

## Harvesting our Gifts

### Drawing on the Wisdom of Autumn

a Courage & Renewal® day retreat for personal & professional development

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 20 May 2023**

**9.00am – 4.30pm**

**Te Puna, near Tauranga**

Autumn is a time of paradox - a season of great beauty, and also one of decline. Summer's harvest is almost complete, and leaves are falling in preparation for the bareness of winter. Yet beneath these outward signs of death and decay, new buds are already forming, and seeds are being scattered in preparation for spring's new growth. Autumn's paradoxes of harvest and decay, of dying and seeding, offer powerful metaphors by which we can frame the important cycles and questions in our own lives.

Through the lens of autumn, this one-day retreat offers you time away from busy lives to reflect on your life and work, the gifts that you bring, and the things that call to you and matter most at this time.

We will draw on poems, stories, images, and other evocative things to inspire times of personal reflection and shared conversations.

“As we apprentice ourselves to the way of nature, we begin to understand that all of life is in a continuous cycle of giving and receiving. It is the honouring of this cycle that makes us feel at home in ourselves and in relation to the rest of nature. In order to experience true belonging, we must not only acknowledge the gifts we are receiving, but also give our beauty away, no matter how it may be received by others.”

— Toko-pa Turner, *Belonging: Remembering Ourselves Home*



### What people are saying....

*The open format and use of poetry, shared experiences, and reflection were wonderful.*

**Rebecca Benton, NZ**

*Courage & Renewal retreats have been a deep well of nourishment, refreshment, and community for me. I sense the many seeds that have been planted in me are emerging into a garden – something I can share with others.*

**Kathryn Overall, 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 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**

### Going on retreat:

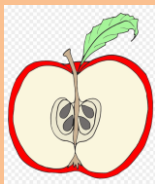
We use the word 'retreat' not to suggest escape or withdrawal, but rather as an opportunity to consciously engage at a deeper level with your life and work – time and space to pay attention to your identity and to embrace the various roles and responsibilities that fill your life. It is about engaging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

The pace of the day is gentle, and the focus is on listening – to each other, to Nature, and perhaps most importantly, to ourselves.

### Program description:

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

If you are looking to develop your self-awareness, and 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.



*You can count the number of seeds in an apple, but you can't count the number of apples in a seed.*

– Robert Bengston –

### REGISTRATION INFORMATION

**Program Fee:       \$ 130.00 Early bird registration  
before 20 April 2023**

**\$ 145.00 Full registration**

Includes all materials, morning and afternoon teas,  
and a delicious vegetarian lunch.

**Payment online to:**

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

(with your name + AUTUMN as reference)

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



## About the venue:

The retreat venue is the private and peaceful harbourside home of Mennie and Bill Scapens at Te Puna, a short drive from Tauranga city.

398 Snodgrass Road  
Te Puna  
Tauranga  
New Zealand

**Phone:** 027 686 7449

**Email:** [scapens@xtra.co.nz](mailto:scapens@xtra.co.nz)



## 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:

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**Te Puna, near Tauranga**

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>\$ 130.00</b> (by 20 April 2023)
	<b>Full Registration</b>	<b>\$ 145.00</b>
<b>Direct Deposit:</b>		<b>Registration paid: \$ _____</b>
Account Name:	M Scapens	
Account Number:	12-3263-0003290-02	
Reference:	AUTUMN + your name	
<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.	