



La Solitude

de Pré-d'en-Haut

GUIDE FOR WORKSHOP FACILITATORS

OUR MISSION: *To promote an inner quest through silence and being mindful to Self.*

OUR VISION: *Everyone can strive to attain his or her potential.*

OUR VALUES: *Among others, interiority, love, respect, and simplicity.*

August 2023

La Solitude de Pré-d'en-Haut will be commonly referred to as La Solitude.

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INTRODUCTION

Thank you for choosing to offer a workshop at La Solitude de Pré-d'en-Haut. We hope that your journey stay will meet your expectations as well as your participants. This guide was prepared by La Solitude's Program Team. It contains information about the organization, policies and procedures when running a workshop.

La Solitude, A Unique Experience

To enjoy the benefits of La Solitude, it is very important to know both the background and the mission/purpose of La Solitude.

La Solitude is, above all, a place where most people come to stay and experience the three S':

Silence.....Solitude.....Simplicity

The facilities are designed to allow those who stay there to relax in silence, to be sheltered from the main distractions of modern life and to recharge their energies. The simplicity of the cabins and the food promote self-discovery and a return to the Source of life, in the heart of every human being. Exchanging the noise of everyday life against those of nature can sometimes cause some discomfort, but leaving our comfort zone allows us to get back to basics.

In the past, La Solitude was frequented by followers of Father Raymond Bujold. It is now a non- denominational space, open to all those whose journey and spiritual experience are harmonized with silence, simplicity and contemplation. It remains an oasis of peace, a place where calm and tranquility reigns, while providing a peaceful place for self-reflection.

It is, therefore, essential that participants understand that the preservation of the particular character of La Solitude implies behaviors marked by silence, discretion and respect everywhere on the grounds. The only place where mindful words have a place is within the Tabor (the meeting room), where the workshop is being held.

Please encourage your participants to take full advantage of the benefits of silence and contact with nature. It is strongly advised that you instruct them to put aside anything that may hinder their inner journey. (i.e. activities such as taking pictures and reading should be discouraged so that they can enjoy their inner experience).

A Non-Profit Organization

Led by a volunteer Board of Directors, La Solitude de Pré-d'en-Haut is a non-profit organization. Most of its income comes from donations. It dedicates all its resources to

the implementation of activities, as well as to the maintenance and development of the grounds. One of its goals is to offer affordable lodging and workshops even though we had to increase our fees due to financial issues caused by the pandemic.

The proper functioning, the maintenance of the premises, the development of services and programming depend largely on the commitment, skills and dedication of our team of volunteers.

A Brief History

Raymond Bujold was a missionary priest of the Congregation of the Holy Cross. He spent about fifteen years in India, where he walked from one village to another, which could take him several days. During those long walks, he realized that by simply having the basics to live, without distractions from the outside, he could really connect with his inner self/voice. It was this inner strength that allowed him to continue his mission, in very difficult conditions.

After fifteen years of total dedication to the people he loved, he was forced to return to Canada because of exhaustion and strong political tensions in northern India.

He soon realized that he could hardly convey what he had discovered in India to people in his own country, Canada. One morning, he woke up with the inspiration that he had to build cabins, where local folks would be invited to live with less comfort. He maintained La Solitude as a retreat away from the busy lives people had.

In 2015, La Solitude de Pré-d'en-Haut Inc. acquired the site thanks to the work of many volunteers, including the members of the Board of Directors. La Solitude has once again become a wonderful place of silence and contemplation for all those who yearn to grow and to discover the deep riches of their inner self. (self-discovery). In her book [Raymond Bujold : Une spiritualité de l'Amour](#), Marielle Gervais writes: “[Raymond Bujold] invites people of all ages, creeds and backgrounds to La Solitude de Pré-d'en-Haut, which he created precisely to offer people a unique environment where, at last, only the sounds of surrounding nature provide an interlude in the midst of silence, where, in a cabin or on the trails, everyone can take the time to reconnect with their essential being. Everyone can find the deepest meaning of life within themselves, at the point where their whole being - body, soul and spirit - is moving in the direction of real life.” p. 191.

For more information, we invite you to visit our [website](#).

YOUR COMMITMENT IN FACILITATING A WORKSHOP

By signing a contract with La Solitude de Pré-d'en-Haut Inc., you agree to assume certain responsibilities. Your commitment is as follows:

1. To encourage your participants to respect and experience the '3S's': Simplicity, Solitude and Silence. These are the distinctive attributes of La Solitude. They define the mission of the organization and favor an approach towards inner reflection.

