

ROWE LABOR DAY MEN'S RETREAT 2023



Reawakening Awe

# Schedule

## Friday, September 1

Start	End	Event	Location
2:00 PM	5:00 PM	Arrival / Welcome / Check In	Farm House
3:30	4:15	Tour of the Grounds	Farm House Porch
4:30	5:15	Tour of the Grounds	Farm House Porch
2:00	5:00	Group Project	Rec Hall
5:30	6:30	Hors d'oeuvres	Farm House
6:30	7:30	Dinner	Dining
8:00	9:30	Opening Session	Rhoda
9:30	10:30	<i>Mind Salad</i> : performance with Doug Motel	Rec Hall
10:30		Games / Social	

## Saturday, September 2

7:00 AM	8:00 AM	Yoga	Rhoda
8:15	9:15	Breakfast	Farm House
9:30	10:15	Large Group	Rec Hall
10:30	11:30	Small Groups	Rec Hall
11:45 AM	1:00 PM	Large Group	Rec Hall
1:30	2:30	Lunch	Farm House
3:00	4:30	Workshops "Slot A"	Various
4:30	6:30	Rehearsals / Free Time / 12 Step	
7:00	8:00	Dinner	Dining
8:30	9:30	Ritual	Rec Hall
9:30		Games / Social	

## Sunday, September 3

Start	End	Event	Location
7:00 AM	8:00 AM	Yoga	Rhoda
8:15	9:15	Breakfast	Farm House
9:30	10:30	Large Group	Rec Hall
10:45	12:15 PM	Workshops "Slot B"	Rec Hall
12:30 PM	1:30	Lunch	Various
1:45	2:45	Small Groups	Farm House
3:00	4:30	Workshops "Slot C"	Rhoda
4:30	6:30	Rehearsals / Free Time / 12 Step	
6:30	7:30	Banquet	Farm House
8:00	9:30	Talent Show	Rec Hall
9:30		Dance	Rec Hall

## Monday, September 4

8:15 AM	9:15 AM	Breakfast	Farm House
9:30	10:30	Large Group	Rec Hall
10:45	11:45	Small Group	Rec Hall
12:00 PM	1:30 PM	Large Group	Rec Hall
1:45		Lunch	Farm House

### Friday Evening Performance

#### **Mind Salad: Twenty Characters Channeled Through 1 Actor**

Written & Performed by Doug Motel

Mind Salad is storyteller Doug Motel's tour de force through the mind of a struggling screenwriter searching for deeper meaning in times when a sense of humor is hard to find.

L.A. Weekly Award Nominee - Best Solo Perform - Pick of the Week --- L.A. Weekly

*"Like Lily Tomlin, is one of those rare comedians who creates and becomes totally original characters."* - The New York Post

# Workshops

(descriptions are below)

## Saturday, 3 - 4:30pm

Workshop	Location
Exploring Grief, Recovery and Renewal	Dining Hall
Our Human Goodness	Farmhouse Gathering Room
Sound Journey	Chapel
Sit Down and Relax: A Chair Massage Workshop	Rec Hall

## Sunday, 11:45am - 1:15pm

Workshop	Location
Rumi in Our Midst	Farmhouse Gathering Room
When Parents Age	Dining Hall
Life Drawing Experience	Rhoda Room
Mind Salad Workshop	Rec Hall

## Sunday, 3 - 4:30pm

Workshop	Location
Infatuation - Oops, I Did It Again!	Dining Hall
Hug, Hold, Heal: A Conscious Hugging Workshop	Farmhouse Gathering Room
The Spiritual Home Practice	Rhoda Room

# Workshop Descriptions

## **Mind Salad Workshop**

with Doug Motel

Our most inspired ideas and healing come when we are "in the moment", but how do we access and utilize the power of the present? In this lively, interactive event, participants will have first-hand experience - as a group and individually - of the very source of their creativity. Using interactive writing and drawing exercises, paired sharing, improv games and guided meditation we will tap into the power of pure presence.

## **Hug, Hold, Heal: A Conscious Hugging Workshop**

with Arnie Katz

Hugs are delicious!...yet many of us hug each other where we either give a good squeeze and then pull away, or a light pat and then pull away. In this workshop, we will learn and practice conscious hugging. In conscious hugging, we will start with grounding, centering, and learning how to approach the body mindfully. Once more grounded, we will slow down, take our time, hold each other, embrace, and hug in a more mindful way. We will practice staying engaged with your partner and connecting into a hug, explore how to be with the hug and each other with greater awareness and presence. Then, we will learn how to disengage consciously. By doing so, men have powerful experiences of connection that go beyond the typical hug. We will have multiple opportunities to practice this!

