



# Courage & Renewal AUSTRALASIA

## The Courage Way a Circle of Trust<sup>®</sup> Day Retreat

### The Courage Way How to embrace paradox & transform conflict

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.

**Saturday, 1 August 2020**

**9.00am – 4.30pm**

**Kohimarama, Auckland**

**The deeper our faith, the more doubt we must endure; the deeper our hope, the more prone we are to despair; the deeper our love, the more pain its loss will bring: these are a few of the paradoxes we must hold as human beings.**

**– Parker J. Palmer –**

Life is complex and paradoxical, full of opposite ideas that pull against each other: -

Light & shadow; alone & together; freedom & discipline; success & failure; heartbreak & hope; now & future; life & death – to name just a few. While one might prefer the safety of certainty and being in control, the truth is that life is often unpredictable, challenging and beyond our control.

In this retreat, we will explore the idea of paradoxical truth and holding the tension of opposites. We will grow our capacity to hold complexity and uncertainty, and to remain open to possibility – abilities that enable us to better negotiate life's complexities and look for and find creative solutions to complex and challenging situations.

The [Circle of Trust<sup>®</sup>](#) approach is based on the work of writer and teacher [Parker J. Palmer](#). Using poetry, metaphor and other evocative media as a starting point for self-reflection and shared exploration, this retreat is for you if you are looking to develop your capacity and courage to lead a more authentic, meaningful and engaged life that is aligned with your inner values.

Life is not about "or" — it is about "and." It is magical and messy.  
It is heart-warming and heart-breaking.  
It is delight and disappointment. Grace and grief.  
Exquisite and excruciating, often at the exact same time.

— Kristi Nelson —

(From Embracing the Great Fullness of Life)



*The most distinctive and important features of the Circle of Trust were the openness and honesty, the silence and waiting, and lack of commentary or judgement or fixing. This is such a change from usual life! I loved the gentle pace of the day. It gave me time to breathe.*

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

*The significant impact of the retreat stays with me in thought, feeling and attitude as well as in decisions and actions. In short, I have "come alive" and I am enjoying what that means for me day to day.*

**Ian Thurlow, Christchurch, 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**

*A stunning day - a very authentic, safe and inclusive experience. Aroha mai to you, Mennie, for creating the space and place. This was an opportunity to celebrate our seasons, connect with our world and our place in it, and to be deliberate about growing ourselves in new ways that enable us to see and think in new ways.*

**Pip Woodward  
Tauranga**

*This retreat has had a wonderful, gentle and affirming way of pointing me toward what matters.*

**Tim Heetkamp, Tauranga**

*Circle of Trust retreats are grounding, enriching, soulful, safe and real. I always leave with seeds planted for the future.*

**T.C., Tauranga**

## 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 Fee:**

**\$195.00 per day**

**(\$175.00 Early bird by 1 July 2020)**

Includes all materials, lunch and morning and afternoon teas.

**A date for your diary – Final Courage Way retreat for 2020:**

Reflective Practice in Community

14 November 2020

**Payment by cheque or online to:**

**Bank Account: 12 – 3263 – 0003290 – 02**

**Out beyond ideas of wrongdoing and rightdoing,  
there is a field.**

**I'll meet you there.**

*- Rumi -*



Learn more by visiting [www.couragerenewal.org/approach](http://www.couragerenewal.org/approach)



## About the venue:

With spectacular harbour views and peaceful and spacious gardens, the Mary MacKillop Conference Centre in Kohimarama offers an ideal retreat setting close to the centre of Auckland.

30 Holgate Road  
Kohimarama  
Auckland  
New Zealand

**Phone:** 09 528 1801

**Email:** [marymackillopcentre@sosj.org.au](mailto:marymackillopcentre@sosj.org.au)



## Meet your facilitator:

**Mennie Scapens**, MEd, is a facilitator prepared by the Center for Courage & Renewal in Seattle. 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.

Mennie 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 can be found at [www.menniescapens.com](http://www.menniescapens.com) or she can be contacted by email at [scapens@xtra.co.nz](mailto:scapens@xtra.co.nz)

## To register:

Numbers are limited in a Circle of Trust, so please complete and return the attached registration form early to secure your place. Payment with registration please.

*For more information, please contact Mennie on 027 686 7449*

# REGISTRATION:

*The Courage Way*  
- A Circle of Trust® Series -

## *How to Embrace Paradox & Transform Conflict – Saturday 1 August 2020*

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?			
Would you like to receive information about future retreats?			

Payment	
	<b>Program Fee</b> \$ 195.00 per day <b>Early Bird Fee</b> \$ 175.00 (Registration required by 1 July 2020)
<b>Direct Deposit:</b> Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: Paradox [your surname] <b>Cheque:</b> Payable to M. Scapens	<b>A date for your diary – Final Courage Way retreat for 2020:</b> Reflective Practice in Community Sat 19 October 2020
<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	
<b>Post to:</b> Mennie Scapens 398 Snodgrass Road RD4 Tauranga 3174	<b>OR email to:</b> Mennie Scapens at <a href="mailto:scapens@xtra.co.nz">scapens@xtra.co.nz</a>
For further information, please contact Mennie Scapens on 027 686 7449.	