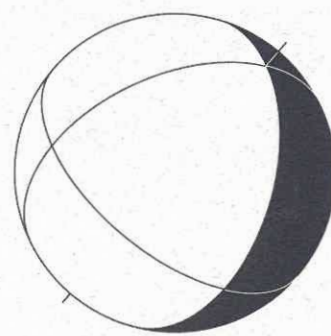


A Visiting Course for People Aged 18 - 30

Part One of the

1994

*"Foundations for Freedom"* Program



**BELIEF & FREEDOM**

**MORALITY**

**MAN**

Initiated by Moral Re-Armament

## *Context*

The reality of a divided and unstable world community is all too apparent. Cooperation and trust are corroded. In many places, spiritual, moral and ethical values, on which free human societies are based, have been widely devalued and displaced by other preoccupations. Many people are now unfamiliar with this human heritage of wisdom and feel deeply unfulfilled, they lack meaning or purpose to life and long to be free. Before any lasting social and economic renewal is possible we must understand, value and restore to daily use this heritage of wisdom.

East & West Europe stand at a crossroad. The road to freedom is difficult. We need to help each other travel it together.

Freedom is elusive. What is it? What stops us achieving it? How do you become free and stay free, and at what personal cost? Before we can move forward we need some answers.

This course "*Man, Morality, Belief & Freedom*", explores all these issues interactively. It is available anywhere, but only where it is wanted and invited.

## *About Moral Re-Armament*

Moral Re-Armament (MRA), which initiated the "*Foundations For Freedom*" programme, is a simple disciplined spiritual approach to everyday life, a set of tools that may be used within the traditions of a person's own beliefs. The ideas of MRA were formulated by a Christian priest. They are non-sectarian, tending instead to build on and strengthen existing religious loyalties, where they already exist, and to enhance a person's moral attitudes and behaviour.

As practical guides for daily life, MRA encourages people to live by absolute moral standards of honesty, purity, unselfishness and love, and also to regularly consult, value and act upon their deep convictions and conscience, in a responsible manner.

MRA has no formal membership, leadership or structure. World-wide MRA results in actions, such as this programme, based on informal alliances of people who work to bring about new motivation and relationships at all levels of society - beginning with their own lives. Such actions are often able to cross the barriers of race, class, nationality or religion that usually divide mankind.

Anyone can be responsible for a change for the better, in themselves and their society.

## *The Course Aims*

- ◆ To encourage young adults, from all walks of life, who have qualities of insight, responsibility, and unselfish leadership adequate to build tomorrow's fresh society, free from the mistakes of the past. Such people are a key to creating families, industries and political institutions marked by honesty, economic health and respect for others.
- ◆ To encourage and help people who are already working in their area to build up these qualities of new leadership, and to increase interest, involvement and a wider hope and perspective in young adults, and the community.
- ◆ To establish lively groups of such people wherever the Course is held, to encourage and support them afterwards and to inter-connect such groups in the area and with a wider international network.

## *General Benefits of the Course*

The Course "*Man, Morality, Belief & Freedom*" offers **practical** life skills training. It is about how people grow and change, about relating to one's inner life, valuing, reaching and following one's deep convictions, about finding motivation adequate to develop and sustain democratic societies, about being a free person.

The Course is not about personal ambition or success. It is designed to question old habits and look at their consequences, to develop new understanding. This Course will not make life easier but it will make it more relevant and stimulating. It is hard work but also very good fun.

There is great benefit in group experience. A number of participants from the same place, all from within a small radius, leaves a local group able to develop insights further and carry initiatives forward together, when the Course is over.

## *Course Approach*

The Course builds on the moral and spiritual position that individuals already possess, and points those who are beginning to search, **towards the beliefs of their own traditions.**

The Course works primarily through interactive seminars and explores moral, ethical and spiritual reality and the basic dynamics that develop people, relationships and democracy. Participants will examine, try out and evaluate what they discover, and consider how personal values, lifestyle and attitudes affect relationships and society. Seminar Leaders help participants to illuminate and develop insights from this exchange of views and experiences.

The Course will also typically include presentations, exercises in teamwork and role play. Wherever possible the course will be related to local issues through contacts with people who are taking similar positive responsibility, in the local community.

While encouraging a global outlook, the Course develops insights about oneself, mankind and society, so that people, motives and events may be seen more clearly, and in context.

## *Course Contents*

To explore the links between "*Man, Morality, Belief and Freedom*" the Course specifically investigates six main topics:-

- ◆ **What Sets Man Apart?** Understanding Man's basic moral and spiritual nature and needs.
- ◆ **Who Am I?** Our sense of identity, true or false, and how it affects our behaviour.
- ◆ **How Do Things Change?** Understanding our surroundings and the way we interact.
- ◆ **What Can I Do?** How you think and behave can alter you, or situations, for the better.
- ◆ **Researching & Experimenting.** Developing, practising and evaluating fresh life skills.
- ◆ **Where Do We Go From Here?** Furthering individual and group use of life skills.

Much depends on the participant's active involvement and desire to think originally, reach and express honest conclusions and to act on them. Also important is a respect for or belief in God and a willingness to explore what that implies.

The Course is residential for 10-14 days for up to 20 people, usually in a quiet country setting. Everyone will be expected to give practical help with the daily domestic arrangements.

There will normally be four visiting Seminar Leaders, usually this will include people in the course age group. Participants should have adequate knowledge of spoken and written English and should bring a notebook to take adequate notes during the Course.

The Course will also touch on issues such as:-

- ◆ Facing what we are and may have done; apology and forgiveness. First steps towards personal or national recovery.
- ◆ Differences of opinion. A rich source of opportunities rather than cause for conflict.
- ◆ How relationships in families and marriage or with colleagues and friends can be satisfying and sustaining.
- ◆ Caring for other nations while loving one's own.
- ◆ The value of material and spiritual wealth.
- ◆ Integrity. The basis for personal and public life.

## *Application Details and Costs*

The enclosed Application Form is specific to a particular Course and venue. Applicants should send the fully completed form to the Course Organiser's address at the bottom of the form.

Course places are strictly limited. Early application is advised. The suitability and acceptance of participants will depend on the Course Organiser's judgement and availability of places.

Course costs are for food and simple accommodation and will be determined by Course Organisers. To make the Course available to everyone costs are set as low as possible. Costs shown on the Application Form are guaranteed not to increase.

## *"Foundations for Freedom" Part 2*

After this Visiting Course those who wish to develop their thinking and life skills further and on a deeper and wider international level will be eligible and may wish to apply for the annual International Course held in Britain in September.

## *Inviting a Course to your Area*

If you would like to take responsibility and invite this Visiting Course to your area please write to this address with your proposal, allowing at least four months before the course is wanted:-

*"Foundations for Freedom"*  
Visiting Course  
69 Victoria Road OXFORD OX2 7QG England