

## Growing Edges

### Tending the inner ground of our life and work

a Courage & Renewal® weekend retreat

Develop your sense of identity, integrity and purpose.

Listen more deeply to your inner wisdom and to others.

Strengthen your capacity to build relational trust.

Embrace paradox in dealing with challenges.

Build reflective practices to help sustain your heart and hope.

5pm Friday 8<sup>th</sup> March – 2pm Sunday 10<sup>th</sup> March 2024

Hillsborough, Auckland

What growing edges are you facing in your life and work?

Perhaps you're wanting to stretch yourself and step into new learning or leadership opportunities. Maybe you're seeking a deeper sense of meaning and purpose in your life, desiring closer alignment between your inner values and your outer work. Or perhaps an unexpected change in circumstances at work or home has brought you to the edge of new and unknown territory.

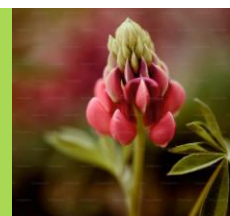
It takes courage to step into this 'zone of discomfort', where we must let go of the familiar and face the fear of 'not knowing' and the fear of failure. The paradox is that our growing edges might be scary places, but they're also rich with new life and possibility.

This Courage & Renewal® retreat offers you the opportunity to step out of the demands and busyness of your daily life to spend time in personal and shared reflection as you explore the growing edges of your life and work and the challenges and possibilities they bring, and to connect with your inner wisdom and values that help you navigate new territory with courage and integrity.

Based on the Circle of Trust® approach developed by Parker J. Palmer and the Center for Courage & Renewal, this retreat offers a unique kind of professional development that deepens self-awareness and interpersonal skills and renews personal energy and vitality.

*"And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."*

— Anais Nin



### What people are saying....

*My most important takeaways are the real value of pausing, being exposed to the wisdom of images and poetry, the crucial necessity to listen and to become a good listener, and the gift of others' questions and wisdom.*

**Sandy Robertson, Diocesan School for Girls, Auckland, NZ**

*Themes were explored using silence, interactive reflection, the most wonderful poems, videos and a variety of activities. I really appreciated learning about 'open and honest questions' which I now use in my practice as a clinical psychologist.*

**Veerle Poels, Whakatane, NZ**

*The Circle of Trust retreat offers an experience of spacious hospitality that invites curiosity in a safe, non-judgmental, and gentle process. I loved the 'journeying' metaphor.*

**Participant, Auckland, NZ**

*This was an immersive, deep and transformative retreat with a sense of deep connection, deep listening and sharing, and being held.*

**Tracey Carlton, Street Kai, Tauranga, NZ**

*I would describe the Circle of Trust approach as authentic, inviting, non-judgmental, respectful, deep and candid. I came away feeling deeply encouraged and with an understanding of the importance of embedding reflective practice into the rhythm of life.*

**Joseph Janiszewski, DP, Horizon School, Snells Beach, NZ**

**“What do I need to do right now to tend the root of inner wisdom that makes work fruitful?”**

*— Parker J. Palmer*

### Going on retreat:

We use the word 'retreat' not to suggest escape or withdrawal, but rather as an opportunity to consciously engage at a deeper level with your life and work – time and space to pay attention to your identity and to embrace the various roles and responsibilities that fill your life. It is about engaging fully with yourself and the work you do.

### Program description:

A Circle of Trust® retreat offers quiet and focused space to help still the noise within and around us so we can begin to hear our own inner voice. In solitary, small, and large group settings, our personal reflections will be guided by metaphor and insights from poets, storytellers, and various wisdom traditions, as well as shared stories of our own experiences.

You will have the opportunity to:

- Focus, without distraction on what matters to you, especially your values and vision, challenges and fears
- Learn Circle of Trust principles and practices that can be applied in your daily life and work, helping you stay true to yourself even in tough times
- Connect with others seeking similar insights, who listen deeply with 'no fixing allowed', and who honour each other's differences
- Experience the [Clearness Committee](#) process, a profound process of personal discernment, where we learn to listen deeply and ask insightful questions

### REGISTRATION INFORMATION

**Program Fee:** \$ 545.00 Early bird registration  
(before 31 January 2024)

\$ 605.00 Full registration

Includes accommodation (in single rooms with shared bathrooms), meals, and all resources

**Non-Residential:** \$ 445.00 Early bird / \$505.00 Full

Numbers are limited, so register early to secure your place. A deposit of \$50.00 with your registration please.

