

What is Open Circle?

A diverse community of McMaster students where we...

- ☞ Discuss spirituality and other aspects of life in an open and safe environment
- ☞ Find perspective and guidance
- ☞ Volunteer in the community (through CVC)
- ☞ Explore diversity and build friendships

www.OpenCircle.mcmaster.ca



Listening is a magnetic and strange thing, a creative force. The friends who listen to us are the ones we move toward. When we are listened to, it creates us, makes us unfold and expand. – Karl Menninger

Re-centering: Listening for your Inner Self

How can I hear my inner voice amidst the noise of outside opinions and judgments?

Open Circle and CVC Winter Retreat



*Renew your body, mind, and soul
Reflect on experiences with others
Reconnect with your authentic self*

Fri. Jan. 11 – Sun. Jan. 13, 2019

Registration

Listen for your authentic self at a weekend retreat filled with opportunities to explore your inner desires and true passions. Life can overwhelm us with noise and distraction, and sometimes it's hard to hear our inner voice. This retreat serves as a quiet space to re-center and focus on the parts of ourselves that want to be heard.

Engage in contemplation and community through hiking, reflective exercises, creative arts, meditation, and cooking and sharing meals. Learn to pay attention to the kinds of voices that inform your perception of yourself and make mindful decisions about whether those voices help you hear yourself clearly. Connect with others by sharing your story and listening deeply to theirs. Take this chance to ask questions of your inner self and listen for meaningful answers.

To bring...

- ☞ Sleeping bag/bedding (there are bunk beds with mattresses but you will need your own bedding)
- ☞ Pillow case (pillows are provided)
- ☞ Flip flops for the shower
- ☞ Slippers
- ☞ Towel and toiletries
- ☞ Warm clothes (some of the activities are outdoors)
- ☞ Notebook, journal, sketchpad
- ☞ Games
- ☞ Health card
- ☞ NOTE: Please pack light, as space is limited, and things just weigh you down!



Cost: includes transportation, accommodations, food (vegetarian options), and activities/materials

- ☞ Student (Early Bird Price, by December 5): \$120
 - ☞ Waged Alumni (Early Bird Price, by December 13): \$195
- Registration opens on December 6
- ☞ Student (after December 5): \$140
 - ☞ Waged Alumni (after December 13): \$215
 - ☞ To secure your spot: **\$50 non-refundable deposit** included in fee
 - ☞ Bursary available for undergrad students
- For information – leismb@mcmaster.ca
- ☞ Make cheques payable to MSU Open Circle

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 transportation. Gas will be reimbursed. We will meet on **Friday, Jan 11 at 5:30 pm**. We will return by **4 pm on Sunday, Jan. 13**. If you wish to join in later or leave early, you will need to arrange your own transportation.

Location:

We'll be staying at Crieff Hills Retreat Centre, about a 40-minute drive north of Hamilton. We've reserved a cozy house that is surrounded by trees, woodlands, and nature trails.

TO REGISTER:

Step 1: Complete the form at www.OpenCircle.mcmaster.ca/retreat

Step 2: Arrange to give your \$50 non-refundable deposit to a Reflection Circle Facilitator or make arrangements to drop it off by contacting: open@mcmaster.ca. **Spot is only reserved once deposit has been paid.**

Space is limited! Register now to secure your spot!

**Questions? Please contact open@mcmaster.ca **