

## Invitation to Elderhood

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Phone : Home: \_\_\_\_\_

Work: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

\$50 Deposit

Early Bird (if paid in full prior to 17 October 2022)

\$220 for Sharda Centre bed

\$180 for campervan / camping

Full payment

\$240 for Sharda Centre bed

\$200 for campervan / camping

*For men who are keen to come but experiencing financial hardship, please contact Alan Blackburn or the HUB to discuss subsidy options.*

I enclose \$.....

(Make cheques payable to Essentially Men)

I have paid by internet banking \$.....

Essentially Men Account: ASB 12 3049 0104234 00

Particulars: Initial & Surname Code: ELDERS22

Register and pay online on our website:

<https://www.essentiallymen.net/>

## What to bring:

- A poem or sacred phrase that resonates with you for the "Well"
- Your own bedding – you can also hire bedding from Sharda.
- Towel, toiletries.
- Comfortable indoor clothes. Also warm clothes for sitting outdoors (weather permitting) as well as footwear for possibly walking in the beautiful bush surrounds.
- Cushions if you have them for sitting on in the hall (chairs also provided).

NOTE: Sharda Centre sleeps 21 people inside, and has a camp ground with powered sites for campervans. Numbers will be restricted to 21 inside and a maximum of 5 campervans (if you are willing to share your campervan all the better).

If you want to be accept this invitation then **register** and put the date in your diary. We look forward to journeying with you.

**Drug and alcohol free please**



P. O. Box 62

Tokoroa, 3444

T: 09 376 2386

E: info@essentiallymen.net

**Essentially Men Education Trust present:**

# INVITATION TO ELDERHOOD



## Love, Wisdom and Power

**For men 55+**

**November 17 – 20, 2022**

**\*\*now a 3 night event\*\***

*When obstacles beset your way  
Overcome rather than conquer*

*Walk above instead of under  
Step around rather than through*

*Embrace love, wisdom and power  
To walk the path of the truth.*

**Barry Brailsford**

We invite you to continue (or begin) the journey to **Elderhood**.

One aspect of elderhood is bringing balance and understanding into your life by embracing **love, wisdom and power**.

The elder's journey is one of service to yourself and others. It is a great journey that takes you beyond the fragile ego to another way of being. Elderhood may even ask the question: how do you want to be in the later years of your life; to live a life of ease and grace, and have a senses of the sacred.

Some may want to express this by being an active Elder in service to your community, the Essentially Men community or Pathways to Manhood.

This event is a facilitated gathering; a cross between a gathering and a workshop. As everyone's eldership journey is unique, you will explore your journey through circle work, workshops, ritual, poetry, music and humour. There are no definitions required.

All men 55+ are welcome at this event, whether part of the EM network or outside of the network, no experience needed.

*There are many songs in the land  
But only one is born of you*

*Celebrate your uniqueness  
Dance its colours and its tune*

*Dare to be the difference  
That makes the difference.*

**Barry Brailsford**

**Your Facilitators**, Les Gray and Alan Blackburn, are both very experienced members of the Essentially Men Community.

### **Les Gray**

For the last three years Les has been facilitating the Pathways to Elderhood within the Pathways to Manhood rites of Passage programme that Essentially Men offers.



### **Alan Blackburn**

For seven years, Alan has been facilitating Elders Circles and Elders workshops in Queensland within the Men's Wellbeing network (Australia).



**The Gathering will start at 5.30pm with an opening ceremony. You are invited to arrive anytime on Thursday and spend some time in the lovely Sharda grounds. Dinner will be at 6.30pm.**

**The Closing ceremony will be after lunch on Sunday.**

### **VENUE:**

**SHARDA CENTRE**, 15 Percy Graham Drive (off Harrisville Road), Tuakau.



### **Bring Food to Share**

Bring with you a generous dish of premade food depending on your dietary preferences; enough to feed about 8 men for a lunch or dinner.

Breakfast, tea, coffee, breads, some fruit and snacks will be provided (there will be gluten and dairy free options).

Some ideas for the kind of thing to bring:

- Salads
- Hearty winter food like casseroles, stews, curries etc.
- Healthy bread and some spreads
- Pasta with a sauce (fine to bring tinned stuff)
- Fruit

Desserts (preferably not things that need to be in the freezer).

*“Although an infant becomes a child simply by aging, a person cannot become an elder by simply becoming older. Rather, there is something meta-physical involved; something philosophical and spiritual that is required. Old age alone doesn't make the elder.” - **Michael Meade***