

30th Annual NM Men's Wellness Winter Gathering

February 21–25, 2019

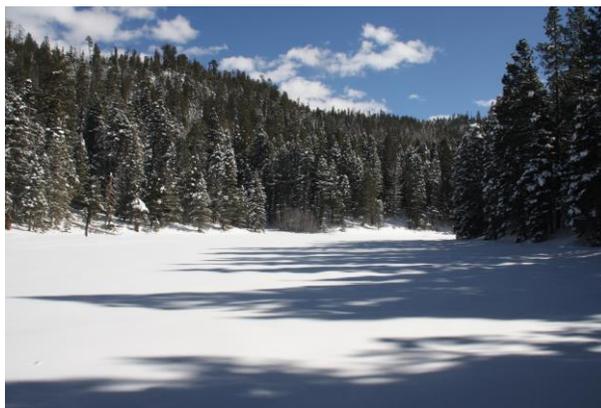
A Time to Wipe the Slate Clean

Uwe Schroeter and Lawrence Cook

“To make a fresh start, for example by forgetting about previous differences and disagreements.”
[wiktionary.org]

“To forget all the things that have happened or been done and start doing something again...to start again from the very beginning.” [Merriam-Webster]

“reinen Tisch machen” (to clean and/or clear the table) [German Translation]



With every season comes the opportunity to take stock, to reflect, and—if necessary or to mix things up—to start fresh. Due to fewer hours of daylight, colder temperatures, and hopefully fewer distractions, winter can be a particular good time to build a fire, to look inward, to rest and reflect, and to get ready for the growth and renewal of spring. Or do we follow the same diet year-round, vacation in winter where the temperature never drops below 75°F, keep ourselves awake with caffeine, lift our mood through alcohol, comfort food, consumerism, etc. to compensate for the darkness and/or because our modern culture tells us so during this time? Are we trying to move at the same speed month after month regardless of the season? What are the consequences of having no winter in our lives? For those of us who sit in front of a computer screen all day, what are rest and renewal anyway?

Please join us for the 30th NMMW Winter Gathering to ponder these and your own questions during joint outings and evening talking circles. Please be prepared to share your personal experiences on the balance of our lives between the seasons (or the lack thereof). We will be active during the day, starting with morning meditation and/or Qigong. We will have outings into the surrounding wilderness on snow shoes and skis. We will play games, listen to and make music, and prepare and share communal meals. Registration is now open. For more information please contact:

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**NEW MEXICO MEN'S WELLNESS
30th Annual Winter Gathering
Registration Form**



Date: February 21–25, 2019
Location: Cook's Cabin, Blanco Basin, CO
Arrival: Thursday or Friday
Departure: Sunday or Monday

Name: _____

Email: _____

Address _____

Phone: _____

Arrival date/time and number of nights: _____

Charges (please pay by cash or check at Cook's Cabin): **\$30 per person per night**

Please bring groceries for shared meals. Please voice your opinion on the coordination of the preparation of breakfasts and dinners: _____

Due to space limitations, we allowed for 20 participants, which will be registered on a first-come, first-served basis (with a waiting list beyond that). Please send in your registration form as early as you can.

Please mail or email the completed Registration Form to:

Uwe Schroeter
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6800 Vista del Norte Road NE
Albuquerque, NM 87113
uweschroeter@comcast.net

Contact information for questions, comments, and carpool coordination:

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