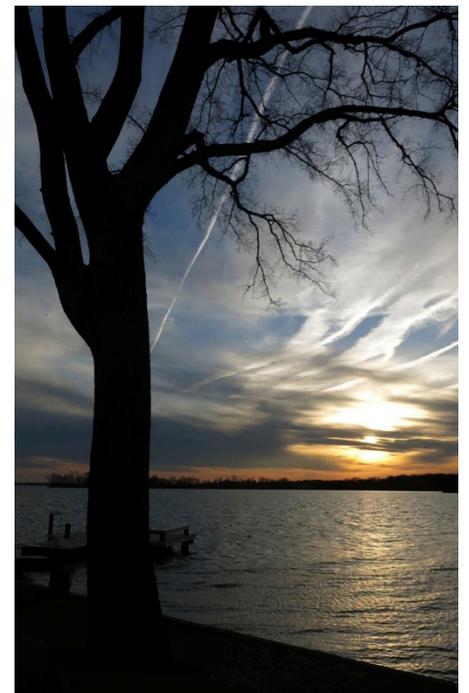




The Joy of Slow



Mennonite Men Retreat—March 18–20, 2016

Pictures say it all

But if you want details, check the other side

(Here are the details, but if you really want the story, see pictures on the other side.)

Mennonite Men Retreat—March 18–20, 2016

Active Hope: How to face the mess we're in without going crazy*

**Borrowed from title of book by Joanna Macy & Chris Johnstone*

- When I imagine the world we will leave our children, it looks like . . .
- The feelings about this that I carry around with me are . . .
- Ways I avoid these feelings include . . .
- Some ways I can use these feelings are . . .

CMCLer Jerry Lee Miller will facilitate our Saturday and Sunday morning gatherings. On the weekend topic inspired by the book referenced above Jerry says, "I encountered the work of Macy and Johnstone a year ago and found their ideas and exercises quite helpful. I am learning that 'active hope' is not something I have (like a positive feeling), but rather it's something I do. It is a practice like gardening or tai chi. So even if I'm distressed over what's happening in the world; even if I feel grief, outrage or alarm—even then I can claim to be a person of hope."

Saturday afternoon is totally laid back. There are great cued biking routes (bring your own bike), canoeing or kayaking in the bay (boats provided), or time to catch up on reading or sleeping. We'll work together preparing wonderful food culminating in a Saturday evening feast and the "Passing of the Port." Our own vintner Ken Kulp will make sure there is plenty more to pass as well.

Some things you need to know

- Retreat is at Charter Hall Retreat Center. Pop 499 Charter Hall Road, Perryville, MD in your GPS and you'll be there in a little over an hour from Lancaster. Or ask for directions when registering.
- Bring your own bedroll or sleeping bag. Accommodations are rustic, but adequate.
- Retreat sort of starts around 7:30 p.m. but most arrive around 6 for an optional early bird special meal (additional cost due Friday evening).
- Cost generally comes out somewhere around \$75. We add the total costs, divide by number of attendees and collect Sunday morning before leaving.
- Budget tight? No problem. Pay what you can, but let us know ahead of time.
- Register online by going to the CMCL website. You'll find a link to the registration page on the newsfeed in the lower right hand corner of the home page. (communitymennonite.org)
- You'll have an option when registering to bring food along to supplement our meals. Not required, but if you do prepare food, your costs will be deducted from your weekend fee.
- Get your registrations in no later than Monday, March 7.