

Join us at the MCM October Weekend Retreat to explore the topic of *Simplicity*.

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.

Do you have a presentation you would like to make, a skill you would like to teach, or a topic you wish to discuss? All weekend workshops are presented by members of our community. We need you to make this retreat as meaningful as the ones in the past. Contact David Hanc, Program Committee Chair, at hmmmbus@aol.com with your thoughts.

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.

ABOUT THE CAMP: Tanglewood 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.

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

THE AUCTION RETURNS! During past weekends, MCM has held an auction with items that men donate to help MCM stay financially strong as well as providing scholarships to any man wishing to attend the weekend. Feel free to bring an item for the auction and the story behind it. We have had everything from CD collections to books to winter coats and even a working generator. It is a wonderful time, so bring a little extra cash to bid with.

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.

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. 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.

**Maine Coast Men
October 14-16, 2022**

Simplicity **Consider Simplifying Your Life**



Drawing by Dan Kirchoff ©2022

Simplicity
noun, plural simp·lic·i·ties.

1. the state, quality, or an instance of being simple. *freedom from complexity, intricacy, or division into parts: an organism of great simplicity.*
2. absence of luxury, pretentiousness, ornament, etc.; plainness: *a life of simplicity.*
3. freedom from deceit or guile; sincerity; artlessness; naturalness: *a simplicity of manner.*

Consider "Simplifying Your Life": Define it, understand it, decide if you want to make the effort, make a plan. (*source: dictionary.com*)

REGISTRATION FORM

Must be received by October 7th!

Name _____

Address _____

City _____ State _____

Zip _____

Phone _____

E-mail _____

Emergency contact _____

Phone _____

I plan to sleep: Cabin at Tanglewood

Camper/car Tent/hammock

First time at MCM? I use a CPAP

The fee for the weekend is \$100 per man.

Saturday only \$40. In the event that the fee is a hardship for you, call Tomas Levesque at 207-505-1283 for scholarship accommodations.

Amount enclosed _____

Signature _____

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.

We'll be at Tanglewood Camp in Lincolnville, Maine the weekend of October 14 to 16, 2022.

ADVANCE REGISTRATION IS ESSENTIAL TO
WEEKEND PLANNING

Send registration to:

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

Make checks payable to
Maine Coast Men.

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, etc.

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.

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.

QUESTIONS? Contact David Hanc
hmmmbus@aol.com or visit

MaineCoastMen.net

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.

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.

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.

