

## The Wisdom of Winter

### Making time for rest & renewal

a Circle of Trust® day 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.

**Saturday 7 August 2021**

**9.00am – 4.30pm**

**Kohimarama, Auckland**

Winter is a time when nature rests and goes underground to renew herself and prepare for spring. Winter is a powerful reminder that we need to make time for rest, self-care and renewal, so we are better able to care for the people and causes that matter in our lives. The complex demands and frantic pace of life today constantly push us to work beyond our healthy limits, into the realms of stress, overwhelm and burnout.

This one-day seasonal retreat offers you time out to reflect on your life's journey and the things that matter most to you. Through the lens of winter, we will use poetry, journaling, and times of silence and dialogue to guide our reflections, and to create space to (re)connect with the inner wisdom that guides and sustains us, and gives meaning to our lives and work.

“Our inward winters take many forms – failure, betrayal, depression, death... But, for me, winter has a greater gift to give. It comes when the sky is clear, the sun brilliant, the trees bare... It is the gift of utter clarity. Winter clears the landscape, however brutally, giving us a chance to see ourselves and each other more clearly, to see the very ground of our being.”

- Parker J. Palmer -



## What people are saying....

*I came away from the day with a love of questions. I love my new focus of asking questions to help people get to know themselves better, and not for my curiosity. I've already shifted my questions with people, and it has allowed for a deeper enquiry and a deeper connection.*

**Vanessa Davey, Leadership Coach,  
Tauranga, 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, NZ**

*I believe that many others would find value in such supportive spaces in which they can be deeply heard and enabled to process what is important to them.*

**Helen Pearson, Principal  
Horizon School, Auckland, NZ**

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

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

“My wish is that others will learn to stop before I did, to take into account the limitations of their physical bodies and to take the time to listen to the yearnings of their soul. It is in the taking care of ourselves we learn the ability to take care of others.”

- Celia Lashlie -

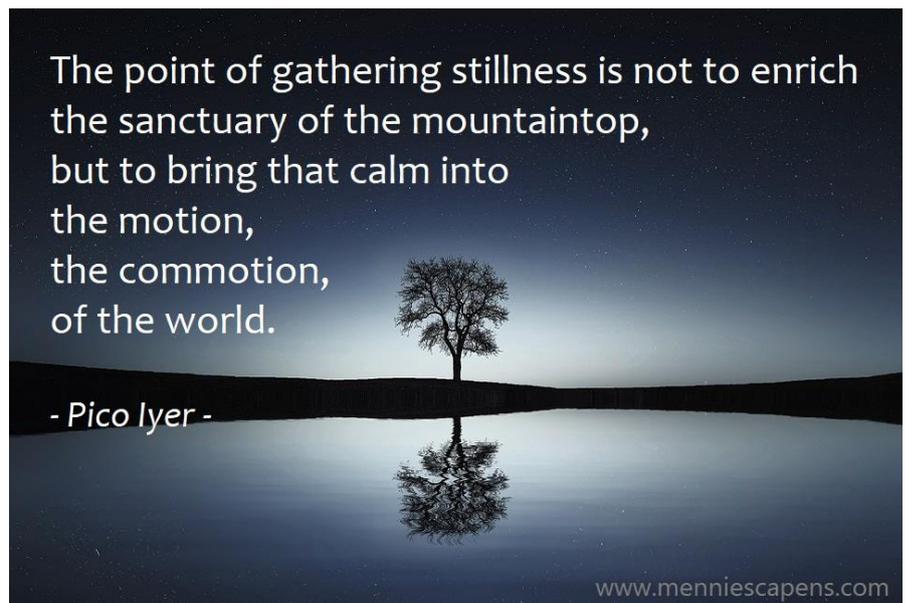
## Going on retreat:

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:

The [Circle of Trust®](#) approach, based on the work of writer, teacher and activist [Parker J. Palmer](#), offers safe space for self-reflection and shared exploration.

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, this retreat is for you.



## REGISTRATION INFORMATION

**Program Fee:**      \$ 175.00 Early bird registration  
before 7 July 2021

\$ 195.00 Full registration

Includes materials, lunch, and morning and afternoon teas.

**Payment online to:**

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

(with your name + WINTER as reference)

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](#). 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, using the Circle of Trust® approach, developed by Parker J. Palmer and the Center for Courage & Renewal.

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.



## 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 by email or phone on 027 686 7449.*

# REGISTRATION:

## The Wisdom of Winter Making time for rest & renewal

- A Circle of Trust® day retreat -

**Saturday 7 August 2021 – Mary Mackillop Conference Centre – Auckland**

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 retreats?			

Payment		
	<b>Early Bird Registration</b> <b>Full Registration</b>	<b>\$ 175.00</b> (by 7 July 2021) <b>\$ 195.00</b> (after 7 July 2021)
<b>Direct Deposit:</b> Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: WINTER + your name		<b>Registration paid: \$ _____</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.		

Please return this form, with payment online, to secure your place	
<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.	