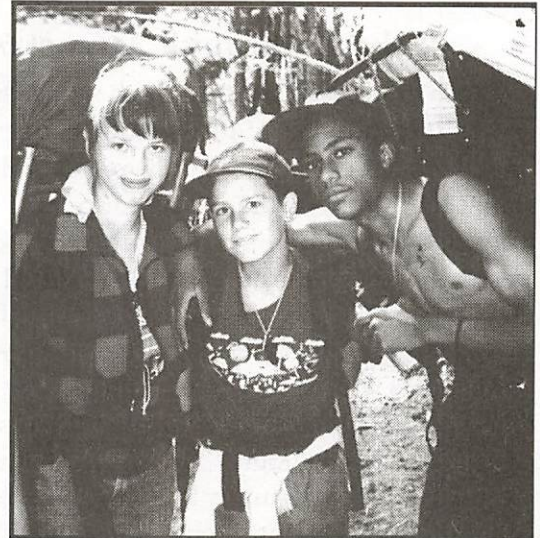
Rites of Passage is a brand new experience. Trek mentors are dedicated to awakening within each participant a sense of awe for the natural world, an appreciation of their own individuality and an enjoyment of each others' abilities. The day-to-day activities naturally lead youth into seeing how their behavior impacts others and how their contributions immediately affect the quality of their life.

Laughter, sweat, creativity, reflection, comradery – all come together for **youth who are willing to discover more about themselves** and their role in the world.

The **influence and role of the family** is integrated into the Coming-of-Age Journey. The trek begins with a campfire where parents, guardians or their representatives have the chance to send their young person to 3 weeks of adventure and discovery. At the conclusion of the 3 weeks, these adults have the opportunity to take part in a 36-hour *Program of Incorporation* -- inventing together, with their new youth, the ways they will shift relationships and explore ways to bring meaning to being a youth in our time. They celebrate this significant step in the family's journey.

What is YOUTH?

Youth is a time of life when individuals are ready to experience, test, and understand their lives in brand new ways. Those who accept this premise have the chance to move self-consciously from childhood toward becoming an individually responsible citizen.



Limited to 16 youth per group

Backpack into the pristine wilderness of the Cascade mountains, **Camp** in the only rainforest in the United States, and **Hike** into a spectacular ancient seashore inhabited by eagles, deer, whales, seals, and abundant sea life

Pre-Registration: \$150 USD holds a place

Total Tuition:

- \$ 1049 if paid-in-full before April 10
- \$ 1080 if paid-in-full before May 10.
- \$ 1,161 if paid after May 10.

Includes cost for one Parent for final weekend -- second adult \$60

Tuition includes all meals, materials, fees, & tents. Participants supply own backpacks and clothing.

(\$100 of downpayment refundable before May 1)

Week 1	Week 2	Week 3
Send out Campfire Scramble Hike ROPES Course Six Day Backpacking Trek	Sweat Lodge 24-Hour Solo Vigil Ritual of Choosing to be a Youth Hiking in Hoh Rain Forest	Council of Elders Celebrating the Journey Incorporation Weekend
Call to Adventure - Threshold of Ogres - Road of Trials - Magic Flight - Return Threshold - Master of Two Worlds - Incorporation		

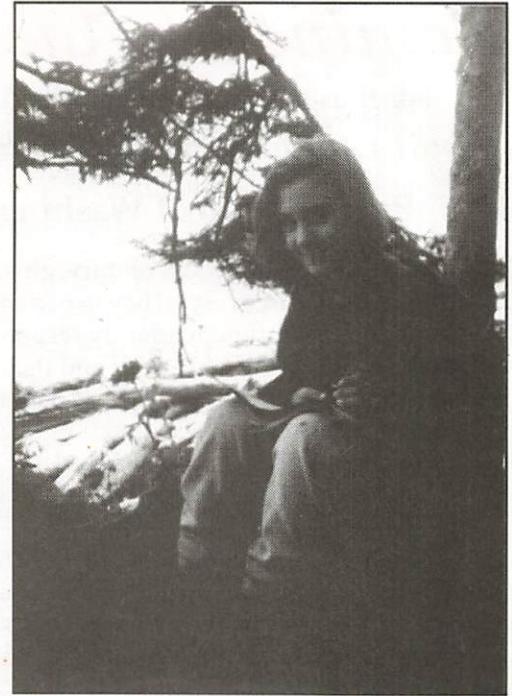
Wilderness QUEST 98

July 15 through August 5, 1998

The **Wilderness Quest** for high school students is an individual journey. In the traditions of many indigenous peoples, youth who were standing at the doorway of adult responsibilities 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, to acknowledge what gifts they possessed or could claim as they assumed new roles. This modern version of a personal pilgrimage draws on traditions as divergent as the Native American Vision Quest and Jesus' 40 days in the wilderness.

Participants will journey into another space and time. While Wilderness Quest will be done along with other high-school-age young people, individuals are encouraged to grow inwardly. For three weeks, journeyers have the opportunity to ask themselves and fellow participants significant questions about the life transitions they are making. Finally, together, they will demonstrate their self-reliance on a challenging 7-day hike.

Participants will experience mental, emotional, spiritual, social and physical challenges. They will be pushed to explore life in new depths. They will be freed by new insights, after three of the most joyous weeks of their lifetime.



An individual journey to adulthood

<i>The Preparation of the Mind</i>	<i>The Preparation of the Spirit</i>	<i>The Preparation of the Body</i>	<i>The Journey to Adulthood</i>	<i>Celebrating the Arrival</i>
Opening Campfire ROPES Course Medicine Walk Personal Symbol Making Dream Circle	Preparation for Quest Sweat Lodge 3 Day Vigil Sweat Lodge Ritual of the Return	Council of Elders Clean-up Day Pack Preparation Ready for Hike Boat Trip to Steheken	70 mile Hike from Steheken to Kennedy Hot Springs	Evaluation Day Big Celebration Goodbyes
July 15 - 19	July 20 - 24	July 25 - 27	Jul 28 - Aug 4	

Preparation of the Mind -- experience the way land-based peoples grew to trust nature; prepare to make the shift necessary to see the future as it presents itself.

Preparation of the Spirit -- reflective exercises, dialogue with mentors, the purification experience of a Native American-based sweatlodge, and three days alone in the wilderness, seeking a vision of your future.

Preparation of the Body -- be enabled physically to

take the journey through the challenge to demonstrate teamwork during initiative games and a ROPES course; learn wilderness and hiking skills.

Journey to Adulthood -- meet the challenge of physical accomplishment in Washington's Cascade Mountains; travel 55 miles by boat on Lake Chelan to the village of Steheken, which is accessible only by boat; hike approximately 70 miles over the mountain passes and the Pacific Crest Trail toward the town of Darrington, Washington.



Pre-Registration: \$150 USD downpayment holds a place, Total Tuition: \$999 if registration paid-in-full by April 10, \$1030 if registration paid-in-full by May 10, \$1,111 if paid after May 10.
(Price includes meals, materials, and lodging.)
(\$100 of downpayment refundable before May 1.)

What Do They Say?

"This rite of passage taught me that people are not always going to be there for me...I'm going to have to depend on myself to do things and believe in myself more."

Coming-of-Age Journey participant Maurice Tyson of Chicago, as quoted in Healing Currents



"Definitely, I have more confidence in myself because I was able to do just fine on all of the challenges set before us. The limitations I thought I had are not as challenging as I had previously thought."

Wilderness Quest participant Mariko Robertson of Seattle, as quoted in Seattle Child



"I've Learned that you can keep going. When you think that you're tired, say that you'll just go a little further, and you'll make it,"

Zeph Ragland, of Bothell, WA participant Coming-of-Age Journey and Vision Quest Tour

"On this journey, you learn to appreciate the things that you love in life, even more."

Coming-of-Age Journey participant, Jessica Varney of Mt. Vernon, WA (see article this issue)



"I learned to never lose hope or to give up on yourself"

Morr Soloman of Evanston, IL, participant Coming-of-Age Journey

"Learning to be a Hero is what the Coming-of-Age Journey is all about. When you're up against a huge physical or emotional challenge, you say, 'No, no, not me, I'm not a hero. Yet you rise to the occasion.'"

Ellie Roper-Ater of Boise, ID, former Coming-of-Age and Bicycle Tour participant and Intern Staff member, as quoted in In Context Magazine



"Wilderness Quest was a real departure for me. But now I feel I can stand on my own two feet. I'm a much stronger person, more like an adult and less like a child"

Wilderness Quest participant Nina Davis, of Seattle, as quoted in Transformation Times

" I wish I'd been able to go through this when I was their age. It helped me reinterpret many of my adolescent experiences, it affirmed that I can endure a lot and that I can relate to total strangers. All kids need this kind of experience."

Suzanne West, Coming-of-Age Journey volunteer staff mentor as quoted in Healing Currents



"I Learned that alot of things may seem challenging and you may not think that you can do them, but if you just try, you'll probably be very surprised with yourself"

Sonja Spencer of Chicago, participant in Coming-of-Age Journey



THE CEREMONIAL CIRCLE: Practice, Ritual, and Renewal for Personal and Community Healing, By Sedonia Cahill & Joshua Halpern, HarperSanFrancisco, New York, 1992, paper, 199 pages, \$15.00, ISBN 0-06-250154-2

The circle is a traditional form which can bring a sense of community to a group. It is egalitarian in its very nature and tends to eliminate the "leader/follower" dynamic which other sorts of community "architecture" tend to encourage (viz. the typical classroom).

Cahill and Halpern share their experiences leading groups "in-circle" and give us tools for casting and facilitating a circle. They interview eight well known women who use circles in their work. The last third of the book describes actual circles, their formats and agendas.

You'll find a wealth of practical information and ideas you can use for both ceremonial and healing circles.



Wings, a newsletter for parents, health professionals and those who care about youth, by Full Esteem Ahead, 6663 SW Beaverton Hillsdale Hwy #214, Portland, OR 97225 \$10 for 3 issues.

Full Esteem Ahead is an organization which focuses on the adolescent journey of young women, age 8 to 18. Their mission is to provide information to help families counter current trends which pull young women into negative pursuits. The first issue promises a regular column on rites of passage for young women.



Sources for MULTIFAITH Materials

Have you ever wanted to know when the Birth of the Buddha is celebrated? How about the dates for Chanukkah (Judaism) or Divali (Hinduism/Jainism) or hundreds of other significant dates with a sentence or two about the story of the celebration or remembrance?

We've discovered two sources:

The Mystic's Wheel of the Year 1998 is a calendar which approaches its selection of dates based on ecumenism, social justice, deep ecology, and non-patriarchal holy days of Jewish Kabbalism, Christianity, Sufism, Buddhism and from nature-based traditions of Indigenous Americans, African, Middle-eastern, Asian and Celtic cultures. The listings are plentiful (we counted 70 in June including the day of the Tiananmen massacre) and are organized by date.

Available from **Page Two, Inc.**, P.O. Box 77167, Washington, DC 20013-7167, \$11.50 each, discounts on 5 copies or more. (800) 821-6604, or e-mail: WheeloftheYear@BookArts.com

The 1998 Multifaith Calendar is a slick-cover calendar from Canada with beautiful artwork (this year depicting "Spirit Sounds") which focuses on the major holidays of 13 spiritual traditions. It has fewer but more traditional listings. (June has only 15 listings). The information is organized by tradition, and dates on the calendar are accompanied by a symbol for the related religion.

Available from **Multifaith Resources**, P.O. Box 128, Wofford Heights, CA 93285, (760) 376-4691, \$9.95 plus 6% for shipping & handling. They also have other books, charts, and calendars available.

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ICA Journeys is usually 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

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The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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.

Cover Photo Coming-of-age participant by Jason Paulsen

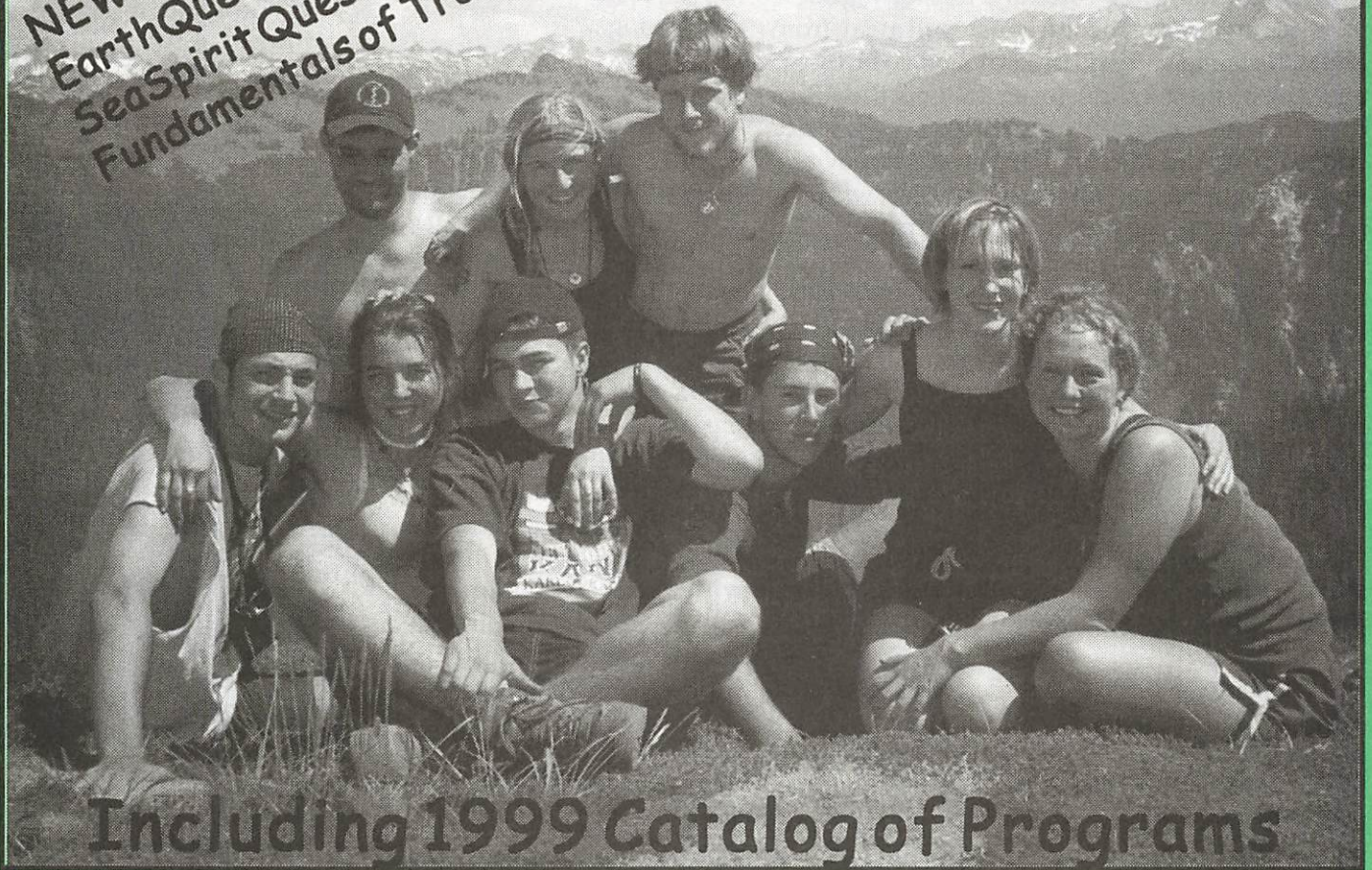
ICA

Journeys 1999



Our 32nd
Year

NEW this year
EarthQuest for Adults
SeaSpirit Quest
Fundamentals of Tracking



Including 1999 Catalog of Programs

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Help Others Hear about our programs (Poster insert)			

Visit our new Web Site currently under construction at <http://www.icajourneys.org>

The Mentor's Art: *Crafting Discussion*

by Stan Crow, program director

This time we call YOUTH is a time of questing when young people are driven to create their own unique identity. They chip away at the boundaries which have restrained them as children -- you see them trying on wild clothes, assuming new roles, and purporting strange ideas. Of necessity, young people must pull away from parents and find someone to try things out on, to be there for them and affirm their values (even though the affirmer may question their youthful behavior). To whom do young people turn as guides on their quest? If they are lucky, it will be adults who assume a mentor role, who stand ready to assist young questers in this enterprise.

So, lucky you! You've been chosen to be someone's mentor-- perhaps as part of a formal program, possibly through a happenstance that brought the two of you together. What do you do? Among the many tools a mentor might need -- humor, self reflection, a remembrance of being a youth., intuition, etc. one of the most important tools you already have or can develop is

LEADING DIALOGUE OR DISCUSSION -- These skills include **Listening, Questioning, Role Playing, Devil's Advocacy, and Story Telling**

You'll notice I didn't include advice giving or pontificating. When I first started as a mentor, I found it hard to resist the temptation to give advice (so easy to give, and seldom of any profit to the mentee). The role of a mentor is to help their mentee (a word not found in Webster's, but showing up in common use) answer their own questions, not to give them answers.

Listening is a most important tool. This may seem self evident, but nonetheless, it frequently gets overlooked. Over the years, I have learned that I get myself into trouble when I don't listen long enough. I have noticed that many people appear to listen while busy trying to think of what profound thing they might say. Some don't even try to appear to be listening.

But, you know the drill... Focus on your mentee visually and hear what is being said. Ask questions to clarify points and to help the mentee clarify thinking.

Questioning is definitely an artform. By questioning, you can encourage dialogue or shut it down. Instead

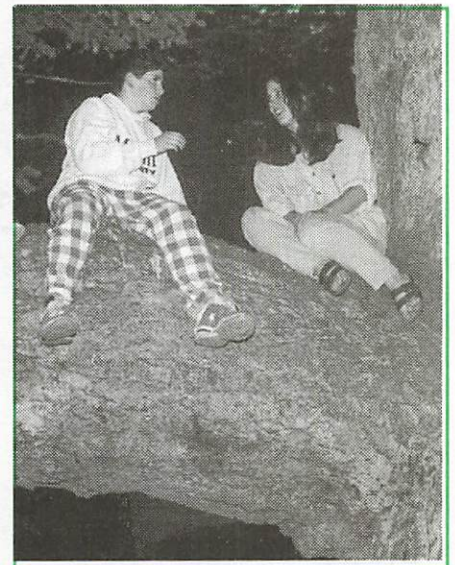
of a "grilling" approach, try phrases like, "Have you thought of...?" or "What would it look like if...?" Use an analogy or a metaphor or restate what you hear, "Now are you saying...?"

The first ICA facilitation technique I ever learned was one I use regularly and find most useful in creating a dialogue in a mentor/mentee relationship. We call it "The Structured Conversation" or "**O.R.I.D.**"

ICA (our parent organization) spends two thirds of a day teaching the technique and its application in our basic training program. But I remember finding that even the simple idea of the approach informed and improved my dialogue skills. I share the basic idea here in hopes that some of you can benefit from it, and that once you get the idea you'll want to get further training in the method.

There are four levels of a conversation in this approach, each one leading to the next. An assessment of a conversation's level reveals where one is in a decision making process.

"O" -- the first level, stands for *Objective*, the mentor's role is to help get to the facts. If a young woman states, "My mother hates me!" she is probably not dealing with a fact,



Mentor Gretchen Wegner and youth, Justin Fleischer find a spot on ancient tree limb to have a dialogue

but an interpretation of her own emotional response to an event or a series of events. To help get at the truth, the data needs to be examined. "What happened?" "How were you involved?" "Who did what?" "Did you say anything back?" might be appropriate questions.

"R" stands for *Reflective* -- seeking to discuss the part emotions played in the situation being discussed. We are emotional beings, yet we frequently stuff our emotions which limits the depth of our thinking about possible solutions/responses. Experiences and the emotions they engender trigger the memories of other experiences (or perhaps even stories from books or movies) which, if reflected on can enrich our database for possible outcomes. "How did you feel when she accused you of that?" "When you did that, what were you feeling?" "Did his actions remind you of any other experiences you've had?" "Can you think of any similar situations you've heard about?" These are some examples of reflective questions.

"I" -- stands for *Interpretive*. Insights frequently give birth to new perspectives on a situation (perhaps a new idea of how another person might have been perceiving the situation). This is the level to work on the relationship to the mother. Here judgements are made based on more data and a wider range of perspectives than is possible when you begin with the question, "What's wrong?" Possible questions include, "What's the lesson we might learn from this?" "What, do you suppose, are some possible issues between you and your mother?"

"What's your short list of possible solutions?"

"D" stands for *decisional*. After the above work, you'll find it is more possible to make good decisions. Remember that there are levels of decision-making. As a mentor, you'll need to decide if it is time for a, "So, what are you going to do?" or a "What else do you need to find out before you can create your plan?" It may even be something like, "This is a hard one! How long do you think it might take you to come to a resolution on this?"

The style in which a mentor guides a conversation is crucial. What may work for one person may bomb with another. I find that telling stories about my own experience or that of someone I know can help set a context to ask a question. I tell these stories to illustrate that I can identify with their problem/questions, not to share solutions.

Once a relationship has been built, it is sometimes possible to use much stronger questions or restatements to push the mentee to deeper levels of critical thinking. It is possible then, in some situations, to directly challenge with a strong statement like "Let me see if I've got this, you'd be willing to hurt someone else in order to get what you want?" With others a gentler, "I wonder who else might be hurt if that were to happen?" might make the point.

Sometimes, being the "Devil's Advocate" -- setting up a hypothetical situation -- might bring out the response that's needed. "Let's say you are as blunt about telling her your reaction, and she has a strong response and never speaks to you again? Is that a response you'd be willing to live with?"

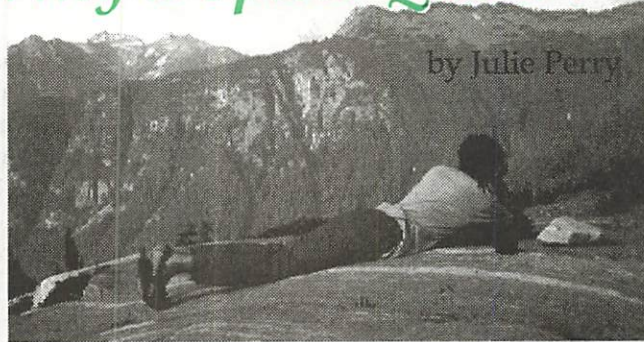
And then' there is the most frustrating mentee -- a person who insists on playing "the victim". Your role is to change her perception, to help her see she must take responsibility for her own actions and attitudes. You may need to ask in many ways, "So? What do you expect me (or someone else) to do about it?"

Doesn't the mentor ever share any of her own ideas or opinions? Of course you might, but not until the mentee has a chance to work on their own problem -- and they must *ask* you for advice. You must remember this is not your confessional -- set your boundaries, share what's appropriate -- what they're ready for. Don't dump all the details. Ask yourself, "Why am I sharing this?" "How will what I share affect this youth's journey?"

Finally, I try to remember that, as a mentor, my role is not to take away the mentee's struggle, but to help her take the journey of figuring it out for herself.

Why a Spirit Quest ?

by Julie Perry



I could write something colorful and exotic about other cultures. I could tell you how many send members of their tribes on vision quests at important transitions in their lives, or to gain answers to important questions. But I won't, that can only explain what other peoples have done. You want to know, "Why would anyone not living in a tribal society want to go on a vision quest now?" Everyone has different reasons, but I'd like to share a few from my experience.

In many meditation practices, people focus on the space between thoughts or breaths, sitting in the quiet of between. Similarly, a quest asks an individual to sit in the space between their life before and life after, focusing on the self in-between.

If you choose to travel into this "between" place, you soon learn that pre-quest ritual is laden with symbols of dying, death, and letting go. Preparations for questing challenge you to consider your own life story, then let it go, asking "Who am I without this story of my past?" You are asked to consider all relationships past and present, then let them go, asking "Who am I without all these people in my life? Who am I if I am not a daughter, son, girlfriend, sister, brother, mother or father to someone?" You are asked to consider who you are without your beliefs about yourself and the world. What if you give up even your name? These are all parts of your identity. A quest ritual asks you to let this identity die, so that you may seek insights about your life without the baggage of your life thus far.

Imagine that. . . Go on, do it now! You are sitting on a hill top. Who is left when you take away your past, your relationships, your beliefs, even your name? Who is sitting there on that hill for 72 hours? This is the space that a quest encourages you to return to again and again, even as your thoughts drift to and fro. You may think about your new life to be. You may see your new life being different. You may feel everything from intense grief, fear and loneliness, to joy, excitement and love, or even boredom. A quest provides a time and space for thoughts and feelings to run their course. Pulling away from normal life a quest can remove you from society's perpetual focus on things. A quest allows the space and time to ask "What has meaning

in my life?"

During a quest, depriving yourself of food, company and the comforts of home for a few days provides perspective for you to think about what is really important, beautiful and appreciated in your life. While meditation in normal life can be a way to examine one's priorities, it is often intellectual. A quest can be an *experiential* way to put priorities in order. You "feel" with intensity what you appreciate, love, miss, and may have taken for granted in the past.

With new appreciation, you see things you no longer "need" which previously you considered necessary. A quest can awaken a strong sense of self-reliance and strength. It is a powerful feeling to know you are alone in nature, living your life, doing well without the help of other people, food and home or distractions. Allowing this simple experience into your life, even for just a few days, is a powerful tool to help sort your priorities.

Fasting can bring about a heightened sense of awareness and mental clarity. Although your physical body may feel slightly weaker than usual, your mind is often incredibly sharp and energized, able to examine your life with unique perspective.

Again, why a quest? Giving yourself the gift of a quest allows you to recognize and facilitate changes in your life. Having died to your old life, sitting in a quest space (symbolic of a womb) lets you nurture your new life. After the quest is over, ceremonies of rebirth, celebration and incorporation help to bring your new life into being.

Bringing quest insights into daily life can be an ongoing process. When you return from a quest, do not be fooled into thinking you understand the extent of your learnings. Some people return thinking they have all the answers for their lives. More commonly, people return thinking that nothing happened *up there on the hill*. It has been said, "A quest does not last three days, but three years". It often takes years for insights, dreams or "visions" gained on a quest to become fully understood. A quest always has many messages to teach. It is a way to plant a seed for your life and growth in the future.

Show Me The Evidence

by Darcy Ottey

Almost eight years ago, I was a participant in the Coming of Age trip. I was 13 years old—a bundle of curiosity, energy, and enthusiasm. I came across a copy of *Journeys*, saw the program description, and knew I had to do it. Looking back, I'm not sure why I was so driven to the program. I think I was looking for something larger, something more real, some way of asserting my growing up.

My experience was as profound as I'd hoped it would be. The three weeks were incredible and remained a source of power for me throughout my teen years. When I went away to college four years ago, I kept the picture taken of me the morning after my vigil beside my bed to remind me that

87.2% of respondents agreed or strongly agreed with the statement "The Coming of Age trip was a valuable experience for me."

I could succeed in things that seemed impossible.

In the summer of 1996 I returned to lead a wonderful group of young people on their Coming of Age trip. The next year, I co-led the Wilderness Quest; again a powerful experience. Sometime

between leading the two programs and now, I realized exactly how important this work is to the world. I realized how lucky I was to have had ample opportunity to be in a community that consciously acknowledged the steps I made on my life journey. I realized that it was my job to give that to others.

At the time, I was a college student, studying sociology. Making an academic discipline out of studying social life is difficult, and early on I was taught the mantra of social science, "show me the evidence!" I decided to see if the Coming of Age trip empirically provided such a vessel for growth—or if my experience was unique. I spent two quarters engaged in an independent study on ado-

lescent rites of passage—including ICA's Coming of Age trip.

The highlight of my study was a survey of Coming of Age trip participants. I sent surveys to participants for which there were addresses. 47 participants responded (about half of those I sent). Their current ages ranged from 13 to 25. They attended the program between 1985 and 1997. About half had participated because they wanted to. Responses to the program were incredibly positive. 87.2% agreed or strongly agreed with the statement, "The Coming of Age trip was a valuable experience for me." Only 2 respondents (4.3%) disagreed or strongly disagreed with the same statement. I found that 94.1% of those that wanted to participate agreed or strongly agreed that the experience was valuable—but even among those that didn't want to attend, a full 70% still agreed or strongly agreed with the same statement!

Most striking, though, is what the respondents said when I asked two open-ended questions: "What did you gain (or lose) from the program?" and "What parts of the trip (if any) were most important to you?" 12.7% indicated that they gained self-reliance or independence. 19.45% said the trip increased their self-esteem or self-confidence. Another responded that the most important part was "the personal triumph over my struggles on the trip."

10.64% even utilized the language of the program in regards to "becoming a youth," with answers such as, "I gained independence", "I am now a youth." One participant, now 20 years old, responded: "Great memories. A sense of adventure. The courage to be alone. I learned about a symbolic transition into young adulthood that I believe is important in crossing that bridge." Other participants indicated that the program helped foster self-reflection. For example, one 14-year old respondent wrote: "I knew more about myself when I finished the trip, valuable information I'll use always... Thank you very much for doing this study. Now all of us will be able to express our gratitude and love towards the ICA for doing this for us. *They gave us a way to find ourselves.*"

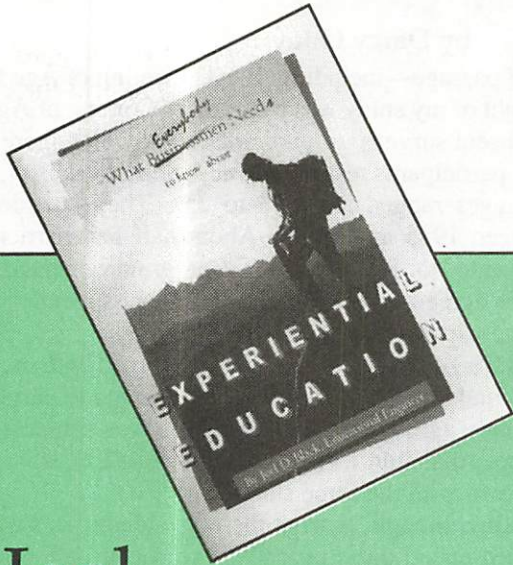
Many people felt that the vigil had elicited this self-reflection— "The vigil was important because it was the first experience that let me see a glimpse of what I was all about." Indeed, the vigil was the most common response given to the question of important parts of the trip, with a total of 44.7% mentioning it in their answers. Others felt that the ritual involved with the death mask and sweat lodge were important aspects of this program for them.

Another common answer regarded the teamwork aspect of the trip. One female wrote: "I lost the egotistical feeling that I was the only one who mattered and that all it took was me to make it work. I learned it takes everyone."

Several respondents acknowledged how unique this type of experience is in American society today. One respondent wrote: "I feel I've gained a certain knowledge about myself that people my age [18] wouldn't understand. I feel I've experienced some sort of transition that they never had." For many, experiencing this transition has had an enduring effect. As one participant wrote: "I think I walked away with a permanent First-Aid kit for life—enabling me to deal with anything life throws at me."

The Six Critical Elements of experiential education

by Joel Black



Joel Black is a former ICA Journeys leader (1988 & 89) who helped design our Wilderness Quest program. We first met Joel as a Ropes Course Facilitator and noticed a difference between the style with which he led an activity and how he led the processing as compared to others we had worked with. There was an assumption that one learns best when one has to "figure it out", not when one is given the answers and learning is done in an active environment.

He was a school teacher at the time and was frustrated in the classroom by the constraints of space, structure and system. Today, Joel heads an organization which provides experiential education programs to businesses.

Two years ago, we saw the first draft of a book on Experiential Education for business and encouraged him to continue his work. He has now completed and self-published his book and we are pleased to give you a peek at its contents.

-SC

What Everybody Needs to Know about Experiential Education by Joel Black, educational engineer, \$35.00, available from Educational Leadership Dynamics, Inc., 1849 Marshall, Enumclaw, WA 98022

We have made the case... for extensive debriefing of activities for Experiential Education to be of benefit. A case also needs to be made for careful structuring of the activities themselves. In 1984, Black and O'Leary, of Purdue University, conducted an exhaustive study of both expository and experiential methods of instruction in a search for the precipitating causes of leadership. Many factors in many programs were examined. Every organization that claimed to develop leadership, whether or not leaders were found to come from their training, and every organization that experts agreed really did produce leaders, were in the sample pool. Biographies of acknowledged leaders were also examined for precipitating factors. In this study, Black and O'Leary were impressed by two complementary discoveries: first, that leadership is NOT TAUGHT rather it EMERGES under certain circumstances and secondly they were impressed by the fact that six elements were found to be present whenever leadership emerged.

Drawing upon the experiential education literature and the experiences of several colleagues, Black also found that these same six elements were found to be present in those experiences where learning of value took place. Furthermore where one or more elements were missing, results ranged from poor to mediocre at best. Sixteen years of research has substantiated that these six elements are the key to successful experiences in experiential education. (Of course, after the experience, one must process" it for the meaning it contains.)

(1) For experiential education to produce results, the activity itself must be conducted by a facilitator who has some background in education, psychology, group dynamics, discussion techniques, and how to run activities safely. Fortunately, most folks in the industry do have some background.

(2) Secondly, a successful facilitator must have training in the theory of experiential education. This training should include exposure to several different kinds of programs, but even more importantly, must include working with several different groups of people. We have never found a case of an individual conducting a successful activity and drawing relevant meaning from it when operating in the dark, regardless of his other training, educational level, or the good intentions of his heart. Learning by listening does not qualify one to teach from experience. (For example, regardless of how well my prospective pilot has done in ground school, I would not want to fly with a person who has never before actually flown a plane)... Experience, after all, is the key issue (Anyone looking for a good program should be very leery of a facilitator who

uses the word 'feel' or its cognates too often during discussions).

(3) The third element for Successful activities is to unconditionally provide for student responsibility and freedom (meaning both choice and accountability). All problems of the group belong to the group, not to the facilitators. All students acknowledge their own strengths and weaknesses honestly. They give and receive feedback. They do their share of the work. They give up some ego if necessary. They take the consequences of their decisions. No one steps in and saves them. No one steps in and offers solutions. This is often referred to in the literature as the "Full Value Contract," and many facilitators require groups to pledge, or even sign, the contract before they will conduct a training. No one may duck an issue or an activity. All participate, and give their all. All support all others. The notion, of course, is that one gets what he pays for, and zero investments accrue zero rewards. In every activity there is no way out, nor any way to avoid consequences of choices made. Thus the students get all praise for all successes, and all blame if otherwise. The instructor has to be an "Humble Duck," that is he allows the group all the glory in their win, but all negative flack they may throw slides off his back like water.

(4) The fourth element necessary to a successful educational experience has to do with structuring the learning experience itself -- certain amount of ambiguity. Not all the rules are given, not all of the parameters are clear. Ambiguity is the machine that drives E. Experiential Education. Not all moments are equally productive and the learning cannot be charted on a linear or exponential curve. Rather it is a sine wave, and an irregular one at that. Each moment, each discussion and each activity affects participants differently. This, coupled with the sequencing of the events, fatigue, and such mundane factors as hunger, weather and time of day make it impossible to predict just what will result. Thus many executives find themselves hearing, "You just have to trust the process. Just exercise a little faith."