Simplicity: A simple cabin, a frugal diet and contemplation in nature. It is about living a relaxing simple experience in a healthy and safe place.

Solitude: Time for oneself, detached from society and everyday activities. An invitation to stop using electronic devices (cell phones, tablets, camera, etc.) and to find, in the solace of La Solitude, respite as well as inner peace.

Silence: Voluntary suppression of speech and interaction between individuals is akin to what the Buddhists call "Noble Silence". This is an opportunity to calm the mind and focus inward. It is understood that during the actual workshops, which are held in the Thabor, the silence requirement does not apply. However, on the grounds and in the common areas (i.e. La Manne), silence reigns in order to promote, from the onset, discretion and respect towards other participants and towards other people, not attending the workshop, who may be on personal retreats on the ground.

2. To demonstrate an ethic of confidentiality by keeping private the comments of participants and avoiding posting of photos without the written consent of all those photographed.
3. To provide a description of the workshop content and details of your professional training. Your proposal will have to be approved by La Solitude's Program Team, before signing the contract. Please use the [new application form](#) found on our [website](#).
4. To provide an opportunity for a representative from La Solitude to address the participants twice: at the beginning of the workshop (see *Welcoming Words* further down) and, at the end of the workshop, to make a few announcements.
5. To accept that La Solitude ask the participants to fill in a feedback survey about their experience. A copy of the anonymous answers can be forwarded to you at a later date.

RENTAL OF FACILITIES

Buildings available for rental include: The Thabor (meeting room), the House of Peace, the facilitator's cabin, and cabins (or cottages) for participants (15 with electricity, two without).

Types of Rental

- 1. Rental of the Thabor for a multi-day workshop.** This option includes the rental of cabins by participants, as well as simple meals for everyone.
- 2. Rental of the Thabor building only,** without rental of the cabins for the participants, and without food. Half or full day rentals are possible.
- 3. Rental of the Thabor and a number of cabins (and possibly the House of Peace) for a full day. Basic food is provided for everyone.**

Please note:

- There are 15 cabins with electricity and 2 cabins without electricity, but for different reasons, some may not be available.
- To satisfy particular needs, each type of rental may be modified as long as it is consistent with La Solitude's values, vision and mission. Negotiations take place with the person in charge of communications at La Solitude, in consultation with the programming team.
- The agreement will include payment terms, cancellation fees and responsibilities of the parties. (See Annex for Standard Rental Agreement).
- The agreement will include the terms of payment, the cancellation fees and the responsibilities of both parties.

Facilitator's Lodging

During your workshop, we recommend that you stay at La Maison de la Paix (House of Peace). This house is designated to allow you to meet with participants who require your assistance. However, for the same price, you can choose to stay in the Facilitator's cabin. It is important to note that some cabins and the House of Peace may have been rented prior to your workshop, and would, therefore not be available.

Workshop Schedule

The schedule is flexible and is set up with you at the time of the agreement.

- a. One-day workshop. For example: 9 am to 4 pm
- b. Two-day workshop. For example: from Friday to Sunday noon.
- c. Extended workshop. For example: 3 days or more, times to be determined.

If the workshop begins very early in the morning or extends past noon on Sunday, the fee will be charged accordingly.

Rental fees

Thabor	<ul style="list-style-type: none">• \$200 per day, for multi-day workshops (a workshop beginning Friday night and ending on Sunday = \$400)• \$300 a day, a single day, on the weekend
Maison de la paix (House of Peace) Or Facilitator's cabin	<ul style="list-style-type: none">• \$65 per day (food included) for a one-night stay• \$60 per day (food included) for a stay of more than one night
Cabins (per person)	<ul style="list-style-type: none">• \$65 (food included) for a one-night stay• \$60 per day (food included) for a stay of more than one night• \$50 per day, daytime only, food included (no overnight)

Cancellation policy

- A non-refundable deposit of \$200 is required to confirm the booking and rental of the cabins/lodging. No publicity is allowed until the deposit is received.
- For one-day rentals, a \$50 non-refundable deposit is required.
- The cancellation policy for the entire stay varies according to the desired number of participants and the number of cabins reserved for the workshop.
- As a general rule, there is **no refund** of rental fees for cabins in the event of cancellation within 7 days prior to the workshop.
- The details of the cancellation policy are to be discussed with the Agente aux communications or Coordinator prior to the signing of the contract.

