

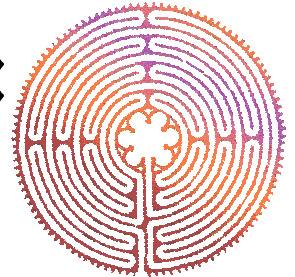


Summer at Five Oaks

Labyrinth Retreat:

Finding Our Way

July 23-25, 2010



The labyrinth is a spiritual practice, a safe container, a meditative tool that has profoundly impacted the lives of many people as they journey through this world. Come away for this intentional time of exploring this sacred pattern. We will dive deeper into the experience with times of reflection and spiritual practices such as movement, mandalas and sharing story. This retreat will focus on themes of discerning our life's path - exploring who we are and what we bring. Questions such as "what is your inner longing?" and "what does your heart desire?" will guide our steps and give us cause for reflection. Treat yourself to this uplifting and inspiring summer getaway in the beautiful Five Oaks setting for the sake of personal expression and spiritual growth.



Robin McGauley is a Veriditas Certified Labyrinth Facilitator. She has taken numerous courses in Expressive Arts at the Haliburton campus of Fleming College and will receive a certificate in Expressive Arts in 2011. Robin is also an Ordained Minister with the United Church of Canada who works as a Program Coordinator at Five Oaks. She leads with gentleness and playfulness to create a safe environment for participants to explore and learn from their own experiences.

Starts: Fri. 7pm **Ends:** Sun. 12:30pm with lunch **Cost:** \$245 includes tuition, meals, accommodation.

Woman's Wisdom: The Heart of Matter!

August 11-13, 2010

The substance of our physical body matters! This workshop is designed for personal healing and transformation through a gentle safe exploration, which includes guided meditation, movement, story-telling and rest. Letting go of negative attitudes towards our bodies and sexuality, which have been influenced by cultural and religious traditions, will allow participants to access a powerful source of inner guidance and wisdom. Sisters! we will create sacred space together! It's time to befriend our bodies and feel at home in our own skin. Knowing from within that our body is as sacred and miraculous as any other part of creation. As we heal ourselves, we heal our world.

Anne Simmonds, D.Min, is adjunct faculty at Emmanuel College, Toronto, Canada, teaching in the areas of death, dying, grieving and prayer. Ordained in The United Church of Canada, she offers spiritual direction, counselling, workshops and retreats. A gifted facilitator who draws on her extensive experience in congregational ministry, hospital chaplaincy and nursing, Anne has training in practices for balance and healing of body, mind, and spirit, through Capacitar.



Starts: Wednesday, 7pm **Ends:** Friday, 12:30 with lunch **Cost:** \$ 380 (\$410 after July 14)

Register by phone (519) 442-3212, email registrar@fiveoaks.on.ca, or on-line: www.fiveoaks.on.ca



Summer at Five Oaks

Writers in Residence

Aug. 9-13, 2010

Story is the heart of language. It can emotionally move us to love and hate and can motivate us to change our whole lives. We can capture a story in a novel, a memoir, a screenplay, a poem. But, finally, we make choices about what story to write and what medium to give it expression - one that compels us to keep on writing, a story that may help to lay the framework for a new world.

In this Writer in Residence program you are invited to bring to this gathering of writers your passion for writing and to deepen your own love of reading and writing. You are invited to bring a work-in-progress with you - fiction, non-fiction or poetry. We will explore why we write, what pulls us into the writing, how to structure and organize a work in progress. Topics of interest to writers will be explored and work will be critiqued and appreciated. There will be time to walk, rest and to imagine in the beautiful Five Oaks setting.



Ray McGinnis has taught poetry and journal-writing workshops to over 8,000 participants across North America for the past ten years. He is author of *Writing the Sacred: A Psalm-inspired Path to Appreciating and Writing Sacred Poetry*, now in its second printing. He has published over a dozen poems including in *Quills Canadian Poetry Magazine*, *Montreal Serai*, and in a series of chapbooks edited by Patrick Lane and published by Leaf Press. His articles have been featured in *Presence: A Journal for Spiritual Directors*. He has studied writing at the Banff Centre for Fine Arts, Naropa in Boulder, Colorado. His mentors include Christina Baldwin, Patrick Lane, Lorna Crozier and Anne Michaels. He is currently working on his first manuscript of poems for publication by 2011. He lives in Vancouver.

Starts: Monday, 10am **Ends:** Friday, 12:30 with lunch

Cost: \$695 (\$750 after July 12)

Family Camp

Aug. 1-6, Sun. 5:30pm with supper (please arrive after 3:30pm)-Fri. after lunch
Join **Debra Kigar, Adam Mason** and **Day Camp Staff** for swimming, a canoe trip, hikes, campfires, worship & more!

Cost: \$400 (Adults), \$350 (12-15 yrs.), \$220 (4-11 yrs.), \$110 (under 4)



Register by phone (519) 442-3212, email registrar@fiveoaks.on.ca, or on-line: www.fiveoaks.on.ca