Upon quick reflection, though this ambiguity instills confidence; it is what makes Experiential Education (E.Ed.) reasonable and likely to succeed. All business dealings have a certain amount of unpredictability. The unforeseen has a way of cropping up at the most inconvenient times. Business and E. Ed. parallel one another. E. Ed. is realistic training, and it prepares people for success in ways that pre-planned, sequential and precisely determined seminars cannot.

(5 & 6) The fifth element is a structural concern and the sixth concerns the duration of the activity itself. There must be a pressing need to complete the activity. (e.g. no dinner until it is done, no bedtime or no ticket home until it is done, or if it isn't done, you have no job.) And there must be a continuing commitment to the activity. There is no bell, no light at the end of the tunnel, no checking out, ideally not even any breaks. The only way through is all together. No one is finished until everyone is finished. With these six elements in place, it is certain that leadership, creativity and problem-solving will emerge generally in many people, always in some and often in one who did not know he had such abilities. In the processing, or facilitated discussion, of the event, these new-found skills can be sharpened and added to the permanent repertoire of the participants.

When all six elements cannot be present at one time, as in a classroom where there is in fact, a bell, and thus no pressing need, or on a shop floor where time is a critical factor; and therefore the commitment is interrupted, results are always somewhat reduced from what might have otherwise been expected. This does not mean that no good can be derived from structures that cannot fully implement all six elements, but it does mean that one must modify his goals and expectations when he modifies his operating conditions. The "full value contract" states that one gets out of the experience what he puts into it."

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There must be a pressing need to complete the activity (e.g. no dinner until it is done, no bedtime or no ticket home until its done.

Finding the Guide Within

by Mary Jane Marcus

Intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes and you don't know why or how.

— Albert Einstein

While many concerned adults bemoan our youth's lack of direction, few take steps to cultivate a powerful guide for our next generation: the inner guide. This inner guide, or intuition, can provide a moral compass for our youth if it is developed and trusted.

Have you ever been bothered by someone but did not know why? Have you ever done something totally contrary to logic because it felt right? These are examples of intuition at work. Our intuition is an inner voice of wisdom; each of us recognizes how it manifests in our own lives.

Youth are given few opportunities to develop their inner guidance. Because youth are bombarded with so much information (TV, music, computers), they have few opportunities to be with themselves. Furthermore, youth are expected to listen to adults all of the time. Few steps are taken to encourage youth to find their own way. Finally, decisions which youth (and adults) reach through intuition are discounted as "illogical."

A strong inner voice can be a powerful ally for our youth. Parents, friends and mentors are all essential elements of healthy child development. Within this supported context, youth can learn to listen to their internal voice of wisdom. Many decisions youth make are outside the purview of authority: at parties and in the hallways. An inner guide never leaves one's side. According to Jamie Sams, "The original purpose of Vision Quest was to assist the seeker in finding a way to contact this state of inner-knowing so truth would be present in that person's life every moment." This inner voice can help adolescents navigate the formidable challenges from drugs, violence and peer pressure.

Our youth can develop their inner voice in many ways. It requires observation and trust.

Silence. Our intuition is a well waiting for nourishment. Quiet time feeds our intuition. A rite of passage journey is an excellent way for a youth to uncover his or her inner knowing. One does not need to go to the wilderness, however, to begin this process. One can encourage silent time with our children on a daily basis.

Questions. In the silence, one can ask one's inner guide questions, ranging from what outfit you should wear to what college to attend. Be forewarned that our intuition may not always give us answers we want. It may even say "That is not important to know right now."

Expression. Our inner voice may come in many forms. It can be expressed as a feeling, through art, drawing, music or symbols. According to *The Secret Language of Symbols*, "A symbol can represent some deep intuitive wisdom that eludes

direct expression." Notice nonverbal ways your youth expresses him or herself and share a symbolic understanding of life.

Trust. Once you receive an intuitive answer, try it out. Just as the answer may not be what you expect, know that the results may not be what you expect. Many of us have ignored our inner voice because it requires us to find our own way, regardless of what others believe. As Clarissa Pinkola Estes says, "There is no greater blessing a mother can give her daughter than a reliable sense of the veracity of her own intuition."

Even though it may be challenging to be with ourselves and listen to our inner wisdom, remember that our inner guide wants to help us find our way. In the long run, inner guidance will empower our youth (and adults) to chart their own amazing, magical course.

Mary Jane Marcus, MSW, was a facilitator on the Vision Quest Tour. She currently consults with non-profits on creative training and curriculum development.

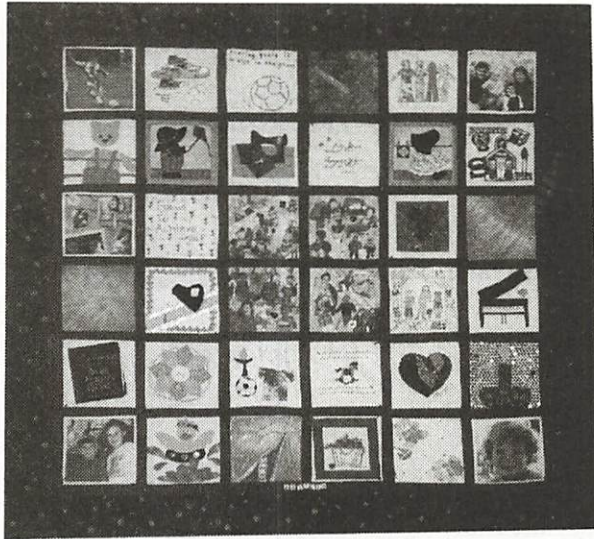
Decisions which youth (and adults) reach through intuition are discounted as "illogical."

Sources:

- Estes, Dr. Clarissa Pinkola, *Women Who Run with the Wolves*, Ballantine Books: New York, 1992.
- Fontana, David, *The Secret Language of Symbols*, Chronicle Books: San Francisco, 1993.
- Sams, Jamie *The Sacred Path Cards: The Discovery of Self Through Native Teachings*, HarperCollins: New York, 1990.

The Quilt

by Kathy Masarie



The Quilt which was made as a coming of age symbol by female friends and mentors

For Kaitlin's thirteenth birthday her female adult friends and relatives contributed quilt squares which were sewn together into a quilt. The quilt was presented to her, at a celebration with all the participants. Each person described what their quilt square meant and made a promise of how they would help her through her adolescence

The idea of this quilt came from Mary Pipher when she came to Portland in February of 1996 and talked about a story from her new book *The Shelter Of Each Other* (page 254).

A friend of mine who is a single parent planned a coming-of-age ceremony for her daughter's thirteenth birthday. In the spring, she sent all her women friends who had known her daughter quilt pieces and asked them to stitch or draw a picture on the piece. The picture was to depict an experience the woman had with the daughter. In the summer all of these women met the mother and daughter for a weekend of camping, biking and feasting.

Saturday night around the fire there was a ceremony. Each woman showed and explained her picture. Then, they gave the girl a gift—a promise of one way she would help the daughter grow up. One woman said she would teach the daughter to garden, another offered to help her write papers and college applications another could teach her French and another could help her learn to sail. The girl sat in the middle of the circle beside the fire. She listened to the stories and the offers. The women gave her hugs and congratulations. The next morning in the sunlight they sewed the quilt together.

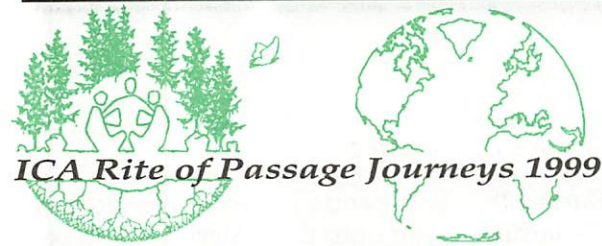
After Kaitlin heard this story she told her mother she would like one of those quilts. She made a list of the women she thought she would like to have make her a quilt square. No more was said of this. Six months later as she was nearing 13 the process was started as a surprise. Two six and a half inch muslin squares (one extra in case of mistakes) were sent out ten weeks before the party to about twenty eight women including her second to seventh grade teachers. They were allowed to use anything but puff paint to fill the six inch center. Twenty-five of these women returned the squares using quilt patterns, tie-dye, permanent markers, calligraphied

beads and photo collages xeroxed right onto the material. To make the square complete, some squares were cut out of her baby blanket and sheets. Kaitlin's aunt sewed most of the squares together with 2 inch spacers and her mother sewed the edge and backing.

Eleven of these friends and relatives were able to attend the coming of age ceremony. After the quilt was presented, each person told what their quilt square represented and made a promise to help her in the future. Those that couldn't be present wrote notes to her that were read. Her sewing teacher promised to help with a sewing crisis, her piano teacher promised to take her to recitals, a friend promised to help her understand the value of female friendships, her aunt promised to share creativity and her grandma's promised unconditional love. As these stories were being told each woman made one tie on the quilt. Most of us were teary eyed the whole time. Now Kaitlin has a community of women interested in her growing up, each with ties to her through their commitments in addition to their friendship. Afterward, everyone shared cake and laughter.

Kathy Masarie, MD, is the founder of *Full Esteem Ahead*, an organization dedicated to encouraging and preserving healthy self-esteem in teens, and girls specifically, as they enter and move through adolescence.

She can be reached at :
(503) 296-6748 or at
kmasarie@fulleesteemahead.org



The Journey of a Lifetime

ICA Rite of Passage Journeys, now in its 32nd year, offer a special experience for the person who is conscious about her or his *Life Transition*. We're here for people who are seeking a chance for personal growth. We are not a remedial or rehab program, but people who have completed such programs will find this to be a meaningful next step. The three-week programs will stretch participants physically, mentally, emotionally and spiritually.

Ancient cultures understood that at a time of change in our lives, we need a chance to *journey to another world*, to break with our families and family patterns to discover ourselves before returning home as new individuals.

These programs are *high adventure*, including extended backpacking in the beautiful scenery of the mountains, high desert, and back roads of Washington State. You will experience challenge, but the physical demands are within the range of normally healthy young people and adults.

Participants and staff/mentors *create a community* of fellow journeyers, seeking

a chance to reflect on what is happening to them and what the future might hold. In each program, there is an actual journey which serves as a metaphor for this exploration. Participants often develop friendships that endure because of the intensity of the time spent together.

These events are multi-dimensional with *chances to grow* through physical accomplishments, encounters with other cultures and cultural ideas, and through the opportunity to reflect on life experience. We believe that experience is a great teacher, and have designed our work to permit individual and group learning in dialogue with events and interactions as they occur. This is experiential learning in the truest sense of the word.

The Institute of Cultural Affairs has drawn elements of these events from many cultural roots and translated them into *cross-cultural activities* so that each participant can join in all activities from the standpoint of her/his own cultural and spiritual background and practices.

The atmosphere of learning is different, filled full, fun, and joyous.

The Institute of Cultural Affairs and the Staff

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit 501.(c).3 tax exempt organization which provides people with methods which help them find the motivation and the resources to envision their future, create viable plans, and develop the leadership to bring their plans to fruition.

The ICA's worldwide network spans 28 countries, with coordination in Brussels, Belgium. Its methods are highly participatory and honor the cultural traditions of those involved. For 32 years, ICA has included Rites of Passage programs in its varied mix of developmental offerings.

ICA Rites of Passage Journeys have been able to keep prices down through the assistance of part-time volunteers who give their time and leadership to the organization and staffing of these adventures.

Leadership/mentor teams usually include a mix of: leaders who are experienced in guiding these programs, first year volunteers and, frequently, college age young people who are alumni of these programs.

Each volunteer is interviewed and screened, including a police background check to assure the safety of the youth participants. If you are interested in spending an exciting and educational month this summer, please contact our Bothell office.

Heroes Quest

for Children 2nd - 5th grade
March 27, 1999

Coming of Age Leaders Training

Theories and program components
Chicago, February 27
Seattle, April 10
Portland, April 24
Reno, May 15

Rites for Mothers & Daughters

Weekend Workshop & Celebration
May 29-31

Vision Quest Tour

bicycling adventure for 8th & 9th
June 19 - July 9

Coming of Age Journey

from child to youth (post 6th & 7th)
June 27 - July 18

Wilderness Quest

for high schoolers
July 11 - August 1

Adult Wilderness Quest

Advanced work required
August 9 - 15

Sea Spirit Quest

Adult kayak adventure - Puget Sound
August 2 - 23

Earth Quest

ancient life-ways-modern
wilderness skills for Adults
July 25 - August 14

Fundamentals of Tracking

in the wilds of Yakima County
July 3 - 5
August 20 - 22



The Heroes Quest

For girls and boys 3rd through 5th grades

March 27, 1999

Saturday 9:00—4:00

Location: Bothell, WA

An all day adventure for pre-teen boys and girls. An introduction to the *Hero's Journey* -- the universal adventure in which the child travels from childhood to master of two worlds.

This program draws upon the inspiration of Joseph Campbell and flows from a carefully developed sequence of themes based upon his understanding of the hero's journey (male and female). Young people will **experience** the power of a team as they work to solve the challenges they confront.

The experience will include a diversity of experiences including drama, mythology, active games, art projects. An ideal preparation for later rites of initiation.

Facilitated by **Peter Wallis** of the Life Quest Center for Rites of Passage.

Pre-registration: \$20 (refundable until 3/1)
Total COST for the day if paid-in-full before March 1
 -- \$35.00 ; after 3/1, \$45.00 (includes lunch)

Rites for Mothers and Daughters

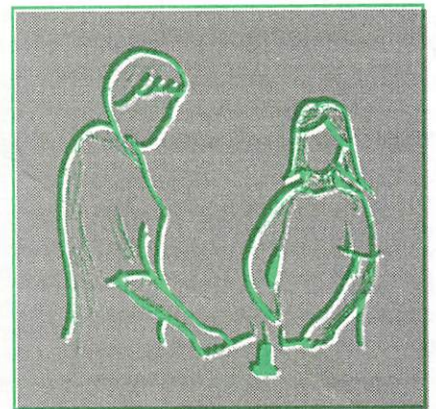
journeying together as women -- weaving a common fabric
 for young women 13 and older and their mother (or those who play that role)

May 29- 31, 1999

In the past, women handed down their knowledge, traditions and wisdom from mother to daughter. In this century, however, things have changed very fast, families have dispersed, and many of us feel disconnected from family traditions and a sense of a meaningful and valuable store of knowledge and wisdom. As daughters, it has perhaps been hard to see that our mothers had anything to teach. As mothers, we may have had trouble knowing what we can, or should, teach our daughters. This weekend retreat will explore these questions and help us reconceive our role as women in our family. We will also look at our historical roots, our present lives, and to our possible futures in order to create a more active image of the women we want to be.

This program is designed for young women 13 and older and their mothers—as well as those whom circumstance has placed in a mother/daughter relationship. Two or more daughters are as appropriate as one. Please join us as we work together to revitalize our relationships and gain a greater sense of ourselves as women with something to learn and something to teach!

Facilitated by Mother/Daughter Team -- Edith Kusnic and Darcy Ottey



Pre-registration: \$100 holds a place (\$50 refundable until 4/16)
Total COST if paid-in-full before April 5 -- \$345 for 2 participants, \$495 for 3 participants; after April 16, \$420.00 for 2, \$570 for 3 (includes meals and lodging)

Wilderness QUEST 99

An individual journey to adulthood
July 11 through August 1, 1999

The **Wilderness Quest** for high school students is an individual journey. In the traditions of many indigenous peoples, youth who were standing at the doorway of adult responsibilities 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, to acknowledge what gifts they possessed or could claim as they assumed new roles. This modern version of a personal pilgrimage draws on traditions as divergent as the Native American Vision Quest and Jesus' 40 days in the wilderness.

Participants will journey into another space and time. While Wilderness Quest will be done along with other high-school-age young people, individuals are encouraged to grow inwardly. For three weeks, journeyers have the opportunity to ask themselves and fellow participants significant questions about the life transitions they are making. Finally, together, they will demonstrate their self-reliance on a challenging 7-day hike.

Participants will experience mental, emotional, spiritual, social and physical challenges. They will be pushed to explore life in new depths. They will be freed by new insights, after three of the most joyous weeks of their lifetime.

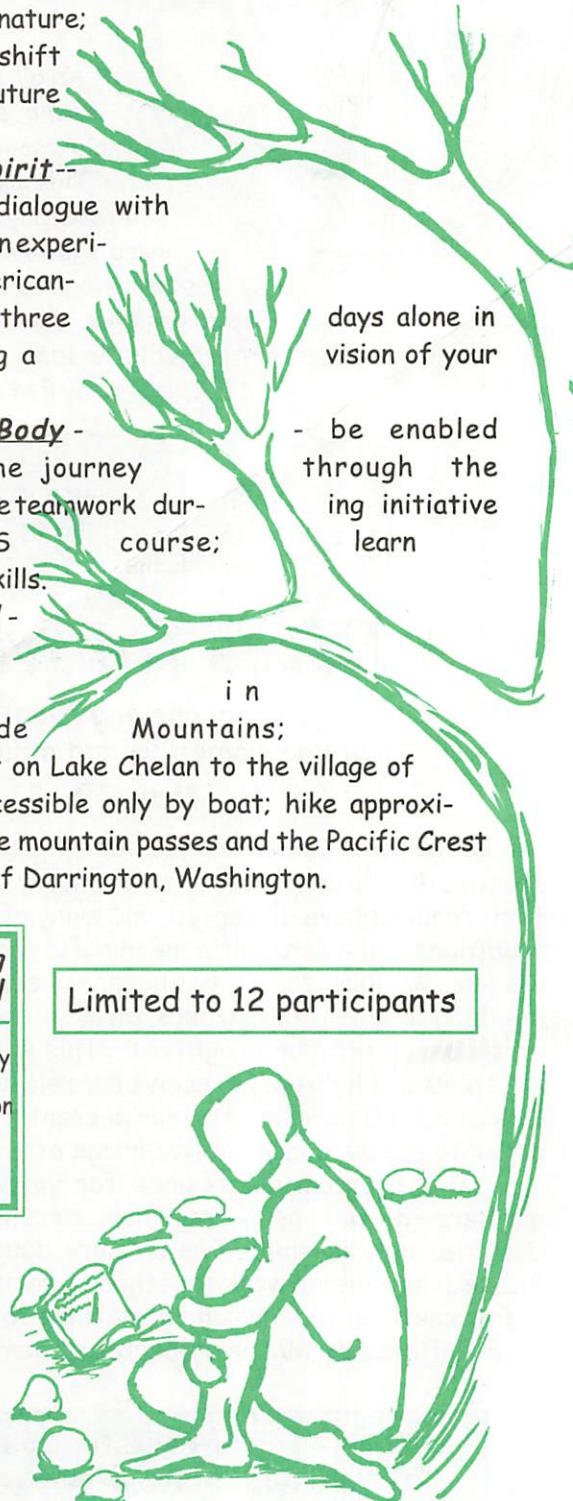
Preparation of the Mind-- experience the way land-based peoples grew to trust nature; prepare to make the shift necessary to see the future as it presents itself.

Preparation of the Spirit-- reflective exercises, dialogue with mentors, the purification experience of a Native American-based sweatlodge, and three days alone in the wilderness, seeking a vision of your future.

Preparation of the Body - physically to take the journey challenge to demonstrate teamwork during games and a ROPES course; wilderness and hiking skills.

Journey to Adulthood - meet the challenge of physical accomplishment in Washington's Cascade Mountains; travel 55 miles by boat on Lake Chelan to the village of Steheken, which is accessible only by boat; hike approximately 70 miles over the mountain passes and the Pacific Crest Trail toward the town of Darrington, Washington.

3 days alone in vision of your future
- be enabled through the learning initiative



Limited to 12 participants

<i>Preparation of the Mind</i>	<i>Preparation of the Spirit</i>	<i>Preparation of the Body</i>	<i>Journey to Adulthood</i>	<i>Celebrating the Arrival</i>
Opening Campfire ROPES Course Medicine Walk Symbol Making Dream Circle	Prepare for Quest Sweat Lodge 3 Day Vigil Sweat Lodge Return Ritual	Clean-up Day Council of Elders Pack Preparation Ready for Hike Boat Trip to Steheken	70 mile Hike from Steheken to Kennedy Hot Springs	Evaluation Day Big Celebration Goodbyes

Pre-Registration: \$200USD downpayment holds a place,
Total Tuition: \$1435 if registration paid-in-full by April 10,
\$1495 if registration paid-in-full by May 10.
\$1,595 if paid after May 10.
(Price includes meals, materials, and lodging.)
(\$125 of downpayment refundable before May 1.)

Coming of Age Journey

For those who have completed 6th & 7th grade
June 27 through July 18, 1999
Puget Sound of Washington State

Emerging as youth into the 21st century, girls and boys take a **Coming-Of-Age Journey** of discovery. They experience - perhaps for the first time - what it is to be **independently responsible**.

They discover more about themselves and their inner resources; have their preconceived notions of limitations, images, and stereotypes challenged; and **create their own community**, based on a philosophy of respect - for

themselves, for each other and for the environment.

Rites of Passage is a brand new experience. Trek mentors are dedicated to awakening within each participant a sense of awe for the natural world, an appreciation of their own individuality and an enjoyment of each others' abilities. The day-to-day activities naturally lead youth into seeing how their behavior impacts others and how their contributions immediately affect the quality of their life.

Laughter, sweat, creativity, reflection, comradery - all come together for youth who are willing to discover more about themselves and their role in the world.

The influence and role of the family is integrated into the Coming-of-Age Journey. The trek begins with a campfire where parents, guardians or their representatives have the chance to send their young person to 3 weeks of adventure and discovery. At the conclusion of the 3 weeks, these adults have the opportunity to take part in a 36-hour **Program of Incorporation** -- inventing together, with their new youth, the ways they will shift relationships and explore ways to bring meaning to being a youth in our time. They celebrate this significant step in the family's journey.

Limited to 16 youth per group

What is YOUTH ?

Youth is a time of life when individuals are ready to experience, test, and understand their lives in brand new ways. Those who accept this premise have the chance to move self-consciously from childhood toward becoming an individually responsible citizen.

Order of Events

Week 1

Send out Campfire
 Scramble Hike
 ROPES Course
 Six Day Backpacking Trek

Week 2

Sweat Lodge
 24-Hour Solo Vigil
 Choosing to be a Youth
 Celebrative 4 day hike

Week 3

Council of Elders
 Celebrating the Journey
 Incorporation Weekend
 with Parents

Pre-registration: \$200usd holds a place
 (\$150 refundable before May 10)

Total Tuition: \$1,484usd if paid-in-full by April 10. (10% Discount)

\$1,545usd if paid in full by May 10. (\$100 Discount)

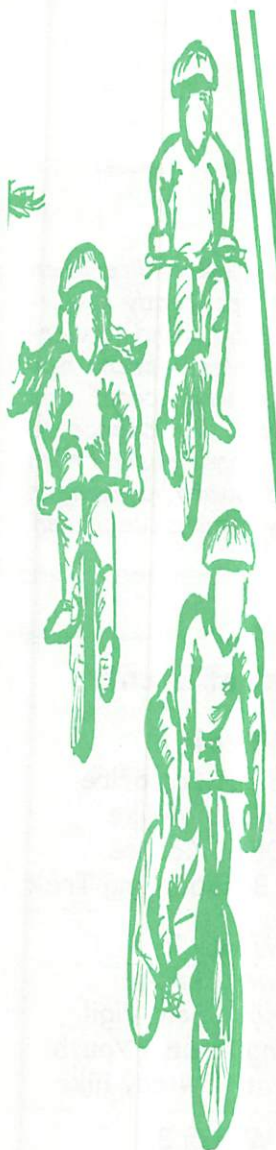
\$1,645usd if final payments are completed after May 10

(Price includes meals, materials and campsites)

Payment in full Due no later than May 27. No refund after May 27

Vision Quest Tour

A Bicycling Adventure For 8th, 9th & 10th Graders
June 19 - July 9, 1999



- a chance to symbolize your *Coming of Age*
- a physically, mentally and emotionally challenging adventure
- building a spirit community with a group of peers
- travel by bicycle over 400 miles around the Puget Sound of Washington State. (The tour will take to meandering back roads and undulating hills, crossing ferries and islands to reach a place of questing on the Olympic Peninsula.)

Participate in one of the most ancient rituals of many cultures on every continent—**The Solo Crossing**

- from a place called *Childhood* to a spot where the future can be glimpsed.
- a time of fasting, reflective exercises and meditation.
- a *Chance* for questers to spend time reflecting on what life might hold for them.

Prior to the Crossing, we will prepare with such activities as a symbolic Death of Childhood and dialogue to help focus what we will each seek on the quest.

After the 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 quest.

Preparing for the Quest	Vision Quest	Incorporation
Bicycle Orienteering	Walkabout	The Return Ride
Ropes Course	House of Childhood's Death	Story Telling
The Ride Out	Solo Crossing	Council of Elders
Severance	House of Rebirth	Final Celebration

Group Limited to 16

Pre-registration: \$200usd holds a place (\$150 refundable before May 10)
 Total Tuition: \$1,435usd if paid-in-full by April 10. (10% Discount)
 \$1,495usd if paid in full by May 10. (\$100 Discount)
 \$1,595usd if final payments are completed after May 10
 (Price includes meals, materials and campsites)
 Payment in full Due no later than May 27. No refund after May 27

FREQUENTLY ASKED QUESTIONS

Q. Does this tour require me to be an athlete?

A. This trek is for any healthy young person who can ride a bicycle, even those who have recently learned to ride. We encourage riding at home before the trip to prepare, however, the riding regime will be paced to allow some time to build stamina at the beginning of the trip.

Q. What skills will I learn?

A. You will have a chance to develop personal and interpersonal skills. The Ropes Challenge course offers a view of one's ability to function as part of a team. Learn about bicycle maintenance, riding techniques, and safety.

Q. What equipment will I need?

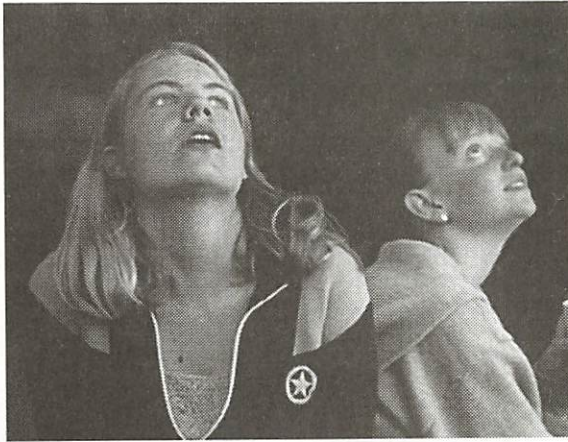
A. Participants are required to supply and outfit their own 10 speed touring or mountain bicycle and equipment. (There will be a vehicle escort to transport food, equipment and luggage.) We will provide registrants with a list of needed items.

Coming of Age Leaders Training

February 27, 1999 -- Chicago, IL
April 10, 1999 -- Bothell, WA

April 24, 1999 -- Portland, OR
May 15, 1999 -- Revo, NV

Saturday 9:00 -- 5:00



Traditional societies utilized Rites of Initiation of their young to strengthen their communities. Today, coming-of-age programs are needed to affirm young people and connect them to a larger world view and larger community. Participants will gain an overview of coming-of-age programs and tools for their planning and facilitation. Participants will take home a manual including materials that can be adapted, plus an extensive bibliography.

Rites-of-passage programs are more widely recognized today, as groups organize to provide such rituals and the popular and alternative press focuses attention on programs currently in operation. ICA Rites of passage has recently been featured in an article in *Common Ground* and cited in several resource guides and books.

Youth need rites of initiation to help them move into a different relationship to the rest of their community.

ICA's 32-year history of facilitating rites-of-passage work puts us in a position to serve a real need in reclaiming community.

THIS 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.

Learning Outcomes

Session participants will leave with a knowledge of:

- why Rites of Initiation are needed in the rebuilding of community
- the 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: Early Bird Registration (received 3 weeks before course) \$80.00 per person (\$70.00 for each additional representative from the same local organization)

Within three weeks of course, \$85.00 per person

Rites of Passage Leadership Interns

Each summer, ICA accepts up to four interns who are interested in learning how to do this type of program in their own communities. Some interns have also been able to arrange university credit for their experience.

Interns attend the one day leadership training (above) and then continue to learn as a member of the summer team. They must be able to participate for the entire duration of a three week program and to work with the team ahead of time in preparation for

the journey. Interns provide their own gear. ICA can help provide transportation and all program related expenses during the actual Journey.

Interns will be chosen on the basis of experience. Wilderness First-Aid Skills, having done one's own Vision Fast, or experience working with youth are all strongly considered attributes.

Contact ICA Journeys at the address below for application and further information.

Sea-Spirit Quest

A Spirit-Quest in the Waters of Puget Sound
August 2 - 23, 1999



Group limited to 12 participants

features of the trip include:

- team/community building exercises
- high and low ropes course
- sweat lodge
- sea kayak travel
- short hikes and island exploration
- 72 hr vision-quest
learning and practicing
- extensive low impact camping skills
- paddle and kayak rescue skills
- learn to use tide and current charts

Take an adult kayak journey through the San Juan Islands

- explore the Islands by the power of your own paddle and your own spirit
- travel by an ancient mode that brings you into intimate contact with the elements.
- camp on the islands
- experience the beauty of the land and sea
- sea life (star-fish, anemonies, seals, porpoises and if lucky perhaps a whale)
- make allies with currents, tides, winds, and water.

Do soul-work on an inner journey

- will provide a container for intense personal growth.
- ritual, and campfire discussions will help members prepare for the vision quest.
- the sea journey becomes a metaphor for the inner journey
- focus inward on a solitary, 72hr, fasting vision quest
- incorporation ceremony, processing, celebration and sharing of the experience will reunite our team after the quest when we will continue travelling by kayak.

Pre-registration: \$200usd holds a place (\$150 refundable before May 10)

Total Tuition: \$1,615usd if paid-in-full by April 10. (10% Discount)

\$1,695usd if paid in full by May 10. (\$100 Discount)

\$1,795usd if final payments are completed after May 10

(Price includes meals, materials and campsites)

Payment in full Due no later than July 1. No refund after July 1.

The beauty of the San Juan Islands is breathtaking with coasts that alternate between sharp cliffs and serene beaches all leading up to forested hills. As if the mountain views in the distance weren't enough additional reason to go, this part of the Northwest coast is particularly 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.

EARTHQUEST

A Spirit-Quest & Physical Challenge in the Cascade Mountains of Washington State for Adults
July 25 - August 14, 1999

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 sweathouse 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

Pre-registration: \$200usd holds a place (\$150 refundable before May 10)
 Total Tuition: \$1,480usd if paid-in-full by April 10. (10% Discount)
 \$1,545usd if paid in full by May 10. (\$100 Discount)
 \$1,645usd if final payments are completed after May 10
 (Price includes meals, materials and campsites)
 Payment-in-full, Due no later than June 20. No refund after June 20

We will begin in the eastern foothills of the Cascades, where the "desert meets the mountains," learning primitive outdoor skills and engaging in the Vision Quest. Then we will travel into the rugged high country of the North Cascade mountains.

Because of the intensity of this program, an Application and Interview are required

Old Ways	Modern Ways
Teaching the old ways -- Tracking, Fire making, Sweathouse, Vision-Fast	Nine-day adventure into the Glacier Peak wilderness Processing the Journey

Adult Wilderness Quest

August 9 - 15, 1999

Location: Washington State

Take yourself to the wilderness. Make time alone. Keep a quest for the future, for meaning, for wholeness, for peace.

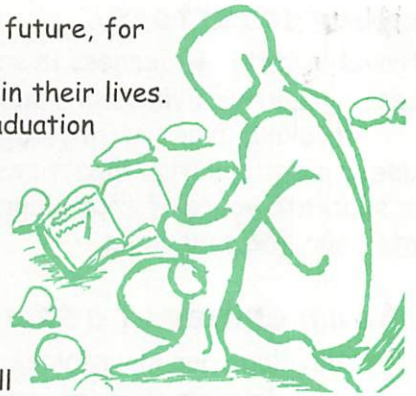
People go on Vision Quests for many reasons and at many transition times in their lives. Preparing for or recovering from any one of a number of life changes such as: graduation from college, a job change, divorce, children leaving the nest, retirement.

ICA facilitates questers who wish to spend time alone, fasting and seeking.

Groups are kept small and require preparation. An application and interview are required.

Once accepted, the group will meet to prepare for the experience, both practically and spiritually. (Those outside the Puget Sound area can be accommodated by phone and email.)

Personal spirit preparation outside the group is strongly recommended. We will provide guidance and materials to read.



Pre-registration: \$150 after acceptance.

**Total Tuition if paid-in-full before May 10 (including pre-registration): \$325;
After May 10 \$435**

(includes preparation sessions and materials -- participants provide own gear
June 1 Registration requested to allow time for adequate preparation!)

Fundamentals of Tracking

Training held in Yakima County

July 3-5 or August 20-22

for people 16 years and older -- Limit 10 participants



Ever wondered what left those tracks in the stream bank or who left those droppings filled with hair and bones right in the middle of the trail? Come learn how to answer those questions and many more in this training program. Tracking is an ancient skill which has evolved with humans since we first walked on Earth. Used in hunting and warfare in the past, tracking now offers modern people a method for deepening their awareness of the natural world and improving our observational skills. Tracking is a holistic art which requires both logic and intuition to solve the mysteries nature leaves for us. This class, drawing on practices both ancient and modern, will cover techniques for identifying and interpreting tracks and signs as well as ways to attune our inner senses to the rhythms of the natural world. The class will be held in the eastern foothills of the Cascades, habitat for a wide variety of animals, whose signs we will have the opportunity to investigate. Direct, "hands on" experience in the field will leave participants ready to continue the journey into the exciting world of tracking.



This course will cover:

- History of Tracking
- Track Identification
- Interpreting tracks and signs
- Finding hidden tracks
- Track Aging
- Gait Patterns
- Awareness and observation skills

**Pre-registration: \$100 (\$50 refundable until June 1),
Price \$199, if paid-in-full before May 10
--\$240 after May 10 (Includes food.)**

We Need Your Help to let people know about our programs!

The Flyers (next pages) Need to be posted on Bulletin Boards wherever prospective participants or parents might see them (schools, recreation centers, book stores, college student centers, churches, waiting rooms in many types of facilities like hospitals and ferry docks)

Would you post it and if you can post more, let us know! We'll send them.

Also, send us names of prospects and we'll send them a copy of this newsletter!

1999 No. 1

Meet Some of Our Staff

19

At the time we are going to press, the 16 people listed here and on the next page are indicating they will be returning to serve as staff for programs this coming summer. They are listed here to give prospective participants and their families a sense of the type of people who consider these programs important and take time out of their busy schedules to be mentors to people who are ready to quest.

Staff members and interns form mentor teams to lead the groups and prepare before the journeys to work collaboratively. They bring an amazing mix of talents and passions to the program. Staff/Participant ratios are kept to a maximum of four mentees to one mentor.



MERI WALKER
Vision Quest
Tour

Vision Quest Tour 98 counselor, 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.



AMARA GILBERT
Coming of Age
Journey

Currently serving on the staff of ICA Chicago's Leadership Options program, Amara is a graduate of ICA Journeys during her sixth and ninth grade years. She served as staff member of the Coming of Age Journey in 1997. She has worked as a volunteer in Mexico City. She has served as a director of Religious Education in a United Church of Christ in Illinois.



