

What is Open Circle?

A diverse community of McMaster students where we...

- ❖ *Discuss spirituality and other life issues in an open and safe environment*
- ❖ *Find perspective & guidance*
- ❖ *Volunteer in the community(through CVA)*
- ❖ *Explore diversity — build friendships*

"It is possible to experience an awakening in this life through realizing just how precious each moment, each mental process, and each breath truly is."

— Christy Turlington Burns

About the location:

We'll be staying at Crieff Hills retreat centre, about a 40-minute drive North of Hamilton. We've reserved a house that has a piano, fireplace, and is surrounded by trees, woodlands, and nature trails.

Indra's Net (image from the *Rig Veda* as described by Anne Adams)

There is an endless net of threads throughout the universe...

At every crossing of the threads there is an individual.

And every individual is a crystal bead.

And every crystal bead reflects

not only the light from every other crystal in the net

but also every other reflection throughout the entire universe.

Awakening Your Presence

*How can I live from my authentic center in all of life?
What would it mean to be aware and awake in my daily life?*

Open Circle and CVA retreat



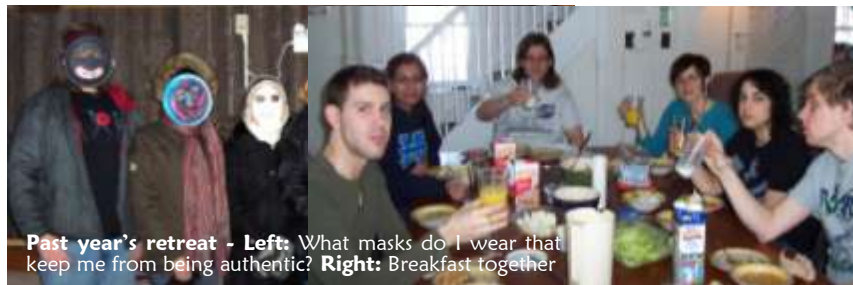
- ❖ Renew your body and soul
- ❖ Hike in a natural woodland setting
- ❖ Creatively express yourself (through writing, movement, or art)
- ❖ Build friendships as you reflect on your experiences with others
- ❖ Learn relaxation techniques and meditation
- ❖ Practice paying attention to life through awareness exercises
- ❖ Have fun and enjoy cooking together

Fri. Jan. 18 – Sun. Jan. 20, 2013

At Crieff Hills Retreat Centre

Be refreshed through a weekend retreat filled with opportunities to connect with your self, spirit, nature and others. Through hiking, reflective questions, opportunities for creative arts, meditation, and cooking with others, cultivate presence and practice awareness exercises that you can take home to ground you in the daily. Listen to the mystery of life in a fun and respectful environment, letting yourself be awakened to new possibilities.

Our retreat will mirror the experience of walking a labyrinth, which is a form of walking meditation with four movements. Entering the labyrinth is a chance to notice who you are now, journeying into the labyrinth invites you to open your mind and shed distractions, and the center of the labyrinth is a place of rest and awakening to new awareness. Then in journeying out, you give attention to integrating this new awareness into the rest of life.



Past year's retreat - **Left:** What masks do I wear that keep me from being authentic? **Right:** Breakfast together

Bring...

- ❖ Friends
- ❖ Sleeping bag/bedding (there are bunk beds with mattresses but you will need your own bedding)
- ❖ Pillow case (pillows are provided)
- ❖ Towel and toiletries
- ❖ Warm clothes (some of the activities are outdoors)
- ❖ Notebook
- ❖ Games
- ❖ Quotes and stories that are meaningful to you (poems, short stories, songs, quotations) to share at a Coffee House on Saturday night
- ❖ Health card
- ❖ NOTE: Please pack light, as space is limited, and things just weigh you down!

“As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others.”

- Marianne Williamson

Registration Form

Cost:

- ❖ **BEFORE January 11:** \$95 for the weekend (includes transportation, accommodations, food-vegetarian options, & activities/materials)
- ❖ **AFTER January 11:** \$100 (still includes everything above)
- ❖ Bursary available: for information – leismb@mcmaster.ca

Transportation:

We will provide transportation for those participating in the entire weekend. (When you register, please indicate if you will have access to a car to help with the transportation. Gas will be reimbursed.) We will meet at **MUSC Fireplace on Friday, Jan 18 late afternoon or early evening (based on a consensus of convenient times)**. We will return by 4 pm on Sunday, Jan. 20. If you wish to join in later or leave early, you will need to arrange for your own transportation.

To register:

Complete and return this form along with a \$20 non-refundable deposit to your volunteering team, reflection circle facilitator, or Kenny Chee A Tow (kennycheeatow@hotmail.com). Make cheques payable to MSU Open Circle. If you have questions, please contact your group facilitator, or Kenny.

Space is limited! Register now to secure your spot!



Open Circle and CVA Retreat Registration Form

Name _____

Current Address _____

Emergency contact # (during retreat) _____

Phone Number _____

E-mail _____

17&under 18-25 over 25

Allergies and/or Food Concerns _____

Age _____

Do you have a car with which you could provide transportation?

What time will you be available to leave Hamilton on Friday Jan 18?