

Aboriginal Action Circle

Fall Retreat

When: Saturday October 4th, 2014

**Where: 100 Acre Paradise,
53 Val-du-Lac Road ,
St. Pierre de Wakefield , QC
J8N 2R1**

Time: 8:00 AM to Dusk

Opening: Albert Dumont will conduct an opening ceremony and smudge to set us off in the proper frame of mind.

Learning Activities for the day (Agenda)

Learning Circle 1 – Building Character (AM)

While walking up the hill to the peak, Elder Albert Dumont will offer teachings about the various plants, trees and other items and provide explanation as to how they relate to your character and personality

Learning Circle 2 – Refocus, Re-energize and Re-connect (PM)

During the return trip down the hill, we will find out how nature and Mother Earth can assist us in re-focussing, re-energizing and re-connecting with ourselves

Evening: Feast prepared by Elder Albert Dumont

**Feast will be comprised of the following;
Bannock, Moose Stew, Venison Pie, Potatoes, Corn
Wild Blueberry Pie**

Storytelling: Denise Markhame

Closing: Elder Albert Dumont will conduct a closing ceremony to complete the day's activities