

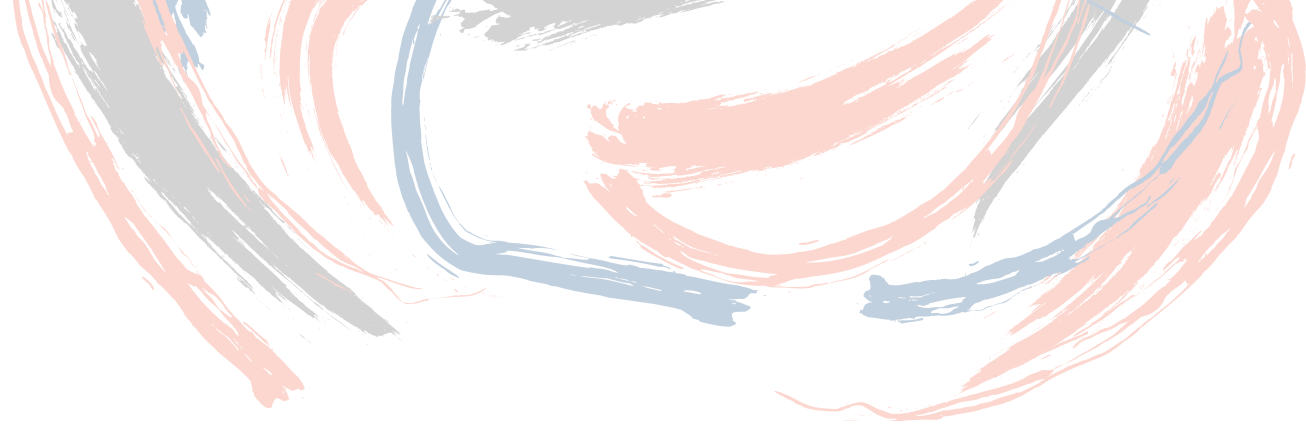


## What is Open Circle?

A diverse community of McMaster students where we...

- Value, respect, and learn from each other
- Create forums to discuss life, spiritual, and societal issues
- Have discussions 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](http://www.OpenCircle.mcmaster.ca)



## Other Open Circle Programs

- **Becoming Yourself Series 5.0** - Learn about yourself and hear your own voice through mindfulness practice, writing, body awareness, movement, music, and visual creative expression
- **Community Volunteer Circles** - Weekly virtual volunteering groups at placements across Hamilton. There is a 15 minute reflection included at the end of each session
- **Reflection Circles** - Reflection Circles are a safe space for connecting with your self and others in an atmosphere of respect and awakening

Register on our website or contact Marybeth at [Leisbm@mcmaster.ca](mailto:Leisbm@mcmaster.ca)

# Finding Purpose in an Online World

How can I be "offline" while online?  
How do I re-center during the new normal?  
What does it mean to be intentional and connected to others while engaging online?

Open Circle & CVC Virtual Winter Retreat

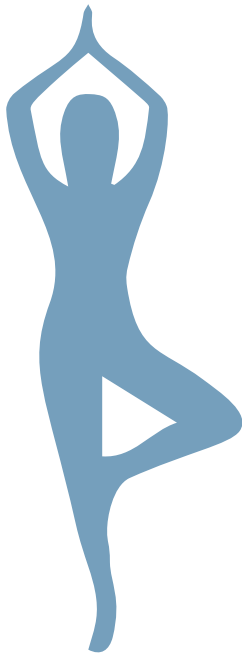
Friday 7-9:30pm  
Saturday 10:30am-9:30pm  
Sunday 10:30am-2:30pm

January 22nd - 24th 2021

# Activities

## Our Lessons

In today's "new normal," it is not uncommon to feel a little lost or detached from your authentic self. Fully immerse yourself in the experience to gain the most out of the weekend. Step away from the distractions of working from home to fully listen to the needs of your body, mind, and soul. Structured activities, such as guided reflection, as well as social time, will foster deep connections with others in the community. Regardless of your personal intentions, this retreat is an opportunity to take some time to pause and recenter yourself.



### JOURNEY CIRCLES

A guided process in a small group where each person will be given time to share from your journey related to our theme. Questions will be sent in advance to help you prepare. Others will listen and offer you a question or theme they noticed for you to take away and reflect on further.

### MINDFULNESS & CREATIVE REFLECTION

A variety of mindfulness practices and creative expression will be woven throughout the weekend to reflect on the theme. Optional yoga and meditation sessions will be offered at 10am.

### COMMUNITY-BUILDING ACTIVITIES

Connect with others in a safe space with respect for diversity. Through collaborative activities, free time options, discussions, and just chilling, get to know others with similar questions.

### SILENT HIKE ACTIVITY

We will enter a time of silence during the middle of Saturday with guided activities for the silence.



## Guidelines for Participation

We ask that you participate in the full retreat experience from Friday 7pm until Sunday 2:30pm. We invite you to better immerse yourself in this experience by limiting all other distractions such as phones, social media, emails, etc. Please inform other household or group members in advance about the times that you will be unavailable. Tips and resources on how to achieve this will be provided on registration.

### How to Register:

Step 1: Complete the form at [www.OpenCircle.mcmaster.ca/retreat](http://www.OpenCircle.mcmaster.ca/retreat)

Step 2: E-transfer your non-refundable fee to [info@studentopencircles.com](mailto:info@studentopencircles.com)  
Spot is reserved when fee has been paid.

### Registration deadline:

Thursday, January 14th

### Cost:

Student: \$30

Waged Alumni: \$60

Fee is non-refundable and includes materials that will be mailed to you.

Bursary available for full-time students.

For information -

[leismb@mcmaster.ca](mailto:leismb@mcmaster.ca)