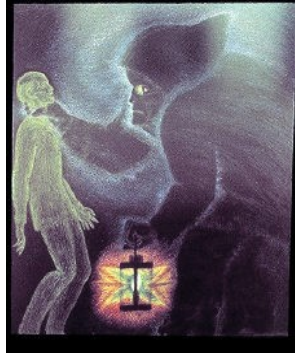


New Orleans Men's Center

2008 SPRING RETREAT

RETREAT THEME: **The Light Within the Shadows**



**THE NOMC SPRING RETREAT WILL BE HELD ON
April 11, 12, 13, 2008 AT KING'S ARROW RANCH, HILLSDALE, MS**

WHAT TO EXPECT

We begin life whole and as we adapt to life, as consciousness develops, the Shadow, the discarded, unconscious aspects of ourselves, also come into being. When we reclaim these shadows we reap their special light.

Carl Jung wrote that whatever we are highly identified with in our character, the opposite extreme would be in our unconscious. There is powerful, primitive potential in the Shadow. When the Shadow is ignored, it visits us as fate. Changing our relationship to Shadow will change what happens in our world. Through relationship with Shadow we can gain energy for more creative living.

You are invited to identify and further explore *your* shadows within the safety of the NOMC container. You will have the opportunity to clarify and express your shadow, reclaiming its vital golden energy.

“Every part of our personality that we cannot love will become hostile to us.” - Robert Bly

“The demon that we can manage to swallow gives us power, and the greater the pain, the greater life's reply.” - Joseph Campbell

“The splintered aspects of the soul, the aspects that require healing, need to enact in physical matter so that each part of the splintering can become whole.” - Gary Zukov.

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 11th**. On site registration and bunk assignment will begin at 5pm. Please plan to arrive no later than 6 PM. Dinner will be available at 6:30 PM, and our opening ceremony will begin at 7:30 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 off exit 35 on I-59 North, 75 miles north of New Orleans and 30 miles south of Hattiesburg, MS.

In case of an emergency, if you need to be reached while at the retreat, the ranch emergency phone number is 800-215-9929.

REGISTER BY E-MAIL

We ask that everyone register by **April 7th** so that we will have an accurate count for meals and lodging.

To register, just reply to this email (retreat@mchsi.com)

To register by USPS mail, send a note to:

NOMC Retreat
c/o Ed Tedrow
322 Holmes Drive
Slidell, LA 70460

A confirmation letter with specific 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 11th.

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.

Rick Wadsworth, 210-404-1865, rickwads@hotmail.com

Mickey Nodurft, 601-688-0432, mnodurft@bellsouth.net,

Ed Tedrow, 504-610-3197, eetedrow@yahoo.com

Ron Naas, 601-269-9211, ronnaas@netdoor.com



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.