




# The Midsummer Women's Retreat on the Island

with **Liz White and Lucia Lee** / Pen Lake, Muskoka **August 6 – 10, 2014**



## Want the Change

### Sonnets to Orpheus, Part Two XII

**Want the change.** Be inspired by the flame where everything shines as it disappears. The artist, when sketching, loves nothing so much as the curve of the body as it turns away.

What locks itself in sameness has congealed.  
Is it safer to be gray and numb?  
What turns hard becomes rigid  
and is easily shattered.

Pour yourself like a fountain.  
Flow into the knowledge that what you are seeking  
finishes often at the start, and, with ending, begins.

Every happiness is the child of separation  
it did not think it could survive. And Daphne,  
becoming a laurel, dares you to become the wind.

[In *In Praise of Mortality: Selections from Rainer Maria Rilke's Duino Elegies and Sonnets to Orpheus*, trans. and ed. by Anita Barrows and Joanna Macy

### *What in your life is disappearing, grey, flowing?*

Take time for the summer retreat with other women to find stillness, choose what is life-giving and let everything else go.

We live and work together in a magnificent northern world with time for reflection, great food, music and meditation. The core of our group work is psychodrama.

Our resident poet, Elizabeth Pickett, takes us on a creative journey that brings us home to ourselves.

Join us in renewal.

Arrive: **Wednesday / August 6, 6:00pm**

Depart: **Sunday / August 10, Noon**

**Fee: \$625**

For more information, or to register, please contact:

Lucia: **(705) 653-5048** or

Liz: **(416) 481-3738**



**LIZ WHITE IN ACTION**

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