TIM RADAK

Vision Quest Tour 98 counselor. Last year's trip was one of most enriching and rewarding experiences to date. Always willing to embrace what nature and human experience have to offer. Former middle school instructor, currently pursuing master's degree in Public health and Nutrition.



ROBERT MCKAY
Coming of Age
Journey

Third summer on staff having staffed both the Coming of Age Journey and the Wilderness Quest. A certified wilderness EMT; Robert is an ICA Journeys alumnae from 1982. Wilderness experience and training from Tom Brown, jr's tracking/wilderness program and the Boulder Outdoor Survival School.



NATASHA MORGAN
Wilderness Quest

Her Second Summer on Staff. Natasha is a black belt Taekwondo instructor. A Graduate of ICA Journeys among other programs including the Nova Scotia Sea School. Natasha is an experienced backpacker. Her other pursuits include drama and singing having sung for six years with the Columbia Girls' choirs.



DAVID ROGERS

Coming of Age Journey 98 staff. 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 personal growth, healing, and relationship with nature.



JULIE
"Fireball" PERRY
SeaSpirit Quest
Coming of Age
Journey

Third summer on the staff; Wilderness First Responder; BA in Psychology; 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.



DARCY OTTEY
Earth Quest

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



DAVE
MOSKOWITZ
Earth Quest
Tracking

Second summer on the staff; trained in primitive survival skills, tracking, & 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
SeaSpirit Journey
Vision Quest Tour

Was a participant in ICA Coming of Age Journey in 1984; experiential educator; wilderness guide; has worked as staff member for organizations including 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.



STAN CROW
Program
Director

Stan's 17th season with Journeys; three of his daughters, a son and a son-in-law preceded him as participants in the Journeys program; Extensive experience working with young people and training youth leaders; Joined ICA staff in 1971; Facilitator, community-based educator, ritualist; enjoys nature and singing.



NEVA WELTON
Wilderness Quest

Third Summer on Staff, having staffed Vision Quest Tour and Coming of Age Journey; MSW; Family Therapist working with children and youth; worked as volunteer with LifeQuest Summer Camps, Seattle Mental Health and the Wooden Boat Foundation; Professional work includes experiential programming with youth at risk.



NINA DAVIS
Wilderness
Quest

Third summer on Journeys Staff; was a participant in first ICA Wilderness Quest; Returned to staff Coming of Age Journey 94 and last Summer's Wilderness Quest. Has travelled and studied in India, Europe and New Zealand. Currently completing her senior year at Wellesley University.



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.



BILL HICKEY
Earth Quest

MSW; works in Senior Services for health organization; Working with youth provides a break to his year; Veteran of three previous seasons with journeys; extensive backpacking experience; deep interests in Native American healing traditions and seeing people deepen their relationship with nature.



SCOTT BROOKS
Vision Quest
Tour

Coordinator, Mayor's office of Intergenerational programs; extensive experience leading sacred circles; former cycle racer; also former head coach San Diego Bicycle Club, leading as many as 100 riders on weekend rides; an artisan in wood-working; storyteller; avid hiker and climber. Scott is pleased to join the ICA team for a second summer.

MEET SOME OF OUR STAFF

Please
Post

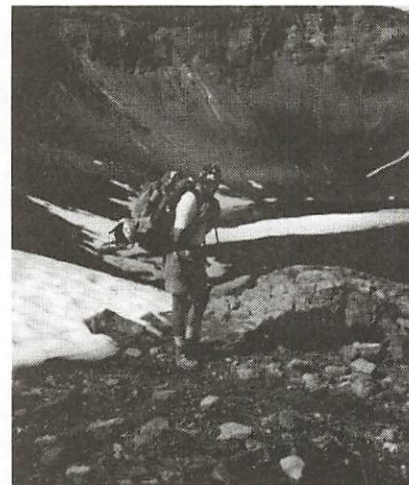


Our 32nd
Year

ICA RITE OF PASSAGE JOURNEYS 1999 FOR ADULTS

Earth Quest

A Spirit-Quest and Physical Challenge in the Cascade Mountains of Washington State for adults. Separate yourself from everyday life in search of your life's meaning. Learn primitive living skills, engage in a sweat lodge and vision fast, travel into deep wilderness using a blend of ancient and modern wilderness skills to interact with nature in a holistic way. Share stories and seek insights.
July 25 - Aug. 14, 1999



Sea Spirit Quest

A Spirit-Quest in the Waters of Puget Sound for mature youth and adults. Learn and experience sea kayaking, extensive low impact camping skills, use of tide and current charts, and team/community building exercises. Do short hikes of island exploration. Features a high and low ropes course, a solitary 72-hour fasting vision-quest, and providing a container for intense personal growth and soul work.
August 2 - 23, 1999 Group Limited to 12



Fundamentals of Tracking

Drawing on ancient and modern practices, this class will cover techniques for identifying and interpreting tracks and signs as well as ways to attune our senses to the rhythms of the natural world. For people age 16 and older.
July 3 - 5 or Aug. 20 - 22
Limited to 10 participants



Coming of Age Leaders Training

Today, coming-of-age programs are needed to affirm young people and connect them to a larger world view and community. Benefit from JCA's 32-year history facilitating rite-of-passage work by gaining the tools for their planning and facilitation. An introduction to the basic skills needed to help young people reflect on their life journey. Adaptable take-home manual and extensive bibliography included.
Chicago, IL, Feb. 27 ; Seattle, WA, April 10
Portland, OR, April 24 ; Reno, NV, May 15



Adult Wilderness Quest

Keep a quest to signify a life transition, for the future, for meaning, for wholeness, for peace. A solo quest facilitated by JCA for those who wish to spend time alone for fasting and seeking in the wilderness. Guidance and materials are provided.
August 2 - 8, 1999

For more information and registration materials, write:

ICA Rite of Passage Journeys

22421 39th Avenue, SE, Bothell, WA 98021-7941

(425) 486-5164

email - icarlc@igc.org or visit our new website (under construction) www.icajourneys.org

Please
Post



Our 32nd
Year

ICA RITE OF PASSAGE JOURNEYS 1999

FOR YOUTH

Coming of Age Journey

An Initiation into Youthhood for post-6th and 7th graders. In 22 days of wilderness adventures and self discovery, youth experience the symbolic journey from childhood to adulthood. Youth learn important personal and interpersonal skills through wilderness training, sharing circles, a ropes course, a 24-hour solo vigil, and a skit presentation to their families on a powerful, 3-day reincorporation weekend.

June 27 - July 18, 1999 Group Limited to 16



Vision Quest Tour

A 21-day Rite of Passage into Personal Responsibility and Global Awareness for 8th, 9th and 10th grade youth. Take the Challenge... prepare yourself for a complete 7-day, 300-mile Bicycle Trip around the Puget Sound of Washington State. Participate in rituals of personal growth and reflection, including the ropes course, the Solo Crossing, the Council of Elders, and much more...

June 19 - July 9, 1999 Group Limited to 16



Hero's Quest

An all day adventure for girls and boys 3rd through 5th grades. This introduction to the Hero's Journey is an ideal preparation for later rites of initiation. Activities include drama, mythology, active games, and art projects.

March 27, 1999 Group Limited to



Wilderness Quest

An individual journey through the doorway to adult privileges and responsibilities. High school students take a 21-day journey by land and water through Washington State's wilderness. They prepare in mind, body, and spirit for the symbolic Journey to Adulthood through a ropes course, Native American-based sweat lodge, a 3-day Solo Vigil, a challenging 7-day hike, and other rewarding initiatory experiences...

July 15 - Aug. 5, 1999 Limited to 12 participants

Rites for Mothers and Daughters

A 48-hour retreat for mothers and daughters to revitalize their relationships through sharing and bonding rites. Take time to explore the questions that help us reconceive our roles as women in our family. We will look at our historical roots, our present lives, and to our possible futures in order to create a more active image of the women we want to be. For young women ages 13 and older with their mother (or those who play that role).

May 21 - 23, 1999

For more information and registration materials, write:

ICA Rite of Passage Journeys

22421 39th Avenue, SE, Bothell, WA 98021-7941 (425) 486-5164

email - icarlc@igc.org or visit our new website (under construction) www.icajourneys.org

My Grandmother's Lesson in Mentoring

by Lori Zink

At a family reunion a few years ago, I fell into conversation with two relatives who, like me, were working with young people labeled "at risk" by the system. While we were talking, my Grandma was huddled at the other end of the table working her crossword puzzle. Or so it appeared. Suddenly she surprised us all by jumping into the discussion (that she had, of course, been eavesdropping on all along) to tell this long-buried story. I wish I'd asked her to write it down herself at the time. Not long after that her memory started unraveling. Then last August, Loraine Norris Booth Gimre died at the age of 90. So I'm left to give you her story secondhand, the way I told it at her funeral.

Loraine was 22 years old and fresh out of college in 1928 when she landed a job teaching English at a high school in Southern California. During the week of preparation before classes began, every one of her fellow teachers pulled her aside to warn her about a particular student. They described him as "a tough Italian troublemaker" who had grown up on the docks and who was "older, bigger and meaner" than all the other students because he'd been held back several years. The teachers called him a "good-for-nothing" and said they didn't know why he didn't just drop out. They told her that being so new and so young she had better watch out, because he would surely give her problems.

On the first day of classes, she spotted him right away. In a roomful of students sitting expectantly at their desks, he was the one slouched in the windowsill playing with a knife and looking defiant.

She had no idea how to handle this situation. But it occurred to her that since he seemed to be daring her to challenge him, maybe she should simply ignore him for awhile until she figured out what to do. So that's what she did. The first week she showed up every day to teach English, while he showed up every day to slouch in the windowsill and play with his knife.

Then on Friday, she glanced out the window during class and saw that it was beginning to rain. Suddenly she had a very different problem to contend with. That morning she had actually driven to school in her father's car, which he had never let her borrow before. He treasured his roadster, a sporty convertible of the roaring twenties. And she had parked it with the top down.

So with a growing sense of panic, she looked from her roomful of students to the gathering rainstorm and back to her classroom. Then in a sudden burst of inspiration fueled by desperation, she looked directly (for the first time) at the so-called troublemaker. She took a deep breath and said, "Young man, come here." He swaggered to the front of the room, seeming to relish a showdown. But instead, she pointed out the window and said simply, "Do you see that roadster parked out front? Please go outside, raise the top, and come right back." And she held her car key out to him. For a few moments his only response was a shocked stare. Then he squared his shoulders, took the key, and strode out of the room already looking several inches taller. When he returned, it was her turn to be shocked. He gave her the key, walked over to an empty desk, sat down, and began to participate in the class.

At this point in her story, my Grandma looked around at each of us to make sure we were still listening. Then she continued in a smug voice, "From that day on, he was very respectful And he did very well in English class that year."

This is the legacy from my Grandma I treasure: a powerful lesson she learned by accident about respecting and trusting those you find it hardest to respect and trust. It's a two-way street, but you may have to be the one to turn down that street first. And if you don't take the risk, you will never discover what either of you are capable of.

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a magazine for parents and mentors of
teenagers and young adults
by permission of Author and Publisher
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CA 95170-0637

This wonderful labor of love is filled with articles,
poetry, book reviews and editorials --next issues
focus -- #3 Sex, #4 Drugs, #5 Race, #6 Work

1999 Pre-Registration Blank

Please Register me for the _____ program
Enclosed is \$ _____ which is my pre-registration fee
also find the balance in-full of \$ _____.

Name _____
Address _____
City/State/Prov. _____
Postal Code _____
Phone Number _____
Age _____ Gender _____

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 each specific program
- Registration Fees hold a place in the program.
- Registration Fees refundable except a 10% service charge if participant withdraws more than 3 weeks before the program.
- All 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 and partial scholarships are available. Please submit a letter requesting consideration. A committee will determine recipients around the 15th of May.
- Scholarship funds are needed to assist those who are unable to afford the entire amount. All contributions are tax deductible.

ICA Journeys is usually 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

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

For PROGRAM INFORMATION: 22421 39th Ave SE, Bothell, WA 98021
(425) 486-5164 email: icarlc@igc.org Web: www.icajourneys.org

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The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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.

Cover Photo On Top of Fire Creek Pass by Nina Davis



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Including NEW Winter Programs

ICA

Journeys

Fall 1999



Visit our Web Site at <http://www.icajourneys.org>

Dear Friends,

For 33 years, ICA Rite of Passage programs has offered special summer time experiences for those who want to bring new levels of consciousness to their life transitions. We began in 1968 with only one program for young people after sixth grade and have slowly expanded our offerings until in 1999 we offered eight different summer journeys for people from those entering puberty to those established in their sagedom.

Now, we are pleased to announce the continued expansion of programs to meet such needs as summertime programs for 9 to 11 year olds, winter follow-on programs for young people who have participated in our programs, and expanded training for those seeking to institute or enhance Coming of Age programs in churches and other organizations.

We hope you will find a program which answers your need and that you find inspiration in the three articles by members of our team.

Sincerely,

Stan Crow, Director

REUNION EVENTS for Summer Participants

Many graduates of ICA programs have sought ways in which they might stay in touch with the connections they made with others and within themselves on their journeys. Towards that end, we will be expanding our year-round programming. In the coming months, we will offer a series of gatherings and workshops for ICA initiates. These will include sweatlodges, drumming circles, initiative games, and much more.

October 23, 1999 Circle, Games, and Sweatlodge
December 3, 1999 Creations of the Mystery
January 22, 2000 Young People and their Families
February 26, 2000 TBA
April 15, 2000 TBA



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. Carpool from Seattle

Cost: Individual \$125
Family (3-5 members) \$300
Individual - \$95
(Snowshoes nor skis provided, rentals can be arranged)

*15 years or older, unless accompanied by responsible adult

AUTUMN in COWICHE

November 6 & 7, 1999

Previous participants, parents, and people interested in getting a taste of what Journeys is all about, join us for a relaxing weekend in the eastern foothills of the Cascades. Enjoy fall colors, the sound of the creek rushing by the camp, migrating Elk, cool breezy days, and cold nights spent around the campfire. Identify native grasses, plants, and trees; look for animal tracks and other signs of wildlife preparing for winter. This is a chance to share a couple days of community, remember the summer gone by and welcome the coming winter. Activities available during this open weekend include a sweatlodge, hiking, storytelling, and some wildlife tracking and viewing.

Carpool from Seattle Area
Individual - \$95
Family (3-5 members) \$250

Tailored ADULT VISION QUEST

For adults seeking an inner journey and feeling the call to sit their own vision quest, ICA Rite of Passage Journeys offers our 7-day Adult Quest program once every summer. In addition to this program we offer customized adult vision quests at other times during the year to established group sponsorship or small ad hoc groups. A customized adult quest follows the process used in a seven-day quest, but fits it into a different timeline (for instance, three weekends).

This process includes preparation exercises, ceremonial circles, rituals and a sweatlodge before the quest, -- a minimum 24-hour to 72-hour quest with support for safety and energetic grounding. After the quest we provide a few days of ritual, as well as an extended processing to debrief, incorporate, and rebirth from the experience. Cost varies with time of year, location, and number of questers.

Coming-of-Age LEADERS TRAINING

Chicago, IL Feb 25, 2000 ••• Phoenix, AZ March 11, 2000
Vancouver, BC April 15, 2000 ••• Seattle, WA May 13, 2000

Youth need rites of initiation to help them move into a different relationship to the rest of their community. ICA's 33-year history of facilitating rites-of-passage work puts us in a position to serve a real need in reclaiming community through Coming-of-Age programs.

THIS 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.

Stan Crow, ICA Rite of Passage Journeys director, will facilitate this course along with other Journeys staff members (depending on location).

Cost for Seminars:

Early Bird - *Must be received
21 days prior to course* - \$99
Less than 21 days - \$110
(\$85/95 for each additional
representative from same
organization)

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 take home a 100-page manual of contexts and resources.

Learning Outcomes

Session participants will leave with a knowledge of: why Rites of Initiation are needed in the rebuilding of community

- the 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
- resources for program leaders



ICA Staff Mentors sit their own Vision Quest

TRAINING MENTORS for the Rites of Passage

One of the most frequent requests we have had in our Coming of Age Leaders Training course is for more work on Training Mentors, for as many programs have discovered, it takes more than friendly folk who want to help to successfully mentor young people.

To mentor is to take seriously the life journey of another human being. One, of course, does not become a mentor without the consent of the mentee. Yet, without a plan and tools, mentoring becomes a hit or miss proposition.

During this, training, we will share our pre-suppositions on mentoring, techniques for success and ways to successfully train mentors.



Stan Crow has served as director of ICA's Rite of Passage programs for 11 years. His own children were involved with ICA's program before he began this work. This year will mark his 18th year facilitating rite of passage events. Stan has extensive experience working with young people and training youth leaders. He joined ICA's Staff in 1971. He is a trained group facilitator, a ritualist, a community-based educator, a sought-after speaker and presenter. During the school year, he serves as Director of Religious Education at a Unitarian Universalist Church.

Renewal Retreat for MOTHERS and DAUGHTERS

March 30 - April 2, 2000

For young women 13 and older and their mothers (or those who play that role). Join us for a time out from busy lives and a quiet time to be together and:

- reflect on and talk together about what it means to be a woman in today's world
- play together and rediscover joy in our relationship
- renew the bond that connects us
- gently explore challenges that face us
- find ways to ask for the help we each need in our individual journeys
- discover what we have to learn from and teach each other

This program is designed for young women 13 and older and their mothers -- as well as those whom circumstance has placed in a mother-daughter relationship.

Adult mother-daughter teams are also welcome! Facilitated by mother-daughter team Edith Kusnic and Darcy Ottey.



Friday evening, March 30 - Early afternoon, April 2

\$295 Early Bird - if paid-in-full before Feb. 11
 \$325 if paid after Feb. 11
 \$100 per extra daughter

Girl's Weekend in the Wilderness for girls ages 10-13

March 25 & 26, 2000

Come join us for a girl's weekend in the lush forests of the northwest! Prepare to get muddy, as we run, crawl, and dig through the woods in search of signs of spring. We'll explore the natural world, learning about the different plants, animals, and land around us. And we'll play games, learning about ourselves and other participants. At night, we'll cook over a fire, bundled up warm in dry clothes, drink hot cocoa, tell stories, and sing songs.

This program is for both adventurous girls, and girls who want to become more adventurous!

Cost: \$100 for the weekend, includes food.

Darcy Ottey participated in the Coming of Age trip when she was 13; this is her fourth year as Journeys staff. Darcy has worked in wilderness programs across the country, from kayaking and caving with Vermont's youth to hiking Utah's adjudicated youth through the desert. She has her BA in Sociology and is a certified Wilderness First Responder.

Edith Kusnic 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. She is also an avid gardener.

Hire an ICA Consultant to Work with your Rite of Passage

Our staff is experienced and has many talents. ICA Journeys staff members work with churches and other organizations to design and or facilitate their coming of age programs. We have created special weekend programs for therapists, to augment a treatment group experience, led team building retreats and provided talks and other information about Rites of Passage.

We will customize a program for your organization to meet the needs. We could include among other things, elements like tracking, initiative games, ceremony, ritual, storytelling, and wilderness living skills. ICA Journeys staff are available to design and lead customized journeys for your established group.

Healing Power of a Rite of Passage: Why They Matter

by Mary Jane Marcus, MSW

Think back to time when you went through a significant transition: moving to a new place, leaving a job, starting a new job, a divorce, becoming an adult. Did it feel chaotic, uncertain, lonely? Are you still holding onto aspects of that experience? Now, imagine if you went through that experience within a predictable structure, supported by friends and community, with mentors to guide you and experiences to help you grow and embrace the change process. How would the experience have been different? How would you be different?

A rite of passage journey is not simply a fun process to experience; it can help us heal and grow as we experience inevitable life transitions. Our ancestors understood their profound role in helping us heal; those healing or "curative factors" continue today in a well-designed rite of passage experience.

A rite of passage experience is a safe place to explore and express who you are. Just as protective harnesses make it easier to take risks in rock climbing, so does emotional safety make it easier to explore the depths of our emotional and spiritual selves. On a rite of passage journey, a participant can safely share what he/she is feeling about the experience and life, whether it is excitement or despair. The creative and therapeutic processes teach us that the expression of who we are -- feelings, beliefs, attitudes -- in itself is healing (Goldberg, 1999).



Rites of passages help us embrace the change process. A rite of passage journey helps name, experience and come out of the change process more effectively. First, the process of naming and externalizing the change (for example, by cutting a rope to symbolize the cutting of ties between parent and child) is healing (Turner, 1969). Second, a rite of passage helps participants gain confidence that their world is predictable and comprehensible. Participants are faced with incremental challenges that are mastered one step at a time within a clear structure. In this supported structure, you are more likely to feel confident you can handle the next step of the change process. According to Antonovsky (1981), people who have this confidence are better able to handle life's challenges in general. Finally, a rite of passage has mechanisms that help bring closure to an experience. (For example, at the end of the experience, there is a symbolic closure and welcome back to the community, where the journey is retold and the lessons learned are shared.) This closure makes it easier to move on to the next challenge we face in our lives.

Rites of passages provide concrete support for personal and social transformation. Unlike writing in a journal or attending counseling, rites of passages provide a community context for the personal transformative experience others -- as peers, mentors and community members -- witness and support the individual's transformation. Support in and of itself is healing. Regardless of the social support, rituals contain a communal element so we realize we are not alone in our experience.

From a psychological perspective, a rite of passage journey holds the core elements that help one grow emotionally and spiritually. These healing properties illustrate how crucial this framework is when one is undergoing a significant life change.

Notes:

- Antonovsky, A. (1981). *Health, stress and coping*. San Francisco: Jossey-Bass Publications.
 Goldberg, J., *Expressive Arts Therapy Program*, 1999.
 Turner, V. (1969) *The Ritual Process: Structure and Anti Structure*. Aldine Publishing Company, Chicago.
 Yalom, I. (1985) *Theory and Practice of Group Psychotherapy* New York: Basic Books

Mary Jane has worked with youth and families for the past ten years in a range of settings; studied at Georgetown University (BSFS), University of Capetown, and University of Washington; she has lived and traveled in many countries; consults with social service agencies in the Seattle area on developing creative and reflective programs.



by Kevin Riley, MSW

The sweat hadn't yet dried from their last hike down the beach at Rialto. This new crew of initiates was giddy with the excitement of their accomplishment and the anticipation of their return to civilization. The back of the van was filled with frenzied banter about 20 piece McNuggets and computer games. However, before the siren song of the village reached her full volume, there was more teaching to do.

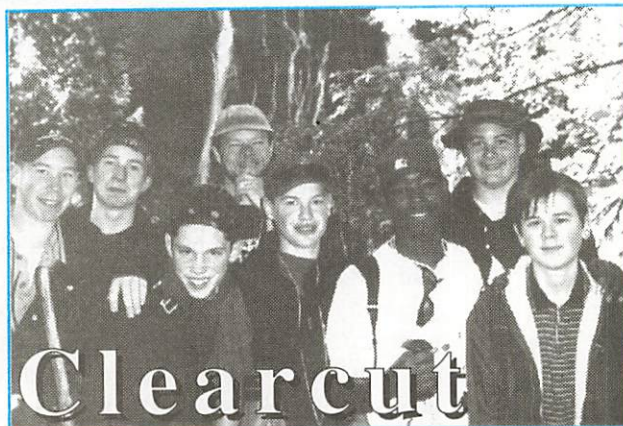
Scott slid the van onto the shoulder and flipped on the hazards. The 3 mentors eyed one another with knowing glances and Edan barked, "Everyone out of the van!" The young men looked out the windows and saw no gas station, no trailhead, no grocery store. They saw no reason to leave the newly acquired comfort of their cushioned seats. Plus, there was a bag of Cheerios being passed around that they were reluctant to give up. "What are we doing? Where are we?" They asked. Finally, the group reluctantly tumbled out onto the gravel shoulder, eyes squinting in the late afternoon sun.

Without further explanation, Scott led the reticent pack across the road and into a wide field of tree stumps. We walked in silence for 10 minutes into the heart of this clearcut forest. In the near horizon, the hills surrounding us also wore the scars of clearcutting. The mood of the group grew quickly somber. After the short hike, Scott came to rest on a particularly wide stump. The group formed a circle. Scott fingered the flaking bark gingerly and ran his thumb across the decades of rings which marked this tree's life span.

In that stripped forest, among the skeletons of once proud pine giants, the group discussed our relationship with the earth. For the previous three weeks, on this coming of age journey, the trees had offered us seemingly endless gifts. At the high ropes course, the cedars held aloft the *Giant's ladder* that we scaled to help us face our fears. The moss-covered firs on the Elwah Trail shaded us from the hot sun as we hiked. At every campsite the pines offered us strong branches to hang our food out of the reach of bears. The tallest ones housed the bald eagles who lifted our spirits. On the coast, the driftwood gave us wood to burn in order to stay warm.

We talked about the gifts that the earth gives us. It is obvious that we are meant to share in its resources in order to live. The question is how to do it in a way that is respectful and ensures our survival and that of other creatures. One young man talked about recycling. That included buying used things at garage sales instead of always needing everything new. Someone else talked about not driving a car as much. Scott suggested that logging companies give personal thanks and do a ritual for each tree they cut down. That might slow down the carnage. This trip had helped these young men to discover or practice their leadership skills. Now we encouraged them to take those skills back to their communities. If they could lead a group of peers on a 12 mile hike, they could certainly lead an environmental club at their high school.

For me, this moment represents the *mentored learning* that is such a crucial element of the rites of passage programs. It is learning that happens in real life. Videos and pictures and books are certainly helpful in teaching young people about respecting the planet. However,



standing in that dusty patch of stumps, feeling the unobstructed sun on their necks, those young men got an opportunity in experiential learning that won't be soon forgotten.

There were many other lessons during our 3 weeks. Before we could decide which trail to hike, the initiates had to learn about consensus building. The cooking crews were schooled in working together as a group before we could eat. Then, around a campfire, under starlit skies, we circled up and taught each other about self-reflection and being honest with our feelings.

Nine months a year these young people live in their heads. Lessons come from books read, papers written, bubbles filled in with a pencil. For a few weeks a year, they have the opportunity to occupy their bodies and their souls and learn lessons about life in a classroom with no walls.

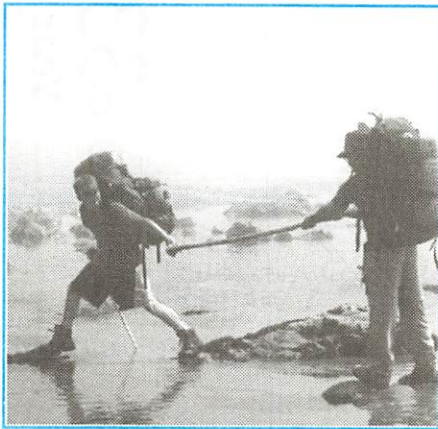


Kevin has worked with young people in the inner city and in the wilderness for over 10 years. As the Director of Youth Formation at an Episcopal Church in Evanston, IL, he started a six year coming of age program for the young people in the parish. He also led a group of young people on a service trip to Nicaragua. This past summer, his first with ICA, he was a member of the Leadership of the all boys coming of age journey. Currently, Kevin works with Seattle Children's Home on their Children's Crisis Response Team.

Coming Back to the Village: The Challenge of Incorporation

by Edan Zeboolon

This last summer I had the wonderful opportunity to be a mentor for the Boys Coming of Age Journey along with two other men and seven boys between the ages of 12 and 14. I knew going into the trip that it was going to be a challenge for me. And it was. I was concerned about going outside of my comfort zone: roughing it out in the wild away from the comforts of home, exerting myself physically while not being in the best shape, pushing my limits mentally and emotionally, and meanwhile hoping that I have my act together to facilitate a significant experience for the boys on the journey.



Thankfully, I found it easier to overcome those challenges in the supportive environment which we as a group created. At the end of the three weeks, I thought that I was in the clear and felt relieved.

However, there was one challenge left that I had not anticipated. One, which it would turn out, was more difficult than the previous ones: shifting from the power of that experience to the world I had left behind.

Sure, it was wonderful to be with my wife again and return to my nice, comfy bed after an intense three weeks. Yet, even then I was careful - - trying to make the transition easier on myself. The first few days I filled my head with memories of the trip. As time passed, I found my heart was yearning for something that I



Edan leads a group of boys last summer

couldn't quite put my finger on. I was agitated and drained. It was really hard to interact with anyone in a significant way. I realized that I was longing for greater sense of connection. On the journey, I connected with everything in a deeper way -- myself, others, nature, and Spirit. Now back at home, I sorely missed that rich community which was created over the three weeks. In addition, I encountered people who lacked that understanding of connection.

I sought refuge at my church, my spiritual community. Before I left for the journey, I had been excited about starting up a Coming of Age program. Upon my return, I realized that I faced the challenge of creating a similar level of intimacy there. In thinking about my church's program I had to ask, "How can we experience a significant level of connection in a different context which spreads the experience over a longer period of time?" A dear friend who I look to for guidance suggested that in spite of the challenges of translating the experience into a new setting, this newness holds opportunities waiting to be discovered. I allowed myself to believe that it was possible. I experienced a genuineness of connection on the summer's trip and now am challenged to bring that kind of depth to where I am.

And I can.



Edan was a Coming-of-Age Journey '99 staff member 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.



CALENDAR at a Glance

October

23 Reunion & Sweat: (1998 & 99 summer participants)

November

6-7 Autumn in Cowiche

December

4 Reunion Event - Creations of the Mystery

January

22 COA 1999 6-month Parent-Child reunion

February

26 Reunion Event (TBA)

25 COA Leader's Training - Chicago

26 Training Mentors Workshop - Chicago

March

4-5 Winter Wonderland

11 Coming of Age Leaders Training - Phoenix

12 Training Mentors Workshop - Phoenix

25-26 Girl's Weekend in the Wilderness

30-Apr.2 Renewal Retreat for Mothers and Daughters

April

1 Hero's Quest with Peter Wallis

8 Training Mentors Workshop - Seattle

15 Coming of Age Leader's Training - Vancouver BC

15 Reunion Event (TBA)

20 Staff Training TBA

May

13 Coming of Age Leader's Training - Seattle

Summer Programs

June 25-July 1

NEW! Fourth & Fifth Grade Trip

June 25-July 13

Coming of Age for Girls

July 2-July 23

Coming of Age for Boys

July 9-July 30

Vision Quest Tour

July 16-August 3

Wilderness Quest

July 27-August 3

Adult Vision Quest

August 11-25

Sea-Spirit Quest

August 6-27

Potential 2nd Boys COA Journey

September 2-15

EarthQuest

Next Newsletter -- February 1, 2000

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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

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

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Rogers, Aaron Rogers

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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.

Cover Photo Rialto Beach by Jason McDonald

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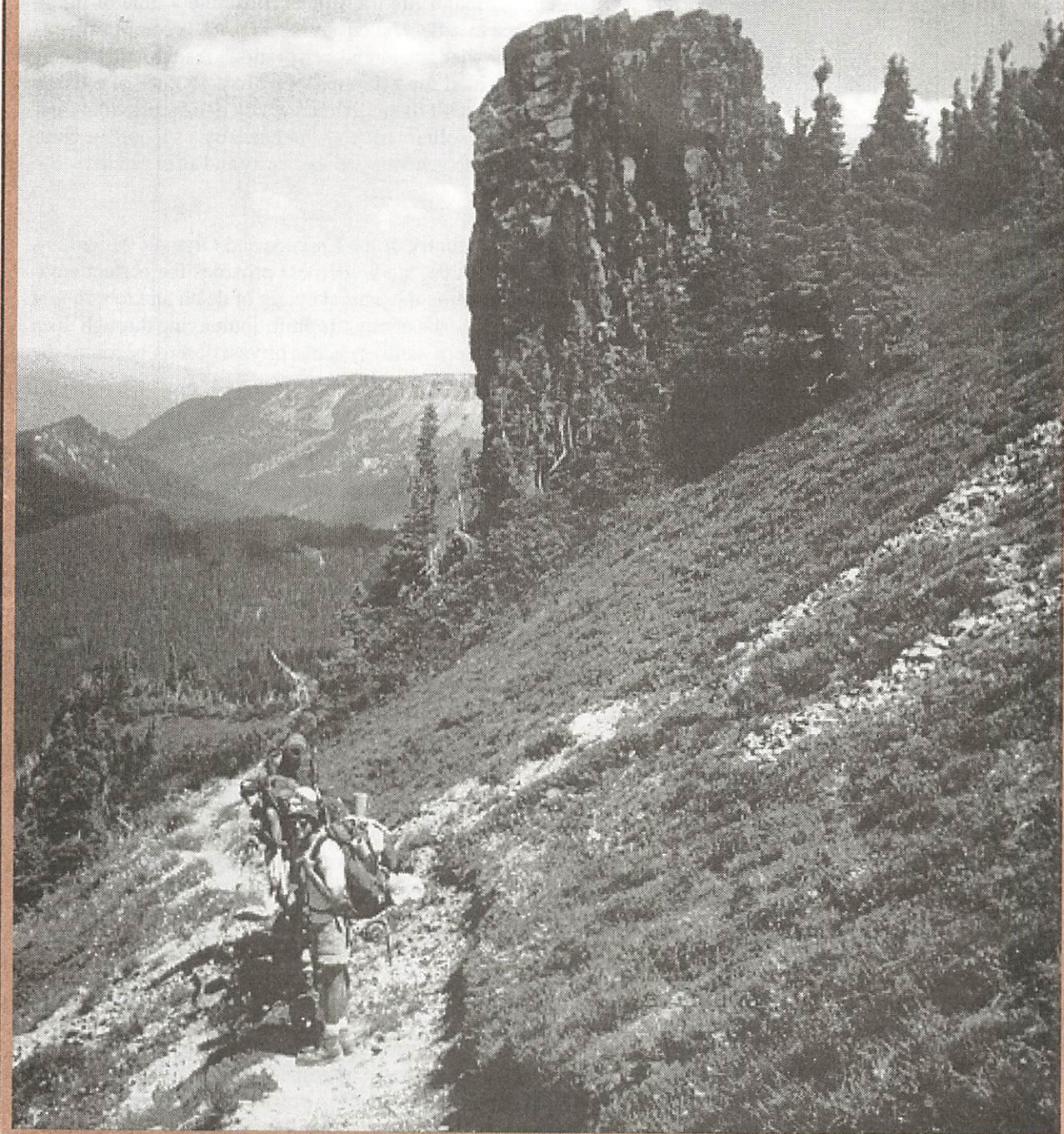


ICA

Our 33rd
Year

Journeys

2000



ICA Rite of Passage Journeys 2000...

The Journey of a Lifetime

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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

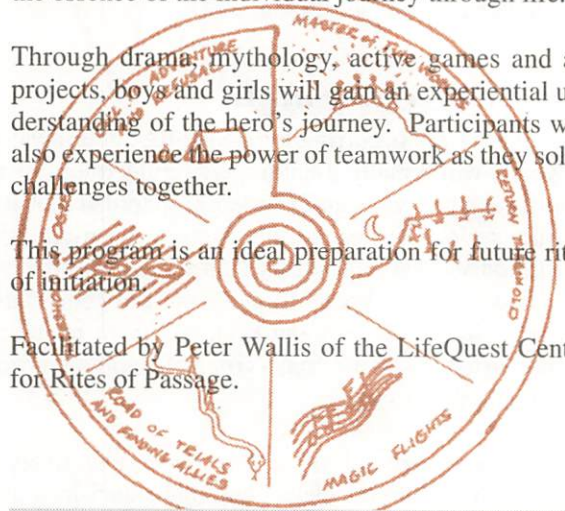
Hero's Journey - The universal adventure in which the child travels from childhood to master of two worlds.

