

# Autumn Courage: Discovering One's Hidden Wholeness A Circle of Trust® Retreat Experience November 15-17<sup>th</sup>, 2019

Kingfisher Bay Retreat Center, North Kawartha, Ontario



This weekend retreat invites you to focus on your present questions of life with clarity in a safe, quiet and disciplined circle setting. Individual stories, as well as insights from poets, storytellers or wisdom traditions are used to explore the intersection of one's personal and professional life.

This retreat will feature the Clearness Committee discernment process to deepen listening skills and explore open, honest questions

**Everything that happens to you is your teacher... the secret is to learn to sit at the feet of your own life and be taught by it."**

*Polly Berends*

This day of retreat using the Circle of Trust® process invites participants to explore the metaphors of Autumn, as a vehicle for developing a deeper and clearer sense of self and others.

### **What to Expect**

- Discover tools to live with greater authenticity and integrity in your work and personal life
- Enlarge your ability to listen and be present
- Improve your capacity to build trustworthy relationships and increase resiliency
- Experience solitude and community in a Circle of Trust®

The Circle of Trust® model is based on the work of Parker J. Palmer, writer, activist and leader in education. ([www.couragere renewal.org](http://www.couragere renewal.org))

### **Meet Your Facilitator**



**Sue Empringham** has a nursing background, and is a certified Spiritual Director. She has years of experience leading small groups, using the Circle of Trust® model. Sue is a facilitator prepared by the Center for Courage and Renewal. She has found courage and renewal principles to be invaluable in day to day challenges and celebrations of life. Sue has facilitated many diverse Circles of Trust®, and is inspired by the sense of wholeness that participants report when a safe space is provided for listening to self and others.

### **Registration**

**Retreat time:** Friday, Nov. 15th, 2019 at 7 pm (after dinner, \* arrive by 6:30 pm) until Sunday, Nov. 17th after lunch

**Retreat fee:** (includes 5 meals)

**Double occupancy:** \$365.00 (\$323.01 + HST)

Early bird \$339.00 (\$300.00 + HST)

**Single occupancy:** \$475.00 (\$420.35 + HST)

Early bird \$449.00 (\$397.35 + HST)

**Early Bird registration fee due before October 15<sup>th</sup>, 2019**

**To Register:** go to [www.kingfisherbay.ca/register.html](http://www.kingfisherbay.ca/register.html)

**Venue:** Kingfisher Bay Retreat offers a unique and welcoming atmosphere, surrounded by the beauty of tall pines, peaceful waters and abundant wildlife!  
Go to [www.kingfisherbay.ca](http://www.kingfisherbay.ca) for map and directions