

Dorothy Shorne

A variety of life and working experiences has contributed to making **Dorothy Shorne** a skilled and empathic facilitator. She has taught adults in a range of situations, most recently those training as Civil Marriage Celebrants and is an accredited Journey facilitator.



Always keen to embrace the next challenge, and then transcribe it to paper, Dorothy is a keen writer, both fictional and non-fictional, and is currently fostering skills in that area. She is the mother of Oliver, and resides in inner city Adelaide.

B Arts (Professional & Creative Writing)
Diploma of Marriage Celebrancy
Grad Dip Property Development
Master of Planning



Carol Astbury

Carol Astbury is an accredited facilitator of **The Journey**. She celebrates a background founded in fine arts and music, followed by a varied professional life. Her life experiences have held balance in creating a family of three wonderful children, grandchildren a loving and agreeable (second) husband coupled with the demands of her professional career. Having discovered the awareness of her **Journey**, Carol embraces each forward step.

Carol is particularly interested in Rites of Passage and this is reflected in her promotion of alternative style ceremonies conducted within her role as an authorised marriage celebrant. One of Australia's longest serving celebrants and recognised for her contribution to the profession, Carol has facilitated numerous workshops promoting the use of symbols and ritual to enhance ceremony. She looks forward in assisting you to embark upon **The Journey**.

Diploma of Marriage Celebrancy

The Journey is conducted in a safe, non-judgemental and informal environment.

The Guided Fantasy Journey requires participants to engage in an atmosphere of meditation, so you may choose to lie on the floor with a pillow or sit in a comfortable position.

Dress – informal clothing (to suit the season) track-suits, tops and pants, soft shoes or slippers.

Warm up exercises such as yoga will be incorporated in order to stimulate mental awareness and physical preparedness.

Bring a yoga mat, camp mat or rug and a spare pillow, or large cushion and blanket.

Venues are carefully selected for their aesthetic value and emotional resonance and will usually be located in close proximity to natural surroundings. Bring sensible waterproof footwear, rainproof jacket, suitable for wearing out-of-doors and walking along bush tracks. A torch for night walks.

*Accommodation and meals are included in **The Journey** experience, unless otherwise advised. You will be advised upon application of any particular additional items you may need to bring e.g. linen.*

*Creative activities are an integral part of **The Journey** experience – most materials are provided, however, you may be asked to bring some particular item to incorporate in an activity.*

No responsibility will be taken for lost items, we suggest you do not bring expensive personal items with you unless you are prepared to take full responsibility for them at all times.

We respectfully request that laptops, mobile telephones or pagers are not in use during the Journey program, although they may of course be used out of session.



The Journey

A secular Retreat

We invite you on a journey.
It is a journey for everyone, yet it may be the most personal experience of your life.

It is not often that we have the option of sitting back and considering our life's journey—the path we have travelled thus far and the options for the future.

With our busy lifestyles, the demands on our time and our commitment to others, we rarely make that time for ourselves.
This is your opportunity.

Your accredited Journey Facilitators:
Dorothy Shorne
Carol Astbury

Adapted from: "***The Journey***"
Written by **David Oldfield**
Masters in Religion; Masters in Special Education

'***The Journey***' is a trademark of
The Foundation For Contemporary
Mental Health

***The Journey* What is it?**

The Journey is a guided tour in a workshop setting, led by trained facilitators, Carol Astbury and Dorothy Shorne. Although *The Journey* is shared with other participants, the outcome is personal and is unique.

It is insightful and leads you on a voyage of discovery, exploring the crises, challenges and outcomes in your lives. It is a journey that follows the epic example of and is inspired by the heroes of mythology and history. Just as those journeys allowed the hero or heroine to develop inner strengths, self-knowledge and survival skills, so does this journey take you on a personal odyssey from which you emerge with new resources and directions.

Who should do it?

The adventurous

Those seeking a better understanding of themselves

Those wishing to make life changes

Those who are at one of life's corner stones or times of transition (menopause, retirement, partnering or divorce, mid-life).

The Journey is suitable for both men and women, of all ages.

What will you learn?

The Journey is different for each participant and is deeply personal.

It will help you to acknowledge, understand and accept past events in your life;

You will develop finely tuned self-knowledge;

You will have the opportunity to evaluate your current situation;

You will develop the confidence to make forward plans.

What will the benefits be?

The Journey is conducted in a supporting, non-threatening and non-judgemental environment.

It is a time of exploration, release, resolution, challenge and transformation.

You will better understand the directions of your life's journey.

It will result in improved communication and relationships with others

You may develop a more strongly developed sense of self-worth

What will you achieve?

- Identify personal goals and values
- Heighten personal responsibility
- Expand use of healthy life skills
- Increase effective communication
- Improve ability to deal appropriately with misunderstandings
- Develop greater freedom and self-understanding
- Develop confidence and a sense of direction
- Find forgiveness for past and healing solace in letting go of old wrongs
- Look forward with joy and anticipation to your continuing journey

What *The Journey* is not:

The Journey is not threatening or coercive.

The Journey does not dictate, or direct the outcome of your particular journey.

The Journey does not make any impractical or unrealistic promises.



Do you have to live-in?

This is considered preferable for several reasons:-

- You are able to have a break from normal routine, and to focus on yourself for a change.
- Friendships and support groups are forged during the course, and these are further developed out of session time, and during free time.
- The socialising can be an important aspect of the workshop.
- You are removed from daily stresses and pressures.

How do I apply to attend *The Journey*?

Please telephone or email either Dorothy or Carol at the addresses and numbers listed below. You will be sent an application form giving full details of the dates and venue of the next available workshop.

Please complete all the information requested on the application form and return with your deposit of \$200 to confirm your attendance.

Dorothy Shorne: tel: 08 8363 5964

dorothy@ritesofpassage.com.au

Carol Astbury: tel: 08 9295 4994

carol@ritesofpassage.com.au

www.ritesofpassage.com.au/thejourney

The Journey will be conducted in all states, in both metropolitan and regional centres.

Register your interest in the next Journey workshop at journey@ritesofpassage.com.au