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
meals, materials, and lodging)
Discount of \$25 if tuition paid-in-full before April 15

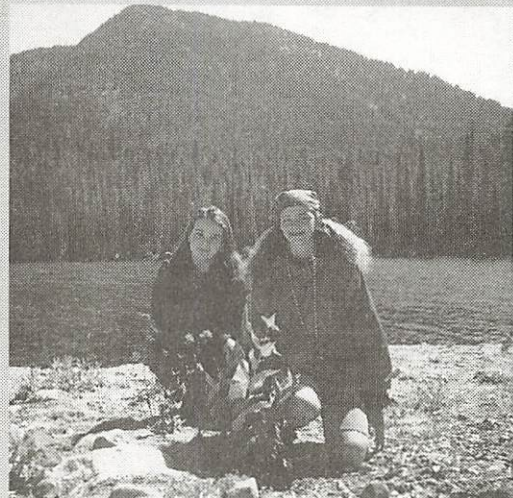
GIRL'S WEEKEND IN THE WILDERNESS

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)

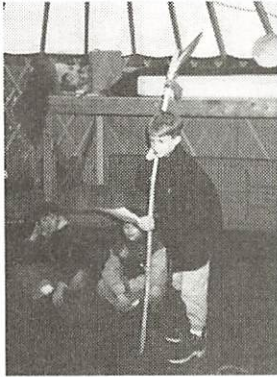
*Tuition \$1700 (includes meals, transportation,
includes materials and campsites)
deposit*

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

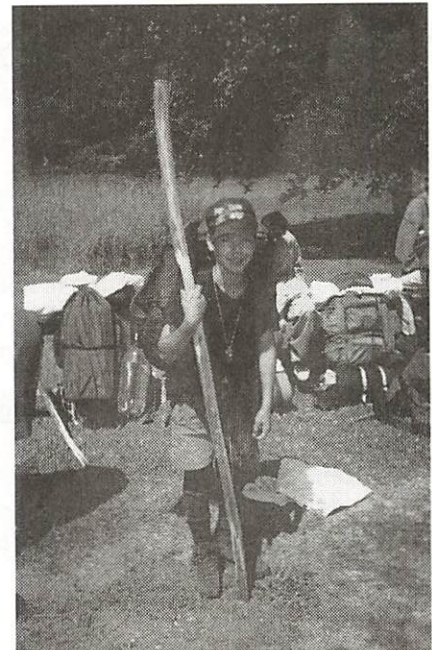
Journal writing

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 journeys 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...*

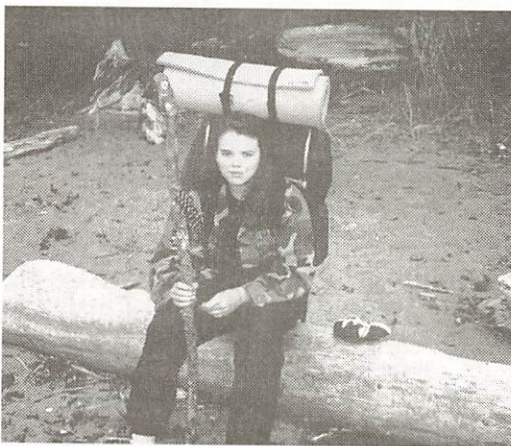
- from a place called **Childhood** to one called **Youth**
- where an Adult future can be glimpsed.
- a Chance to spend time reflecting on what life might hold.
- a time of meditation, fasting, reflective exercises and visioning.
- a chance to symbolize your growth in size, strength, intellect, and 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...

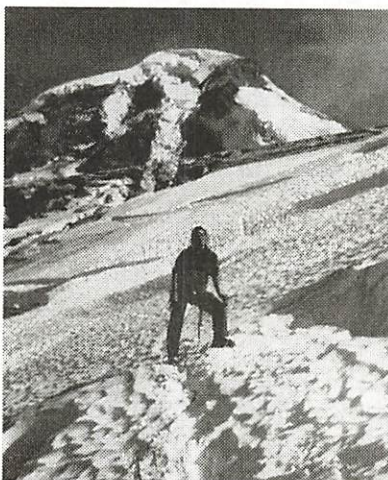
- *develop your mountaineering skills*
 - *low impact camping, routefinding and travel in alpine terrain*
 - *in a safe interdependent team setting*
- *use a blend of ancient and modern wilderness skills to interact with nature in a holistic way*
- *trade personal comfort for personal challenge*
- *share 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 deposit 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.

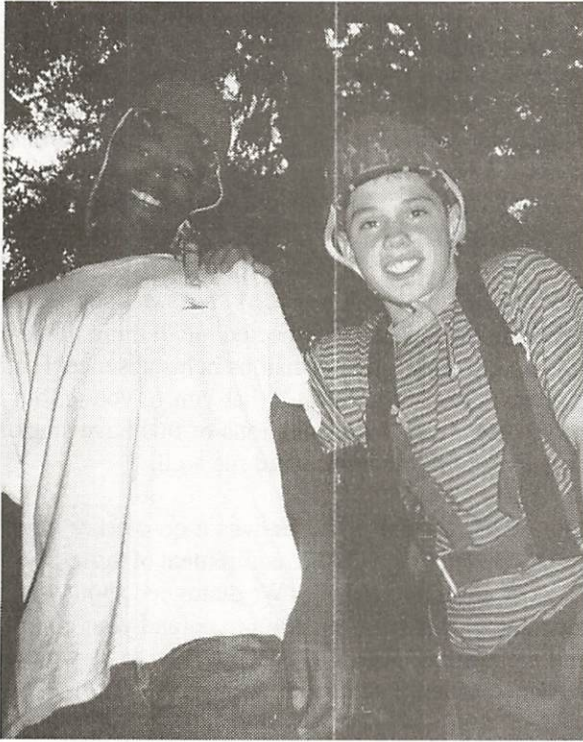
Seminar Leaders are experienced in working with youth within the framework of organizations that provide such programs, including ICA. Many are graduates of ICA's Journey programs who now find themselves able to directly relate to things which happened to them while being mentored.

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

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.

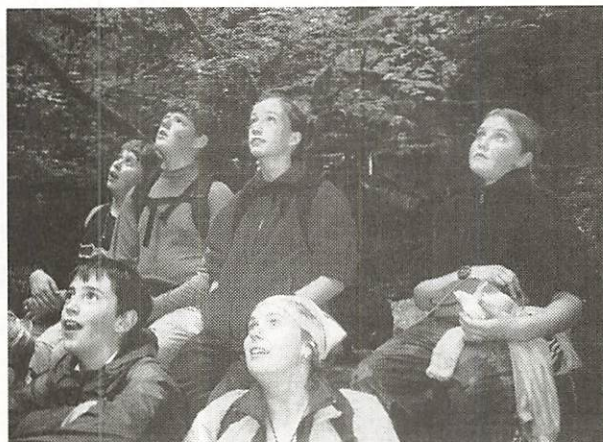
Mentors: Where Does One Find Them?

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.

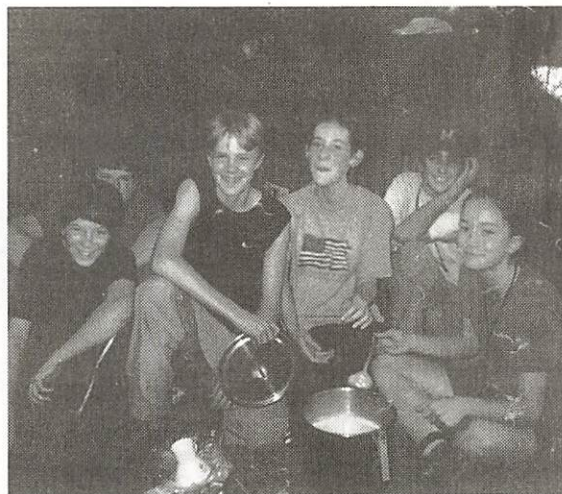
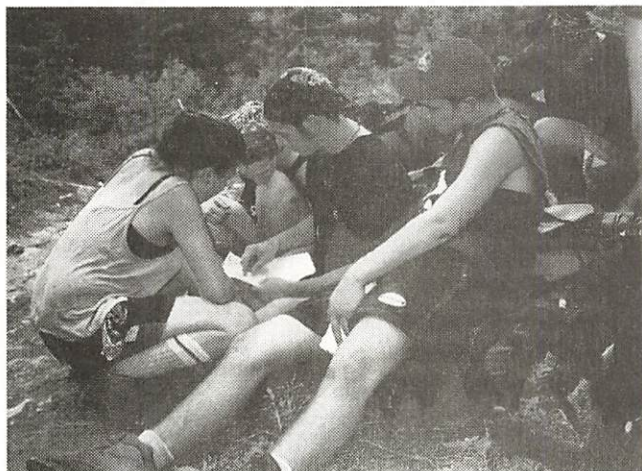
You can learn more about creating mentoring programs, developing skills and finding resources that link up youth with adult mentors by joining me for one of the many ICA Mentoring Skills courses to be held February through May 2000. See page 14 of the newsletter for more information.

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 “Haha!” 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 mother's 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.

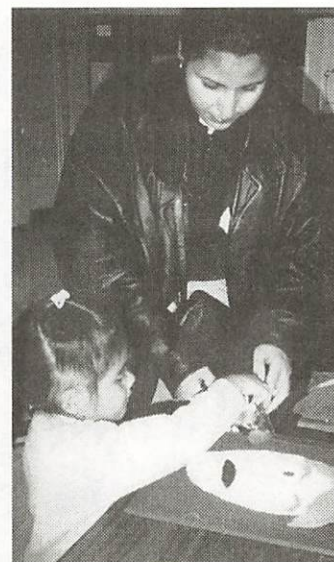
For the child the first three years of life provide the first opportunity to form trust and a foundational understanding of self worth. These are the years of confidence building. Conversely as new parents, the first three years of our first child's life can require that our self-confidence is tested, 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.

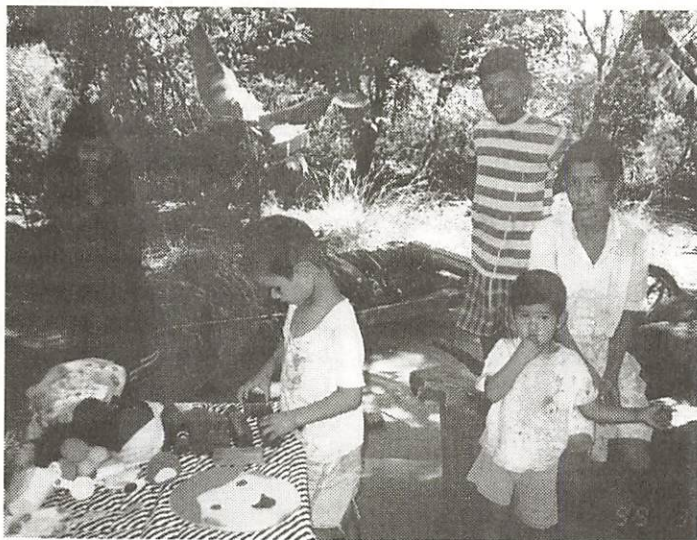


A critical challenge for parents is to be aware of the whole-person development of their young children; to be mindful of their sense of awe and wonder; their personal, social and cognitive development. If we are open to learning, an infant will teach us that she needs to move, to touch, to see first 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.

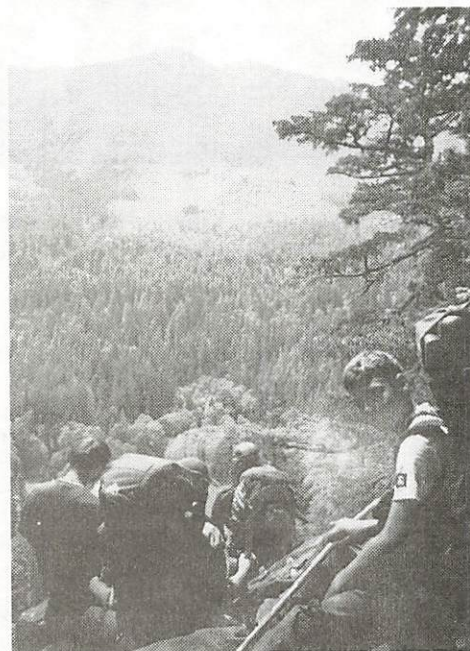
Many of our participants have never spent 3 weeks outside. It takes some adjusting to get used to sleeping on the ground, getting ready to sleep as the sun goes down, and relearning to entertain ourselves and each other. I enjoy watching people realize that it doesn't matter what time their watch says; 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 Darcys 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).



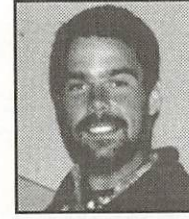
Edan Zeeboolon

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.

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1504 25th Avenue
Seattle, WA 98122



Our 33rd
Year

ICA The Institute
of Cultural
Affairs in the U.S.A.

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:

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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.

Since 1968

ICA

JOURNEYS

Fall 2000

Visit our Web Site at <http://www.icajourneys.org>

INTERN POSITIONS AVAILABLE

Spend the summer (and/or spring) learning about and supporting *Coming of Age Wilderness Programs* in the Puget Sound area in Washington. University related internships can also be arranged

Each Summer, we accept a limited number of responsible, flexible and *self-motivated*, people who are interested in gaining experience in wilderness journey programs and community building.

Interns will have the opportunity to work in teams alongside experienced staff, participating in course starts and ends, and involved in community-building activities. A strong benefit is the annual Staff Training and the opportunity to be a participant in Adult programs.

A variety of assignments will gain the intern a broad background, including season start preparations, course start packout, course end events, parent weekends, food packing and preparation, office support, front country course resupplies, building and maintenance, season end breakdown and possibly course area reconnaissance.

Applicants must be at least 18 years old and have completed at least a Wilderness First Aid course before arrival. Preference is given to individuals who have completed their own Vision Fast or other extended meditative experience.

Contact us for an application packet.

Hire an ICA Consultant to Work with your Rite of Passage

Our experienced staff has many talents. ICA Journeys staff members work with churches and other organizations to design and or facilitate their coming of age programs. We have created special weekend programs for therapists, to augment a treatment group experience, led team building retreats and provided talks and other information about Rites of Passage. We will customize a program for your organization to meet the needs. We could include among other things, elements like tracking, initiative games, ceremony, ritual, storytelling, and wilderness living skills. ICA Journeys staff are available to design and lead customized journeys for your established group.

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.



Tailored ADULT VISION QUEST

For adults seeking an inner journey and feeling the call to sit their own vision quest, ICA Rite of Passage Journeys offers our 7-day Adult Quest program every year (tentatively in May this year). In addition to this program we offer customized adult vision quests at other times during the year to established group sponsorship or small ad hoc groups. A customized adult quest follows the process used in a seven-day quest, but fits it into a different timeline (for instance, three weekends).

This process includes preparation exercises, ceremonial circles, rituals and a sweatlodge before the quest, -- a minimum 24-hour to 72-hour quest with support for safety and energetic grounding. After the quest we provide a few days of ritual, as well as an extended processing to debrief, incorporate, and rebirth from the experience. Cost varies with time of year, location, and number of questers.

Coming-of-Age LEADERS TRAINING

Tentative Dates & locations

Chicago, IL Feb 23, 2001

Bend, OR Feb 23, 2001

Boston, MA March 13, 2001

Washington D.C. March 16, 2001

Kansas City, MO March 20, 2001

Olympia, WA May 13, 2001

9 am til 5 pm

TRAINING MENTORS for Rites of Passage

Tentative Dates & locations

Chicago, IL Feb 24, 2001

Bend, OR

Boston, MA March 14, 2001

Washington D.C. March 17, 2001

Kansas City, MO March 21, 2001

Olympia, WA May 14, 2001

The *Coming-of-Age* Seminar -- an introduction to the basic skills needed to help young people reflect on their life journey-- presents ideas which are based on actual programs.

The basic tool presented is a planning model 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. A 100 page resource manual which includes an extensive bibliography is included.

Seminar Leaders have many years experience in facilitating rites of passage and training people to lead them. (Many are graduates of ICA's Journey programs and are able to directly relate to their own experience of 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

Imagine yourself as the trainer for mentors in your organization. What is a mentor in your context? How do you analyze which qualities and skills will be needed to help youth 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 mentees needs?

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.

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

Learning Outcomes

How to recruit and 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

HOW THE EARTH TEACHES: More Tools for Mentors

Bend, OR February 25 ... Bothell, WA April 21

8 am til 6 pm

A great workshop for people who have attended our COA Leaders Training, or our Mentors Training and want to explore one of the most important parts of these topics. Since the dawn of human life, mentors have used the natural world to foster growth and awareness in initiates. During this fun day-long workshop participants will learn about and engage in activities designed to foster awareness, self reflection, and a sense of connection with others and the natural world. Ways to incorporate the natural world into a Coming of Age Program, safety concerns, and ethical issues will also be covered. Come prepared to spend much of the day outdoors, rain or shine, and expect to possibly get a little dirty.

Cost for Seminars:

Early Bird -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

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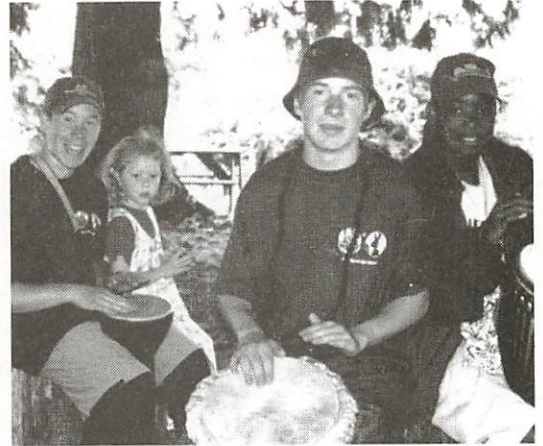
6 Month REUNION EVENT for Summer Participants

January 20, 2001

Many graduates of ICA programs have sought ways in which they might stay in touch with the connections they made with others and within themselves on their journeys. Towards that end, we offer several one and two day events in winter & spring.

At our January event, we will hold a sweatlodge, play games and hold circle (reflecting on the time since your Rite of Passage experience.

Cost: \$50 for the day
Includes lunch



WINTER WONDERLAND

March 3 & 4, 2001



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.

Carpool from Seattle

Cost: Individual \$125
Family (3-5 members) \$300
(Snowshoes nor skis provided, rentals can be arranged)

*15 years or older, unless accompanied by responsible adult

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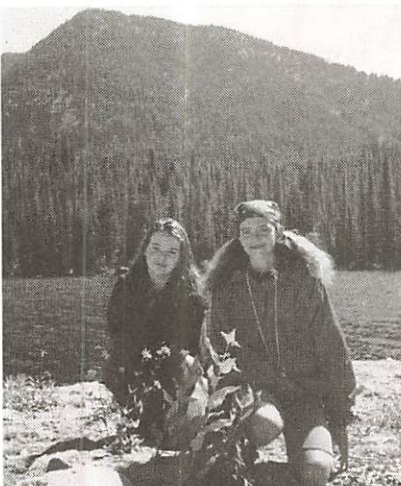
Girl's Weekend in the Wilderness for girls ages 10-13

March 24 & 25, 2001

Come join us for a girl's weekend in the lush forests of the northwest! Prepare to get muddy, as we run, crawl, and dig through the woods in search of signs of spring. We'll explore the natural world, learning about the different plants, animals, and land around us. And we'll play games, learning about ourselves and other participants. At night, we'll cook over a fire, bundled up warm in dry clothes, drink hot cocoa, tell stories, and sing songs.

This program is for both adventurous girls, and girls who want to become more adventurous!

Deposit: \$35 usd (\$25 refundable before February 24)
Tuition: \$110 (includes meals & materials)
Discount of 10% if paid in full before February 24



Stance of a Mentor

by Stan Crow

In a recent seminar, someone said, "you have said, several times that 'a good mentor challenges the mentee to meet various goals, do their best, etc.'" that sounds combative to me, is that what you mean?"

I had to admit it could sound that way, and, I guess at times it could even look that way, but it certainly isn't my stance.

My basic intent as a mentor is to do whatever is necessary to convince the mentee to live their life as the great human being they are. Now, I'm sure there



Mentor Sara Richardson (right) and Solo Crossing participant Corrina Nielsen relax and talk in a high-country meadow

are those who will respond, "Yea? How do you call some of these young people we deal with "great"? Many of the youth we see are lacking self confidence, have a history of failure, don't trust adults, let alone themselves.

My response was, "Right!, that's what makes being a mentor so darn hard. There is no one guideline. Each situation is different, and you'll find that what works once is seldom a reusable tool. The mentor will find him or herself as challenged as the mentee.

However, I do operate from a basic stance toward the mentee which grows out of my earlier intent statement and a deep seated commitment to how we treat each other.. At present, my draft of this stance is:

- *I believe that you are a capable human being.*
- *Let's not waste time while you try to convince me that you are incapable. Rather, let's spend time identifying the challenges you face and how you might overcome them.*
- *I am not here to fix you, but to help you see the gifts you have and the ones that are within your reach.*
- *When I challenge you to do something, it will be because I believe you have what it takes to do it, no matter how difficult or scary it is.*
- *Nervousness and Fear are OK., as long as they don't paralyze you. They are a reminder that you really want to succeed.*
- *I trust that somewhere within you there is a desire to have others see you as capable.*
- *I will promise not to set you up for failure, but I will not bail you out either (unless you are physically in danger).*
- *We all have failures, and they are a part of the Life School. Our task is to learn from them, to turn our failures into ideas for how we will succeed next time.*
- *I believe that a major part of my task as mentor is to help you reflect on and learn from both your wins and your losses.*
- *In the long term, what you learn may be more important than whether you completed a task.*
- *I will not engage in shame or blame and ask that you don't either.*

This is not a covenant I make all at once with the mentee, it is rather a series of mini-covenants which get promised along the journey as appropriate. I can envision some situations in which a gift of such a covenant might be profitable, my experience is that once I have identified what I believe my stance is, then, when it is appropriate, it will be available for a conversation with the mentee.

This reflection leads me to ask, "What is your stance as a mentor. I invite your reflections. I'd love to be able to publish them in our January issue of Journeys.

A Good Death

by Donna Woodard Ziegenhorn



In preparation for her own death, Jill initiated a "Celebration of Life" for 18 close friends.

Did you ever have the chance to walk a good friend home? I did. Right up to the edge of the bridge. Until then I didn't know much about dying, up close and personal. My dad died unexpectedly with an aneurysm when I was away from home, and poor mother fell into a state of shock and lost her hair. Her fingernails quit growing, too. The next time I saw my dad was at the end of his funeral service when the preacher opened up the coffin. I wouldn't call that a good experience with death.

On the other hand, with my friend Jill—the one I got to walk home—that's a different story. She knew her time was short and took it as a blessing that she could prepare for it.

I had known Jill for 15 years. I'd seen her face realities that made my knees wobble. As a single parent of three assertive teenagers who didn't want to move, she pulled up stakes in Chicago to start a new job in Kansas City. When her career in corporate life collapsed, she took on a risky consulting start-up. She overcame breast cancer, celebrating her five year all-clear the same week that her lung cancer (a new primary site) was diagnosed.

Somewhere along life's path Jill latched on to a saying by a Brother Ramos. Suddenly it occurs to me. "I can choose a response to every thorn or rose I meet. I am response-able." She lived that.

Lung cancer was definitely a thorn.

Six months after the pneumonectomy, the cancer metastasized to the chest wall. I accompanied Jill to the oncologist with her long list of questions, ending up with "What's the average life expectancy in this situation?"

"Six to eight months, average," Dr. Taylor said. "I'm not talking what's possible. I'm talking average." The reality of Jill's prognosis

began to settle in. At the same time she kept living as fully as she could, she said she wanted to be intentional about her leave-taking.

"The diagnosis compelled me to put into action some of my thinking relative to my dying process," Jill said.

She expressed two goals:

"One is to open myself to dialogue about death. I decided to invite people who are important to me into conversation about death. I also decided to create rituals that would incorporate my values and guiding life principles. The dialogue and rituals are intended to help me and those who are important to me create a bridge, a transition between my being alive and my death," Jill said.

She fashioned a bridge that included one-on-one outings, conversations and small group events.

One was a get-together with her family of origin, five siblings and her mother. That was a tough proposition to consider. In addition to typical family emotional stress, she recalled that when Uncle Bill died, her parents took great measures to avoid the funeral. Death and grief were viewed as private matters and not discussed.

In contrast, Jill was an avid believer and practitioner of family systems theory. She favored openness and connection. If the the subject were difficult, then likely it was all the more important to talk about. She wanted to change the historic family pattern around death.

She invited family members for a simple, lightly planned weekend to celebrate the family. She wanted everyone to feel at ease and be able to participate and benefit from the time together.

That's how Jill hit on the idea of the cocktail hour. There in her living room, in a setting they found comfortable and familiar, she toasted her family

and their importance in her life and in her dying process. She thanked them for their love, care and support and gave each of them a candle as symbols of light in her life.

Another ritual Jill initiated was a Celebration of Life. My husband, Dallas, and I hosted this intimate happening at our home with Jill's two sisters, three children and close friends, 18 of us in all. It was an honor to help Jill plan it and to facilitate.

Several of this crowd were friends through the Institute of Cultural Affairs (ICA) with experience and receptivity to ritual, allowing for a more structured dialogue. The event was designed to reflect Jill's beliefs that included a wide and rich view of life.



The Author, Donna Woodard Ziegenhorn, with her friend Jill

"I came to an understanding inside of me that all of life is celebrated within nature, within the creative process that is ongoing in nature. It is so real, touchable, inspiring. I most often see this manifest in the mountains. A more specific symbol within the mountains are

the many trees that inhabit them and are in many stages of living and dying," Jill said.

A tree took root as Jill's personal symbol of the changing, dying and turning into something else that was happening in her. A tree appeared on the invitation to the celebration, the program, and ultimately on her obituary.

The event included celebration of all of life, human life and Jill's life.

Those invited were asked to bring items for an altar in apprecia-

tion for life. They also brought symbolic gifts for Jill to symbolize their unique relationship with her.

The open space was set with a round table in the center where Jill placed treasures of her own, a fledgling Norfolk pine, stones from the mountains, a candle and photographs of her children.

Those gathered added their contributions to the altar, speaking about their connection with all of life and human life itself. The altar swelled with a crimson hibiscus bloom, a weathered gray branch, a line of sand dollars, a brittle brown leaf, a pot of pansies, a book and photographs.

The celebration unfolded with singing, poem readings that Jill selected in advance and sharing from the circle.

Individuals spoke their words of appreciation and love directly to Jill, presenting her with their symbolic gifts. Kleenex circulated.

Jill gave each of us a gift, too. It was a longer version of this Gaelic blessing, "Deep Peace." She read it.

Deep Peace of the running wave to you
 Deep Peace of the flowing air to you
 Deep Peace of the quiet earth to you
 Deep Peace of the shining stars to you
 Deep Peace of the gentle night to you
 Moon and stars pour their healing light on you
 Deep Peace to you.

Then we enjoyed a meal together.

A few months after the celebration, Jill had a major stroke that left her failing and unable to walk or communicate. Her bed at home was set up overlooking a wide open door with a view of her beloved backyard trees. Three nights later, the small circle standing at her side read Jill the blessing she had given us at her celebration of life. A quiet musical version of "Deep Peace" drifted onto the air from the stereo. Calmness came over the room. Then thunder sounded outdoors. Jill's bridge was complete.

Before she died, Jill said, "What I've come to appreciate is that the journey toward death can be very intentional, rich and a blessing. Rituals are a way to do this journey. They're a way to build the bridge."

I'm grateful that I got to walk with Jill those twelve months. I had a rare chance to experience something priceless, profound and intimate I never knew before. *A good death.*

Donna Woodard Ziegenhorn is an ICA programs facilitator from Kansas City. Her Son Matt participated in an ICA Journey in 1998.



2001 CALENDAR at a Glance

January

22 • Journeys 2000 6-month reunion

February

23 • COA Leader's Training - Chicago & Bend, OR
24 • Skills of Mentoring - Chicago & Bend, OR
25 • The Earth as Mentor - Bend, OR

March

2-4 • Winter Wonderland
13 • COA Leader's Training - Boston
14 • Skills of Mentoring Workshop - Boston
16 • COA Leader's Training - Washington DC
17 • Skills of Mentoring - Washington DC
20 • COA Leader's Training - Kansas City
21 • Skills of Mentoring - Kansas City
25-26 • Girl's Weekend in the Wilderness

April

7 • Hero's Quest with Peter Wallis
20 • Coming of Age Leader's Training - Olympia, WA
21 • Skills of Mentoring - Olympia, WA
22 • The Earth as Mentor - Olympia, WA

May

4 • Coming of Age Leader's Training - San Francisco
5 • Skills of Mentoring - San Francisco
16 -23 • Adult Wilderness Quest - Eastern Oregon

Summer Programs

• June 24-30 *Apprentice Journey (4th 5th grade)*
• June 24-July 15 *Coming of Age for Girls (6-7th grade)*
July 1-July 22 *Coming of Age for Boys (6-7th grade)*
July 17-August 6 *Solo Crossing (8 - 9th grades)*
July 23-August 13 *Wilderness Quest (10-12th grade)*
August 8 - 15 *Couples Quest*
August 11-25 *Sea-Spirit Quest*
September 2-15 *EarthQuest*

Calendar subject to change
Final Calendar available in January

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

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Our 34th
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

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

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Web: www.icajourneys.org

Editor: Stan Crow

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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.

Cover Photos by Kevin Riley

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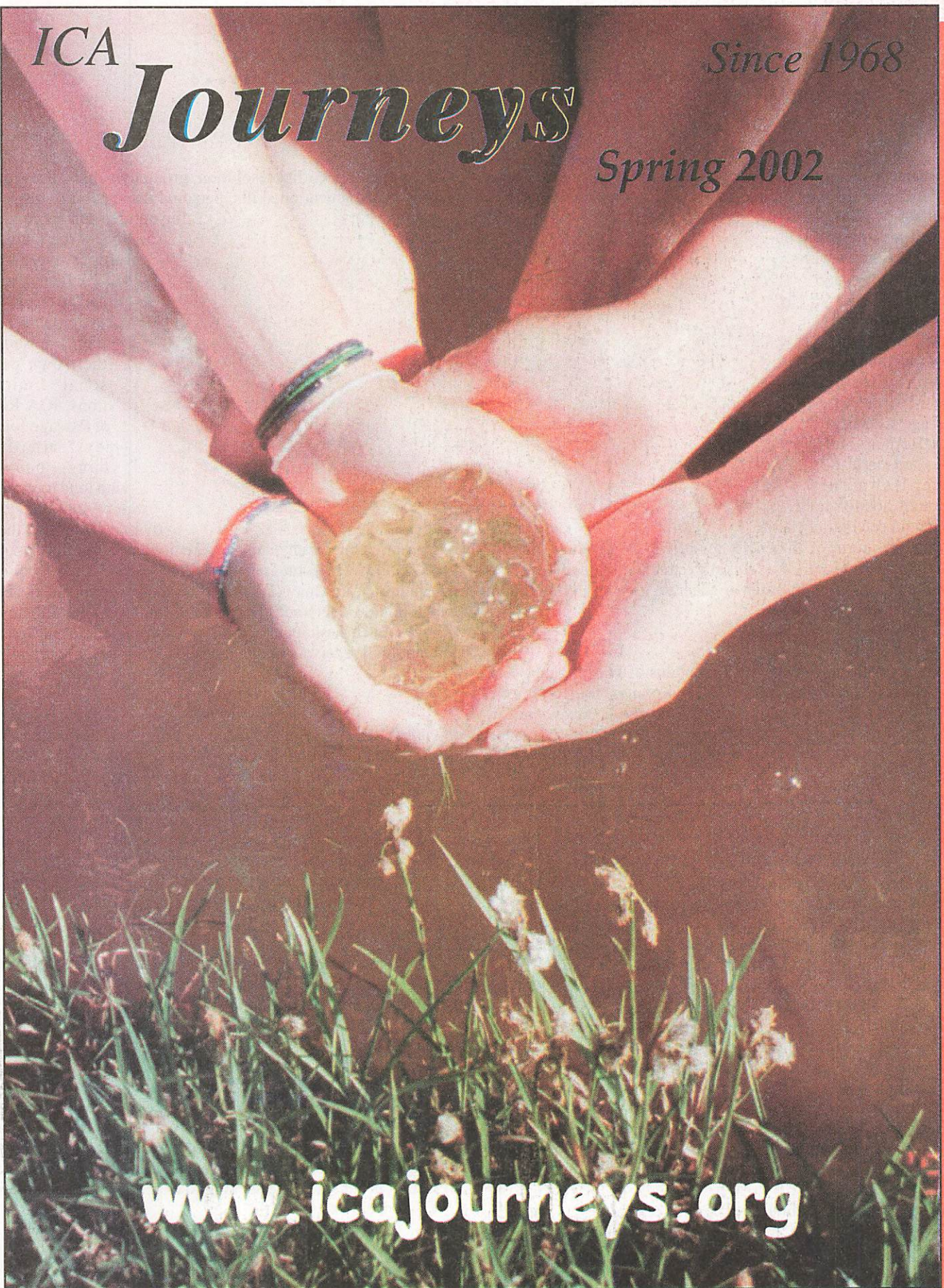


ICA

Journeys

Since 1968

Spring 2002



www.icajourneys.org

ICA Rite of Passage Journeys 2002...

The Journey of a Lifetime

Welcome to the Spring 2002 ICA Journeys! We are proud to be in our 35th 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 provide the opportunity for a rite or ritual of passage; a chance to reflect on our lives and mark accomplishments through acknowledgment and celebration. A rite of passage journey can benefit an 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.



Youth Journeys

Set in the back country of the 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.

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

Our youth trips, (pages 4-5), provide age-appropriate, fun, adventurous activities designed to stretch participants physically, mentally, emotionally and spiritually within a safe and supportive community of peers and mentor-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 may also gain aptitude

in such areas as: conflict resolution, group dynamics, decision-making, communication skills, personal responsibility, 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. Youth should understand the intent of the program and attend willingly. Each participant will fill out a questionnaire and agreement and will receive a phone interview prior to the journey.

Adult Journeys

On Page 7 you'll find an expanded number of spirit journeys for adults. For adults 18 and up we offer two spirit journeys: a weekend retreat, *This Moment in Time*, and our traditional eight day *Adult Wilderness Quest* which call forth Earth's teachings to enhance deeper life purpose and clarity. Each retreat offers a unique blend of ancient and modern spiritual practices. (The Adult Quest also requires pre-event preparation work.) Our programs are unsurpassed in their ability to combine hands-on skills with the attention toward the inner process of personal growth and discovery.

For those who have entered the AARP-eligible group, we're offering a six day *Elder's Quest* -- for those considering the question "What is my vocation in the last third of my life?"