## **Sit Down and Relax: A Chair Massage Workshop**

with Arnie Katz

Many of us have taken massage classes or workshops, only to find that perhaps we don't practice it as often as we may want to, or maybe taking one's clothes off and using oil is not a good option at times. So, in this workshop, we will explore the fine art of giving (and receiving) chair massage. Chair massage is a wonderful way to help relax the scalp, neck, shoulders, back, arms and hands. You will learn and get to practice a chair massage sequence in pairs. We will learn these techniques sitting in regular chairs so that you can learn how to adapt this for use at home.

## **When Parents Age**

with John Avignone

Gay men often assume the responsibility of caring for their aging parents. This caregiver role comes with intense personal, professional, financial, and legal challenges. We will have a discussion of our shared experiences and concerns as well as resources to address care, legal issues, and family conflict.

## **Infatuation - Oops, I Did It Again!**

with David Aurelio

As gay men, we will explore the joys and sorrows of crushes, infatuations, searches for reciprocation, and how infatuation is different than love. What role did infatuations have when we were young, and what role do they have now? You will be invited to share in a safe place your first crushes on other boys or men. How did infatuations serve you earlier, and how do they serve you now? Emily Dickinson (1862) wrote, "The heart wants what it wants." Are our desires really a mystery, or can we honor our feelings and tease out infatuations' role?

Our presenter David will lead us in a facilitated discussion on infatuations in large and small groups. Sharing our personal stories of emotional investment and seeking to understand their patterns in our lives, we will come to nourish our hearts by learning from the pain and embracing the joy. David wishes to thank workshop leader Thomas Long for the inspiration for this workshop.

## **Our Human Goodness**

with Albert Johnson-Mussad

Description: We can reawaken awe by re-memorizing our fundamental gifts as human beings. Across time, space, and fields of human endeavor, people have arrived at the same truth: We are inherently and completely good. Participants will explore the nature of our goodness (e.g., drive for connection, flexible intelligence, creative impulse) and also explore why all of us sometimes behave in ways that contradict this goodness (e.g., stress, trauma, oppression). The ultimate goal is a shift in perspective toward ourselves and others, from What's wrong with you? (Nothing!) to What happened to you? We will reawaken awe for ourselves and other people through reflection, writing, and talking.

## **The Spiritual Home Practice**

with Bil Chisholm

While on retreat we can often be spring-boarded into a variety of experiences from the magical to the ecstatic, however, when we return home we often are left wondering "how do I bring these retreat experiences into my life more often?". Engaging in a regular home spiritual practice can be one of the most transformative activities we can do. In this workshop we will be guided through "spiritual minis", a series of short spiritual exercises to help give ideas for the beginning of our home practice.

We will be exploring the use of traditional practices and learning how to develop our own, as well as personalizing our ritual space. There will be a blend of guided experiences, writing and verbal exchanges. The goal of this workshop is to build simple habits which help us create and launch our home practice or sustain the one we already have.

## **Rumi in Our Midst**

with ChaseR

Description: Participants will be invited to experience the poetry of Rumi by listening to his poetry read by fellow participants. You can share your own favorite Rumi poem or draw from a selection of poems that will be available. A handout will be provided with a brief biography of Rumi and a list of resources for those that may want to learn more. Emphasis will be on experiencing Rumi in his own words.

## **Exploring Grief, Recovery and Renewal**

with Richard Slade & Bob Tetirick

This workshop is for men who have experienced the loss of a loved one and are moving through the complicated process of grieving that loss, experiencing a period of recovery, and exploring ways to renew their lives - and their relationships. The presenters, Richard and Bob, are both in the midst of recovering from the loss of their spouses in the past several years.

The presenters will lead a brief welcoming exercise that will help men share the experience of their loss with the group. Then, Richard will provide ways in which participants can use writing to turn their grieving into practical and artistic expression. We will all have an opportunity to write and share about aspects of our grief.

Bob will follow up with the idea of moving forward from grief to recovery and renewal. We will have an opportunity to share personal and practical ways we have all started to move on to a new life.

## **Sound Journey**

with Nirmal Chandraratna

A Sound Journey is a musical experience drawing elements of ritual and sound healing together to create a dynamic, transformative environment. You are invited to connect with your intentions, both for yourself and for the world, and then let them take flight as the music begins. Layered textures of the voice, cello, and world percussion will weave a tapestry of melody and mantra. As we come together as a community, we can help each other to collectively align our lives with our vision for a better world.

# Life Drawing Experience

with Dave Dietz

This workshop will give you some experience and guidance in drawing the nude male figure from life — full figure, interesting details, or anything in-between. We will explore ways to capture what we see and feel.

Various drawing materials will be supplied. If you have your own drawing materials please bring them, along with your enthusiasm, openness and a willingness to try.

We'll also need models (no experience necessary.) You can also do both if you like and draw for a while and then take a turn modeling.