For further information email Mennie at [scapens@xtra.co.nz](mailto:scapens@xtra.co.nz)

**Payment to:** Bank Account: 12 – 3263 – 0003290 – 02  
(with your name + RETREAT as reference)

## About the venue

[St Francis Retreat Centre](#) is located at Hillsborough, about 20 minutes from Auckland Airport. Set in three hectares of peaceful park-like grounds, it offers an ideal retreat setting.

Accommodation is in single rooms, each with its own hand basin. Linen and towels are provided. Bathrooms and toilets are shared.



St Francis Retreat Centre, 50 Hillsborough Road, Auckland, New Zealand  
Phone: 09 625 6651 Website: [www.stfrancisretreatcentre.org.nz](http://www.stfrancisretreatcentre.org.nz)



## Meet your facilitators:

**Mennie Scapens**, MEd, is a facilitator prepared by the [Center for Courage & Renewal](#). She is the co-founder and former principal of [Matahui School](#), an independent primary school in the Bay of Plenty. Today Mennie designs and leads leadership development programs, professional renewal retreats, and programs for personal development. She is passionate about helping people uncover and grow their unique talents and dreams, to discover personal pathways to living and leading authentic lives, and to access the courage to step into personal and professional leadership.

Further information at [www.menniescapens.com](http://www.menniescapens.com)



**Greg Sunter**, MEd, MA, has been an educator, in one way or another, throughout his life, with many years' experience in Education (as teacher, leader, and consultant). Through his business, [WholeHearted Enterprises](#), Greg has more recently been involved in staff and leadership development and formation in education, health and welfare settings. Greg has been leading retreats and personal development programs for more than 30 years. Leading others in exploring their inner life and personal pathways to authenticity has been a life-long work. He is a facilitator prepared by the Center for Courage & Renewal.



For more information, please contact Mennie by email at [scapens@xtra.co.nz](mailto:scapens@xtra.co.nz) or phone on 027 686 7449

# REGISTRATION:

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- A Courage & Renewal® weekend retreat -

5.00pm Friday 8<sup>th</sup> March – 2.00pm Sunday 10<sup>th</sup> March 2024

Your personal details			
Name:		Place of employment and position (if applicable):	
Daytime contact number:			
Home address:		Work address:	
Preferred email address:			
Any special dietary needs?			
Any other special requirements?			
How did you hear about this retreat?			
Would you like to receive information about future programs?			

Payment			
<input type="checkbox"/> Residential	<b>Early Bird Registration</b>	\$ 545.00 (by 31 January 2024 - includes accom, meals & resources)	
<input type="checkbox"/> Non-residential	<b>Full Registration</b>	\$ 605.00 (after 31 January 2024)	
	<b>Non-Residential</b>	\$ 445.00 (by 31 Jan) \$505.00 (after 31 Jan)( incl meals & resources)	
<b>Direct Deposit:</b>		<b>Registration payable:</b>	
Account Name:	M Scapens	Residential:	\$ _____
Account Number:	12-3263-0003290-02	Non-Residential:	\$ _____
Reference:	RETREAT + your name	<b>Total Due:</b>	\$ _____
<b>Cancellation Policy:</b> We understand that life challenges emerge and changes happen. Cancellations must be made at least two weeks before the program date. The facilitator regrets that she may be unable to offer any refund or credit if you cancel within two weeks of the program. If the program is cancelled due to low enrolment or other circumstances, you will receive a full refund. Please note travel costs are solely the responsibility of participants.			

Return this form, with a deposit of \$50.00 to secure your place	
<b>Email to:</b> Mennie Scapens at <a href="mailto:scapens@xtra.co.nz">scapens@xtra.co.nz</a> 398 Snodgrass Road RD4 Tauranga 3174	
For further information, please contact Mennie Scapens at <a href="mailto:scapens@xtra.co.nz">scapens@xtra.co.nz</a>	