Because of our vision that every person might have access to a rite of passage program, ICA Journeys offers training and consultation in rite of passage program development, methodology, and mentorship. In addition to the courses which we sponsor directly, we will provide training for your staff, volunteer mentors, or association-sponsored training program (page 6). We also **provide customized programs** to meet the special requirements of existing groups who are seeking to experience a vision quest ("We Can Help" page 3).

WINTER WONDERLAND

March 1-3, 2002



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.

(No snowshoes or skis provided,

rentals can be arranged). Carpool from Seattle Area

*15 years & up, unless accompanied by responsible adult.

Deposit: \$50 usd (\$35 refundable before Feb.)

Tuition: Individual \$150 usd -- Family (3-5) \$395

Make or Break Date: February 1

WE CAN HELP

ICA Journeys can assist your organization

in designing and/or facilitating a rite of passage or wilderness quest. If your church, school, social service organization, or

community is interested in planning a program, our experienced staff can help you create a meaningful experience.



Although many see value in establishing a rite of passage or wilderness-based component to their organization, it can be a daunting task. Let us help! Whether you're interested in creating an **Adult Wilderness Quest** experience, a **Coming of Age program for youth**, a **weekend wilderness program**, or a **training workshop for program practitioners**, we can help! A tailor-made wilderness program will help those in your group increase personal awareness, strengthen community, experience ritual and deepen spiritual awareness. Our staff is available year-round to offer their skills and knowledge in areas including: **outdoor living skills, initiative games, mentoring, ritual, creativity and art, mask-making, storytelling, tracking, outdoor survival skills, and rite of passage theory and methods.**



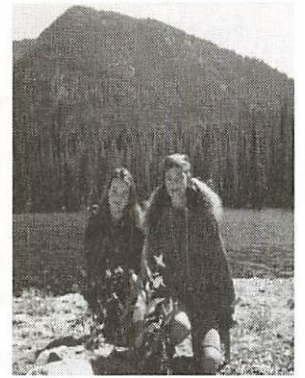
Girl's Weekend in the Wilderness

for girls ages 9 - 12

March 23-24, 2002

Come join us for a girl's weekend in the lush forests of the Northwest! Prepare to get muddy, as we run, crawl, and dig through the woods in search of signs of spring. We'll explore the natural world, learning about the different plants, animals, and land around us. And we'll play games, learning about ourselves and other participants. At night, we'll cook over a fire, bundled up warm in dry clothes, drink hot cocoa, tell stories, and sing songs.

This program is for both adventurous girls and for girls who want to become more adventurous!



Deposit: \$50 usd (\$35 refundable before Feb.1)

Tuition: \$150 usd (includes meals & materials)

Make or Break Date: February 22

For people 16 years and older

Tracking Our Natural Roots

May 4-6 & September 7-9, 2002

3 days-two nights

This course will cover:

- * Connections between the natural world, human communities, and individuals
- * The Fundamentals of Tracking
- * Observation and Awareness Skills
- * Natural movement techniques
- * Basic outdoor living and navigation skills



People who come to our programs express interest in deepening their connection to the natural world. This class will give participants skills to help deepen their awareness of nature, as well as an understanding of humanity's roots in and relationship with nature. The ancient art of animal tracking will be used as a tool for exploring these issues. Tracking is a holistic art which requires both logic and intuition to solve the mysteries nature leaves for us to discover. This class, drawing on practices both ancient and modern, will cover techniques for identifying and interpreting tracks and signs as well as ways to attune our inner senses to the rhythms of the natural world. The class will be held on the east side of the Cascade Mountains. Direct, "hands on" experience in the field will leave participants ready to continue the journey towards a deeper, healthier and more rewarding relationship with the Earth for both themselves and their communities.

Deposit: \$50 usd (\$35 refundable before Apr 3 / Aug 6)

Tuition: \$195 usd (includes meals & materials)

Make or Break Date: April 3 / Aug 6

COMING OF AGE JOURNEYS

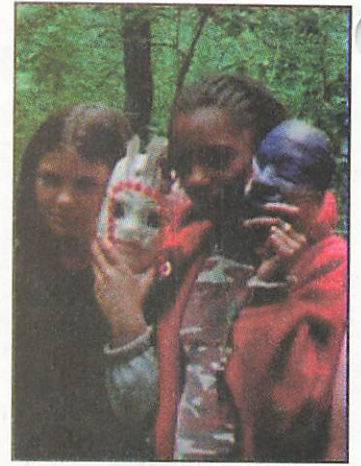
JUNE 30 - JULY 21

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, this trip empowers young participants to recognize and to walk in the truth of their own 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 is 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, the family will have an opportunity to see one another with new eyes. Together, they can breath new life into existing relationships, and explore the possibilities of what it means for them to be a family in the 21st Century.



GIRLS' JOURNEY

Young women have long been trained to be feminine at considerable cost to their authentic selves. Though 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 based on talents, skills and interests rather than appearance, popularity, or sexuality.

This 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.

Participants will learn how ancient cultures celebrated 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 power inherent in the gift of their womanhood.



- 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

Group size is limited

BOYS' JOURNEY

Unlike their female counterparts, boys lack a life-changing event to mark the onset of adult responsibilities. For thousands of years, most cultures have relied on intentional rites of passage to awaken the mature masculine spirit within their young boys. By overcoming ordeals, initiates were able to bring back the inner resources and external skills that a village depended on for continued vitality.

This challenging journey of discovery offers boys an opportunity to live, learn, and laugh, in a supportive community of peers and male mentors. Away from the video games, media violence, and modern pressures, life slows down and begins to take on new meaning. As participants sleep under star-filled skies and hike among ancient cedars, 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.

Deposit \$200usd (\$150 refundable by May 12th), Tuition \$1700 (includes meals, transportation, materials and campsites)

Pay in Full by May 2 for a \$100 discount.

THE APPRENTICE JOURNEY -- July 7 - 13, 2002

An Outdoor Adventure for Boys & Girls 8-11 Years of Age

In many cultures, a young person went off to study a particular craft such as carving or the healing arts as an apprentice. 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.



Under the guidance and encouragement of experienced staff, participants learn to cultivate a variety of interpersonal and wilderness skills in a challenging, yet supportive, environment. 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

Low-impact camping techniques

Knowledge of local plants & animals

Healthy communication & conflict resolution

Journal writing

Reflection and alone time

Group size is limited

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

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

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

THE SOLO CROSSING

A Co-ed Backpacking Adventure

July 27-August 16, 2002

A symbolic time of transition -- one leaves one's group to spend time alone in an individual encampment bringing closure to the past and foreseeing the future.



We'll prepare with a Walkabout, a symbolic Death of Childhood and dialogue to help us focus on what we will each seek as we cross a threshold into our own possible future. Afterward, there will be a chance to reflect on the experience -- a chance to find the meaning of having met your future.

Participants will be assigned adult mentors -- journey guides -- who help with the thinking about ideas which come during your crossing. Participants develop personal and interpersonal skills. The Ropes Challenge course and backpacking offer a view of teamwork.

The journey ends (or maybe, begins) sitting in council circle telling epic stories of the Crossing and sharing visions of the future.

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

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

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

WILDERNESS QUEST

A Journey to Adulthood -- July 25 - August 14

Building Community

Initiative games

Ropes Course

Fireside Chats

Opening Yourself to

YourVision

Storytelling

Symbol Making

Council of Elders

Growig Deep Through

Reflective Exercises

Medicine Walk

Sweatlodge

3 Day Vigil

Wilderness-living Techniques

Self-sufficiency

Health and Safety Skills

Fasting Preparation

Join us on an exciting three-week journey that takes us into the awesome and rugged terrain of the Pacific Northwest. Travel 70 miles through deep forest, blooming meadows, peaceful valleys, and over austere, snowy mountain passes as we experience mental, emotional, spiritual, social and physical challenges. Participants 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.



Coming-of-Age LEADERS TRAINING

Seattle, WA April 19, 2002

Chicago, IL May 2, 2002

9 am -- 5 pm

The *Coming-of-Age* Seminar -- an introduction to the basic skills needed to help young people reflect on their life journey-- presents ideas which are based on actual programs.

The basic tool presented is a planning model 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. A 100-page resource manual is included.

Seminar leaders have many years experience in facilitating rites of passage and training people to lead them. (Many are graduates of ICA's Journey programs and are able to directly relate to their own experience of 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
Resources for program leaders

HOW THE EARTH

TEACHES: Tools for Mentors

Seattle, WA April 21, 2002 8 am til 6 pm

Chicago, IL May 4, 2002

A great workshop for people who have attended our COA Leaders Training, or our Mentors Training and want to explore one of the most important parts of these topics. Since the dawn of human life, mentors have used the natural world to foster growth and awareness in initiates. During this FUN day-long workshop participants will learn about and engage in activities designed to foster awareness, self reflection, and a sense of connection with others and the natural world. Ways to incorporate the natural world into a Coming of Age Program, safety concerns, and ethical issues will also be covered. Come prepared to spend much of the day outdoors, rain or shine, and expect to get a little dirty.

TRAINING MENTORS for Rites of Passage

Seattle, WA April 20, 2002

Chicago, IL May 3, 2002

Imagine yourself as the trainer for mentors in your organization. What is a mentor in your context? How do you analyze which qualities and skills will be needed to help youth 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 mentees needs?

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.

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

Learning Outcomes

How to recruit and screen 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
Tools to shift the operating images of the mentor

SPONSOR / Co-Sponsoring A Leader's Course in Your Town

Your organization can sponsor or co-sponsor these courses in your area. Other organizations such as the YMCA of San Diego and the Greater Washington Area Religious Educators have done so.

Sponsorship can give your group financial and scheduling advantages. Co-sponsorship gets the course to your area, has financial benefits for your group, and limits your responsibility.

Under either plan, experienced ICA Staff will come to your town to provide the training. (*How the Earth Teaches* is only available at particular times of the year.)

For an information packet about sponsorship, contact us at: COAL@icajourneys.org. or 425-486-5164.

Cost for Seminars:

\$110 usd for one day, \$200 usd for two, \$290 usd for three

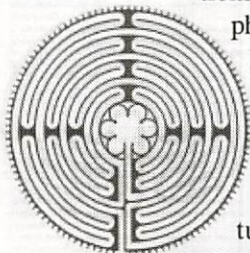
Early Bird --3-week advance **paid-in-full** -- \$99 usd for one day, \$175 usd for two, \$250 usd for three.

10% Discount for 2nd and each additional participant from the same organization

THIS MOMENT IN TIME: An Exploration in Life Direction

San Francisco Area August 7 - 9

At any moment in time, we each have our own set of questions which relate to the direction of the next phase of our life. Finding a way to articulate our questions is a major step toward finding answers to these questions.



This 44-hour weekend retreat is based on a cross-cultural understanding of the wheel of life. Using the metaphors of life's terrain, we will travel over the Land, the

River, the Mountain and the Sea.

This experiential retreat is designed to allow participants time to do the work needed regarding their own life journey. Group work, personal meditation, reflective exercises and a chance to tell your own life story are included in the process.

*Tuition: \$450 usd A deposit of \$200 usd holds a space (\$150 refundable until 45 days prior to Retreat) (including transportation, meals, art supplies, and campsites) Discount of \$45 if tuition **paid in full** by May 1*

ADULT WILDERNESS QUEST

A Solo Vigil and Fast August 18-26

Do you seek greater clarity regarding your life's purpose and meaning? Are you in the midst of a major life transition?

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



With a small supportive community of questers and experienced guides, you'll take part in rituals and ceremonies to allow 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 brings the power of the quest experience to greater clarity and understanding.

Personal preparation before the trip is guided through the recommendation of practical tips and resources. Local participants will meet as a group four times before the quest, A correspondence program is available for people who will travel to join us.

ELDER'S QUEST

What are you moving toward, not away from?

August 17-23

When Methusala hit 100 years old, it was news. Today, many people are doing so. More people are finding they have 25 to 30 productive years after "retirement". How will you use yours?

If you're "AARP-eligible", this is the retreat for you.

In a setting with beds and prepared food, we will follow the pattern of a good vision quest, with time in nature and time to dialogue about our insights.

Questions to be addressed include, "What is my next vocation?" "How does one retain a feeling of self-worth in a culture which dismisses its elders as over-the-hill and irrelevant?" "How will I use the skills and knowledge I possess for the benefit of others?" What new learning and growth patterns do I wish to establish for myself?"

This unique quest is not about making wills or monetary investments. It is about investing your life with purpose and meaning. It's about expanding the vistas of your journey.

Use art & music, intuition & ritual, meditation & dialogue to help shape images for your new life

Application and interview are required

*Tuition: \$595 usd A deposit of \$200 usd holds a space (\$150 refundable until 45 days prior to Quest) (including transportation, meals, art supplies, and campsites) Discount of \$50 if tuition **paid in full** more than 60 days before Quest*

Dear ICA,

One of the most powerful life stories I have ever read was the autobiography of Nelson Mandela. This man who moved from an African village, through years of jail, to be a leader in the World Village - spoke at length and with passion about the rite of passage he experienced with guidance from the village elders.

His story reminds us that just because our technology has progressed, it does not mean that our needs have changed. I believe that there is a "tribal memory" that is still a vital part of us. It has been with us for several thousand years, and the wisdom of traditions may speak to that memory. Looking for rituals that resonate with this memory is what led us to ICA Rite of Passage Journeys.

I expected that this would be a breakthrough experience for my 3 children - and it was. The skills and integrity of the people in the program are remarkable. I believe that my kids, although they all had different experiences, emerged with a different view of their place in the world. This new view has been the vessel for the new experiences they are collecting.

What I did not expect was the effect that the rites of passage would have on Mary Ann - the mom- and me. The separation ceremony was one of the most moving experiences we have had since the birth of our children. It transformed the intellectual (This kid is not just a little kid anymore) into a real, gut-wrenching reality - (Your child is gone - you will not see this child, as a child, again). I am not sure that the intensity of the moment was equally shared by the kid, but it is still fresh in my heart.

Some of the most lasting effects of this rite of passage are much more practical than the emotional repositioning between parent and kid. The re-uniting weekend provided opportunities and tools for anticipating key issues for the next few years with the parents and kid. We spoke earnestly with this young adult (our son) about a "day in the life" when he would be a 16 or 17 year old. We recognized milestones that would have been passed, and challenges that we would face.

We tried to get a balanced understanding of rights and responsibilities and privileges. The Mantra at our house is that "Privileges, once extended, become rights." We committed to support each others goals - And Then We Wrote It Down!

After 5 years, since my oldest son first went through the rites of passage, the original notes and agreements we made at journey's end are still alive and being used. Many additions have occurred. We have negotiated and renegotiated. I hope that this does not sound too legalistic or contractual - there really is a tremendous amount of heart in it. We have made many "deals" with the kids and most of them have been written. All of them have clearly defined responsibilities and expectations - we hope.

I hope to be the next one in the family to experience one of the ICA Journeys. As long as we are growing there will be change and disruption. Riding the wind of these changes, and seeing new pathways in the light of these disruptions, will be abilities I need in the next few years.

I thank you for the work that you do, and I can tell you that it has made a critical difference in the quality of life for my 3 children, and in the quality of parenting for us as parents.

Kelly Thompson
Olympia WA



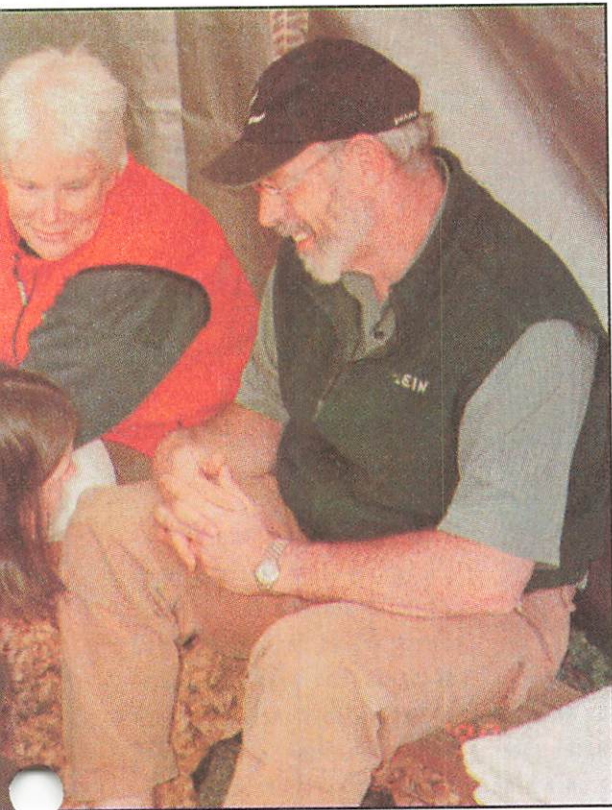
Hello!

My name is Megan Thompson. I am 14 years old. I was at the World Village Girls this last summer. It was the final ritual of the journey.

My family heard about the ICA in 7th grade and we have been ever since he went.

I think I am very lucky. I think adolescents miss childhood ends so much. It is beginning. I found a poem instead of a letter. I hope people how I felt.

Megan Thompson
January, 2002



Thompson. Two of those hands on the cover are mine. I participated in the ICA Coming of Age Journey for Emer. The picture above is of me and my mom and dad in the program.

out this program through our church when my brother was ent on the trip. I had been looking forward to the trip 5 years ago.

ucky to have been able to go on the trip that many feel that it is important to experience a time that your that you can start anew and know that a new phase of life and this journey very powerful and have chosen to write a essay. I hope that this piece of writing will show some and maybe inspire them.

My Journey

*My parents wept, my brothers chuckled as I was swept away,
I remember my joys, my sorrows, my griefs, to this very day.
I remember the excitement, joy, and unknown,
as if departure was nothing I'd known.
That was soon forgotten as I walked down the path,
through an experience that would forever last.
As I think of it now it was a powerful thing,
My childhood was done - I could hear the fat lady sing.
Though it's now over it's never quite dead,
the good and the bad still live in my head.*

*We departed and soon my adventure began,
it challenged and pushed me to a whole new land.
I was not alone - I was not afraid,
for on this journey, four sisters were made.
We learned to trust, to share and care,
unfortunately 55 feet in the air!
We climbed a great ladder with only each other,
but now I would not choose to do it with others.
There were times when I wanted to just get away,
but, these are the comrades I woke with each day.
We laughed and we cried, when deep down inside
we were changing so quickly - it was hard to hide.*

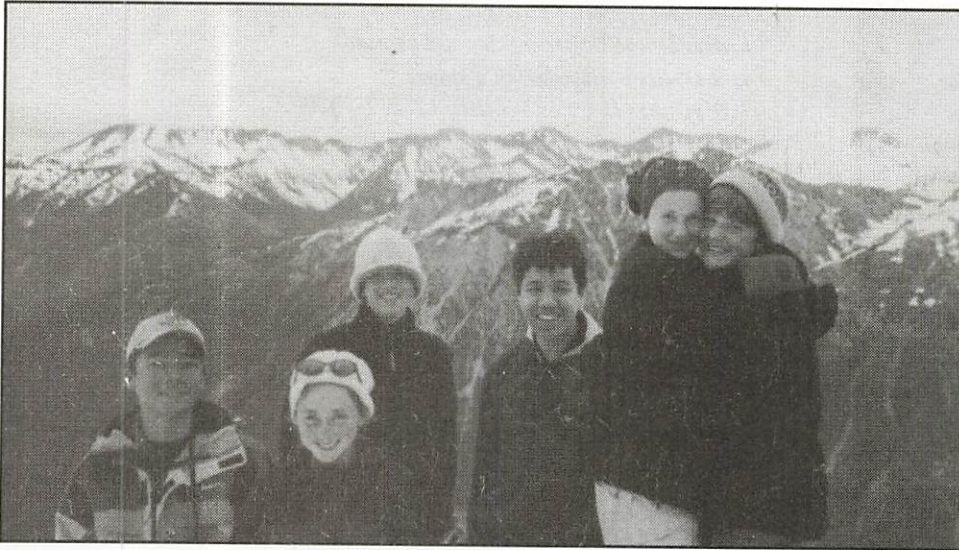
*A life changing thing that I did on my own
was a day and night's vigil - all alone.
On the shore by the sea, with no human contact
to think, and to wonder, but not reenact.
I thought of life and what was to be
of what I would do and how to be me.
I had no food and attempted no rest,
but through that wakeful night I knew I was blessed.
For the time that was given to me for myself
was greater than gifts of material wealth.*

*I've changed forever and can't go back - I'm a woman now,
I'll get through somehow.
I hope the experience I was honored to have
will carry to others, for I would be sad
if people did not have the chance to change
from child to teen, and to rearrange
their dreams for their future
their hopes for today.*

*By stopping, reflecting and seeing the way
we see who we are, and what's best
for each day.*

Can Schools Include Rites of Passage into Their Program Mix?

by Ron Snyder



AS #1 Rite of Passage participants reach the top

If you want to know if a wilderness-based rite of passage program can work in a public school, we are currently in our 11th year of such a program. We are an alternative school, but what we do and how we do it could be applied in many other school settings.

AS#1 is an experiential learning center specializing in kinesthetic and visual learning styles. Since 1970, AS#1 has served students who come from throughout the Seattle School District. The school has 252 students in grades kindergarten through eighth.

In 1991, AS#1 student, Jacob Ali Walker, gave us the challenge which started the program. He asked why there were no adulthood rituals for American adolescents as there are in Hebrew, African, Native American, and Aboriginal societies. He said that a driver's license, gang membership, pregnancy, and drug use were not acceptable membership criteria for adulthood in America. He wanted to know how he could have a rite of passage, and so we invented one.

A team of students, parents, and staff devised that first Rites experience. I drew on my training in outdoor experiential education and then we studied the rites of passages of other cultures, looking for their practices and intents. We became convinced of several requirements: 1.) the choice

to participate was solely with the student (parents had to give permission, but not until youth had decided to join). 2.) the possibility of not completing the program had to be there. This had to be a test, not just a fun time. 3.) Completion of the program was key to membership in an exclusive club.

I led that first group of students and their teachers, on a 25 mile hike on the Olympic Coast Wilderness Trail. The students had prepared themselves by going on a series of experiences including: rock climbing, camping, hiking, running, sailing, canoeing and team building on a high and low initiatives/ropes course.

Each student had to earn his/her own money. That is still a requirement. For those without other opportunities, we've developed jobs at the school where students can earn money. For instance, we collect colored glass bottles. Students thoroughly clean them, and we sell them to a mosaic maker for 20 cents a pound. Most of the equipment is supplied by the school from donated or purchased items.

Each year, this rite of passage adventure leaves when school is closed for the summer on the first Monday after Father's Day. During the journey, students perform community service to the wilderness, participate in a day of silence, experience a night of solo on the beach with limited equipment, prepare and maintain their camp and food, and carry all of their gear on their back. The actual hiking/paddling time has varied from five to ten days. At the close of the trip, students participate in a special "dream stick ceremony". They are, as I refer to it, admitted to the club. They receive special words which only those who have completed the program know. Then a stick which has chosen itself for the ritual is presented. Each new member breaks off a piece of the stick and,

along with a whispered dream puts it into the fire — a prayer for the future. That stick is then carved with the date of the rite of passage and added to a growing pile of sticks in the school trophy case. To the casual observer, these sticks may seem out of place, but to the participants, they are among the most important items in the case.

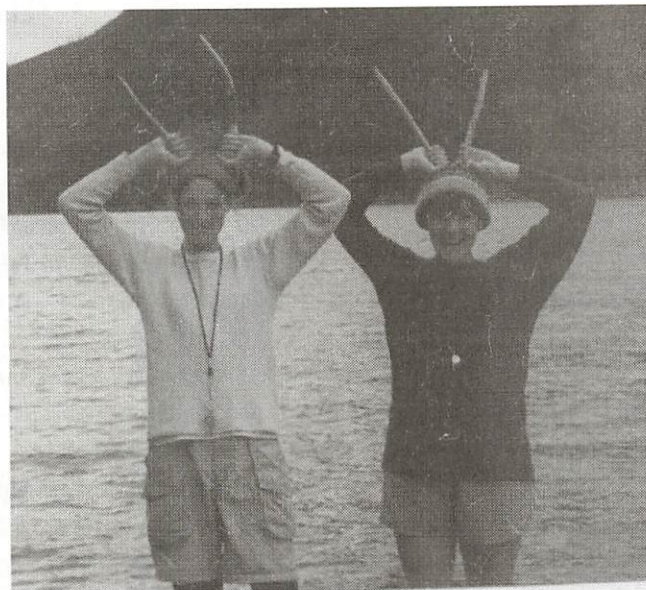
The day after students return to the school, they are the hosts for a dinner of celebration and thank you, for two invited guests each. They prepare, serve, and clean up from the dinner. Following the dinner, each participant gives a speech of thank you to their invited guests — to show appreciation to the people who have helped to make their life possible. At this time, they also receive a unique tee-shirt designed by AS#1 passage makers.

Over the years, we have used canoe trips, hiking journeys, and combinations of water and land activities. The results have always been positive. Almost every participant has returned to tell us stories about the importance of the experience for them. Many have reflected that their rite of passage memories have been a touchstone when things were "difficult" in high school. They say they knew that if they made it through their rite of passage, they could handle almost anything.

This year, 16 Rite of Passage participants plus staff are going to paddle in the high Cascade Mountains at Ross Lake. The students will paddle Diablo Lake, truck their canoes over Ross Dam to Ross Lake, paddle Ross Lake to Canada, and along the way they will climb Desolation Mountain. This adventure will take 8 - 9 days to complete, and when they return, they will join over 100 other members of the club.

Principal Ron Snyder has been doing these program since 1992 along with the help of other staff. Mike Foster, an ICA Journeys volunteer for two seasons in the mid 90's is now a part of the team which leads the program.

Ron Snyder may be contacted at: Alternative School #1, 11530 12th Ave. NE, Seattle, WA 98125



AS#1 Rite of Passage participants emulate deer

Intern Positions Available

Spend the summer (and/or spring) learning about and supporting *Coming of Age Wilderness Programs* in the Puget Sound area in Washington. University-related internships can also be arranged.

Each summer, we accept a limited number of responsible, flexible and *self-motivated*, people who are interested in gaining experience in wilderness journey programs and community-building.

Interns will have the opportunity to work in teams alongside experienced staff, participating in course starts and ends, and involved in community-building activities. A strong benefit is the annual Staff Training and the opportunity to be a participant in Adult programs.

A variety of assignments will gain the intern a broad background, including season-start preparations, course-start packout, course-end events, parent weekends, food packing and preparation, office support, front-country course resupplies, building and maintenance, season end breakdown and possibly course-area reconnaissance.

Applicants must be at least 18 years old and have completed at least a Wilderness First Aid course before arrival. Preference is given to individuals who have completed their own Vision Fast or other extended meditative experience.

Contact us for an application packet.

Tracking Our Natural Roots

by David Moskowitz

We said goodbye to Casey at his quest site on Cowiche Creek, in the desert hills of Eastern Washington. He was 16, barefoot, and he had refused to take a tarp. He was going to do this right, he said, and not take all the extra "special amenities." It was August and very hot. The wild rose was in full bloom, and it left Casey leaping around as he tried to avoid stepping on prickles everywhere he walked. He was excited, full of enthusiasm for the experiences he had already had during the first 7 days of the Wilderness Quest, and, unlike many participants, excited for three days of solitude in the wilderness.

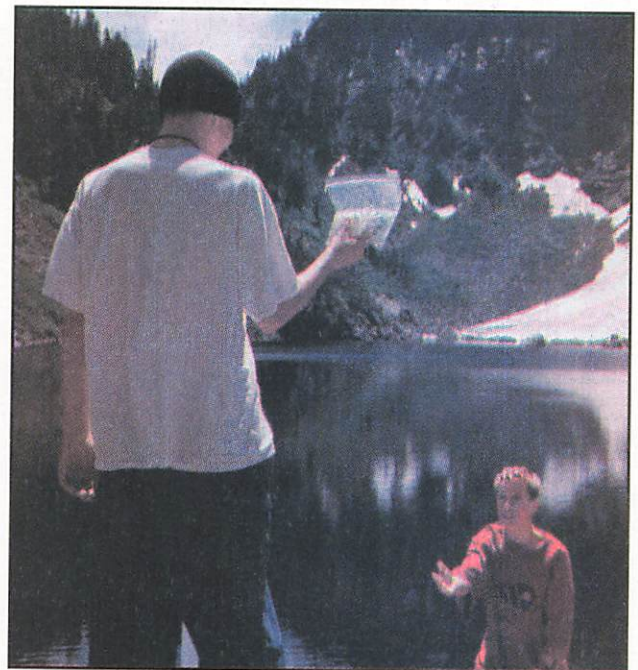
What inspired this young man in his pursuit of insight and understanding of himself, his family, and the world around him? What did he learn from the earth he felt beneath his feet and the stars he gazed at through the trees at night? These are the questions of tracking our natural roots.

Another image that comes to mind in "tracking our natural roots" is of the Winter Wonderland trip a couple of years ago. Nine of us spent the weekend digging snow caves, wandering through the forest reading the stories left by river otters, mink, squirrels, rabbits, and ravens. We spent the evening sitting around a fire telling stories. I jumped into an opening on the edge of a snow-covered lake with my clothing and snowshoes on—much to the amusement of everyone else, including the forest and critters in the area, I'm sure. The group included a father and his sons, several men and women in their mid-twenties, and a man in his late 50's. All of us, whether we knew it or not, were not just tracking the wildlife and playing in the snow—we were tracking our natural roots. We were exploring our relationship with Nature. We were creating a community which included both people and the wild. We were relearning what it means to live close to the Earth, albeit for a short time. We were learning what it feels like to be cold and wet digging a shelter in the snow, and how it feels to sit around a fire with friends and family, telling our own stories, and listening to the wind in the shadowy trees tell theirs.

Tracking our natural roots means exploring a more primal way of perceiving and interacting with the world around us. It means opening up to the possibility of feeling deep connections with the natural world, and learning directly from it how to become more aware, more appreciative of life, more humane, more human. As a species, we have lived in very close proximity

to wild nature—wild forests, wild animals, the weather, for millennia. It is only in the last few generations that we have become estranged from the natural world, which had been the source of our sustenance, inspiration, and our teacher.

With this in mind, it seems clear to me why people feel an innate draw to the natural world. It's genetic. We are part of Nature. We are defined as a species, culture and individual in terms of our relationships to the world around us and we have evolved with these relationships circling around the Wild—the More-than-Human World. It is only *natural* that we would seek to continue to make these connections in the modern world. Just living in a city doesn't negate our natural heritage. In fact, in some ways, it might make it more clear and highlight how this connection is healthy for people as well as how a lack of connection can be harmful. An important part of what we do here at Journeys is make this search for connections, this process of "tracking" our natural roots, more conscious. For truly, when we fully experience the lessons of the natural world, we begin to grow as human beings.



THE POWER OF IMAGE: Tools for Creative Leaders

Chicago, IL, February 19-20, 2002

Oakland, CA, July 15-17, 2002

St. Paul, MN, November 13-14, 2002

Group processes are effective in forming consensus and enhancing learning, but when used over and over with the same group, they can become tedious and predictable. Being aware of Image Theory and how it affects thinking, enables a teacher, facilitator or trainer to balance an interactive process with stories, games, music, graphic images, poetry and metaphor as well as tap inner imagery.

Understanding the power of messages enables the teacher, facilitator or trainer to see that every action sends a message that creates an image. This awareness can translate into increased intentionality as we understand the responsibility which comes with leadership roles.

Key to the training is the Kaleidoscope Design Strategy which expands the creativity of both leaders and participants.

This two-day training both theory and practical application of these theories. There is no pre-requisite course required.

CONTACT: George Packard at 773/769-6363 or gpackard@ica-usa.org for more information.

YOU CAN HELP

In order to keep our prices down, and to offer scholarships, we are in need of donations. As a 501.(C)(3), all donations are tax-deductible.

- Money for scholarships is our primary need.
- Volunteers to work in the office & promote Journeys.

Also, if you can donate any of these items, or can help us secure them, let us know.

- 12 passenger van: clean, good condition, preferably low miles or new
- 2 -Small, solid, water-tight utility trailers
- Office supplies, including recycled paper, envelopes, etc.
- Backpacking and camping gear, new or used as long as it is in good condition: backpacking stoves, backpacks, backpacking sleeping bags, wool/synthetic clothing,
- Building materials, dimensional lumber, etc.

THE LEARNING BASKET: Practitioners Course

Chicago, IL, February 25-27, 2002

Yakima, WA, April 15-17, 2002

Here's a very practical tool for parents and professionals who work to help them be successful. The Learning Basket focuses on the importance of play in learning at all ages, but especially for children 0-3, and the importance of a parent as their child's first teacher.



This approach has been used in child care settings, home visiting programs, family support groups, and orphanages. The Learning Basket Practitioner's Course is a great way to learn about the methods and the tools used in this Approach, and begin to implement it in your program.

CONTACT: Amara Gilbert at 206/323-2100 or agilbert@ica-usa.org for more information.

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.

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



Stan Crow
Program Director

Stan has been with Journeys since 1981. Three of his daughters, a son, and a son-in-law preceded him as participants in the program. He is the former director of the ICA's Center for Imaginal Education, and joined the ICA staff in 1971. Stan has extensive experience working with young people and training youth leaders. Stan is a skilled group facilitator, community-based educator and ritualist, and enjoys nature and singing.



Amanda Ayling
Program Coordinator

Amanda is a math and science teacher at a small high school devoted to the arts. She also coordinates the youth programs (including a Coming of Age program) at a Unitarian Universalist church in Seattle for the past four years. She led the Girls Coming of Age Journey in 2001 and the Apprentice Journey in 2000. Amanda has committed her life to building community and encouraging personal growth and transformation in young people.



Sarah Richardson
Program Mentor

Sarah is an environmental/outdoor educator with a broad background of facilitating groups, including a cultural studies program she led to Cuba. Sarah says that her own vision quest experience was life changing, committing herself to assisting others to participate in their own rites of passage. Sarah was a mentor for the launch of our new program "Solo Crossing" in 2000.



Aaron Green
Program Coordinator
Solo Crossing

Aaron is a wilderness guide and musician. He is the director of an annual Fiddle on the Farm camp for young people in Indiana. He is a graduate of the Wilderness Therapy program at Prescott College (the only one of its kind). He has also studied at the Audubon Expedition Institute and the National Outdoor Leadership School. Aaron was a mentor for the launch of our new program "Solo Crossing" in 2000.



Edith Kusnic

Edith has journeyed with two daughters through the Coming of Age program, and participated in the Adult Vision Quest. She is a counselor in private practice and an independent educator. Edith has 25 years of experience in alternative, community, and higher education, and is committed to helping people discover their own gifts, learn to learn, strengthen communities, and envision and build humane, sustainable futures for themselves and others.



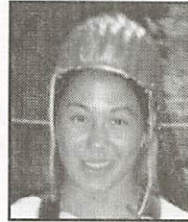
Dave Moskowitz
Wilderness Trainer

David has been a mentor for Journeys programs since 1997. David is trained and skilled in outdoor living skills, tracking, and mountaineering, and is a Wilderness Emergency Medical Technician. Dave's two strong passions are being in the outdoors and teaching about the natural world. Many people find his enthusiasm for nature contagious.



