

**“Forest Circles” presents:**

## **The New Moon Ceremony**

*With Chief Oscar Mokeme*



In many ancient cultures the phases of the moon are celebrated and honored. The new moon is recognized as a sign of new beginnings while the full moon is a sign of completion

These unique fivehour retreats will have varying themes such as: forgiveness, clarity, release, grace and nature element.

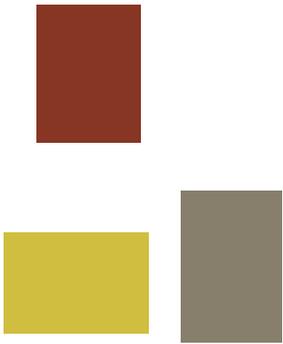
**The theme for June 17<sup>th</sup> is:**

## **What do You Expect of Yourself?**

Recent political upsets have left many in shock and despair. Have you felt this way?

How have you been affected?

Learn how to find hope and ways to peacefully navigate your life during these changing times.



This is an experiential event where we will participate in a *gentle* talking circle using art and mystical experiences to learn how to bring more peace into our lives. Participants will be given tools to continue the healing process at home.

The evening will conclude as we gather around the sacred fire, (outside, weather permitting) to witness an African Spirit mask come to life!

The Spirit mask will bless and assist each participant as they release that which is holding them back and preventing them from manifesting their intentions. It is our dream that these desires will be realized by the next full moon.



4 – 9pm @ “Forest Circles”, Topsham, Me.

Space is limited so register early.

To register call Regina @  
207-776-3152

Fee: \$50

Bring a potluck dish to share along with a drum or shaker.

For directions and more info go to [www.forestcircles.com](http://www.forestcircles.com)

***Chief Oscar Mokeme is the Founder & Executive Director of the Museum of African Culture in Portland, Maine. Oscar comes from a long lineage of the Igbo Royal Family, a family of healing practitioners from Umu-Dibia, Nigeria. He is a direct inheritor of the ancient wisdom and has over 35 years experience as a healer and practitioner of Igbo traditional medicine.***

