

# NOMC 2013 Spring RETREAT

## April 19th-21st



Sculpture by Arthur Kern

### RETREAT THEME: *Shifting Energy*

*Shifting sands in the desert.*

*Shifting currents in the river.*

*Shifting winds in the storm.*

*Shifting winds during a forest fire.*

*Shifting energy in the womb*

*Shifting harvests in the Autumn.*

*Shifting minerals in a swirling jar of water.*

*Shifting energies in your life.*

For this coming retreat we invite you to consider in what ways you have needed to shift your energies in your life. Or in what ways energies have shifted beyond your control. Or in what ways a shift is imminent.



All things must change to something new, to something strange.

~Henry Wadsworth Longfellow

We did not change as we grew older; we just became more clearly ourselves.

~Lynn Hall

Look for as long as you can at the, friend you love no matter whether that friend is moving away from you or coming back toward you. ~Rumi

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

— William Arthur Ward

Until you make the unconscious conscious, it will direct your life and you will call it fate.

- Carl Jung

All children are artists. The problem is how to remain an artist once he grows up.

-Pablo Picasso



**THE NOMC SPRING RETREAT WILL BE HELD ON  
APRIL 19-21, 2013 AT KING'S ARROW RANCH, HILLSDALE, MS**

**WHAT TO EXPECT**

**We seek to provide a safe place for men to connect with themselves, other men and the environment. Large and small group experiences as well as some time alone are planned. In our mythopoetic tradition, storytelling, poetry, drumming and experiential learning can be expected.**

**PLEASE INVITE ANOTHER MAN TO COME WITH YOU.**

### **WHEN**

**Arrive Friday, April 19th. On-site registration and bunk assignment will begin at 5 p.m. Please plan to arrive no later than 6 P.M. Dinner will be available at 6 P.M., and our opening ceremony will begin at 7 PM. You may arrive as early as you wish on Friday to check out the grounds, hike, meditate, etc. The retreat will end after lunch on Sunday.**

### **WHERE**

**King's Arrow Ranch, Hillsdale, MS, just east of I-59 North at exit 35, 75 miles north of New Orleans and 30 miles south of Hattiesburg, MS. In case of emergency, you can be reached through the King's Arrow Range phone # 601-796-3423. You will be asked not to use or access your cell phone during the Retreat.**

### **PRE-REGISTER VIA E-MAIL**

**We ask that you pre-register by April 15<sup>th</sup> so we can estimate lodging and meals required. To register, just reply to this email and let us know you will be there ([retreat@thenomc.org](mailto:retreat@thenomc.org)). If you do not have email, call one of the facilitators to register. A confirmation letter with more details will be sent upon registration. For confidentiality and privacy, information provided for registration will only be available to retreat participants.**

### **COST**

**The cost of the Retreat is \$120.00 and that fee covers all meals and lodging. You can pay by check or cash upon arrival, Friday, April 19th.**

### **SCHOLARSHIPS**

**If you need financial assistance, please contact a facilitator.**

### **NOMC PLANNING MEETING**

**At the conclusion of the retreat on Sunday, a planning meeting to discuss the next retreat, as well as planning for the future of NOMC will be held. All interested are encouraged to stay for the meeting.**

### **QUESTIONS?**

**For additional information about the retreat, contact a facilitator.**

**Ed, 504-610-3197   George, 662-312-2099   Alec, 662-364-1625**



**VISIT THE NOMC WEBSITE**

<http://www.thenomc.org/retreats.html>



If you would like to be removed from the NOMC mailing list, please reply to this email and type “remove” in the email text.