Darcy Ottey
Program Administrator

Darcy participated in the Coming of Age trip when she was 13, and has mentored for Journeys since 1996. Darcy has worked for a range of outdoor programs, from teaching mountaineering courses for Pacific Crest Outward Bound to teaching primitive living skills to Utah's adjudicated youth, to caving with teenagers in Vermont. Rite of Passage work is one of Darcy's main interests in life.



Monica Hashiguchi
Program Mentor

Monica Hashiguchi is returning for her second year as a Journeys program mentor. A recent graduate of the University of Southern Colorado, Monica brings with her an infectious enthusiasm, an ability to connect with young people and a joy in approaching the natural world.



Nina Davis
Program Mentor

Nina's first summer as a mentor for Journeys was in 1997. She was a participant in the first ICA Wilderness Quest. Nina has traveled and studied in India, Europe, and New Zealand, and recently lived for a year in Italy. Nina has also worked as a program director with the Wilderness Coalition. Nina is currently working for a research project at University of Washington.



Amara Gilbert
Program Coordinator
Wilderness Quest

Amara is currently serving as the Seattle coordinator of ICA's Learning Basket Project. Amara is a graduate of ICA Journeys' programs during her sixth and ninth grade years, and served as a mentor on the 1997 and 1999 Coming of Age Journeys. Amara has worked as a volunteer in Mexico City, and as Director of Religious Education in an Illinois United Church of Christ.



Randy Morris
Program Mentor
Adult Quest

Randy Morris, PhD. is a faculty member in the Liberal Arts Dept at Antioch University Seattle, and a counselor in private practice in Seattle. He taught in Hiroshima, Japan for 10 years. Randy has been part of several different leadership teams for Vision Quests over a number of years. We welcome him back for a second year as a guide on the Adult Wilderness Quest.



Leif Oden
Program Coordinator
Boy's COA

Leif was a participant in ICA's 1984 Coming of Age program, and has been a Journeys' mentor since 1998. Leif is an experiential educator and wilderness guide, and has worked as an instructor for organizations including Outward Bound, Joy Outdoor Education Center, and Colorado Mountain College. Leif is currently serving as a Director of Religious Education at a Seattle Church. He considers Outdoor Adventure Education a calling and chosen career.

2004 CALENDAR

Our 38th Year at a Glance

February	28	<i>Drum Making</i> - Seattle (Call office for prices)
March	8	<i>Journeys Informational Meeting</i> (Seattle 6:30 - 8:00)
	6	<i>Building a new Sweat Lodge</i> (Bothell)
	20	<i>Sweat Lodge</i> - Bothell
	26	<i>Journeys Informational Meeting</i> (Seattle 5:00 - 6:30)
		An Evening at the Institute with Melissa West (Seattle - 7:00 - 9:00)
	27 - 28	Our Great Work: Toward a New Earth Resolve (Co-Sponsored, Bothell)
	30 - April 1	The Power of Image (Eugene, OR)
April	15-17	This Moment in Time - Arcosanti, Arizona
	30	<i>Journeys Informational Meeting</i> (Seattle - 5:00 - 6:30)
		An Evening at the Institute -- The Role of Ritual in the Family (Seattle - 7:00 - 9:00)
May	1	Coming of Age Leaders Training (Seattle 8:30 - 5:00)
	7-9	Organizing a Mentoring Program/Skills of Mentoring/How the Earth Mentors (Seattle)
	21	<i>Journeys Informational Meeting</i> (Seattle 5:00 - 6:30)
		An Evening at the Institute ICA's HIV/AIDS program in Kenya
	22	Apprentice Challenge (Bothell 9:00 - 4:00)
June - July-	19	<i>Sweat Lodge</i> - Bothell
August	26-27	Tapping the Inner Teacher (Seattle)
	27-July 18	Coming of Age for Girls & Coming of Age for Boys (entering 7th - 8th grade)
	July 6 -8	This Moment in Time - Menucha, Oregon
	July 10 - 18	Adult Wilderness Quest - Pacific Northwest
	July 24 - August 14	Solo Crossing (entering 9th - 12th grades)
	July 25 - 31	Apprentice Journey (entering 4th thru 6th grades)

Check our Web Site www.icajourneys.org
for additional programs and events ...They will be posted as scheduled.



ICA Journeys Catalog is published annually as a supplement to our regular newsletter.

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Editor: Stan Crow, Editorial

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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 mix of developmental offerings.

Journeys' 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 in good mentoring practices.

For PROGRAM INFORMATION: (206) 323-2100
215 NE 40th St, C-2 Seattle, WA 98105
e-mail: info@icajourneys.org Web: www.icajourneys.org

Cover Photo "How deep is this river anyway?" by Stan Crow
Printed with Soy-based ink on non-chlorine bleached paper



Institute of Cultural Affairs
215 NE 40th St, #C-2
Seattle, WA 98105

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Mentoring Adult Leaders for Life Transitions

A Series of Four Related - One day Seminars



Central to all *ICA Journeys* is the assignment of Mentors. We operate on the presupposition that people going through a life transition need someone with basic skills to help them reflect on the changes they are experiencing. Seminar leaders have many years experience in facilitating Rites of Passage and training people to lead them. Bring someone else from your organization and work together to answer these questions for your organization.



Skills of Mentoring: One to One and In the Classroom

Mentors can be a positive force for those who are experiencing change. Training is a key factor in the success of positive mentoring.

What is a mentor? Who were your mentors? What qualities and skills are needed by mentors? How will you help mentees discover their inner resources and accept responsibility for their own behaviors and relationships?

Learning Outcomes

- Building a mentor-mentee relationship/bond*
- Motivating tools and strategies*
- Developing successful communication skills*
- Tools to shift disempowering images*



Organizing Mentoring Programs

Mentoring is a human activity. It has been an important way of helping others through Life's trials and transitions. Yet, creating a program which provides a structure to bring good mentoring to those who most need it is not easy.

Join ICA staff for a roll-up the sleeves workshop which focusses on your program's questions and ways to handle tricky issues particular to our times.

Learning Outcomes

- Recruiting and screening mentors*
- Training and coordinating Mentors*
- Nurturing a group of mentors*
- Mentee-mentor matching considerations*
- Ongoing program evaluation approaches*



Coming-of-Age Leaders

The *Coming-of-Age* Seminar introduces tools needed to help people reflect on their life journey. We bring ideas which are based on actual programs in many settings and organizations.

The basic tool presented is a planning model which contains the elements for any rite of passage. Participants will get practice creating curriculum plans for a coming-of-age program which might be used in their own situation. An extensive resource manual is included.

Learning Outcomes

- Why Rites of Passage are needed in rebuilding a community*
- A model for creating Rites of Passage*
- Options for program tone, mood and style*
- Introduction to practical activities and rituals*
- Resources for program leaders*



How The Earth Mentors

Since the dawn of human life, mentors have used the natural world to foster growth and awareness in mentees. By moving from our accustomed surroundings into a more primal one, mentees can expand awareness, shift perceptions and draw on latent human skills.

Come prepared to spend much of the day outdoors, rain or shine, and expect to get a little dirty.

Learning Outcomes

- Activities designed to foster awareness*
- Engaging mentees in self reflection*
- Incorporating the natural world into a mentoring program*
- Dealing with ethical issues of wilderness use*
- How to prepare against safety concerns*
- Individual and group activities you can use*

Ask us about academic credit for the **Skills of Mentoring** course

Ask us how your organization can Sponsor / Co- Sponsor A Mentoring Series in Your Town

Cost for Scheduled Seminars:

Early Bird - *paid-in-full 6 weeks prior to a course*: \$99 for one day, \$175 for two, \$250 for three and \$300 for four. *If paid within 6 weeks of course*: \$115 for one day, \$210 for two, \$290 for three and \$350 for four
10% Discount for 2nd and each additional participant from the same organization
Price includes Training manuals

Scheduled Programs In Seattle

- Coming of Age Leaders -- May 1*
- Organizing Mentoring Programs -- May 7*
- Skills of Mentoring -- May 8*
- How the Earth Mentors -- May 9*

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.

2004 Pre-Registration Blank

Please Pre-Register me for the _____ program



Participant Name _____
Address _____
City/State/Prov. _____
Postal Code _____
Home Phone Number (____) _____
email _____ Age _____ Gender: M ___ F ___
Disability or Food concerns we need to know _____

For CHILDREN & YOUTH

Parent/Guardian Names _____
Work Phones (____) _____ (____) _____
Grade Completing in 2004 _____ Lives with One ___ Both ___ Parent(s)

Enclosed is a Check for \$ _____ for Deposit ___ Payment-in-full ___
Charge \$ _____ for Deposit ___ Payment-in-full ___ Other ___
to my Visa ___ Mastercard ___ American Express ___ Account
NAME _____
(as it appears on the credit card)

Account # _____ Expires _____
Signature _____ Date _____

A registration packet will be sent upon receipt of this form & deposit
Fax with Credit Card information to: (206) 547-4057
Mail with Check to: Registrar, ICA Journeys, 215 NE 40th St., C-2, Seattle, WA 98105



THE SOLO CROSSING

A Co-ed Backpacking Adventure

for those entering 9th through 12th grades

July 24-August 14, 2003

A symbolic time of transition -- one leaves one's group to spend time alone in an individual encampment bringing closure to the past and foreseeing the future.

We'll prepare with a Walkabout, a symbolic Death of Childhood and dialogue to help us focus on what we will each seek as we cross a threshold into our own possible future. Afterward, there will be a chance to reflect on the experience -- a chance to find the meaning of having met your future.

Participants will be assigned adult mentors -- journey guides -- who help with the thinking about ideas which come during your crossing. Participants develop personal and interpersonal skills. The Ropes Challenge course and backpacking offer a view of teamwork.

The journey ends (or maybe, begins) sitting in council circle telling epic stories of the Crossing and sharing visions of the future.

Deposit: \$200 usd (\$150 refundable before June 1)
Tuition: \$1795 usd per person (includes transportation, meals, art supplies, and campsites)
Early Bird Discount - pay-in-full by April 1, \$1495 by May 1, \$1695.

WILDERNESS QUEST

A Solo Vigil and Fast

July 10 - 18

Application and interview are required

Do you seek greater clarity regarding your life's purpose and meaning? Are you in the midst of a major life transition?

A vision quest provides an opportunity to uncover the deep wisdom within and around you. Set in Eastern Washington, the Wilderness Quest is a chance to move deeply into your inner life as you connect with the natural world.

With a small supportive community of questers and experienced guides, you'll participate in ritual and ceremony to allow you to sit with courage your 3-day vigil.

On your return, you'll debrief, share stories and celebrate your rebirth. ICA staff facilitates several activities such as ritual, art, writing and storytelling that bring the power of the quest experience home.

Personal preparation before the trip is guided through the recommendation of practical tips and resources. Local participants will meet as a group four times before the quest. A correspondence program is available for people who will travel to join us.

Deposit: \$200 usd (\$150 refundable before June 1)
Tuition: \$895 usd per person (includes transportation, meals, art supplies, and campsites)
Early Bird Discount - pay-in-full by April 1, \$650; by May 1, \$795.

Intern Positions Available

Spend the summer (and/or spring) learning about and supporting *Coming of Age Wilderness Programs* in the Puget Sound area in Washington.

Each year, we accept a limited number of responsible, flexible and *self-motivated*, people who are interested in gaining experience in wilderness programs and community building.

Interns have the opportunity to work in teams



alongside experienced staff and gain a broad background of program planning and implementation. A strong benefit is the annual Staff Training and the opportunity to be a participant in Adult programs.

Applicants must be at least 18 years old and have completed at least a Wilderness First Aid course before arrival. Preference is given to individuals who have completed their own Vision Fast or other extended meditative experience.



COMING OF AGE JOURNEYS

our classic journey for those entering 7th and 8th grades

JUNE 27 - JULY 18, 2003

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 real opportunity to take flight on a voyage of self-discovery.

Set in Western Washington's forests, mountains, and waterways, this trip empowers young participants to recognize and walk in the truth of their own 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. Daily activities naturally lead the youth into experi-

encing the consequences of their own behavior and how that impacts others.

Laughter, sweat, creativity, reflection, and new friendships come together for youth who are willing to discover more about themselves.

Family Ritual and Workshop- The participation of the family has an important role in The Coming of Age Journey. At the conclusion of each 3-week adventure, parents and guardians take part in this weekend event. The family will have an opportunity to see one another with new eyes. to breathe new life into existing relationships, and to explore possibilities of what it means for them to be a family.

GIRLS' JOURNEY

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

The Coming of Age program is an opportunity for girls to emerge into adolescence with strength and self-confidence based on talents, skills and interests rather than appearance or popularity.

This 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.

Participants will learn how ancient cultures celebrated 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 power inherent in the gift of their womanhood.



Group size is limited

BOYS' JOURNEY

Unlike their female counterparts, boys lack a life-changing event to mark the onset of adult responsibilities. For thousands of years, most cultures have relied on intentional rites of passage to awaken the mature masculine spirit within their young boys. By overcoming ordeals, initiates were able to bring back the inner resources and external skills that a village depended on for continued vitality.

This challenging journey of discovery offers boys an opportunity to live, learn, and laugh, in a supportive community of peers and male mentors. Away from the video games, media violence, and modern pressures, life slows down and begins to take on new meaning. As participants sleep under star-filled skies and hike among ancient cedars, 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.

Deposit \$200usd (\$150 refundable by May 25), Tuition \$1895 (includes meals, transportation, materials and campsites)
Early Bird Discount -- Pay in Full by April 1, \$1595, by May 1 for a \$1795

ICA Rite of Passage Journeys, 215 40th St, #C-2, Seattle, WA 98105 (206) 323-2100 www.icajourneys.org

We at ICA Journeys invite you to participate in one of our unique, initiatory programs for youth and adults

- *Ancient cultures understood the need for youth to journey to another world, to break family ties and family patterns in order to discover themselves.*
- *All major life transitions provide the opportunity for a ritual of passage*
- *The mountains of Washington State provide the perfect environment for learning the natural cycles of death and rebirth that constitute the essence of any life shift.*
- *Our programs draw from a variety of traditions and are woven into a cross-cultural experience which allows each participant to bring forth their own cultural and spiritual customs.*
- *We also offer consultation and rites of passage education to individuals and organizations.*



PRE-ADOLESCENT JOURNEYS

for Boys & Girls entering 4th - 6th grades

The Apprentice Challenge

A one-day exploration of the Apprentice Journey

May 22, 2004

Before the arrival of universal public education, children learned the values of their culture through songs, stories, games and exploration of the world in which they lived.

The Apprentice Challenge is a one day experience which introduces children, ages 8 through 11, to the elements of the Apprentice Journey. They will be guided by mentors to use their imaginations and their skills to communicate with others. Young people will experience the power of a team as they work together to solve the challenges which are presented.

The experience will include a diversity of experiences including drama, mythology, active games, and art projects.

Facilitated by Stan Crow and other Journeys staff.

Group size for both programs is limited

Location: Bothell, WA
deposit: \$20 holds a space
Tuition: \$40 (covers food and materials)
(\$25 if **paid-in-full** before April 1)

The Apprentice Journey

A one week Outdoor Adventure

July 25 - 31, 2004

In many cultures, a young person went off to study a particular craft such as carving or the healing arts as an apprentice. Quite often, while in the presence of their mentors, the students 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.

Under the guidance and encouragement of experienced staff, participants learn to cultivate a variety of interpersonal and wilderness skills in a challenging, yet supportive, environment. 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
Low-impact camping techniques
Knowledge of local plants & animals
Healthy communication & conflict resolution
Reflection and alone time*

Deposit: \$200 usd (\$150 refundable before June 1)
Tuition: \$695 usd per person (includes transportation, meals, art supplies, and campsites). Early Bird Discount
pay-in-full by April 1, \$525; by May 1, \$600.



This Moment in Time

Historically, ICA staff has recognized the need for alignment between our inner being and our work in the external world. This retreat focuses on the inner journey and our authentic expression of that reality in the midst of the larger world in which we live and work. Set in a metaphorical other world, these reflective experiences draw on symbolic maps of our experience described as a Land of Mystery, a River of Consciousness, a Mountain of Care and a Sea of Tranquility. Retreat locations are in beautiful natural environments.

Arcosanti, Arizona

9 am April 15 – 3pm April 17, 2004

Arcosanti is a village project of architect, Paulo Soleri in the red rocked Aria Creek Sculpted Desert at the edge of the Prescott National Forest..

<http://www.arcosanti.org>

Housing and Food Costs: \$ 190 double occupancy for 3 nights - includes 8 meals.

Menucha, Oregon

9 am July 6 - 3 pm July 8, 2004

The beautiful, rural Menuch Retreat Center is located inside the Columbia River Gorge National Scenic Area, 25miles east of Portland, OR.

<http://www.menucha.org>

Housing and Food Costs: \$ 285 double occupancy for 3 nights - includes 8 meals. A limited number of single rooms are available for an additional \$130.

A "TESTIMONIAL"

Dear Friend,

I participated in the Retreat...in California and have found its long lasting effects to be growing, not diminishing, over time. Having had some personal and professional "attention getting" events occur over the past year, I needed time and focus to reframe my life with new, life-giving questions. The retreat facilitators provided that and more using the beauty and power of nature, and the loving, wisdom of community.

Warm Regards,

Linda Vogelsong

TAPESTRIES International Communications, Scottsdale, AZ

www.wovenstory.com

Each period of our life is preoccupied with a central organizing question. These questions are as much a part of us as our eyesight or our taste buds, for they allow us to sense the subtlety and promise of our life's path. This 48 hour retreat gives participants a framework for reflecting both concretely and metaphorically on their own life journeys and the central organizing question which will drive the next period of their life.



Participants actively explore their life story through many avenues

This highly participatory event promises to assist you in exploring your own *other world* in the midst of this world. Included in the program are group work, meditation, reflective exercises and the creation of an epic story for each person's life. As participants become centered in their inner worlds, they greatly expand their capacity to serve and to enjoy the outer world. They become, as Joseph Campbell put it, "*masters of two worlds.*"

Tuition: The retreat cost is \$425.00. An Early-Bird discount of \$325.00 is available if paid-in-full by March 1 for Arcosanti or April 1 for Menucha. Checks or credit cards are accepted.

Transport: we suggest that participants meet at and carpool from the closest airports (Phoenix for Arcosanti and Portland for Menucha). We will do our best to link those who are registered so they may make connections before travel.

Retreat guides are seasoned veterans of ICA's methods, models, and perspective.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206)323-2100 info@icajourneys.org

mentoring individuals through life transitions



ICA
Journeys

2004 Catalog

www.icajourneys.org

2003 CALENDAR

Our 36th Year at a Glance

February	27-Mar 1	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Chicago</i>
March	14-16	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Kansas City</i>
	20-22	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Ashville NC</i>
	22	<i>Sweat Lodge - Bothell</i>
	27-29	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - New York City Area</i>
April	5	<i>Apprentice Challenge (currently in 3rd - 5th grades) - Seattle Area</i>
May	9-11	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Seattle</i>
June	21	<i>Sweat Lodge - Bothell</i>
	23-25	<i>This Moment in Time - Ottawa</i>
	29-July 20	<i>Coming of Age for Girls & Coming of Age for Boys (completed 6th - 7th grade)</i>
July	13-August 2	<i>Solo Crossing (completed 8th - 10th grades)</i>
August	1 - 10	<i>Crossing The Threshold (completed 11th - 12th grades)</i>
	10 - 16	<i>Apprentice Journey (completed 3rd - 5th grades)</i>
September	7 - 15	<i>Adult Wilderness Quest - Pacific Northwest</i>
	26 - 28	<i>Tracking Our Natural Roots - Pacific Northwest</i>
October	9 - 11	<i>This Moment in Time - Seattle Area</i>

Check our Web Site www.icajourneys.org
for additional programs and events ...They will be posted as scheduled.



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

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 2003 Institute of Cultural Affairs

Editor: Stan Crow, Editorial Assistance: Darcy Ottey and Carol Crow
Subscription/Contributions: for 4 issues - USD \$12.00

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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 mix of developmental offerings.

Journeys' 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.

For PROGRAM INFORMATION: (206) 323-2100
22401 39th Ave SE, Bothell, WA 98021 (425) 486-5164
e-mail: info@icajourneys.org Web: www.icajourneys.org

Cover Photo *Step by Step by Amanda Ayling*

Printed with Soy-based Ink on non-chlorine bleached paper



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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.

2003 Pre-Registration Blank

Please Pre-Register me for the _____ program



Participant Name _____
Address _____
City/State/Prov. _____
Postal Code _____
Home Phone Number (____) _____
email _____ Age ____ Gender: M ___ F ___
Disability or Food concerns we need to know _____

For CHILDREN & YOUTH

Parent/Guardian Names _____
Work Phones (____) _____ (____) _____
Grade Completing in 2003 _____ Lives with One ___ Both ___ Parent(s)

Enclosed is a Check for \$ _____ for Deposit ___ Payment-in-full ___
Charge \$ _____ for Deposit ___ Payment-in-full ___ Other ___
to my Visa ___ Mastercard ___ American Express ___ Account
NAME _____
(as it appears on the credit card)

Account # _____ Expires _____
Signature _____ Date _____

A registration packet will be sent upon receipt of this form & deposit
Fax with Credit Card information to: (206) 322-6266
Mail with Check to: Registrar, ICA Journeys, 22401 39th Ave SE, Bothell, WA 98021

Meet Some of Our Leaders -- Mentors



Stan Crow

Amanda Ayling

Edith Kusnic

Leif Oden

Amara Oden

Nina Davis

Stan Crow has been with Journeys since 1982. Three of his daughters, and a son, preceded him as participants in the program. He joined the ICA staff in 1971. Stan has extensive experience working with young people and training youth leaders. Stan is a skilled group facilitator, community-based educator and ritualist, and enjoys nature and singing.

Amanda Ayling is a math and science teacher at a small high school devoted to the arts. She has also coordinated the youth programs (including a Coming of Age program) at a church in Seattle. She led the Girls Coming of Age Journey in 2001 and 2002, and the Apprentice Journey in 2000. Amanda has committed her life to encouraging personal growth and transformation in young people.

Edith Kusnic has journeyed with two daughters through the Coming of Age program, and participated in the Adult Vision Quest. She is a counselor in private practice and an independent educator. Edith has 25 years of experience in alternative, community, and higher education, and is committed to helping people discover their own gifts, learn to learn, strengthen communities, and envision and build humane, sustainable futures for themselves and others.

Leif Oden was a participant in ICA's 1984 Coming of Age program, and has been a Journeys' mentor since 1998. Leif is an experiential educator and wilderness guide, and has worked as an instructor for organizations including Outward Bound and Colorado Mountain College. Leif is a Director of Religious Education at a Seattle area church. He considers Outdoor Adventure Education a calling and chosen career.

Amara Oden is currently fundraising coordinator for Journeys. She is also a skilled trainer in ICA Methods for group facilitation and a lead trainer for the Learning Basket Program (ICA's parent/child learning system). Amara is a graduate of ICA Journeys' programs during her sixth and ninth grade years, and has served as a mentor on Summer Journeys since 1997.

Nina Davis's first summer as a mentor for Journeys was in 1997. She was a participant in the first ICA Wilderness Quest. Nina has traveled and studied in India, Europe, and New Zealand, and recently lived for a year in Italy. Nina has also worked as a program director with the Wilderness Coalition. Nina is currently a graduate Student at Antioch University:Seattle



Keith Packard

George Packard

Monica Hashiguchi

Dave Moskowitz

Randy Morris

Keith Packard has been an ICA staff member since 1971 having served in many roles in the US, Africa and Latin America. Keith currently serves as director of The Learning Basket - a parent/child early learning system for which Keith was a primary developer. She is currently completing a PhD in Child Development. Keith serves Journeys as a facilitator for *This Moment in Time*.

George Packard has been a primary developer of many ICA retreat programs over the last 30 years including *This Moment in Time*. He serves as director of ICA's Center of Imaginal Education in Chicago where he leads a program of environmental action circles. George is a member of the ICA National Leadership team. George has worked in Latin America, and Africa with ICA programs.

Monica Hashiguchi is returning for her third year as a Journeys program mentor. A graduate of the University of Southern Colorado, Monica brings with her an infectious enthusiasm, an ability to connect with young people and a joy in approaching the natural world.

David Moskowitz has been a mentor for Journeys programs since 1997. David is trained and skilled in outdoor living skills, tracking, and mountaineering, and is a Wilderness Emergency Medical Technician. Dave's two strong passions are being in the outdoors and teaching about the natural world. Many people find his enthusiasm for nature contagious.

Randy Morris, PhD. is a faculty member in the Liberal Arts Dept at Antioch University Seattle, and a counselor in private practice in Seattle. He taught in Hiroshima, Japan for 10 years. Randy has been part of several different leadership teams for Vision Quests over a number of years. We welcome him back for a third year as a guide on the Adult Wilderness Quest.

- 1) Think through why you want to have the ritual. What's your intent? Connection to others, marking a solemn event, allowing for expression of difficult feelings? What do you want the feeling of the ritual to be? Solemn, joyful, sacred? A ritual designed to memorialize the family pet will feel very different from one surrounding the turning in of a thesis for a doctorate.
- 2) Pull together some elements that have meaning for those in the ritual. Special clothes that have significance; items that represent heritage; natural elements that serve as metaphors. A conference I attended began by having each participant pour water they had brought with them into one beautiful vessel, where the waters mingled for the length of the conference.
- 3) Know that you may feel uncomfortable. Although ritual is a very human event, we are not very versed in it, and it will probably feel 'weird'. I still have to move through a feeling of resistance whenever I consider creating a ritual. Focusing on the intent of the ritual – the reason for doing it – has helped me.
- 4) Remember you can keep it simple. Although ritual can be huge and grand, it is often very powerful as a quiet event that carries great meaning for those involved. It was a great day when I realized that the use of candles in a ritual wasn't essential!

So create ritual! Use it in the evening to reconnect with your family and talk about your days; use it to finalize the end of a long friendship in which paths have diverged; use it as you move into a new position at work that entails new responsibilities; use it in a housewarming party. The opportunities are endless, as are the rewards.

Four Other Good Books on Ritual

If your bookstore can't find them, try on-line used book services

Beck, Renee with Sydney Metrick *The Art of Ritual*,
Celestial Arts, Berkeley, 1990

Black, Imber, *Rituals for our Time*
Harper Perennial, 1997

FuIghum, Robert *From Beginning to End: The Rituals of Our Lives*, VillardBooks, NewYork, 1995

Lysne, Robin Heerens, *Dancing up the Moon*,
Conari Press, Berkeley, 1995

Review of Book on Ritual

The Thundering Years: Rituals & Sacred Wisdom For Teens

Author: Julie Tallard Johnson

*Publisher: Bindu Books, Rochester, VT,
2001*

Review by: Jon Kennedy

In a world continually in flux, we are constantly redefining modes of expression through our actions. This leaves each generation's youth to forge their own modes of expression, their own journey, one that vastly differs from that of their parents and their grandparents. Regardless of differences in generations, all teens come to witness the splendor and vitality that adolescence has to offer, for these are exhilarating times, full of grand possibilities and creative energy. But they can also be painful years, full of confusion, angst, and a critical questioning of the self.

In The Thundering Years: Rituals & Sacred Wisdom For Teens, author Julie Tallard Johnson compiles sacred knowledge from the wisdom traditions and cultures around the world, and applies them to the lives of contemporary teens. Included are instructions for dream exploration, meditations, rituals, poems, short stories, quotations from spiritual leaders, and personal exercises collected from Native American, African, and Eastern cultures just to name a few. There's even an epilogue written by His Holiness the 14th Dalai Lama. The book serves as an excellent guide to both teens and parents as they journey through what Johnson calls the "thundering years". I find that the exercises offered provide an extraordinary mode for positive creative expression and present a myriad of powerful tools that allow one to harness this intense energy in a means that fosters constructive self-discovery.

note: Jon Kennedy is a Journeys intern and was a participant in the Adult Wilderness Quest 2002. He is getting a degree at Antioch University: Seattle.



Making Friends with Ritual

by Amara Oden



What is Ritual?

Ritual. It's a big word, a loaded word, a scary word for some. When we mention to parents that we use ritual as a part of our curriculum, they often give us a startled look. The word 'Ritual' brings to mind a night in a tribal society with dramatically painted faces enacting a story important to their culture. It brings to mind a priest in the Catholic Church swinging smoking incense as he intones prayers in an echoing church. However, while both of those are important ritual events, ritual is much more common and ordinary than those images imply.

The donning of a judge's robe is a ritual. The robe is a costume that serves as a symbol to all that the judge is no longer an individual, but rather a representative of the Constitution and the values it upholds. When families pause for a moment before a meal with prayer, song, or silence, they are engaging in a ritual - a small everyday ritual that allows them to give thanks for the miracle of the food before them and for the opportunity to share it together. When sports team chant, shout, and stomp together before heading out to the field to play, they are engaging in a ritual that reminds them of their unity as a team, the fun of the game, and pumps them up for optimal performance. These everyday events are all rituals that we perform in our secular society without question. Increasing our comfort level and fluency in ritual, and using it more often in our daily activities, can enable us to connect on a deeper level to our life and to those with whom we share it.

Why do Ritual?

Rituals are used by people to mark significant events, raise them up above the mundane of everyday life, and bring meaning to their lives. It is a tangible happening that reconnects people to each other, to their past or heritage, and at their most profound level, to the wider human family.

In Journeys, we use ritual as a tool for transformation, along

with other tools such as reflection, physical exercise, and personal accountability. Small daily rituals, such as a morning stretch that welcomes the new sun, give us structure and rhythm to our days. More dramatic ritual, such as burning herbs and drumming before our nightly community council, help us set moments apart from the day to day. 'High' ritual, such as the initiation of participants as they return from their vigil, are used to mark major trip events and allow the youth to reference that event as a turning point. For each of these kinds of rituals we use different tools and techniques appropriate to the scale of the event, but in all of them we find a certain comfort, and we find that it gives our time in the backcountry depth and meaning that is critical in the journey of transformation.

But finally, we 'do' ritual because we can't not do it. As Tom Driver said, "Rituals belong to us, and we to them, as surely as we do our language and culture. The human choice is not whether to ritualize, but when, how, where, and why."

How do Ritual?

There are as many ways of 'doing' ritual as there are rituals to be done. In Journeys' Coming of Age Leader's Training, we talk about ritual needing 4 different elements. Ritual needs to have **Drama**. It needs to feel a little bigger than the day to day normal life. You can do this with special clothes, with candles, with speaking in a way that lets the silence fill the space. Ritual needs to feel as if the wider **Community is Represented**. Connecting to something larger than ourselves—our community—is a big part of ritual. Even if the entire community is not present, you want the ritual to acknowledge their importance. Ritual needs to feel both **Ancient and Modern**, engaging our minds and hearts in a way that is relevant to our current lifestyles but that simultaneously links us to all of humanity. Ritual needs to be **Full of Mystery**. It is this, finally, that sets it apart from other activities, and it is our human longing for Mystery that keeps us coming back to ritual.

In terms of practical to-do's, here are some recommendations:



The Other World in This World Retreat Series

Historically, ICA staff has recognized the need for alignment between our inner being and our work in the external world. Our new retreat series focuses on the inner journey and our authentic expression of that reality in the midst of the larger world in which we live and work. Set in a metaphorical other world, these reflective experiences draw on symbolic maps of our experience described as a Land of Mystery, a River of Consciousness, a Mountain of Care and a Sea of Tranquility. Retreat locations are in beautiful natural environments. The introductory retreat, *This Moment in Time*, is the prerequisite for this series of 4 non-sequential retreats.

This Moment in Time

An introductory experience for the four events which follow it, this retreat focuses on where we, as individuals, are at *this moment in time*.

Each period of our life is preoccupied with a central organizing question. These questions are as much a part of us as our eyesight or our taste buds, for they allow us to sense the subtlety and promise of our life's path. This 48 hour retreat gives participants a framework for reflecting both concretely and metaphorically on their own life journeys and the central organizing question that will drive the next period of their life.

Included in the program are group work, meditation, reflective exercises and the creation of an epic story for each person's life. As participants become centered in their inner worlds, they greatly expand their capacity to serve and to enjoy the outer world. They become, as Joseph Campbell put it, "masters of two worlds."

This highly participatory event promises to assist you in exploring your own other world in the midst of this world.

Why not give yourself the time to stop, to reflect and to refocus?

Retreat Fee: \$375.00

Lodging and food expenses are separate (they differ, depending on location and number of people in a room).

Send Registration to: **Registrar, ICA Journeys** (at address below)



Participants actively explore their life story through many avenues

The River of Consciousness

The second guided experience involves our capacity to be conscious of our own consciousness. As creative beings, we experience with awe our own potential, our own incompleteness, our own loneliness, and our own freedom to be creative, in spite of our being unable to know, with certainty, the consequences of our actions.

The River of Consciousness: Embracing My Whole Life With Creativity, offers a chance to challenge the inherited blocks we all carry - when and where we were born, never having full knowledge of any situation, having no guarantee that

anything we try will succeed - and move toward a creative response to life.

This Moment in Time is a prerequisite, so join us at the Arcosanti, Seattle, or Ottawa retreats and then join us for this continuation of the journey in Ottawa.

This Moment in Time:

Explorations in Profound Living,

June 23 - 25 Ottawa, Ontario

October 9 - 11, Seattle, Washington

The River of Consciousness:

Travels with Awareness,

January 2003, Arcosanti AZ



Mentoring Adult Leaders : Rites of Passage Training Series

A Series of Three Related - One day Seminars

Central to all *ICA Journeys* is the assignment of Mentors. We operate on the presupposition that people going through a life transition need someone with basic skills to help them reflect on the changes they are experiencing. Seminar leaders have many years experience in facilitating Rites of Passage and training people to lead them. Bring someone else from your organization and work together to answer these questions for your organization.

Coming-of-Age

The *Coming-of-Age* Seminar -- an introduction to the skills needed to help people reflect on their life journey-- ideas which are based on actual programs.

The basic tool presented is a planning model which contains the elements of any rite of passage. Participants will get practice creating curriculum plans for a coming-of-age program which might be used in their own situation. A 100 page resource manual is included.

Learning Outcomes

Why Rites of Initiation are needed in the rebuilding of community
Structural elements of a Rite of Initiation
A model for creating Rites of Passage
Options for program tone, mood and style
Access to a wealth of activities and rituals
Resources for program leaders

Training Mentors

Mentors can be a positive force for change in the lives of those in transition. Training is a key factor in the success of a positive mentoring program.

Imagine yourself as a trainer for mentors. What do you mean by 'mentor'? What qualities and skills will be needed by mentors? How will they help mentees discover their inner resources and accept responsibility for their own behaviors and relationships? How do you decide which potential mentors to train?

Learning Outcomes

Recruiting and screening mentors
Nurturing a group of mentors
Skills a mentor needs to develop
Building a relationship/bond
Motivating strategies
Tools to shift disempowering images

How The Earth Teaches

A great workshop for people who have attended our COA Leaders Training, or our Training Mentors and want to explore one of the most important parts of these topics. Since the dawn of human life, mentors have used the natural world to foster growth and awareness in mentees. Come prepared to spend much of the day outdoors, rain or shine, and expect to possibly get a little dirty.

