

# France *Inward Journey* 2009

## QUESTIONS & ANSWERS



***There is no moment of delight in any pilgrimage like the beginning of it."***

Charles Dudley Warner

**Bon Jour!** Thank you for your interest in the **France *Inward Journey* 2009 Pilgrimages**. These extraordinary pilgrimages (*two identical sessions/itineraries*) to Paris and Chartres, France are offered exclusively through Mile Hi Church in Lakewood, CO, and are led by **Spiritual Director Rev. Cynthia James, and the Pilgrimage Leadership Team**.

- **Session #1** will begin in Paris, France on **Wednesday, August 26, 2009**, and conclude in Chartres, France (with a transfer back to Paris) on **Sunday, September 6, 2009**.
- **Session #2** will begin in Paris, France on **Wednesday, September 2, 2009**, and conclude in Chartres, France (with a transfer back to Paris) on **Sunday, September 13, 2009**.

**Each session is limited to just 60 pilgrims** and we expect the spaces to fill quickly.

### ***What Will the Inward Journey be Like?***

**Pilgrimage is about transformation and deepening, focus and exploration.** It's about stepping out of our day-to-day experiences and allowing Spirit to speak as we prayerfully and thoughtfully move to center in an open and intentional way. If you are interested in a spiritually-focused deepening experience, read on: this Pilgrimage just might be for you...

It's important to understand that a **pilgrimage is not a typical vacation or tour experience**. All planned activities have a clear purpose, each intended to facilitate opening further to the Divine Mystery within. Like all pilgrimages, the *Inward Journey* will contain personally unique elements of adventure and opportunities for personal expansion. Transformative experiences may occur

through the unexpected, through the retreat sessions, and/or through the considerable free time we'll have for exploration, discovery, solitude and personal reflection.

***Am I a Good Candidate  
For This Trip?***

**Physicality:** The France *Inward Journey* 2009 pilgrimage will require participants to be able to handle their own bag(s) and belongings. Walking -- especially in Chartres -- will often be on ancient, hilly and uneven cobble-stoned streets. Please be sure that you are physically able to participate fully in this journey.

**Flexibility: An element of any pilgrimage is adventure** -- the chance to travel on one's own, dealing with the unknown. As *Inward Journey* pilgrims, we will create unique and individual travel experiences during our free time, having many opportunities to engage with the local culture, including choosing restaurants for those meals not included in the itinerary.

**Comfort:** This trip has been planned with the intent to begin in a more traditional hotel in Paris as a bridge to the more monastic way of being in Chartres, France. Accommodations in Paris are at a highly-recommended 3-star hotel with many amenities, including small in-room efficiency kitchenettes. **Rooms are not always uniform** and are **generally small** by American standards. European-style air conditioning is available in Paris - in Chartres, open the large bedroom windows to let in fresh air. The primary lodging in Chartres is in a very clean -- but very basic -- former seminary, and all beds are in twin configuration. The meeting rooms reflect the same simple yet functional elements.

**Roommates:** Trip fees are based on double occupancy. *It is your responsibility to find your own roommate.* If you are a solo traveler desiring to share a room, you can opt to have Rautenstrauss Travel share your name with other pilgrims seeking a roommate, but the choice of roommate is up to you. In order to keep the available roommate list current, pilgrims are requested to notify Rautenstrauss Travel of roommate names as soon as they've agreed to room together.

**Single Rooms:** There are a very limited number of single rooms available in both Paris and in Chartres. Due to accommodation differences there may not be an equal number of single rooms available in both locations. *Single rooms are subject to additional fees -- see below for more information.*

**Luggage Limitations:** Due to bus storage space availability, each person is limited to **one piece of checked luggage and one carry-on bag.**

### **What Is the Financial Commitment?**

The *Inward Journey* pilgrimage costs **\$3,935USD per person** for the 4 nights in Paris & 7 nights in Chartres based on double occupancy, a minimum of 50 participants, and rates and tariffs in effect October 2008. Credit card payments are subject to processing fees. **See Terms & Conditions document for complete detailed information.**

**Airfare:** Airfare is not included. Group airfare is available through Rautenstraus Travel.

**Single Rooms:** A **very limited** number of **single occupancy rooms** are available for an additional single supplement as follows:

- Paris: \$410USD
- Chartres: \$140 USD

*Single room requests are taken only upon receipt of deposit. Single rooms are allotted on a first-come, first-served basis. Be sure to note your interest in a single room (for which location) on your registration form.*

**Registration & Payment Schedule:** To be enrolled in the pilgrimage, a **minimum \$500 deposit/person** is required, along with a **completed Registration form** and **signed Terms & Conditions forms**. Credit card deposits may be made at trip informational meetings or at RautenstrausTravel.com.

- **Final payment** is due on/before **Monday, March 30, 2009.**

*(Group airfare arrangements will be handled through a separate payment schedule.)*

### **What's Included in the Trip Cost?**

**The Inward Journey Brochure and Terms & Conditions document provide complete details: download both at [www.RautenstrausTravel.com](http://www.RautenstrausTravel.com).**

- Double -occupancy accommodations (*unless traveling on a single supplement basis*)
- All ground transportation and meals as per the itinerary
- Entrance, admission and participation in all group experiences as noted
- Transformative sessions with highly-qualified facilitators led by Rev. Cynthia James, including photographer Carl Studna, the Pilgrimage Leadership Team, artist/designer Monica Heeren, and noted author Dr. Lauren Artress. (*Download Pilgrimage Leadership Bios for complete information.*)
- Pre-departure pilgrimage sessions and labyrinth walks (*held at Mile Hi Church.*)
- Post-pilgrimage reunion
- Photo directory of participants
- Surprises throughout!

