

Invitation
To
‘After The Interval’
A Men’s Gathering To Explore What Happens In The Second Half



Time: 11am - 3 pm

First Meeting: Sunday, February 26th 2017

Location: Meeting in Tory Bush Cottages, Bryansford, Newcastle, Co. Down

Purpose: Companionship for the human journey of facing frontiers and their crossings.

The Men’s Gathering will meet monthly.

The Men’s Gathering will be guided by Angeles Arrien’s work on ‘opening the eight gates of wisdom’
and MNI’s love of conversation, soup and soul friendship.

A fuller description of the Men’s Gathering, including the proposed dates of all of the sessions is given
below.

If you are saying ‘yes’ to the invitation or if you are just looking for more information, please email
Rob Colwell on robert@mediationnorthernireland.org.

Participation is free of charge and all men, of all ages and all identities are welcome.

MNI's Men's Gathering

A Little More Information

Many world tales and perennial wisdoms point to eight metaphorical gates of initiation through which we must pass in order to develop into wise elders. These gates are passageway to deepening our experience of life. They offer powerful tools to help us shift our perspective. They let us draw our own maps for the real landscapes that shape our lives.

The Men's Gathering will explore each of the eight gates through myths, stories and songs from around the world that teach us to see with fresh eyes. Each transition has the potential to expand our love, to teach us more about giving and receiving and to manifest more creativity and balance in our lives.

About the Gates:

The Silver Gate: Challenges us to invite new experiences into our lives.

The White Picket Gate: Asks us to reflect on the roles we have played earlier in life and to learn to assume new roles as we grow older.

The Clay Gate: Urges us to care for and enjoy our bodies, even as we come to terms with their limitations.

The Black & White Gate: Asks us to deepen our relationships in more intimate and mature ways.

The Rustic Gate: Encourages us to use our creativity to enhance our lives, contribute to our communities and leave a lasting legacy.

The Bone Gate: Invites us to develop our courage to be authentically ourselves in the world.

The Natural Gate: Calls us to replenish our souls in silence and in nature and to take time for reflection.

The Gold Gate: Engages us in practices on nonattachment.

The Programme Dates (subject to final confirmation)

The Programme	Date
Beginning: An initial gathering to ask questions and have a taster session	Sunday, Feb 26 th 2017
The Silver Gate	Sunday, March 26 th 2017
The White Picket Gate	Sunday, April 30 th 2017
The Clay Gate	Sunday, May 28 th 2017
The Black & White Gate	Sunday, June 25 th 2017
The Rustic Gate	Sunday, July 30 th 2017
The Bone Gate	Sunday, August 27 th 2017
The Natural Gate	Sunday, September 24 th 2017
The Gold Gate	Sunday, November 5 th 2017
The Review	TBA