Learning Outcomes

Activities designed to foster awareness
Engaging mentees in self reflection
Incorporating the natural world into a mentorship program
Dealing with ethical issues of wilderness use
How to prepare against safety concerns
Individual and group activities you can use

Sponsor / Co- Sponsor A Mentoring Series in Your Town

Want to take these courses, but they're not scheduled in your town? Organizations such as the YMCA of San Diego and the Greater Washington Area Religious Educators have sponsored or co-sponsored these courses to bring them to their area, and so can you.

Sponsorship gives your group financial and scheduling advantages. Co-sponsorship brings the course to your area, has financial benefits for your group, yet limits your responsibility. Either way, experienced ICA Staff will come to your town to provide the training. For information about sponsorship, contact us: COAL@icajourneys.org. or 425-486-5164.

Cost for Scheduled Seminars:

Early Bird -3 week advance **paid-in-full**: \$99 for one day, \$175 for two, \$250 for three.
 If paid within 3 weeks of course: \$110 for one day, \$200 for both, \$290 for three.
 10% Discount for 2nd and each additional participant from the same organization



Chicago- February 27 - March 1
Kansas City - March 14 - 16
Asheville - March 20-22
New York - March 27 - 29
Seattle - May 9 - 11

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org



ADULT JOURNEYS

WILDERNESS QUEST

A Solo Vigil and Fast
September 7 - 15

Do you seek greater clarity regarding your life's purpose and meaning? Are you in the midst of a major life transition?

A vision quest provides an opportunity to uncover the deep wisdom within and around you. Set in Eastern Washington, the Wilderness Quest is a chance to move deeply into your inner life as you connect with the natural world.

With a small supportive community of questers and experienced guides, you'll participate in ritual and ceremony to allow you to sit with courage your 3-day vigil.

On your return, you'll debrief, share stories and celebrate your rebirth. ICA staff facilitates several activities such as ritual, art, writing and storytelling that bring the power of the quest experience home.

Personal preparation before the trip is guided through the recommendation of practical tips and resources. Local participants will meet as a group four times before the quest. A correspondence program is available for people who will travel to join us.

Application and interview are required

*Tuition: \$595 usd Deposit of \$200 usd holds a space (\$150 refundable before August 1) (includes transportation, meals, art supplies, and campsites) Discount of \$50 if tuition **paid in full** before July 15*

TRACKING Our Natural Roots

September 26-28, 2003

For people 16 years and older

This course will cover:

- * Connections between the natural world and human communities,
- * The Fundamentals of Tracking
- * Observation and awareness skills
- * Natural movement techniques
- * Basic outdoor living and navigation skills



People who come to our programs express interest in deepening their connection to the natural world. This class will give participants skills to help deepen their awareness of nature, as well as an understanding of humanity's roots in and relationship with nature. The ancient art of animal tracking will be used as a tool for exploring these issues. Tracking is a holistic art which requires both logic and intuition to solve the mysteries nature leaves for us to discover.

The class will be held on the east side of the Cascade Mountains. "Hands on" experience in the field will leave participants ready to continue the journey towards a deeper and more rewarding relationship with the Earth for both themselves and their communities.

Deposit: \$50 usd (\$35 refundable before August 15) Tuition: \$195 usd (includes meals & materials) Make or Break Date: August 25

ONE DAY JOURNEYS COMMUNITY EVENTS

Call (206) 323-2100 to get on mailing list for further information on activities in western Washington

Re-incorporation Group – Older youth & adults who have quested are invited to meet monthly to continue the conversation about keeping their visions alive. Includes potluck

Drum-making Workshop – Come make a drum! Join in drum and rhythm circles. Call for materials prices. Workshop – TBA Fall 2003

Singing Workshop & Group – A singing workshop will launch an on-going singing group to learn and practice songs that nurture our souls and support building community.

Sweatlodges – An opportunity to be with community and go within at the turning of the four seasons. Potluck follows. Spring Equinox - March 22. Summer Solstice - June 21.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org



HIGH SCHOOL JOURNEYS

THE SOLO CROSSING

*A Co-ed Backpacking Adventure
for grads of 8th, 9th, and 10th grades*

July 13-August 2, 2003

A symbolic time of transition -- one leaves one's group to spend time alone in an individual encampment bringing closure to the past and foreseeing the future.

We'll prepare with a Walkabout, a symbolic Death of Childhood and dialogue to help us focus on what we will each seek as we cross a threshold into our own possible future. Afterward, there will be a chance to reflect on the experience -- a chance to find the meaning of having met your future.

Participants will be assigned adult mentors -- journey guides -- who help with the thinking about ideas which come during your crossing. Participants develop personal and interpersonal skills. The Ropes Challenge course and backpacking offer a view of teamwork.

The journey ends (or maybe, begins) sitting in council circle telling epic stories of the Crossing and sharing visions of the future.

*Deposit: \$200 usd (\$150 refundable before June 13)
Tuition: \$1600 usd per person (includes transportation, meals, art supplies, and campsites)
Discount of \$100 if tuition **paid in full** before May 1*

CROSSING THE THRESHOLD

*A Journey to Adulthood
for grads of 11th and 12th grades*

August 1 - 10, 2003

Join us on an exciting ten day journey into the awesome and rugged terrain of the Pacific Northwest, through deep forest, blooming meadows, peaceful valleys, and snowy mountain passes as we experience mental, emotional, spiritual, social and physical challenges. Participants will be pushed to explore life in new depths. In the space of this ten-day journey, individuals will gain powerful new insights that will serve them as they take on new responsibilities of young adulthood.

Building Community
Initiative games -- Fireside Chats
Opening Yourself to Your Vision
Storytelling -- Symbol Making
Council of Elders
Growig Deep Through Reflective Exercises
Medicine Walk -- Sweatlodge -- 3 Day Vigil
Wilderness-living Techniques
Self-sufficiency
Health and Safety Skills -- Fasting Preparation

*Deposit: \$200 usd (\$150 refundable before July 1)
Tuition: \$850 usd per person (includes transportation, meals, art supplies, and campsites)
Discount of \$75 if tuition **paid in full** before May 1*

Intern Positions Available

Spend the summer (and/or spring) learning about and supporting *Coming of Age Wilderness Programs* in the Puget Sound area in Washington. University related internships can also be arranged

Each year, we accept a limited number of responsible, flexible and *self-motivated*, people who are interested in gaining experience in wilderness journey programs and community building.

Interns have the opportunity to work in teams alongside ex-

perienced staff and gain a broad background of program planning and implementation. A strong benefit is the annual Staff Training and the opportunity to be a participant in Adult programs.

Applicants must be at least 18 years old and have completed at least a Wilderness First Aid course before arrival. Preference is given to individuals who have completed their own Vision Fast or other extended meditative experience.

Contact us for an application packet.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org



COMING OF AGE JOURNEYS

our classic journey for grads of 6th & 7th grades

JUNE 30 - JULY 21, 2003

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 real opportunity to take flight on a voyage of self-discovery.

Set in Western Washington's forests, mountains, and waterways, this trip empowers young participants to recognize and walk in the truth of their own 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. Daily activities naturally lead the youth into experiencing the consequences of

their own behavior and how that impacts others.

Laughter, sweat, creativity, reflection, and new friendships come together for youth who are willing to discover more about themselves.

Family Ritual and Workshop- The participation of the family has an important role in The Coming of Age Journey. At the conclusion of each 3-week adventure, parents and guardians take part in this weekend event. The family will have an opportunity to see one another with new eyes, to breathe new life into existing relationships, and to explore possibilities of what it means for them to be a family.

GIRLS' JOURNEY

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

The Coming of Age program is an opportunity for girls to emerge into adolescence with strength and self-confidence based on talents, skills and interests rather than appearance or popularity.

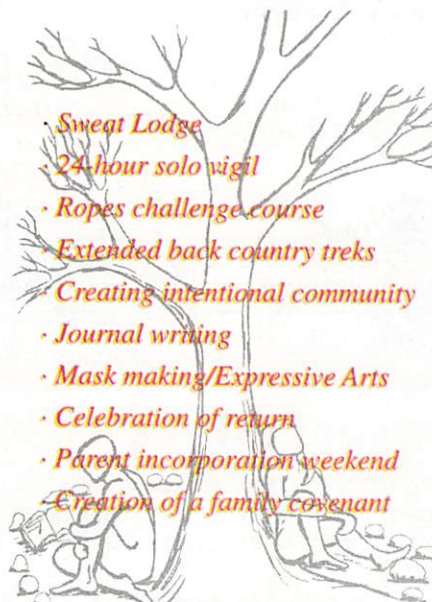
This trip gives young women an extraordinary opportunity to challenge themselves as they move beyond self-imposed limitations, take on greater responsibility, and work cooperatively with others.

Participants will learn how ancient cultures celebrated 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 power inherent in the gift of their womanhood.

BOYS' JOURNEY

Unlike their female counterparts, boys lack a life-changing event to mark the onset of adult responsibilities. For thousands of years, most cultures have relied on intentional rites of passage to awaken the mature masculine spirit within their young boys. By overcoming ordeals, initiates were able to bring back the inner resources and external skills that a village depended on for continued vitality.

This challenging journey of discovery offers boys an opportunity to live, learn, and laugh, in a supportive community of peers and male mentors. Away from the video games, media violence, and modern pressures, life slows down and begins to take on new meaning. As participants sleep under star-filled skies and hike among ancient cedars, 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.



Group size is limited

Deposit \$200usd (\$150 refundable by May 30), Tuition \$1700 (includes meals, transportation, materials and campsites)
Pay in Full by May 1 for a \$100 discount.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org

We at ICA Journeys invite you to participate in one of our unique, initiatory programs for youth and adults

- *Ancient cultures understood the need for youth to journey to another world, to break family ties and family patterns in order to discover themselves.*
- *All major life transitions provide the opportunity for a ritual of passage*
- *The mountains of Washington State provide the perfect environment for learning the natural cycles of death and rebirth that constitute the essence of any life shift.*
- *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.*
- *We also offer consultation and rites of passage education to individuals and organizations.*

Our 36th year



PRE-ADOLESCENT JOURNEYS

for Boys & Girls 8-11 Years of Age

The Apprentice Challenge

A one-day exploration of the Apprentice Journey

April 5, 2003

Before the arrival of universal public education, children learned the values of their culture through songs, stories, games and exploration of the world in which they lived.

The Apprentice Journey is a one day experience which introduces children, ages 8 through 11, to the elements of the Apprentice Journey. They will be guided by mentors to use their imaginations and their skills to communicate with others. Young people will experience the power of a team as they work together to solve the challenges which are presented.

The experience will include a diversity of experiences including drama, mythology, active games, and art projects.

Facilitated by Stan Crow and other Journeys staff.

Group size for both programs is limited

Location: Bothell, WA
deposit: \$20 holds a space
Tuition: \$60 (covers food and materials)
(\$50 if paid-in-full before March 1)

The Apprentice Journey

A one week Outdoor Adventure

August 10 - 16

In many cultures, a young person went off to study a particular craft such as carving or the healing arts as an apprentice. Quite often, while in the presence of their mentors, the students 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.

Under the guidance and encouragement of experienced staff, participants learn to cultivate a variety of interpersonal and wilderness skills in a challenging, yet supportive, environment. 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
Low-impact camping techniques
Knowledge of local plants & animals
Healthy communication & conflict resolution
Reflection and alone time*

Deposit: \$200 usd (\$150 refundable before July 1)
Tuition: \$550 usd (including transportation, meals, art supplies, and campsites)
Discount of \$35 if tuition paid-in-full before May 1

One day out wandering, I found a river that broke into two. One side went down and had been shaping the rocks it touched but never went over the rocks and thus moss grew on them. The other side of the river met a large boulder, causing the river to crash up over it and thus the water had worn holes in it everywhere. The metaphor I drew was that if I had stayed in the UK, I would have been living like the first fork. I would still have been having experiences, but they would have been limited. However, being in the USA, I was immersed and was being shaped by encounters, tastes, cultures, and much, much more. A rolling stone gathers no moss, I suppose.



The twenty one days seemed to fly by at a relaxed pace. Without a calendar, only the electrifying sunsets behind mountains or across a golden sea marked the time. However, as the days passed the journey was starting to reach its end, marking a rebirth for us all.

After the first half of the course we held a “death ceremony” with the youth, a chance for them to let go of the child they were leaving behind, and led them to their quest site to spend forty-eight hours on their own with their thoughts and dreams to support them. When they returned, we held a ceremony to recognize their “rebirth.” Many had tales to tell at this second ceremony about the dragons they had met and how they wanted to be seen when they returned to the “outside” world.

As the children had now become youth, we moved to a different area (the beach), and passed the responsibilities of the group from the mentors to the mentees. Each day a participant would be the leader of the day and would have responsibilities to wake the group, navigate to the next campsite, locate a site and work with the other participants to cook the meals, gather water and look after the group’s health.

Each night we held a “council of elders” with the leader of the day, and offering them words of experience and asked them to speak of their strengths and weakness and the challenges they had found. As each day passed and the leader of the day position rotated it was possible to see the youth stepping more and more into this role. I could also see them striving to meet their goals for how they would like to be seen by others, in this safe and supportive community.

On the last day we gathered for the group photographs to record the Journey and signed our names on the ever-growing list of program graduates on the yurt at base camp. We then put large sheets of paper on our backs and took the time to write comments that we wanted each of us to know, advice, or gratitude. After careful folding, we all agreed to read them only when we returned home.

In twenty-one days we planted a seed of transformation that didn’t stop when the youth went home, but started a chain reaction inside that’s hard to see. Everybody that has connected with him or her feels the transformation and this transforms them in a way. So for them, as for me, no photograph or souvenir shows the full picture of what one went through.

However if you want to come to Journeys and sign your name on the yurt, beware there are dragons out there. Are you ready to kiss them?

Editor’s Note: Johnny Wells was a British intern who came to us through ICA:UK which trains people to work as volunteers for not-for-profit organizations in many parts of the world. Many volunteers from the program go to Africa or Asia, but an occasional one comes to ICA:USA and of those we’ve been lucky enough to have a couple at Journeys. Johnny brought enthusiasm, prolific writing skills and a desire to learn. He was with us from April 2002 through February 2003. Another article by Johnny on his “journey” can be found in the fall issue of “ICA Initiatives”. We will miss him.

Photos from page at left: Johnny with members of Solo Crossing 2002, Johnny sending a wonderful email to someone, Johnny and a Solo Crossing mentee.



Report from *Journeys' International Intern*

by Johnny Wells
from Leeds, England



Imagine being told that in three weeks, you'd sit at the top of a sixty foot zip line, and then speed down it, watch the sunset after forty-eight hours of fasting, lay on the ground in a pitch black steam-filled sweat lodge, and sit on a beach after days of hiking, listening to how you're appreciated by those around you.

(Such an experience might make you think that here at Journeys, we're keeping to our mission of honoring life's transitions through intentional rite of passage experiences that use experiential learning activities to foster self-discovery, connection with others, and connection with the natural world.)

For me, when I look back and remember this summer, it's really easy to kick my feet up and feel proud of what I have achieved. But no matter what the pictures show, or what souvenirs I take back to the United Kingdom, or how my friendships here continue and develop, it will only ever tell half the story of what happened for me in the United States.

It all unfolded slowly. Last year, ICA Journeys offered me the chance to work with them as a volunteer intern for nine months with a promise that I would have a journey and not much more in the way of information. When I first arrived, I think that I saw things in much the same way as many participants who arrive for one of our summer programs. I saw these strange structures: the sweat lodge, the yurt, and the tipi. I had an excitement about what was going to happen, a fear about what was going to happen, and then huge questions in the middle of the hard times about how this is helping me and if it's worth it. This is very similar to the experience of many youth (and adults) who come on our programs.

As part of the summer program staff I co-led the Solo Crossing course for thirteen to sixteen year olds. The program started with them arriving at Songaia, our basecamp. We began to show the youth the skills they would need during the course, such as creating a shelter to sleep under and how to wear their backpacks so they could hike long distances in comfort. In addition, we drew up a group contract to ensure

a supportive community would be present during the next twenty-one days, to allow the entire group the space to reflect and make decisions about who they wanted to be.

The first part of the course is done by building teamwork and facing fears at the Waterhouse Ropes Experience in Monroe, Washington. The low ropes course gives both the mentors and mentees a chance to get to know one another, put trust in each other's abilities and have fun thinking outside of the box to solve various problems,

The next day is spent up in the trees on the high ropes, giving your dark fears the physical context of the dragon. Whether you're challenged by muscles aching from hiking, you're paralyzed on a balance beam forty foot up, or loneliness makes you want to leave your quest site and being away from your family makes you sad, you can see this as your dragon. If you run from the dragon you might miss something you're looking for and thus facing it and kissing its nose somehow helps you find what is within yourself. The high ropes course helped us all see that connection and "kiss our dragon."

However, it wasn't so easy when I found myself at the top of a sixty foot zip line with my feet dangling off a wooden platform, sitting next to a ropes instructor who had just described to me the safety of the lines and then said "In your own time, just go." All I thought was, "holy moley, what am I doing?!" There was not any image of a dragon to kiss! But the fifteen-second journey down with a huge smile catching the rushing wind taught me to trust in my ability and not in my fears.

After we left the Ropes Course, we started the challenge of traveling and living in the backcountry of the Olympic Mountains. We hiked around five miles a day, loaded with food and equipment. We made sure we left no trace in the wilderness we found. And all the while, we asked the youth to experience the world and look for metaphors about their life in it.

ment and receives a phone interview prior to the journey. Each participant fills out a questionnaire and accordingly, understand the intent of the program and attend will- may find this to be an appropriate next step. Youth should understand the intent of the program and attend will- We are not a program for "youth at risk"; however, young people who have completed rehab or remedial programs cultivate awareness as they navigate life's major changes. ICA Rite of Passage Journeys are for young people who long to spread their wings and personal limitations. ICA Rite of Passage Journeys are not strength as participants expand beyond their own of the journey promote a greater self-confidence and in- responsibility, respect for nature, and more. All aspects of the journey promote a greater self-confidence and in- aptitude in such areas as: conflict resolution, group dy- namics, decision-making, communication skills, personal Young people involved in our programs may also gain

Earth. Our youth trips, (pages 6 - 8), provide age-appropriate fun, adventurous activities designed to stretch partic- ipants physically, mentally, emotionally and spiritually within a safe and supportive community of peers and mentor-guides. Participants discover more about them- selves and their inner resources, prepare for increased re- sponsibilities, and create community based on a philoso- phy of respect for themselves, for each other and for the

Youth Journeys

Set in the back country of the mountains of Washington State, the wilderness provides the perfect environment for learning the natural cycles of death and rebirth that com- stitute 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 par-

Because of our vision that every person might have access to a rite of passage program, ICA Journeys offers training and con- sultation in rite of passage program development, methodol- ogy, and mentorship. In addition to the courses which we spon- sor directly, we will provide training for your staff, volunteer mentors, or association-sponsored training program (page 6). We also provide customized programs to meet the special re- quirements of existing groups who are seeking to experience a vision quest.

Training and Consultation

On Page 9-11 you'll find an expanded number of spirit jour- neys and trainings for adults. For adults 18 and up we offer two spirit journeys. *This Moment in Time*, a 48-hour retreat, of- fers a chance for those whose life is full to the brim to give themselves space to appraise their life and focus their direction. Our traditional eight-day *Adult Wilderness Quest* immerses journeyers in a quest for Earth's teachings and enhances a deeper sense of life purpose. Each retreat offers a unique blend of ancient and modern spiritual practices. (The Adult Quest also requires pre-event preparation work.) Our programs are un- surpassed in their ability to combine hands-on skills with the attention toward the inner process of personal growth and dis- cover.

Adult Journeys

Participants to bring forth their own cultural and spiritual cus- toms. Set in the back country of the mountains of Washington State, the wilderness provides the perfect environment for learning the natural cycles of death and rebirth that com- stitute 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 par- ticipants to bring forth their own cultural and spiritual cus- toms. Ancient cultures understood the need for youth to journey to another world, to break family ties and family patterns in or- der to discover themselves. Through taking on new challenges and asking hard questions, initiates came to know their unique value and contribution to the whole village.



Welcome to the Spring 2003 ICA Journeys! We are proud to be in our 36th year offering unique, initiatory programs for youth and adults. We also offer program design consultation services and rites of passage education to individuals and organizations.

What It Takes to Make This Program Happen

This program is the result of the dedication of many people. They form an informal group we call the "Journeys Learning Community". Without them, the program would not exist. Tuition only pays a portion of the program costs. Monetary gifts and voluntary work provide the needed extra. We need more folks to join us in every category. We invite you to join "the Community".

Donors - provide crucial cash for tuition scholarships and equipment required to run the program, like computers, vans, printing and on-the-trail gear.

Leadership Team - Eight Seattle-based volunteers who meet monthly, provide the guidance for the programs.

Program Coordinators - take on the responsibility of making sure that preparations are made for a specific program.

Program Mentors - commit to spend up to four weeks facilitating a program and mentoring its participants. In addition, they spend personal preparation time keeping first aid skills current and enhancing other talents for use in their mentoring.

Interns - commit to work on specific projects, for specific time periods, as mentors in training, administrative assistants in coordination or in recruiting activities. Some interns join us for projects related to university credit.

Volunteers - maintain the database and assist with mailings, help get our base camp and gear ready in spring workdays and assist with spreading the word of our program to people who would be interested in our programs if they knew about them.

The Institute of Cultural Affairs - our parent organization which provides staff guidance, assistance and support, especially in maintaining of financial records and dealings.

ICA Board of Directors - whose oversight of the ICA over the last few years has brought Journeys fully into the national ICA organization.

Songaia Co-Housing - provides a summer home for our basecamp on a section of their land.

Part Time Staff - we operate with two half-time staff members and one quarter-time person.

_____ - and if you don't recognize yourself already in one or more of these roles, be assured, there is room for you here. Let us know what you can do to claim your place as a part of this learning community.

Members of last summer's Journeys "Staff Training" take a picture break on a bridge on the Skagit River



We are grateful to the following donors who responded to our Winter Annual Fund request. If we missed contacting you, we invite you to add your name to the list.

We are most grateful for these gifts!

Donors of \$500 and above

Craig Ragland and Karly Lubach
Julia Derby and Edmund Littlefield
Ken and Ruth Gilbert
Carol and Stan Crow

Donors of \$100 to \$499

Michael and Molly Shaw
Darryl and Cheryl Randolph
Keith and George Packard
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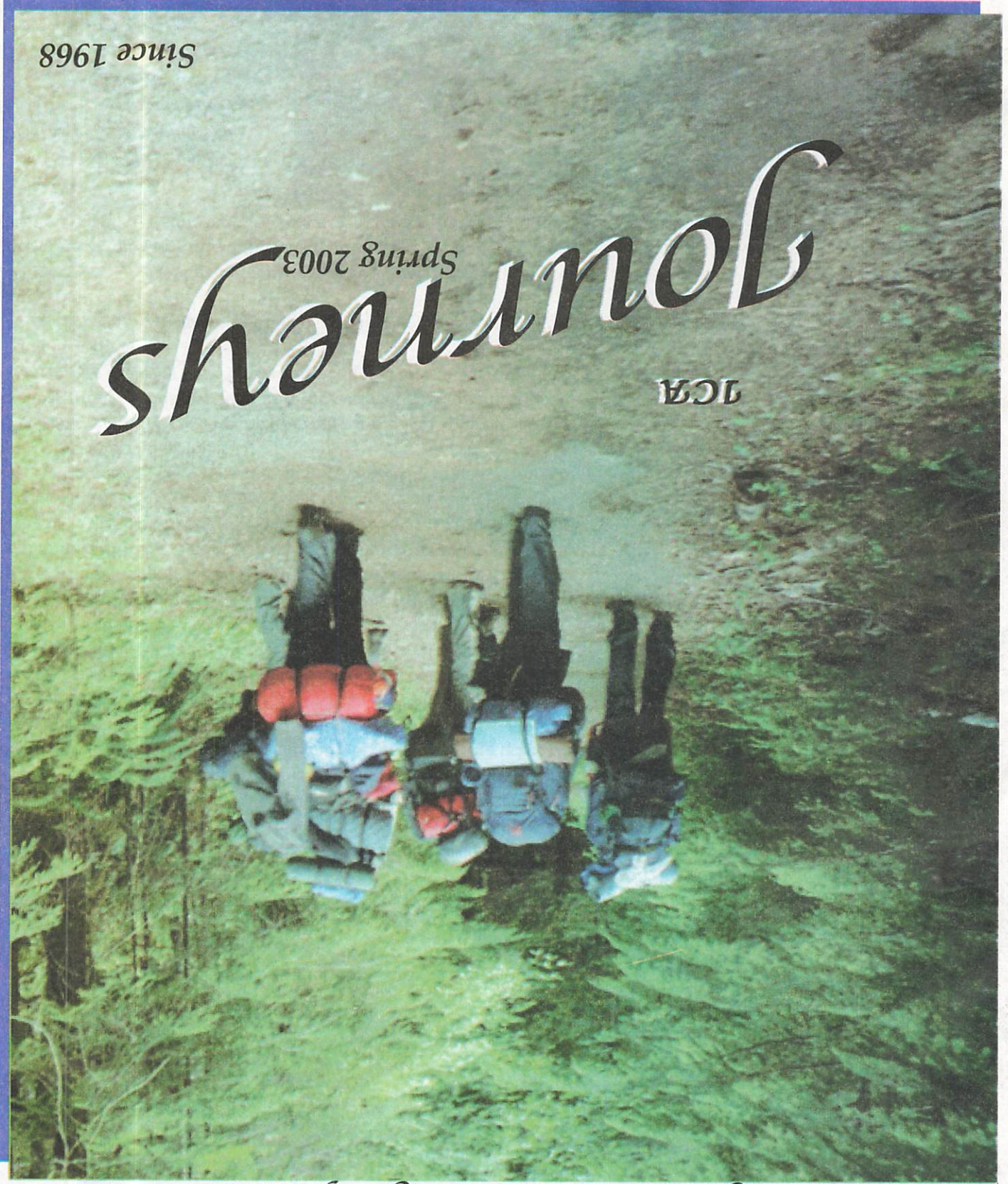
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Since 1968

Journeys

Spring 2003

ICA



mentoring individuals through life transitions

2003 CALENDAR

Our 36th Year at a Glance

January	11	<i>Exploring Spirit, Self and Healing through the Four Directions - Seattle Area</i>
	14-16	<i>This Moment in Time at Arcosanti (Arizona)</i>
February	1	<i>Drum Making - Seattle</i>
	27-Mar 1	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Chicago</i>
March	14-16	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Kansas City</i>
	21-23	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Asheville NC</i>
	22	<i>Sweat Lodge - Bothell</i>
	27-29	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - New York City Area</i>
April	5	<i>Apprentice Challenge (currently in 3rd - 5th grades) - Seattle Area</i>
	25-27	<i>This Moment in Time - Seattle Area</i>
May	9-11	<i>Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Seattle</i>
June	21	<i>Sweat Lodge - Bothell</i>
	23-25	<i>This Moment in Time - Ottawa</i>
	26-28	<i>River of Consciousness - Ottawa</i>
	29-July 20	<i>Coming of Age for Girls & Coming of Age for Boys (completed 6th - 7th grade)</i>
	13-August 2	<i>Solo Crossing (completed 8th - 10th grades)</i>
July	1 - 10	<i>Crossing The Threshold (completed 11th - 12th grades)</i>
	10 - 16	<i>Apprentice Journey (completed 3rd - 5th grades)</i>
September	7 - 15	<i>Adult Wilderness Quest - Pacific Northwest</i>
	26 - 28	<i>Tracking Our Natural Roots - Pacific Northwest</i>
October	9 - 11	<i>This Moment in Time - San Francisco Area</i>

Check our Web Site www.icajourneys.org
for additional programs and events ...They will be posted as scheduled.



ICA Journeys catalog is published annually as a supplement to our regular newsletter.

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Editor: Stan Crow

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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 mix of developmental offerings.

Journeys' 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.

For PROGRAM INFORMATION: (206) 323-2100
22401 39th Ave SE, Bothell, WA 98021 (425) 486-5164
e-mail: info@icajourneys.org Web: www.icajourneys.org

Cover Photo *Look at This One!* by Kevin Riley

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The Other World in This World Retreat Series

Historically, ICA staff has recognized the need for alignment between our inner being and our work in the external world. Our new retreat series focuses on the inner journey and our authentic expression of that reality in the midst of the larger world in which we live and work. Set in a metaphorical other world, these reflective experiences draw on symbolic maps of our experience described as a Land of Mystery, a River of Consciousness, a Mountain of Care and a Sea of Tranquility. Retreat locations are in beautiful natural environments. The introductory retreat, *This Moment in Time*, is the prerequisite for this series of 4 non-sequential retreats.

This Moment in Time

An introductory experience for the four events which follow it, this retreat focuses on where we, as individuals, are at *this moment in time*.

Each period of our life is preoccupied with a central organizing question. These questions are as much a part of us as our eyesight or our taste buds, for they allow us to sense the subtlety and promise of our life's path. This 48 hour retreat gives participants a framework for reflecting both concretely and metaphorically on their own life journeys and the central organizing question that will drive the next period of their life.

Included in the program are group work, meditation, reflective exercises and the creation of an epic story for each person's life. As participants become centered in their inner worlds, they greatly expand their capacity to serve and to enjoy the outer world. They become, as Joseph Campbell put it, "masters of two worlds."

This highly participatory event promises to assist you in exploring your own other world in the midst of this world.

Why not give yourself the time to stop, to reflect and to refocus?

Retreat Fee: \$375.00

Lodging and food expenses are separate (they differ, depending on location and number of people in a room).

Send Registration to: **Registrar, ICA Journeys** (at address below)



Participants actively explore their life story through many avenues

The River of Consciousness

The second guided experience involves our capacity to be conscious of our own consciousness. As creative beings, we experience with awe our own potential, our own incompleteness, our own loneliness, and our own freedom to be creative, in spite of our being unable to know, with certainty, the consequences of our actions.

The River of Consciousness: Embracing My Whole Life With Creativity, offers a chance to challenge the inherited blocks we all carry - when and where we were born, never having full knowledge of any situation, having no guarantee that anything we try will

succeed - and move toward a creative response to life.

This Moment in Time is a prerequisite, so join us at the Arcosanti, Seattle, or Ottawa retreats and then join us for this continuation of the journey in Ottawa.

This Moment in Time:
Explorations in Profound Living,
January 14 - 16 Arcosanti, Arizona
April 25-27 Seattle, Washington
June 23 - 25 Ottawa, Ontario
October 9 - 11, San Francisco, CA

The River of Consciousness:
Travels with Awareness,
June 26 - 28, Ottawa, Ontario



Mentoring Adult Leaders : Rites of Passage Training Series

A Series of Three Related - One day Seminars

Central to all *ICA Journeys* is the assignment of Mentors. We operate on the presupposition that people going through a life transition need someone with basic skills to help them reflect on the changes they are experiencing. Seminar leaders have many years experience in facilitating Rites of Passage and training people to lead them. Bring someone else from your organization and work together to answer these questions for your organization.

Coming-of-Age

The *Coming-of-Age* Seminar -- an introduction to the skills needed to help people reflect on their life journey-- ideas which are based on actual programs.

The basic tool presented is a planning model which contains the elements of any rite of passage. Participants will get practice creating curriculum plans for a coming-of-age program which might be used in their own situation. A 100 page resource manual is included.

Learning Outcomes

Why Rites of Initiation are needed in the rebuilding of community
Structural elements of a Rite of Initiation
A model for creating Rites of Passage
Options for program tone, mood and style
Access to a wealth of activities and rituals
Resources for program leaders

Training Mentors

Mentors can be a positive force for change in the lives of those in transition. Training is a key factor in the success of a positive mentoring program.

Imagine yourself as a trainer for mentors. What do you mean by 'mentor'? What qualities and skills will be needed by mentors? How will they help mentees discover their inner resources and accept responsibility for their own behaviors and relationships? How do you decide which potential mentors to train?

Learning Outcomes

Recruiting and screening mentors
Nurturing a group of mentors
Skills a mentor needs to develop
Building a relationship/bond
Motivating strategies
Tools to shift disempowering images

How The EarthTeaches

A great workshop for people who have attended our COA Leaders Training, or our Training Mentors and want to explore one of the most important parts of these topics. Since the dawn of human life, mentors have used the natural world to foster growth and awareness in mentees. Come prepared to spend much of the day outdoors, rain or shine, and expect to possibly get a little dirty.

Learning Outcomes

Activities designed to foster awareness
Engaging mentees in self reflection
Incorporating the natural world into a mentorship program
Dealing with ethical issues of wilderness use
How to prepare against safety concerns
Individual and group activities you can use

Sponsor / Co- Sponsor A Mentoring Series in Your Town

Want to take these courses, but they're not scheduled in your town? Organizations such as the YMCA of San Diego and the Greater Washington Area Religious Educators have sponsored or co-sponsored these courses to bring them to their area, and so can you.

Sponsorship gives your group financial and scheduling advantages. Co-sponsorship brings the course to your area, has financial benefits for your group, yet limits your responsibility. Either way, experienced ICA Staff will come to your town to provide the training. For information about sponsorship, contact us: COAL@icajourneys.org or 425-486-5164.

Cost for Scheduled Seminars:

Early Bird -3 week advance **paid-in-full**: \$99 for one day, \$175 for two, \$250 for three.
 If paid within 3 weeks of course: \$110 for one day, \$200 for both, \$290 for three.
 10% Discount for 2nd and each additional participant from the same organization



Chicago- February 27 - March 1
Kansas City - March 14 - 16
Asheville - March 21-23
New York - March 27 - 29
Seattle - May 9 - 11



ADULT JOURNEYS

WILDERNESS QUEST

A Solo Vigil and Fast

September 7 - 15

Do you seek greater clarity regarding your life's purpose and meaning? Are you in the midst of a major life transition?

A vision quest provides an opportunity to uncover the deep wisdom within and around you. Set in Eastern Washington, the Wilderness Quest is a chance to move deeply into your inner life as you connect with the natural world.

With a small supportive community of questers and experienced guides, you'll participate in ritual and ceremony to allow you to sit with courage your 3-day vigil.

On your return, you'll debrief, share stories and celebrate your rebirth. ICA staff facilitates several activities such as ritual, art, writing and storytelling that bring the power of the quest experience home.

Personal preparation before the trip is guided through the recommendation of practical tips and resources. Local participants will meet as a group four times before the quest. A correspondence program is available for people who will travel to join us.

Application and interview are required

Tuition: \$595 usd Deposit of \$200 usd holds a space (\$150 refundable before August 1)

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

Discount of \$50 if tuition paid in full before July 15

TRACKING Our Natural Roots

September 26-28, 2003

For people 16 years and older

This course will cover:

- * Connections between the natural world and human communities,
- * The Fundamentals of Tracking
- * Observation and awareness skills
- * Natural movement techniques
- * Basic outdoor living and navigation skills



People who come to our programs express interest in deepening their connection to the natural world. This class will give participants skills to help deepen their awareness of nature, as well as an understanding of humanity's roots in and relationship with nature. The ancient art of animal tracking will be used as a tool for exploring these issues. Tracking is a holistic art which requires both logic and intuition to solve the mysteries nature leaves for us to discover.

