

## our story

As a group of individuals engaged in the movement for equity and justice, we became acutely aware of a growing need for space to encourage individual and collective exploration of identity, belief, purpose, and connection.

In response, we founded Still Harbor to provide a neutral place, process, and partner that champions the essential, but often neglected, role of spirituality in framing this exploration. Those working with us connect to the core of their work and, in turn, benefit from an improved ability to pursue and sustain innovation and meaningful exchange.

## our mission

We offer accompaniment to individuals and organizations engaged in social justice efforts by serving as a spiritual community and learning partner.

## our work

- > Lectures, workshops, retreats
- > One-on-one spiritual accompaniment
- > Peer support groups
- > Custom nonprofit facilitated programs
- > Community & network building support
- > Community gathering & retreat space

## call

**(n) a summons; a force of attraction**

### What is my purpose?

Throughout our lives, we evaluate and reevaluate how we want to live and act in the world. Despite living in an age of instant access to information and constant connectivity, feeling disconnected from a sense of purpose often makes us feel isolated, directionless, and unfulfilled.

To discover a calling in which we find meaning demands that we explore a spiritual life that connects us to ourselves, the other, and the unknown.

## com·mit·ment

**(n) dedication; application; a pledge**

### How do I sustain myself and others?

Extended periods of stress, grief, or trauma have the potential to challenge or compromise our health and the ability to serve others well. At times, we may want to abandon our calling or find ourselves developing unhealthy coping mechanisms.

To sustain a commitment to tend to the needs of other in service over the long-term calls on the strength of our compassion and resilience, both of which can be developed within us if they are given the appropriate attention.

## our approach

We apply the world's many traditions of contemplative practice to help individuals and organizations understand, deepen, or reconnect with their inner **call**, **capacity**, and **commitment** to make change in the world by serving others.

## ca·pac·i·ty

**(n) the ability to do, experience, or understand something**

### How do I deepen my ability to listen and respond well?

As we strive to become better servants, we must recognize that we lead with our whole being -- not just our intellectual or professional skills. Serving with only part of ourselves does not allow for authentic understanding or true accompaniment.

To develop the interior nimbleness and skill to be attentive and responsive to another requires an ability to profoundly listen to and connect with others as well as with our deepest sense of self.

## what people are saying about us...

*"People of all ages crave meaning in their lives. The Center offers a place for people to reflect, discern, and put to practice their own personal transformations."*

- John Hammock, Ph.D.,  
Author, Professor, and Still Harbor Resident

*"I have really enjoyed the sessions with Still Harbor. I feel they have been able to draw me to my deeper self and understand the different personal and social dynamics that are so essential for us to do the work ahead of us."*

- Global Health Corps Fellow  
Custom capacity building curriculum

*"The information we received allowed for me to get a better understanding of and to put into words what I was feeling both physically and emotionally, and, at the same time, gave me some reassurance that I wasn't, in fact, 'losing it' like I believed I was."*

- Anonymous participant  
Peer support grief group

## stillharbor.org

Check out the community calendar of events and more details about our custom program offerings online. If you or your organization is interested in learning more about working with us, reach out at [info@stillharbor.org](mailto:info@stillharbor.org).

Still Harbor strives to make high quality programs and services available to all. Generous donations allow us to develop new content and curricula, recruit facilitators, and work with individuals and organizations that cannot afford to pay.

Please consider making a donation today so others can join our community as you have:

- \$50       \$150       \$250
- \$500       \$1500       \$2500

Whether \$50 to help an individual in need or \$2500 in support of a multi-week workshop or retreat, your gift makes all the difference.

Send checks payable to Still Harbor to the mailing address below or donate online at [stillharbor.org](http://stillharbor.org). Still Harbor, Inc. is a 501c3 non-profit organization.



**STILL HARBOR**

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**we believe** that  
spirituality cultivates the depth of  
imagination, courage, and service  
needed to transform an unjust world.

**join us.**