### *What's Not Included in the Trip Cost?*

The Inward Journey Brochure and Terms & Conditions document provide complete details: download both at [www.RautenstrausTravel.com](http://www.RautenstrausTravel.com).

- Meals where indicated
  - Meal costs in both Paris and Chartres vary greatly depending on how formal the restaurant or elaborate the meal. Sandwiches and prepared foods are readily available at reasonable prices. In general, plan on \$6.00 - \$15.00 for individual **lunch**/\$10 - \$30 for individual **dinner**.
- Transatlantic airfare, air taxes and fees, including any checked luggage surcharges
- Arrival transfer in Paris to hotel
- Passport fees
- Optional comprehensive trip insurance
- Gratuities to local tour guides
- Items of a personal nature

### *What About Traveling To/From France?*

If traveling on your own using **mileage awards** or an individual ticket, you must schedule as follows:

#### SESSION 1:

**Arrival:** To Paris, France, by mid-day **Wednesday, August 26, 2009**. Plan to be at the hotel by mid-afternoon.

**Departure:** From Paris, France on **Sunday afternoon, September 6, 2009**

#### SESSION 2:

**Arrival:** To Paris, France, by mid-day **Wednesday, September 2, 2009**. Plan to be at the hotel by mid-afternoon.

**Departure:** From Paris, France on **Sunday afternoon, September 13, 2009**.

For those departing from Colorado, **Rautenstraus Travel, Inc.** has negotiated **group airfare** scheduling and pricing for **40 participants** each session, which will include a complimentary **arrival airport shuttle** to the hotel with baggage handling, **based on 20 passengers**. (*Contact Rautenstraus Travel, Inc. for details*).

### *What About Travel Protection Insurance?*

Contact Rautenstraus Travel for a **comprehensive group travel protection plan** with health, accident, delayed baggage and life insurance coverage.

### ***What Documentation is Required?***

**U.S. Citizens:** You must hold a **valid U.S. passport**, carrying an **expiration date of six months or more beyond the trip RETURN date** (*March 6, 2010 for Session #1 / March 13, 2010 for Session #2*). This is the only documentation required.

**Non-US Citizens:** Citizens of other countries must consult their consulates for documentation requirements, including information about passports and the possible need for tourist visas.

### ***Informational Meetings***

These meetings are for those interested in learning more about The Inward Journey 2009. Registrations and/or wait-list additions will be accepted at these presentations.

*Schedule current as of November 2, 2008:*

- **Sunday, November 2, 2008 at 3:00 p.m. - Vogt Auditorium**
- **Sunday, December 7, 2008 at 3:00 p.m. - Rooms A-C in Community Center**  
*(Labyrinth walk to be available.)*
- **Monday, January 12, 2009 at 7:00 p.m. - Community Center** *(if openings still available)*

### ***Pre-Departure Sessions & Labyrinth Walks***

**All pre-departure Inward Journey sessions** will be held at **Mile Hi Church in Lakewood, CO.**

*Session schedule current as of November 2, 2008*

- **Sunday, March 15, 2009 - 7:00 p.m. - 9:00 p.m. in the Community Center**
- **Sunday, June 28, 2009 (time TBD) in the Community Center.**
- **Sunday, July 26, 2009 from (time TBD) in the Community Center.**

### ***Inward Journey Textbooks***

*The Inward Journey 2009* is a deepening and learning experience. Pre-session reading will come from the following texts, both **available in the Mile Hi Church Higher Shelf Bookstore** as well as at other bookstores:

- ***Walking A Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*** by Dr. Lauren Artress
- ***The Art of Pilgrimage: The Seeker's Guide to Making Travel Sacred*** by Phil Cousineau

In addition we recommend all participants bring a personal **journal** to pre-departure sessions as well as on the trip.

***Who's Who Pilgrim  
Photo/Information  
Directory***

The *Inward Journey* is an opportunity for deeper connection with Spirit and with others. Each individual participant is asked to provide a **maximum 250-word written description** of themselves along with a **close-up photo** to be included in a "*Who's Who*" *Inward Journey* directory. Contact information for each person will also be included, unless otherwise requested.

**Content:** Feel free to let your unique personality come through! Tell us what's important to you, what you're passionate about, what you spend your time doing, etc. You might want to share about your work, dreams, learnings; hobbies, family, favorite experiences; thoughts about why you are on this pilgrimage, any special occasion you'll celebrate while in France, what you are most looking forward to from this experience, personal conscious travel experiences, etc.

**Submission:** Please e-mail description and photo (*preferably in .jpg format*) to [RautenstraussTravel@comcast.net](mailto:RautenstraussTravel@comcast.net). Copy/Photos must be received **with or before final payment date: Monday, March 30, 2009**. (*Note: If needed, Rautenstrauss Travel can scan a photograph and return the original, if you don't have an electronic photo file*)

Our experience is that these directories are a great way to get to know fellow sojourners. They'll be **distributed** along with **final documents** at the **July 2009 Pre-Departure session**.

***Where Can I Find More  
Information?***

Visit [www. RautenstraussTravel.com!](http://www.RautenstraussTravel.com)

Downloadable documents include the complete brochure, all registration forms, Terms & Conditions, *Inward Journey 2009* Leadership Team Bios and other information.

***About Rautenstrauss  
Travel, Inc.***

*Specializing in Soulful Journeys*

**Rautenstrauss Travel, Inc.**, is an in-home travel company founded in 1995. It is owned and operated by Kent and Kathleen Rautenstrauss, and has provided travel services to Mile Hi Church and its congregants for years.

For additional questions about *The Inward Journey 2009*, please contact Kent or Kathleen – they'll be happy to help!

**Website:** [www. RautenstraussTravel.com](http://www.RautenstraussTravel.com)

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