The class will be held on the east side of the Cascade Mountains. "Hands on" experience in the field will leave participants ready to continue the journey towards a deeper and more rewarding relationship with the Earth for both themselves and their communities.

Deposit: \$50 usd (\$35 refundable before August 15)

Tuition: \$195 usd (includes meals & materials)

Make or Break Date: August 25

ONE DAY JOURNEYS COMMUNITY EVENTS

Call (206) 323-2100 to get on mailing list for further information on activities in western Washington

Re-incorporation Group – Older youth & adults who have quested are invited to meet monthly to continue the conversation about keeping their visions alive. Includes potluck

Drum-making Workshop – Come make a drum! Join in drum and rhythm circles. Call for materials prices.
Workshop – February 1.

Singing Workshop & Group – A singing workshop will launch an on-going singing group to learn and practice songs that nurture our souls and support building community.

Sweatlodges – An opportunity to be with community and go within at the turning of the four seasons. Potluck follows.
Spring Equinox - March 22. Summer Solstice - June 21.



HIGH SCHOOL JOURNEYS

THE SOLO CROSSING

*A Co-ed Backpacking Adventure
for grads of 8th, 9th, and 10th grades*

July 13-August 2, 2003

A symbolic time of transition -- one leaves one's group to spend time alone in an individual encampment bringing closure to the past and foreseeing the future.

We'll prepare with a Walkabout, a symbolic Death of Childhood and dialogue to help us focus on what we will each seek as we cross a threshold into our own possible future. Afterward, there will be a chance to reflect on the experience -- a chance to find the meaning of having met your future.

Participants will be assigned adult mentors -- journey guides -- who help with the thinking about ideas which come during your crossing. Participants develop personal and interpersonal skills. The Ropes Challenge course and backpacking offer a view of teamwork.

The journey ends (or maybe, begins) sitting in council circle telling epic stories of the Crossing and sharing visions of the future.

*Deposit: \$200 usd (\$150 refundable before June 13)
Tuition: \$1600 usd per person (includes transportation, meals, art supplies, and campsites)
Discount of \$100 if tuition **paid in full** before May 1*

CROSSING THE THRESHOLD

*A Journey to Adulthood
for grads of 11th and 12th grades*

August 1 - 10, 2003

Join us on an exciting ten day journey into the awesome and rugged terrain of the Pacific Northwest, through deep forest, blooming meadows, peaceful valleys, and snowy mountain passes as we experience mental, emotional, spiritual, social and physical challenges. Participants will be pushed to explore life in new depths. In the space of this ten-day journey, individuals will gain powerful new insights that will serve them as they take on new responsibilities of young adulthood.

Building Community

Initiative games -- Fireside Chats

Opening Yourself to Your Vision

Storytelling -- Symbol Making

Council of Elders

Growig Deep Through Reflective Exercises

Medicine Walk -- Sweatlodge -- 3 Day Vigil

Wilderness-living Techniques

Self-sufficiency

Health and Safety Skills -- Fasting Preparation

*Deposit: \$200 usd (\$150 refundable before July 1)
Tuition: \$850 usd per person (includes transportation, meals, art supplies, and campsites)
Discount of \$75 if tuition **paid in full** before May 1*

Registration Information

- Registration may be made with a call to ICA (number below) by Visa, Mastercard or American Express.
- Registration forms & instructions www.icajourneys.org
- 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.
- Scholarship funds are needed to assist those who are unable to afford the entire amount. All contributions are tax deductible.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org



COMING OF AGE JOURNEYS

our classic journey for grads of 6th & 7th grades

JUNE 30 - JULY 21, 2003

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 real opportunity to take flight on a voyage of self-discovery.

Set in Western Washington's forests, mountains, and waterways, this trip empowers young participants to recognize and walk in the truth of their own 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. Daily activities naturally lead the youth into experiencing the consequences of their own behavior and how that im-

pacts others.

Laughter, sweat, creativity, reflection, and new friendships come together for youth who are willing to discover more about themselves.

Family Ritual and Workshop- The participation of the family has an important role in The Coming of Age Journey. At the conclusion of each 3-week adventure, parents and guardians take part in this weekend event. The family will have an opportunity to see one another with new eyes. to breathe new life into existing relationships, and to explore possibilities of what it means for them to be a family.

GIRLS' JOURNEY

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

The Coming of Age program is an opportunity for girls to emerge into adolescence with strength and self-confidence based on talents, skills and interests rather than appearance or popularity.

This 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.

Participants will learn how ancient cultures celebrated 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 power inherent in the gift of their womanhood.

BOYS' JOURNEY

Unlike their female counterparts, boys lack a life-changing event to mark the onset of adult responsibilities. For thousands of years, most cultures have relied on intentional rites of passage to awaken the mature masculine spirit within their young boys. By overcoming ordeals, initiates were able to bring back the inner resources and external skills that a village depended on for continued vitality.

This challenging journey of discovery offers boys an opportunity to live, learn, and laugh, in a supportive community of peers and male mentors. Away from the video games, media violence, and modern pressures, life slows down and begins to take on new meaning. As participants sleep under star-filled skies and hike among ancient cedars, 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.



Group size is limited

Deposit \$200usd (\$150 refundable by May 30), Tuition \$1700 (includes meals, transportation, materials and campsites)
Pay in Full by May 1 for a \$100 discount.

ICA Rite of Passage Journeys, 22401 39th Ave. SE, Bothell, WA 98021 (206) 323-2100 www.icajourneys.org

We at ICA Journeys invite you to participate in one of our unique, initiatory programs for youth and adults

- *Ancient cultures understood the need for youth to journey to another world, to break family ties and family patterns in order to discover themselves.*
- *All major life transitions provide the opportunity for a ritual of passage*
- *The mountains of Washington State provide the perfect environment for learning the natural cycles of death and rebirth that constitute the essence of any life shift.*
- *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.*
- *We also offer consultation and rites of passage education to individuals and organizations.*

Our 36th year



PRE-ADOLESCENT JOURNEYS

for Boys & Girls 8-11 Years of Age

The Apprentice Challenge

A one-day exploration of the Apprentice Journey

April 5, 2003

Before the arrival of universal public education, children learned the values of their culture through songs, stories, games and exploration of the world in which they lived.

The Apprentice Journey is a one day experience which introduces children, ages 8 through 11, to the elements of the Apprentice Journey. They will be guided by mentors to use their imaginations and their skills to communicate with others. Young people will experience the power of a team as they work together to solve the challenges which are presented.

The experience will include a diversity of experiences including drama, mythology, active games, and art projects.

Facilitated by Stan Crow and other Journeys staff.

Group size for both programs is limited

Location: Bothell, WA
deposit: \$20 holds a space
Tuition: \$60 (covers food and materials)
(\$50 if **paid-in-full** before March 1)

The Apprentice Journey

A one week Outdoor Adventure

August 10 - 16

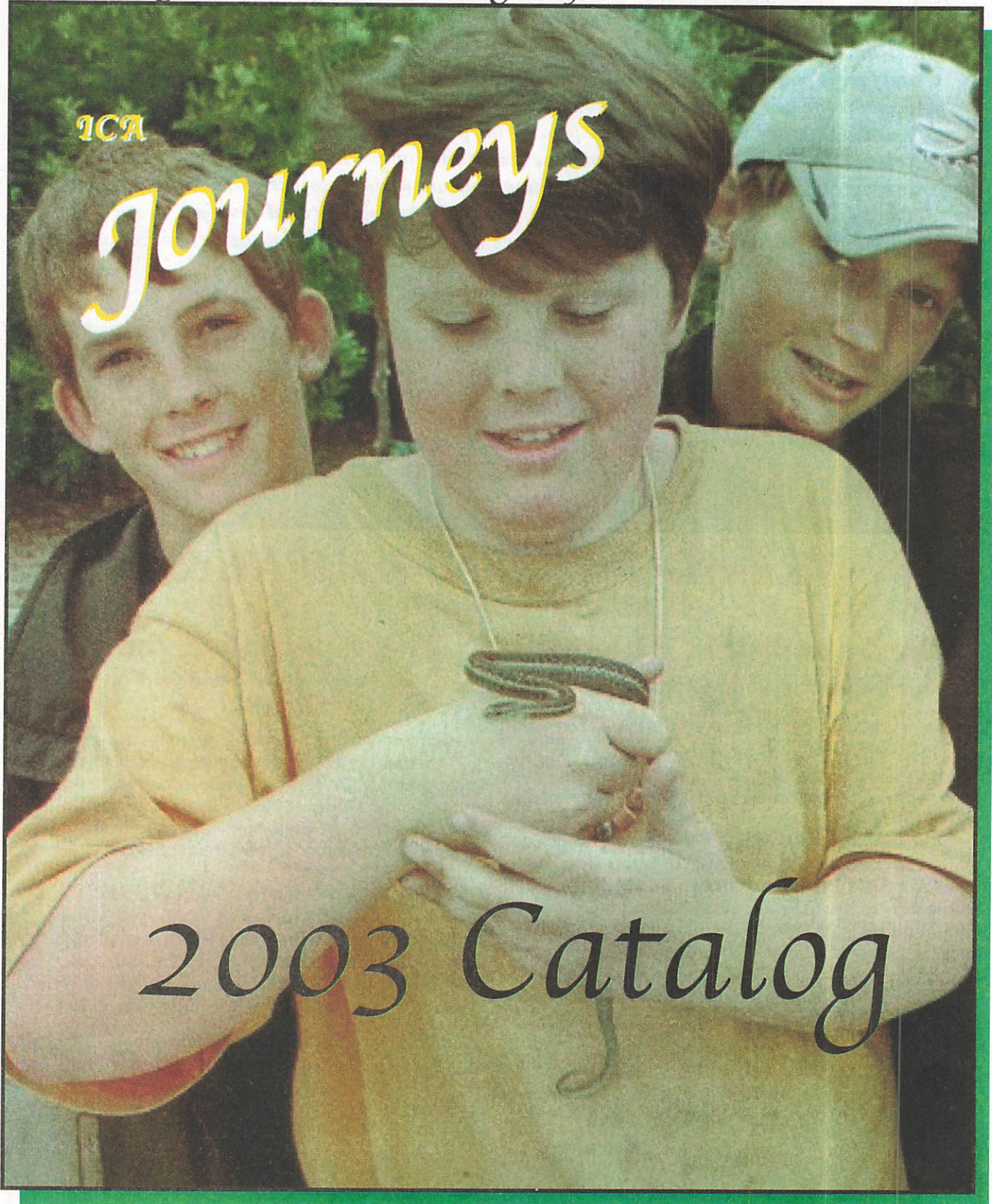
In many cultures, a young person went off to study a particular craft such as carving or the healing arts as an apprentice. Quite often, while in the presence of their mentors, the students would learn as much about life as they did about their craft, thus acquiring the personal assets that would help them pass through future ordeals.

Under the guidance and encouragement of experienced staff, participants learn to cultivate a variety of interpersonal and wilderness skills in a challenging, yet supportive, environment. 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
Low-impact camping techniques
Knowledge of local plants & animals
Healthy communication & conflict resolution
Reflection and alone time*

Deposit: \$200 usd (\$150 refundable before July 1)
Tuition: \$550 usd (including transportation, meals, art supplies, and campsites)
Discount of \$35 if tuition **paid-in-full** before May 1

mentoring individuals through life transitions since 1968



ICA

journeys

2003 Catalog

www.icajourneys.org

2002-3 CALENDAR

Our 36th Year at a Glance

November	16	Reincorporation Group - Seattle
December	22	Sweat Lodge - Bothell
	28	Reincorporation Group - Seattle
January	11	Exploring Spirit, Self and Healing through the Four Directions - Seattle Area
	14-16	This Moment in Time at Arcosanti (Arizona)
February	1	Drum Making - Seattle
	21-23	Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Chicago
March	7-9	Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Kansas City
	21-23	Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Ashville NC
	22	Sweat Lodge - Bothell
	27-29	Coming of Age/Skills of Mentoring/How the Earth Teaches Series - New York City Area
April	5	Apprentice Challenge (currently in 3rd - 5th grades) - Seattle Area
	25-27	This Moment in Time - Seattle Area
May	9-11	Coming of Age/Skills of Mentoring/How the Earth Teaches Series - Seattle
June	23-25	This Moment in Time - Ottawa
	26-28	River of Consciousness - Ottawa
	29-July 20	Coming of Age for Girls & Coming of Age for Boys (completed 6th - 7th grade)
July	13-August 2	Solo Crossing (completed 8th - 10th grades)
August	1 - 10	Crossing The Threshold (completed 11th - 12th grades)
	10 - 16	Apprentice Journey (completed 3rd - 5th grades)
September	7 - 15	Adult Wilderness Quest - Pacific Northwest
October	9 - 11	This Moment in Time - San Francisco Area

Check our Web Site www.icajourneys.org
for additional programs and events ...They will be posted as scheduled.



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

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Subscription / Contribution: for 4 issues -- USD \$12.00

Editors: Amara Oden and Stan Crow

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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 mix of developmental offerings.

Journeys' 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.

For **PROGRAM INFORMATION:** (206) 323-2100
22401 39th Ave SE, Bothell, WA 98021 (425) 486-5164
e-mail: info@icajourneys.org Web: www.icajourneys.org

Cover Photo *Peering Into Their Future* by Amanda Ayling
Printed with Soy-based Ink on non-chlorine bleached paper



ICA Rite of Passage Journeys 2002

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You're Invited to Join Journeys' Learning Community

7

Re-incorporation and Learning Community

By Edith Kusnic

Yet, no matter how fully we experience the primordial self while in the wild, the real work begins when we return. How can we find this same sense of sacredness in everyday life?

Steven Harper The Way of Wilderness

In the past few years we have seen increased interest in our adult programs. As a historically youth-focused program, we have been curious about this trend.

Our hunch is that it is an indication of a need to find places where we may bring our whole selves, our *authentic* selves, our *primordial* selves. This is the self we try to make a safe space for on our vision quest trips, for both youth and adults.

It is also the self that the Journeys Leadership Team tries to stay in touch with as we work together, trying to "walk our talk." We take time for activities that nurture us and help us learn and grow; we work together in ways that honor each perspective and our unique gifts. But that sense of connection, that sense of *sacredness*, is difficult to maintain in the everyday world of crowded schedules, pressures, and distractions. As Steven Harper said, "the real work begins when we return." This is the work of Re-Incorporation—bringing one's vision to the world.

By working and learning together as we have for the past few years, a renewed spirit of the organization is being born. That spirit is calling us to think not only about what we are, but also about what we could be. That is one of our central questions as quest guides which we ask of ourselves and those we guide—not just who we are, but **who can we be?** Such a question requires us to reach deep into ourselves—but it also asks us to look out at the world. Who am I? What does the world ask of me? How can I know and bring forth the gift I have been given?

So, we have begun asking "What can Journeys be?" Part of the answer revolves around the process of re-incorporation.

How do we support questers in their own work of re-incorporation? How do we help parents and families support that work of re-incorporation for their youth?

How do we create safe spaces for our *authentic, primordial* selves? How do we help nurture the visions that are struggling to grow in each of us?

One answer is to build a more active learning community that surrounds and supports questers.

Re-Incorporation group—where older youth and adults can continue the conversations begun during their vision quest

Adult and family activities that nurture our souls (such as singing, drumming, sweat lodges) and develop our capacities to create community.

One-day workshops that explore and develop skills in this work.

We hope this idea will grow to make Journeys a place that not only leads exciting and meaningful quests and retreats, but also helps people prepare for these events and stay in touch with their experience. We

invite you to participate in some of these activities, and invite your ideas and energy to help this new part of Journeys grow.

Re-incorporation Group— Older youth & adults who have quested are invited to meet monthly to continue the conversation about keeping our visions alive. Call to get on mailing list for further information.

Nov. 16, Dec. 28, others Includes potluck

Drum-making Workshop— Come make a drum! Join in drum and rhythm circles. Workshop – February 1.

Singing Workshop & Group— A singing workshop will launch an on-going singing group to learn and practice songs that nurture our souls and support building community.

Sweat Lodges— An opportunity to be with community and go within at the turning of the four seasons. Potluck follows.

Winter Solstice - December 22

Spring Equinox - March 22.

Exploring Spirit, Self and Healing through the Four Directions This workshop explores the collective and unique ways we are each sustained by the natural world. January 11

Reservations Required for all activities!
Call 206/323-2100 or 425/486-5164
for details and costs of materials

Planning a Meaningful Wedding

Weddings are one of the most widely recognized rite of passages in our society today. However, the rituals in a 'traditional' Western wedding are frequently outdated and based on consumer-oriented values. When two longtime Journeys staffers announced their engagement, they had some work to do to create a meaning-filled ceremony. Here are some of their suggestions. - editor

Identify Your Core Values and Embody Those

"Do you think we could get all our friends and family to hike with us to our favorite waterfall?" Think about what marriage means to both of you and how the wedding might express that. You will likely find certain themes or values emerge. Building on these can lead to a wedding filled with depth and authenticity. Grounding your wedding in these core values can also navigate the myriad of decisions involved – ie., *"Does the color of the napkin really contribute to building this community?"*

Acknowledge the Wedding as Rite of Passage

"Mom, Dad, I want to thank you for showing me what a loving committed relationship can be". A wedding, at its core, marks the transition from one role to another. This holds true whether the couple is moving out of their parents' homes as they wed, or are in their forties and have been living with each other for ten years. A wedding needs to acknowledge this appropriately. Part of this acknowledgment includes space to say a symbolic goodbye to the old life and role, both for those marrying and their communities. A highlight of this wedding for many was the Men's and Women's Gatherings, held the night before the wedding. These gatherings let

people 'tell stories on' Leif and Amara, celebrate the gifts of each, and speak their emotions in words and in hugs.

Involve Your Communities

"Let's ask them to host the dance, and those folks to fold programs". One of the key components of a rite of passage is the community that is involved. Unfortunately, in our society we are taught that the way to offer support to the couple is to watch them and give gifts. Rethinking the role of the community in your wedding from passive to active may do more than anything else to bring life and authenticity to your wedding. Focus on creating one community from the several groups of family and friends. Give them things to do, roles to play, ways of acting out their support for the two of you as you make this union. Plan



Amara and Leif rented a "Y" camp for their 3 day wedding event

ways before and after the actual ceremony to help them get to know each other. After spending the morning working to create the space for the wedding and reception, the community began the ceremony by creating a cedar spring circle in which the couple exchanged their vows, and the wedding rings were passed around for all to bless before their exchange.

Let ICA Staff Help you Plan Programs and Ceremony

Interested in using ritual instead of balloons to mark your birthday?
Curious about how we use ceremony in a way that doesn't feel 'campy'?

Journeys staff - who are educators, social workers, therapists, and facilitators - bring a variety of skills to our consulting work. We have experience in designing ceremony that feels 'just right' - for a price that's just right.

Call us for help on projects for one hour to forty, one person to eighty.

New Adult Retreat Series: Time to Stop, Reflect and Refocus

5

The Other World in This World Retreat Series

Historically, ICA staff has recognized the need for alignment between our inner being and our work in the external world. Our new retreat series focuses on the inner journey and our authentic expression of that reality in the midst of the larger world in which we live and work. Set in a metaphorical other world, these reflective experiences draw on symbolic maps of our experience described as a Land of Mystery, a River of Consciousness, a Mountain of Care and a Sea of Tranquility. Retreat locations are in beautiful natural environments. The introductory retreat, *This Moment in Time*, is the prerequisite for this series of 4 non-sequential retreats.

This Moment in Time

An introductory experience for the four which follow it, this retreat focuses on where we, as individuals, are at *this moment in time*.

Each period of our life is preoccupied with a central organizing question. These questions are as much a part of us as our eyesight or our taste buds, for they allow us to sense the subtlety and promise of our life's path. This 48 hour retreat gives participants a framework for reflecting both concretely and metaphorically on their own life journeys and the central organizing question that will drive the next period of their life.

Included in the program are group work, meditation, reflective exercises and the creation of an epic story for each person's life. As participants become centered in their inner worlds, they greatly expand their capacity to serve and to enjoy the outer world. They become, as Joseph Campbell put it, "masters of two worlds."

This highly participatory event promises to assist you in exploring your own other world in the midst of this world.

Why not give yourself the time to stop, to reflect and to refocus?

Retreat Fee: \$375.00

Lodging and food expenses are separate (they differ, depending on location and number of people in a room).

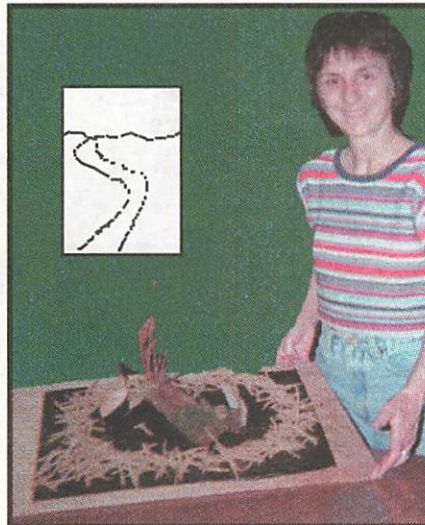
Send Registration to: **Registrar, ICA Journeys** (at address below)

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Tools to shift disempowering images

How The Earth Teaches

A great workshop for people who have attended our COA Leaders Training, or our Training Mentors and want to explore one of the most important parts of these topics. Since the dawn of human life, mentors have used the natural world to foster growth and awareness in mentees. Come prepared to spend much of the day outdoors, rain or shine, and expect to possibly get a little dirty.

Learning Outcomes

Activities designed to foster awareness
Engaging mentees in self reflection
Incorporating the natural world into a mentorship program
Dealing with ethical issues of wilderness use
How to prepare against safety concerns
Individual and group activities you can use

Sponsor / Co- Sponsor A Mentoring Series in Your Town

Want to take these courses, but they're not scheduled in your town? Organizations such as the YMCA of San Diego and the Greater Washington Area Religious Educators have sponsored or co-sponsored these courses to bring them to their area, and so can you.

Sponsorship gives your group financial and scheduling advantages. Co-sponsorship brings the course to your area, has financial benefits for your group, yet limits your responsibility. Either way, experienced ICA Staff will come to your town to provide the training. For information about sponsorship, contact us: COAL@icajourneys.org, or 425-486-5164.

Cost for Scheduled Seminars:

Early Bird -3 week advance **paid-in-full**: \$99 for one day, \$175 for two, \$250 for three.
If paid within 3 weeks of course: \$110 for one day, \$200 for both, \$290 for three.
10% Discount for 2nd and each additional participant from the same organization



for scheduled dates in
2003 see Page 8

Why Are You On This Mailing List ?

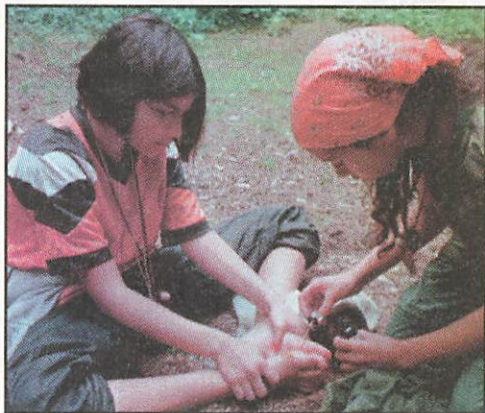
Why are you on our mailing list? We hope it's because you value the work we do: innovative work that opens hearts and minds.

Yet, many are not familiar with the relevance of rites of passages in today's society. A \$12 newsletter subscription helps us spread the word about our program. \$25 pays a day's expenses for an international volunteer to learn about our methods and to share them with interested groups.

Unfortunately, many youth who do understand the need for a Coming of Age experience cannot afford the cost of a program. \$76 funds a life-changing day for a youth on our high quality trips.

It's our dream to reach an even wider audience. \$500 will provide substantial support to our director Stan Crow, as he works on sharing our philosophy of mentoring in the book he's writing.

In our volunteer-based program, every dollar you share with us makes a significant difference. Please give generously. ICA is a 501(c)(3) tax exempt not-for-profit organization. As such, all donations are tax deductible.



Care for your feet and care for your team are both important life lessons

New Course Series!

Intrigued by what we do, but never sign up because you're not the 'outdoors type'? Do we have great news for you! We are offering a new adult retreat series that draws on Journeys heritage...and you sleep indoors! Page 5 has more on this exciting expanded dimension of our work.

Stan Crow...Author

We are thrilled that Stan Crow, director of ICA Journeys, is working on his long-awaited book on mentoring. Interviews with key people in the field will place Stan's mentoring philosophy in context of the national dialogue on mentoring.

End of Summer Celebration & Reunion

Over 70 people gathered in September to celebrate the graduates of the summer and reminisce about their trip with fellow grads. Join us next year in September - and say hello to old friends.

Fundraiser joins Staff

Amara Oden, longtime summer staff mentor, is stepping into the role of half-time fundraiser for Journeys. She is in the Certificate Program at the UW for Fundraising Management, and is enthusiastic about what this will do for the long term future of Journeys' important work. She might be calling...

Puget Sound Winter Programs offered

Several of our stellar volunteers are bringing new energy this year to our local adult programming. Page 8 tells part of the tale and the website has more along with a schedule of events.

Website Master Volunteer

Sean Ottey has offered to keep our website looking good (and correct!) this year. The website is invaluable in sharing information with both future and past participant. Thanks, Sean!

The Role of Stories in Rites of Passage

by Chris Laliberte

Wilderness Awareness School

Over the last year, ICA Journeys and the Wilderness Awareness School in Duwall, Washington have begun to develop a professional relationship. As we have exchanged information and training, we have discovered a shared philosophy and complimentary programming. The author, Chris Laliberte is Program Director of the Wilderness Awareness School. - editor

Storytelling, Its Place In our Work

Storytelling has always been an important part of Wilderness Awareness School's approach to teaching kids about nature. We know that taking kids out into the woods isn't just about 'environmental education,' if by that we mean learning lists of plants and animals and memorizing ecological concepts. When young people explore the wilderness, they have the opportunity to discover who they are. When our partnership with ICA Journeys allowed our staff to take their Coming of Age Seminar, we were excited as we felt we could integrate many of their concepts into our work. We've used many concepts from that seminar, but it's especially our approach to stories and storytelling that has shifted considerably. Our storytelling tradition has taken on a deeper level of importance and intention.

Why Stories?

As we discovered in our Rites of Passage training, stories are an important "landscape" where young people can find out who they are. Listening to stories, kids find themselves responding emotionally to what they encounter there. They discover what scares them, what excites them, and what spurs them to action. In environmental education, kids do this exploration literally. In stories, they do it symbolically, with their imagination.

This landscape of stories—old, mythic stories from around the world—can serve as a symbolic map of each person's life journey. Going into this landscape—listening to these stories—is a very real experience for the psyche. It grows and struggles in this landscape just as it does when we go through the literal experiences of our lives. This seems very important. In our modern world today, everything seems to have

been literalized: Myth means "not true;" story means "made up;" and nothing except the mundane, literal world is recognized as informing us about the "Truth of the World." We don't have much in our modern culture that helps young people imaginatively or symbolically explore the scary and uncertain landscape of their lives. Ritual helps do this. So do the stories we tell.

Role in Coming-of-Age Programs

Think of children's stories from around the world, all sharing the same essential themes: The young boy or girl who must die for the young man or woman to survive; The young hero who must kill the Giant or outwit the Old Hag. Growth involves death and rebirth, and at some level, we all know and need this. Even in our culture, kids are so drawn to these stories that they request them night after night. Epic challenges in stories frequently represent spurts of growth, growth

that enables us to grow fully into the powerful people we are capable of becoming. All those things we need to kill—the Giant, the King, the Hag—they are inside us. Allowing our psyche to defeat the dragon, save the princess and live happily ever after along with the main character in stories helps us make it through difficult times in our literal lives because we've faced the fear and 'killed' those things standing in the way of our spirit's rising.

Storytelling in Wilderness Awareness School adds to our tools of tracking, awareness, gratefulness, and community, to create yet another opportunity for our students to learn about themselves, and to grow into the new person they are becoming.

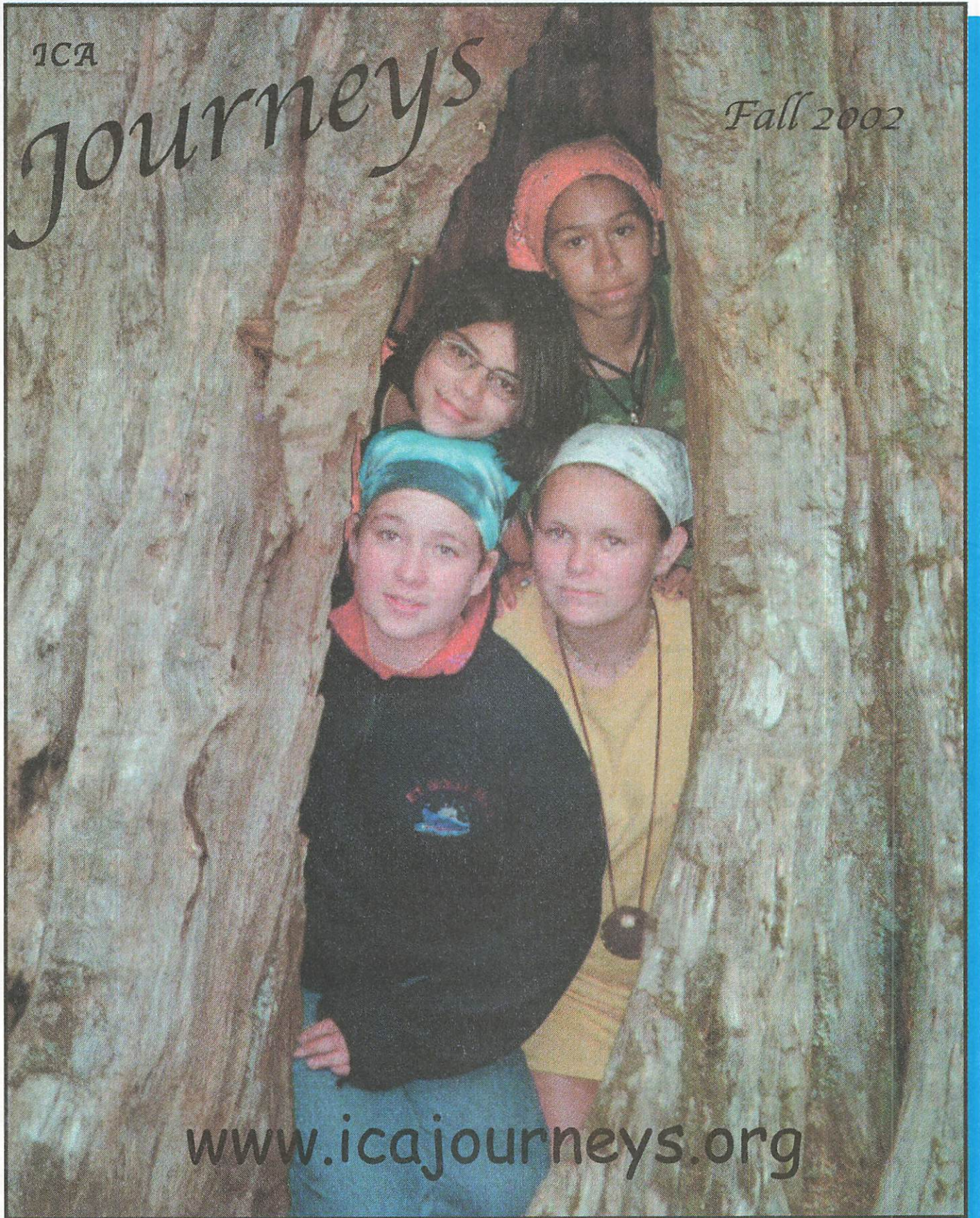


Ritual & Story - integral to a Rite of Passage

ICA

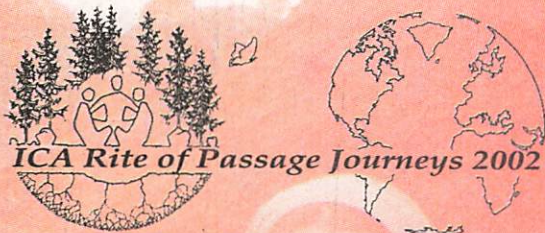
Journeys

Fall 2002



www.icajourneys.org

Mentoring individuals through life transitions since 1968



2002 CALENDAR at a Glance

February

- 19-20 Power of Image, Chicago, IL
- 25-27 The Learning Basket Practitioner's, Chicago, IL

March

- 2-3 Winter Wonderland
- 23-24 Girl's Weekend in the Wilderness

April

- 15-17 The Learning Basket Practitioner's, Yakima, WA
- 19 Coming of Age Leader's Training - Seattle, WA
- 20 Skills of Mentoring - Seattle, WA
- 21 How the Earth Teaches - Seattle, WA

May

- 2 Coming of Age Leader's Training - Chicago, IL
- 3 Skills of Mentoring - Chicago, IL
- 4 How the Earth Teaches - Chicago, IL
- 4-6 Tracking our Natural Roots - Western Washington

Summer Programs

- June 30-July 21 *Coming of Age for Girls (6-7th grade)*
- June 30 -July 21 *Coming of Age for Boys (6-7th grade)*
- July 7 - 13 *Apprentice Journey (4th 5th grade)*
- July 19-20 *Power of Image, Oakland, CA*
- July 25-August 14 *Wilderness Quest (10-12th grade)*
- July 27-August 16 *Solo Crossing (8 - 9th grades)*
- August 7 - 9 *This Moment in Time, San Francisco Area*
- August 17- 22 *Elder's Quest*
- August 18-26 *Adult Wilderness Quest*

September

- September 7-9 Tracking our Natural Roots

Our 35th Year



Girl's Coming of Age - seen in Oct/Nov 2001 *Ms. Magazine*

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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

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

For PROGRAM INFORMATION:

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 Editor: Stan Crow Editorial Assistance: Darcy Ottey & Carol Crow

The ICA -- The Institute of Cultural Affairs (ICA) is a private, not-for-profit organization concerned with the human factor in community and organization development. Its global network spans 28 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 mix of developmental offerings.

Cover Photo *Treasure in the Water by Nora Divers, Girl's COA 2001*

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 train others in rite of passage program development, methodology, and mentoring.

Printed with Soy-based Ink on paper which has not been bleached with chlorine

2002 Pre-Registration Blank



Please Pre-Register me for the _____ program.

Name _____

Parent/Guardian Name _____

Address _____

City/State/Prov. _____

Postal Code _____

Phone Number _____

Grade Completing in 2002 _____

email _____

Age _____ Gender: M ___ F ___

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 _____

(as it appears on the credit card)

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

Mail to: Registrar, ICA Journeys, 22401 39th Ave SE, Bothell, WA 98021-7941

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.

Volunteers Needed

There are many exciting ways to get involved in our growing community! Volunteers are the life blood of these programs.

Administrative work: Maintaining our database and other crucial record-keeping functions

Recruitment: Hearing about our programs by word of mouth has always been the most effective method. We need program graduates and parents of graduates to speak informally with friends and formally with PTA's, school administrators, and religious leaders.

Work Parties: Every spring, we hold several workdays to get our facilities ready, set up tents, tipi and clean up gear. We need a number of hands on deck for these days.

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