

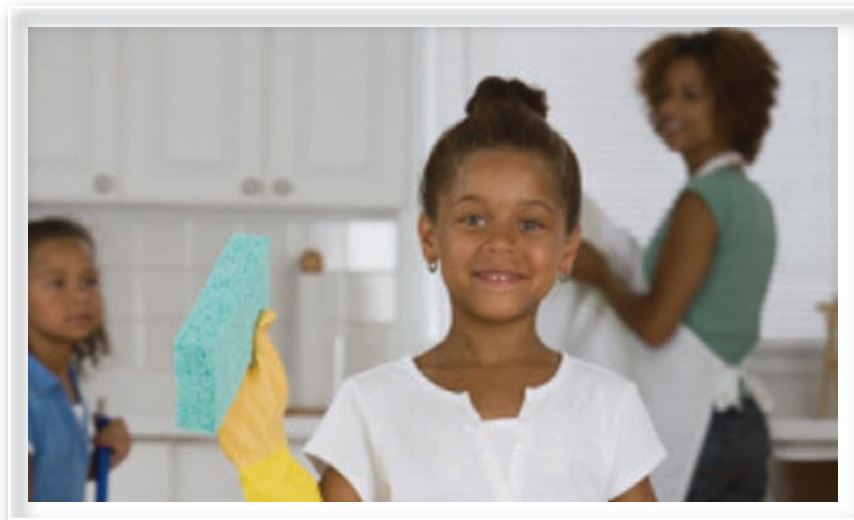
“There is a divinity that makes us brothers, none goes his way alone. All that we send into the living of others comes back into our own. The first quality of greatness is service. It is the beginning and end of real worth.”

– Nannie Helen Burroughs

In the time of the digital age when our children are focused on technology, we are interested in taking our girls on a retreat from technology and from “I” back to “We” and back to Nature’s land.

iThings 2 Collard Greens is an annual week-long summer retreat for girls ages 9-16. Our mission is to contribute to the full development of young girls from adolescence through womanhood. Our goal is to develop honorable girls with a caring ethic. Our curriculum emphasizes the “first quality of greatness” which is service - service rendered to herself, to her family, to her community and to her world. This mission will be achieved through each girl’s participation in life skills training.

Girls will participate in a holistic “back-to-basics, back-to-earth, and back-to-self” program featuring instruction and play designed to increase their self-esteem, self-sufficiency, self-acceptance and self-love in a technology free zone. One outcome of this retreat is to return our young girls to their families and communities with a sense of “real worth” poised to become respectable and dignified peer leaders. *(This mission is based on the teachings of Nannie Helen Burroughs, a 20th century educator who founded a boarding school for African American girls in Washington, DC)*



Curriculum includes:

- Innervations – Meditation, affirmations
- Nourish & Nurture –Grooming, nutrition & caring for body
- Grow it to Eat It – Gardening and meal preparation
- Keep it Green & Clean – Green products for household cleaning
- Miss Manners – Etiquette
- Make Your B.E.D. - Basic Entrepreneurial Development
- Service with a Smile – Service Project
- Herstory – Women’s/Girl’s History
- Health is Wealth – Basic first aid, massage techniques
- Movement is Life – Yoga, dance, swimming & outdoor play
- The Artist’s Way – Arts & Crafts

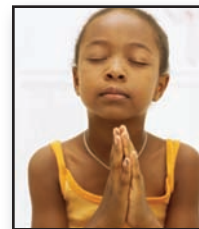
The retreat location is Noah’s Ark, a 135-acre healing center in the town of Mt. Croghan in the sandhills of South Carolina, an hour drive from Charlotte, NC. (www.medissage.com). This rural setting with hiking trails, swimming pool, lakes, working garden and livestock has a contemporary main house with a 2,000 sq. ft. training space, large working kitchen, multi-media center and game room. Residing in a lovely guest house with a front porch, hammock and campfire circle, the girls will also have access to other outdoor structures including a healing room and yurt.

Our goal is to raise \$30,000 or \$1500.00 per girl.

The application process begins March 1, 2012.

To recommend a girl, individually or collectively sponsor a girl, host a fundraising party or volunteer for a committee see ithings2collardgreens.org or contact **Kathy English Holt** at mamakathy@ithings2collardgreens.org or **202-368-8721**.

Donations are tax-deductible with checks made payable to **Arts for Our Children, Inc.**, a 501(c)3 non-profit organization. Please indicate iThings 2 Collard Greens on the memo line or pay online at ithings2collardgreens.org.





Kathy English Holt, also known as **Mama Kathy**, is a community woman, born and bred in Washington, DC and buttered in North Carolina. A massage therapist, actor, and energy healer she has facilitated women retreats, served on the board of day care centers and mentored many youth. Kathy holds a bachelor of arts in business and is currently pursuing a ministerial degree in spiritual science. She has been inspired by the work of the late Nannie Helen Burroughs to bring womanhood training to girls.

IT THINGS 2 Collard Greens and Arts for Our Children, Inc.

sponsor

A Summer Retreat for Girls

(Ages 9 – 16)

**Dedicated to the Vision of
Nannie Helen Burroughs**

Saturday, August 4 – Saturday, August 12, 2012

