

## Welcome Fall 2022

September 24,  
2022

9:30am - 5pm

At Circle  
Sanctuary Nature  
Preserve  
*Coordinated by  
Leigh*

Gratitude:  
Reaping Your  
Inner Harvest

So much of our  
lives we're told to  
say "please" and  
"thank you"  
almost as robotic  
politeness as a  
response to what  
someone does or  
might do for us.

Let's reawaken  
gratitude as a seed

within our souls whose harvest nurtures our spirit.



### More Information:

[Celebrating the Seasons: Fall Equinox](#)

[Archive of previous celebrations:](#)

## SCHEDULE of EVENTS

### Saturday, September 24th

All times in CENTRAL (UTC -5)

9:30 AM	<b>Gate Open for Arrivals</b>
10 AM	<b>Welcome Circle</b> <i>with Leigh and others</i> Start the day by building a foundation of gratitude upon which we will build throughout the day.
10:30 AM	<b>Does What You Sow, Grow?</b> <i>with Dan Stewart</i> In this workshop, Dan will spill the beans about effectively creating a brain healthy environment for yourself and those around you. Never underestimate the power of kindness, compassion and gratitude because they can ultimately change and shape brain health.  <b>Family Programming: Nature Walk &amp; Wreath Weaving</b> <i>with Mandie and McKenzie</i> Meet at the picnic tables for a nature walk where we will take in the beauty of nature and be on the lookout for flowers, leaves and other natural things to adorn wreaths and weavings.
12 PM	<b>Lunch</b> Bring a sack lunch and beverages for you and your family as we come together in community.
1 PM	<b>Powers of the Dark Moon</b> <i>with Rev. Selena Fox</i> Explore and experience some ways of personal reflection, release, healing, renewal, and gratitude at the time of the Dark Moon, the last day of each lunar cycle. Take part in a guided Dark Moon inner journey. This workshop will also be live-streamed; for more information and to register <a href="#">please click here</a> .  <b>Family Programming: Autumn Art &amp; Coloring</b> <i>with Mandie and McKenzie</i> Grab your crayons and colored pencils as we color and draw autumn inspired works of art. Coloring pages available for those that prefer to keep it simple and blank pages available for those that want to let their artistic talents flow.

2:30 PM	<p><b>Hike to Spirit Rock with Heather</b></p> <p>Take in everything around you. Be aware of colors, sights, sounds and smells of nature to find gratitude and solace in their beauty. Meet at the May Pole.</p> <p><b>Harvest Recipe &amp; Preservation Tips Swap</b></p> <p>Come over to the picnic tables for a discussion on what to do with your garden harvest. Bring your favorite recipes and share knowledge on how to can, pickle and preserve your hard work.</p> <p><b>Family Programming: Grateful Garden Adventure with Mandie and McKenzie</b></p> <p>Join our wandering band of adventurers of all ages starting at the summer kitchen as we journey through the labyrinth to discover how gratitude can help us get through the Frowny Forest, Sad Swamp and other obstacles as we make our way to the Grateful Garden.</p>
4 PM	<p><b>Growing a Gratitude Tree with Leigh</b></p> <p>After a day full of contemplation and taking stock of the important things, big and small, we'll come together as community and craft a tree to give form to our gratitude. At the picnic tables.</p>
4:30 PM	<p><b>Welcome Fall Ritual with Heather and Chris</b></p> <p>Gather at the May Pole to reflect on the joys of the day and beyond.</p>
5 PM	<p><b>Cleanup and Departures</b></p>

## Items to Bring

- Craft Projects to share or work on
- A sack lunch and snacks for you and your family -- *please, no nut products!*
- Your own bottle or cup for water, and/or a mug for coffee
- What you need to survive in nature: sun-gear, rain-gear, insect and tick repellent, sun screen, sturdy shoes.
- A lawn chair, mat, or blanket for outdoor seating. Weather depending, some activities will be outside.

## REGISTRATION

**All adults and all youth 12 and up must show proof of COVID-19 vaccination.** If we do not have your vaccination info on file, please email a photo of each person's vaccination card to [circle@circlesanctuary.org](mailto:circle@circlesanctuary.org).

To attend only Selena's workshop **livestreamed online**, please [register here](#).

No registrations will be accepted at the gate. All attendees must observe [Circle's COVID Guidelines](#).

<b>Adults (each):</b>	<b>Until midnight 9/16</b>	<b>9/17 - midnight 9/22</b>
Full Day Saturday	\$25	\$30
<b>Children 5+ (each)</b>	<b>Until midnight 9/16</b>	<b>9/17 - midnight 9/22</b>
Full Day Saturday	\$15	\$20

**Children under 5 are free.**

### Register ONLINE

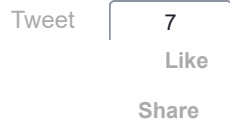
Registration for this event is limited. Please register online to guarantee you will be able to attend.

Cancellations received before September 15th will be refunded minus 50% processing fee.

Cancellations received on September 19th or later will not be refunded. Please refer to [Circle's cancellation policy](#) if you should need to cancel your event registration.

## QUESTIONS?

If you have questions, please [contact the Circle Office](#).



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