

NOMC 2015 Spring Retreat  
April 10-12, 2015

# “Elder Energy”



The theme of this NOMC retreat is “Elder Energy”. We wish to explore the special way in which older men can provide a unique, generative, masculine influence on society, the workplace, the family, and the younger generations.

What is good and what is bad about being an older male?

How do the archetypes of king, warrior, magician, and lover play out in the lives of older men?

More importantly, how have/will they play out in your life?

We want to speak not just to those of us who are elders, but also to the influence of male elder energy in the lives they touch, including how male elders influenced us, for better or worse, in our lives, and how that might have been different.

What was your relationship to your own grandfathers?  
Did they live long enough for you to know them?  
Have you thought about them as men like yourself?  
What kind of grandfather/elder are/will/would you be?



A grandfather talking to his grandson about a tragedy he witnessed:

“I feel as if I have two wolves fighting in my heart. One is the vengeful, angry, violent one. The other wolf is the loving, compassionate one.”

Grandson asked: “Grandfather, which wolf will win the fight in your heart?”

Grandfather answered, “The one I feed.” [Cherokee ‘true story’]

The Roman term ‘senate’, from which we get our modern word for an upper assembly, means a group of elders, from the Latin ‘senex’, meaning older man. Traditionally, they served to take a longer view and to provide deeper context for decision making.



Nelson Mandela and Jimmy Carter, members of the Global Elders council

We talk about ‘elder statesmen’ and we admire the efforts of retired presidents, executives, and workers who use the next phase of their lives to be generative and leave behind a legacy. How do you relate to that kind of energy?

What will be your legacy?

“We will be known forever by the tracks we leave” – Dakota Sioux saying

“Let us put our minds together and see what life we can make for our children”  
– Sitting Bull (Lakota Sioux)

“Today is a good day to die”  
– Crazy Horse (Sioux)



**The NOMC 2015 Spring Retreat  
will be held on April 10-12, 2015  
at King's Arrow Ranch, Hillsdale, MS**

**WHAT TO EXPECT**

We seek to provide a safe place for men to do their own 'soul work', along with other men doing the same. 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 10th. On-site registration and bunk assignment will begin at 5 p.m. Please plan to arrive no later than 6 PM. Dinner will be available at 6 PM, 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 3rd so we can estimate lodging and meals required. To register, just reply to this email ([retreat@thenomc.org](mailto:retreat@thenomc.org)) and let us know you will be there. 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 \$130.00 and that fee covers all meals and lodging. You can pay by check or cash upon arrival, Friday, April 10th.

**QUESTIONS? (or if you need a partial scholarship)**

For additional information about the retreat, contact a facilitator:

Mike Gootte (985) 264-7517     Dan O'Neill (404) 603-9226

George Beals (backup) 662-312-2099

At the conclusion of the retreat on Sunday, all retreat attendees are invited to attend a planning meeting to discuss the next retreat, as well as planning for the future of NOMC.