

CIRCLE OF TRUST RETREATS 2024

Led by Cathy Barker at Mimanagish

In this time of gentle spirit-tending based on the work of Parker Palmer, a small group will create a Circle of Trust, learn honest and open questions, and help “hear each other into deeper speech.” Bring an open spirit.

Each day the group will engage in two sessions. Poetry, images, and essays provoke our thoughts and help us access our Inner Teachers. Journal prompts lead us to write or draw freely following our hearts. Touchstones create safe space and shape our sharing, which is always by invitation, not demand. The approach is spiritual and respectful of each person's beliefs.

The schedule will also allow free time for hiking, fishing, reading, walking the labyrinth, and other creative endeavors...all in the healing context of Mimanagish, 40 miles south of Big Timber, on the edge of the Absaroka-Beartooth Wilderness. These are soul-nourishing retreats.

Geography of Grace

Sunday, August 25 2:00 – Thursday, August 29, 2:00

Early Bird (before March 1) \$415

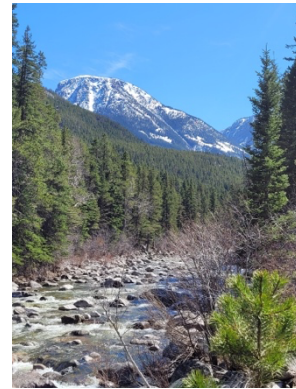
Base Rate \$440 Gratitude Rate \$490

Scholarships Available!

Registration Deadline: August 10

For adults 18 and over; limit 12 people

www.mimanagish.org



How do you tend your inner geography – the islands, the deserts, the marshes? What are your Mountain Edges? Who is in your Forest Community? Using the rich metaphors of the natural world, we embark on an inward journey. The experience is made even better when it unfolds in the context of nature, in the forest... by the river... with a mountain view... at Mimanagish.



The Soul of Aging

Monday, September 9 2:00 – Friday, September 13 2:00

Early Bird (before March 1) \$415

Base Rate \$440 Gratitude Rate \$490

Scholarships Available!

Registration Deadline: August 25

For adults 18 and over; limit 12 people

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At some point every person faces the inevitability of aging, its challenges and delights. This experience is for people who long to gently explore, understand, and be transformed by the aging process. The themes address the spiritual aspects of this life season, including forgiveness, yearnings, time, serving others, and befriending our own deaths. For those who wish to engage in that search, this retreat offers great opportunities.

Here's what people have said about Geography of Grace and The Soul of Aging:

In Geography of Grace I found fellow travelers, who travel a similar life journey. I learned that I don't have to have all the answers. I can learn more about myself by listening to others, who then help me to listen to my inner soul.

I am amazed how Geography of Grace elicits the trust in folks to share really difficult things in their lives. And I appreciate their "holding space" for me in their patient silence, thoughtful questions, and confidentiality.

In Geography of Grace, I learned that we all struggle with something – the vulnerability shared makes me want to be more vulnerable and real. I'm getting less judgmental towards myself.

Everyone needs to experience this kind of retreat, to refill their soul, to slow down and reflect on their lives, to come away with a better, clearer understanding, to be connected with oneself!

My inner teacher is there, I just need an avenue to get to my soul and hear his voice. The Soul of Aging is amazing in how it allows me access to listen to him.

Leader **Cathy Barker** has led Circle of Trust experiences for about ten years, both in Mimanagish retreats and in 10-week sessions in Helena. Over 100 people have participated, many multiple times. She considers herself "a midwife to transformation."



Mimanagish is operated under special use permit with the Custer Gallatin National Forest and is an equal opportunity provider. All are welcome!