

# Welcome



## Navigating New Directions

G25120201

with Keith Herron  
December 14-20, 2025

### Welcome Letter:

I know myself when I know my stories and savor them as mine. A life of meaning is created when we re-experience our stories to mine them of deeper truth. Buried in each story is some treasure for us to discover. When one can accept they are episodes of a larger story, the width and depth and sheer volume can be held appreciably. One can even seek them like an explorer of a former world with a curiosity that drives us to either embrace them or seek to bury them where their honest records can be hidden from others and from ourselves.

My journey across the arc of life is not at all unique. It has a beginning, a middle, and an end as Aristotle and Billy Collins and others have suggested as the basic building blocks of every story. The stories appear to be linear, one after the other, but at the same time they are cyclical and the cycle of stories are commonly experienced by others whose stories are intersected.

Linear, one after another, can purposefully take us from our beginnings, meander through the middleness of life, and come back to merge with one's endings. The challenge of life can be tracked as part of a large cycle of challenges, from dependence to independence to interdependence and eventually circling back to dependence.

This workshop is meant to bring a group of explorers together so they can explore life at the crossroads where decisions are made that take us in surprising directions across the arc of life. Making meaning out of these random choices is a significant challenge. Understanding how the sum total of these decisions are made or re-made gives us the hope for living in peace!

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November 30-December 6, 2025

### COURSE SCHEDULE:

Meal times:

Breakfast - 7:30 - 8:30am

Lunch - 12:00 - 1:00pm

Dinner - 5:30 - 6:30pm

Sunday Afternoon

Introduction and course overview

3:00pm - Check in

6:30 - 7:00pm - Ghost Ranch Orientation

7:00 - 8:30pm - Intro and course overview

Mapping the Arc of Life

Monday

9:00 - 12:00pm - Instruction begins

Narrative Tools I – We Live a Storied Life

Afternoon You choose – enjoy Ghost Ranch!

6:30 - 8:30pm – Story Time I

Tuesday

9:00 - 12:00pm – Exploring the Stages of Life

Narrative Tools II – How Our Stories Describe the Map of our Lives

Afternoon - Free time for hiking, horses, shopping, museums, tours, etc.

6:30-8:30 pm – Story Time II

Wednesday

9:00 - 12:00pm – The Middler Years

1:30 - 4:30pm – Navigating a New Map to the Future

6:30 - 8:30pm – Exploring our Path from the Past and our Path to the Future

Thursday

9:00 - 12:00pm – Narrative Awareness

Narrative Tools III – Slender Threads

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### COURSE SCHEDULE (CONT'D):

Afternoon - Free time for hiking, horses, shopping, museums, tours, etc.

6:30-8:30 pm – Story Time III

Friday

9:00 – 12:00pm – Using Narrative Processes to Live a Richer Life

1:30-6:30 Free time for hiking, horses, shopping, museums, tours, etc.

6:30-8:30 Story Time IV

Saturday Morning

Final Session

8:30 to 9:30 - Final Session/Review

10:00am - Check out

Explanation about what we'll be doing:

This workshop is designed to explore your lived experiences through the narrative principles of how we live storied lives. There are sessions meant to explore the narrative principles and other sessions meant to practice these tools. There is a narrative process described in Keith Herron's book, *Living a Narrative Life* (Smyth & Helwys, 2019) that will be used to explore this verdant period in our lives when we renavigate our map and go in new directions.

A significant amount of our time together will be to explore our stories with one another using the narrative principles we'll engage. The narrative process is a verdant opportunity to develop friendships based on our need for human community.