

A Call for Men to “Un-break” the Circle

**NOMC 2020 Spring RETREAT – April 3-5
King’s Arrow Ranch, Lumberton MS**

Falling Apart and Putting the Pieces Back Together

Humpty Dumpty sat on a wall (like ya do...)
Humpty Dumpty had a great fall (haven’t you?)
All the King’s horses and all the King’s men (who?)
Couldn’t put Humpty together again (so true...)

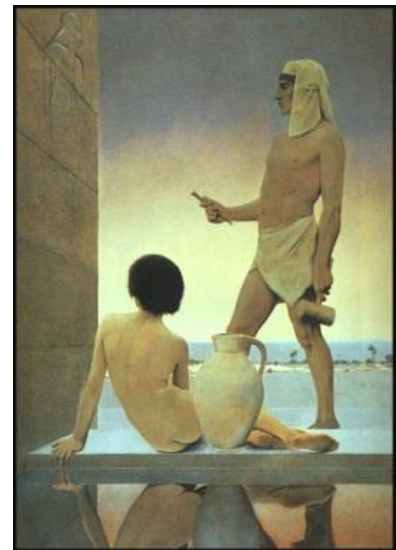


So, I know it’s okay to have moods, as in
Happy and sad, even yin and yang.
(As our brother Dale has said poetically,
“There’s a schism in me”)



But how can I be a loving father or grandfather
And still show hot anger to a noisy child?
Can’t I get my sh!t together?

In ancient Egypt they had a concept called ma’at.
It stood for harmony and balance,
A kind of integrity that put it all together rightly.
The opposite was chaos, conflict, and ruin.



The mythical story of Isis and Osiris tells the story
Of how Osiris and his queen/sister, Isis, brought ma’at,
While their brother, Set, brought chaos and violence.

- What are you feeling these days? Ma’at or chaos?
- Could you help other men find what they feel?
- Would you listen to them speak from the heart?

*“Make every effort to (speak) from the heart.
Even if you do not succeed,
in the eyes of the (listeners), the effort is precious.”
- paraphrased from The Gates of Prayer, the New Union (Jewish) Prayer Book*

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Isis alchemically re-integrating Osiris's pieces

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WHAT TO EXPECT

We seek to provide a safe place for men to connect with themselves and other men in a secluded wooded setting. Large and small group experiences, as well as some time alone, are planned. In our mythopoetic tradition, poetry, drumming, storytelling, artistic self-expression, and experiential learning can be expected.

WHEN

Plan to arrive on Friday afternoon, April 3rd. You may arrive as early as you wish on Friday to check out the grounds, hike, meditate, etc. On-site registration and bunk assignment will begin around 4 or 5 PM. Dinner will be available at 6 PM. Our opening ceremony starts at 7 PM. The retreat will end after lunch on Sunday. At the conclusion of the retreat on Sunday, a planning meeting will be held to discuss the next retreat and future NOMC activities. All attendees are invited.

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 emergency, you can be reached thru the KAR phone # 601-796-3423.

HOW TO REGISTER

We ask that you pre-register by Friday, March 27th so we can estimate lodging and meals required. To register, just reply to this email (info@theNOMC.org) and let us know if you plan to be there. If you do not have email, call one of the facilitators to register. A confirmation e-mail will be sent upon registration. Details will follow (weather, what to bring, etc.) before the retreat. 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 3rd. If you need financial assistance ('scholarships'), please contact a facilitator in advance.

QUESTIONS?

For additional information about the retreat, contact a facilitator.

Dan O'Neill, 404-725-5611, dan@oneillmc.com

Richard Vallon, 504-905-1725, rvallonx@gmail.com

To visit the website, type into your browser the url: www.thenomc.org