



## We're all in this together

### Renewing our capacity for connection & community

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 11<sup>th</sup> September – 2pm Sunday 13<sup>th</sup> September 2020

Tauranga

We're all in this together ....

A simple but powerful idea we've heard many times before from many different sources – from ecologists, economists, community organisers and all the great wisdom traditions.

So why are we experiencing a growing sense of division in our social and global communities, and disconnection from ourselves and our planet?

In this Circle of Trust® weekend retreat we will draw on Parker Palmer's five [Habits of the Heart](#) to reflect on our personal experiences of – and our hopes for – connection and community. What are the things that isolate us?

Parker Palmer's [Circle of Trust®](#) approach provides a context for careful listening and authentic connection that honours diversity in personal experiences and perspectives. It is based on principles and practices that honour our interdependence with each other and the earth.

#### Parker Palmer's FIVE HABITS OF THE HEART

- 1 – An understanding that we are all in this together.
- 2 – An appreciation of the value of "otherness."
- 3 – An ability to hold tension in life-giving ways.
- 4 – A sense of personal voice and agency.
- 5 – A capacity to create community.



Communities can be magical places, but  
the magic comes from us, not to us.

*Hugh Mackay*  
(from *The Art of Belonging*)

## 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**

*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, 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**

I pin my hopes to quiet processes and small circles, in which vital and transforming events can take place.

~ Rufus Jones ~

## 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:** \$ 315.00 Early bird registration before 31 July 2020

\$ 350.00 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:

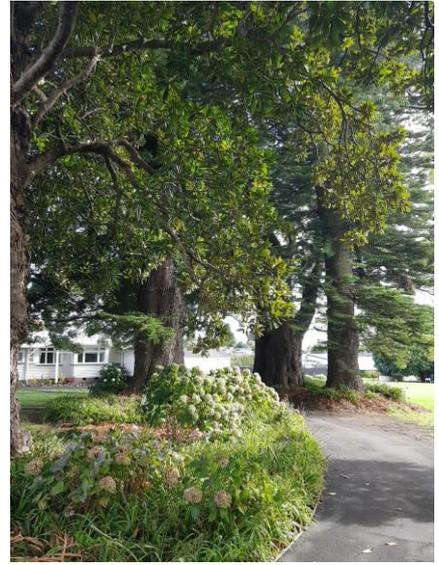
**Bank Account: 12 – 3263 – 0003290 – 02**

## 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 in Seattle, US. She is the co-founder and former principal of [Matahui School](http://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:

## We're all in this together

Renewing our capacity for connection & community

- A Circle of Trust® weekend retreat -

5.00pm Friday 11<sup>th</sup> September – 2.00pm Sunday 13<sup>th</sup> September 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?			
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>\$ 315.00</b> (before 31 July 2020 - includes resources and all meals)	
<input type="checkbox"/> Non-residential		<b>\$ 350.00</b> (after 31 July 2020)	
		<b>\$ 100.00</b> (single room with shared bathrooms)	
<b>Direct Deposit:</b>		<b>Registration payable:</b>	
Account Name:	M Scapens	Registration:	\$ _____
Account Number:	12-3263-0003290-02	Accommodation:	\$ _____
Reference:	COMMUNITY + 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>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.	