

## Navigating Life's Changes with courage & integrity

a Circle of Trust® 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 20<sup>th</sup> May – 2pm Sunday 22<sup>nd</sup> May 2022**

**Tauranga**

Our individual life journeys bring constant change to our lives. Some changes are welcome, some we strive for, others arrive uninvited, bringing challenge, disruption, and sometimes heartbreak. We all navigate times of change in our lives — in our relationships, our careers, our health, and of course, the inevitable process of aging.

Today we also live in a time of huge social and environmental change driven by new technologies, human-created climate change, and now a global pandemic that has completely disrupted our ideas of 'normal' life.

This Circle of Trust® retreat offers you the opportunity to step out of life's busyness to spend time in personal and shared reflection around the theme of change and transition, the challenges and possibilities change brings to your life, and to connect with your inner wisdom and deeply held values that provide a steady compass to help you navigate life's changes with courage and integrity.

*"There is as much guidance in way that closes behind us as in way that opens up ahead of us. The opening may reveal our potentials while the closing may reveal our limits—two sides to the same coin, the coin called identity... Each time a door closes, the rest of the world opens to us. All we need to do is stop pounding on the door that just closed, turn around ... and welcome the largeness of life that now lies open to our souls. The door that closed kept us from entering a room, but what now lies before us is the rest of reality."*

— Parker Palmer, from 'Let Your Life Speak'



### What people are saying....

*This retreat was safe, spacious and empowering. I'm deeply grateful to you Mennie for your call to this profound work.*

**J.B., 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**

You can't go back and change the beginning, but you can start where you are and change the ending.

~ C.S. Lewis ~

### 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 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, "open and honest" questions

### REGISTRATION INFORMATION

**Program Fee:** \$ 320.00 Early bird registration before 20<sup>th</sup> April 2022

\$ 355.00 Full registration

Includes all resources and delicious vegetarian meals.  
(2 breakfasts, 2 lunches, 2 dinners, morning & afternoon teas)

**Accommodation:** \$100.00  
(in single room with basin, shared bathrooms)

**Please note:** A non-residential option is available for those living locally

Payment by cheque or online to:

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

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

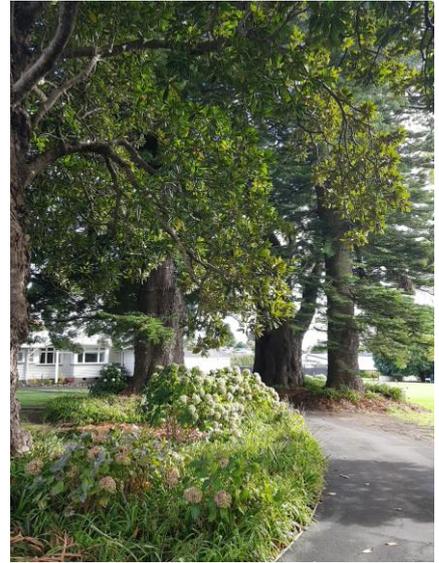


## About the venue:

With lovely estuary views and peaceful and spacious gardens, the Cluny Sisters Retreat Centre offers an ideal retreat setting close to the centre of Tauranga.

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

Cluny Sisters Retreat Centre  
21 Thirteenth Ave  
Tauranga  
New Zealand  
Phone: 07 579 4480



## 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.

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, and accommodation at the retreat centre is also limited, so please complete and return the attached registration form early to secure your place. A deposit of \$50.00 with your registration please.

*For more information, please contact Mennie by email or phone on 027 686 7449.*

# REGISTRATION:

## Navigating Life's Changes with courage & integrity

- A Circle of Trust® weekend retreat -

5.00pm Friday 20<sup>th</sup> May – 2.00pm Sunday 22<sup>nd</sup> May 2022

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			
<input type="checkbox"/> Residential	<b>Early Bird Registration</b> <b>Full Registration</b> <b>Accommodation</b>	<b>\$ 320.00</b> (by 20 <sup>th</sup> April 2022 - includes resources and all meals)	
<input type="checkbox"/> Non-residential		<b>\$ 355.00</b> (after 20 <sup>th</sup> April 2022)	<b>\$ 100.00</b> (single room with shared bathrooms)
<b>Direct Deposit:</b> Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: CHANGE + your name		<b>Registration payable:</b> Registration: \$ _____ Accommodation: \$ _____ <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>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.	