

Maine Coast Men - Spring 2022

Be Here Now



Drawing by
Dan Kirchoff
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Each one of us, recently or maybe years ago, walked into this room where we may not have known even one other person.

If you've been to one of our weekends before or this is your very first time, we want you all to feel it when you walk in the door. You'll get a welcoming smile (and if you want one, probably a warm friendly hug, too. No pressure.). After checking in, you'll likely meet someone for the first time and talk for a few moments as the scents of woodsmoke, fresh coffee, and the aroma of delicious food wafts in. Despite any fears about what might happen this weekend (many of us have those, too), these things reassure us that we're in the right place as the murmur of laughter and conversation fills the dining hall and men show up. Breathe it in, the friendship, the warmth and the sweetness of this place that amazingly brings about feelings of *deja vu*.

After we share a tasty dinner, we gather together our circle of men in generous silence. We hear each word from each man, feeling their truths inside us, resonating. It is time to come together. We come here to tell our stories

of these last strange years, recount our losses and our triumphs: Share what's in OUR hearts right now. Saturday, there will be workshops to bring us more fully into the present and into the stunning natural splendor that is Tanglewood in springtime. We'll have the chance to go deep if we are ready for that, share a skill you know or learn something new, make a friend, break bread and relax in fellowship: Our beautiful tradition could use another man. Give yourself a gift by stepping into something you may never have experienced or even thought of. It's not a weekend to 'make you better' at something but an opportunity to open for ourselves and for each other, as sons and fathers, grandfathers and brothers, warriors and farmers, young men and elders. Come in! Welcome to Maine Coast Men.

Join us, as a community of men, for a weekend retreat of sharing and support, exploring these issues and beyond, providing one another with ideas and experiences for encouragement along the path. We welcome all self-identified men with respect and good will to be part of Maine Coast Men.

Consider presenting a workshop (90 min) so we can learn from each other. Hands on workshops are always popular, so if there is a cost involved, let us know so we can negotiate a budget.

Contact Ham at hamniles@gmail.com to discuss your idea for a workshop. WE NEED YOU to make this a memorable and exciting weekend.

**We'll be at Tanglewood Camp
in Lincolnville, Maine
the weekend of
April 29 to May 1, 2022.**

The camp is in a remote wooded area with hiking trails and a warm, welcoming central lodge. Some cabins have heat; others don't. You can camp if you want. Fires in designated places only! Let us know if you need electricity for CPAP machine. No Saturday only option. Men are being asked to stay on campus overnight rather than going home and possibly bringing back the virus

Maine Coast Men strives to provide a safe, fulfilling, chemical-free environment which fosters individual growth and encourages honest, in-depth interaction among men. We welcome all self-identified men with respect and good will.

WHO ATTENDS: Any man who wants to register is welcome; we believe in diversity and mutual acceptance. There will be men of all ages and walks of life including fathers, sons, brothers and friends. Teens (14 to 18) may attend for free accompanied by a parent or a guardian with parental permission.

OPENING CIRCLE: Each man is encouraged to introduce himself in relation to the theme and briefly state specific issues he wants to discuss later during the weekend. The Opening Circle occurs Friday night and may include ritual.

COVID NOTICE: We require vaccination status of two shots and booster or the J&J one shot and booster. No proof is required. A signature is required.

COVID PROCEDURE: On arrival, near the parking lot tests will be given. After a negative result, you may proceed to the lodge. Show-ups will not be accepted. (No Saturday-only visits.) Appropriate Masks are strongly encouraged inside. Social distancing outside. Some of us will be sleeping in campers, cars, tents hammocks to decrease the density in the cabins. Brad knows how to do the food safely. Let us know if you need electricity for CPAP machine.

MEALS: An awesome vegetarian fare is prepared by participants and awesome crew. Meals are a highlight of the Maine Coast Men experience.

Nuts: Due to the increased prevalence of nut allergies, MCM and Tanglewood have a policy of not using nut products in the meals we provide; and we ask all participants to refrain from bringing nuts or nut related products into camp. No Potluck Friday Night... Brad will provide.

WORKSHOPS: Saturday workshops are led by participants. Past workshops have included a wide variety of topics on men's issues, spirituality, sexuality, self-improvement, singing, dancing, drumming, making the perfect cup of espresso, etc. Consider

developing one by yourself or co-facilitating a workshop with a friend. It is a rewarding experience to share a passion, an interest or an experience with other men at the weekend.

CONVERSATIONS: Do you just want to sound off about something or ask a question to which you don't have the answer? Want to brainstorm some topic with others? Claim one of the fireplaces for a conversation pit and put it out there.

**Of course, you are always
welcome to walk in the woods,
hang out and just
unwind if you prefer.**

VARIETY SHOW: Everyone is invited to participate in Saturday night's variety show by

telling a funny story, reading a poem, singing, improvising, or performing. No talent required and no performance required either; just be a member of the audience to support, applaud and cheer those who choose to entertain.

CLOSING CIRCLE: Concluding the weekend on Sunday is a group picture (you can choose not to be in it) and a closing circle in which everyone has an opportunity to share something about his experience. Everything ends at 1 to 2 pm after camp clean-up. With many hands helping, we usually get out earlier.

QUESTIONS? Contact David Hanc
hmmmbus@aol.com

or visit

MaineCoastMen.net

PLEASE REGISTER IMMEDIATELY!! and before April 15th!

Please return this form with your deposit — payment in full if at all possible.

ADVANCE REGISTRATION IS ESSENTIAL TO WEEKEND PLANNING

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Emergency contact _____ Ph. _____

Total fee (\$100*) _____ Amount enclosed _____

I plan to sleep: [] Camper/car [] Tent/hammock [] Cabin TangleWd

First time with Maine Coast Men? [] CPAP? Yes []

New Man's Initiative – MCM offers any new attendee to come for free, partial payment or pay the full \$100. Please contact registrar Tomas Levesque at 207-505-1283 for details.

Your fee covers the cost of workshops, meals and lodging. In addition to the fee, each participant is responsible for one work assignment at the lodge kitchen, firewood, et. al. ***The fee is \$100 per man.** In the event that the fee is a hardship for you, call Tomas Levesque at 207-505-1283 for scholarship accommodations.

Make checks payable to **Maine Coast Men.**

"By my signature on this application, I agree to assume all responsibility for all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge Maine Coast Men, Tanglewood 4-H Camp, and all persons associated with this event from all claims, damages, causes of action, present or future, known or unknown, anticipated or unanticipated, which result from or arise out of, or are incident to my participation in this event."

Signature _____

Send registration to: **Maine Coast Men, c/o Tomas Levesque,
92 Hardwood Lane, Freedom, ME 04941**