FURTHER INFORMATION

Other useful information for your attention:

Welcoming Words

At the beginning of the first meeting, a volunteer from La Solitude or the Coordinator will share the organization's mission and instructions to follow during the stay and provide answers to questions. It is also an opportunity to introduce "the Guardian angel". (15 minutes approximately)

"Guardian Angel"

"The guardian angel" is a volunteer who looks after logistical aspects during the workshop. He or she is present throughout the stay, and is available to you and your participants. This person acts as a support for you and helps with any issue or questions you may have, as well as emergencies. He or she also makes sure the food is prepared and that the facilities are clean. This service is included in the price of the rental and

necessary for the good functioning of the stay. The "guardian angel's" reward is to attend the workshop free of charge. However, you may have a valid reason for not allowing her or him to do so, in which case you should mention it in your workshop proposal.

Food provided

A simple menu, although complete, is available 24 hours at "La Manne", at the ground's entrance. In addition to basic food, we offer daily soup or chili. We try to buy local or, at the very least, Canadian food as much as possible. At La Manne, we have a refrigerator reserved for special-needs participants who bring a food substitute or two.

Publicity

La Solitude agrees to provide your workshop's details and information on its website and Facebook page and in its newsletter

Presence of Others on the Grounds

You should be aware that other people, who are not participants of your workshop, may be staying on the grounds and are also observing the principles of the "3 S's".

Compassionate Fund

La Solitude has a special fund, called the Compassion Fund, intended to promote the attending of workshops on themes related to compassion in the broad sense of the word. These themes relate primarily to those addressed by Karen Armstrong in her [Charter of Compassion](#) and include the fight against all forms of violence, exploitation, or deprivation of fundamental rights. In the spirit of the people who created this fund, the workshops can also focus, for example, on topics that can promote reconciliation with Indigenous peoples or, more generally, on themes that elevate the soul or arouse wonder, in particular the contemplation of nature. If the workshop meets the criteria for this Compassionate Fund, participants who cannot afford the entire fees may apply for a scholarship. Application forms are available at Ateliers.Workshops.Solitude@gmail.com

ANNEXE

Typical contract



1188 Principale St., Memramcook, NB E4K 2V8

Telephone : (506) 758-9080 or (506) 229-1188

Contact : info@lasolitude.ca website : www.lasolitude.ca FB : www.facebook.com/lasolitude.silence

Facilitator's name:		Title of Workshop/Activity:	
Description of Workshop/Activity:		Telephone:	
Dates of Workshop/Activity:	Number of participants:	Email:	
Reserved lodging: Facilitator's lodging: Cabin () OR House of Peace () Thabor () Number of other cabins ()			
Basic reservation costs: Cabins: \$65 (food included) for a one-night stay = \$60 per day (food included) for a stay of more than one night = \$50 per day, daytime only, no overnight (food included) = Thabor: \$200 \$ per day = House of Peace () OR Facilitator's cabin () : \$65 per day (food included) for a one-night stay = \$60 per day (food included) for more than 1 night = Cleaning of Thabor (if not done): \$50 = GRAND TOTAL :		PAYABLE: <ul style="list-style-type: none"> • \$ 200 non-refundable deposit to confirm reservation (See <i>Guide</i> p.6) • Grand Total – 200 \$ = PAID:	
Basic rental cost includes: La Manne (food, dishes, utensils, refrigerators), three washrooms, two showers.			

Please note the following:

- The latest version of the *Guide for Workshop Facilitators* (August 2023) provides **important information** on several subjects including reservation of facilities and cancellation of workshops.
- Le Thabor must be left in the same condition as it was on arrival; the floor must be swept; the refrigerator must be emptied and unplugged.
- If, due to negligence, a breakage, fire or other mischief occurs, La Solitude de Pré-d'en-Haut's insurance company will prosecute those responsible.
- It is forbidden to SMOKE (inside and outside) and to make campfires.
- It is forbidden to bring pets.
- Tenants of cabins and other facilities are responsible for ensuring that the premises are left in the same condition as when they arrived. Cleaning products and accessories are available.
- Facilitators must inform participants of La Solitude's guidelines, e.g. respect for silence.

Date: _____

Signature: _____

