

Improvisation



As we enter our third year of the worldwide COVID-19 pandemic we find that the world has changed. The United States population is now the most obese, addicted, indebted, and medicated cohort in our country's history. Men who have strived to work hard, sacrifice, and tackle big things have experienced zero immunity to repel the inevitable decline in cognitive skills, mobility, strength and health. Doubling down on working and effort has resulted in anger, fear, and disappointment displacing the joy, and fulfillment that we seek.

Even Mike Tyson, considered to be one of the greatest heavyweight boxers of all time, said this about one's ability to maintain in the face of adversity, "Everyone has a plan until they get punched in the mouth."

The theme for the Spring 2023 Maine Coast men retreat is Improvisation. While most of have become familiar with the term through its use in the culture of actors and musicians, improvisation has its own set of strategies and rules which are not limited to the theater or the sound stage. When we act in the world, our best laid plans and intentions come up against people who each have their own scripts that they are acting out. The ability to shift perspective at the right time is a valuable skill.

At the weekend we plan to explore stories where we might say "Yes" instead of "No", face the facts, practice making mistakes, learn about loosening up, keep our feet under us when the world smacks you down, as we laugh and enjoy ourselves in adding improvisational skills to our life toolbox.

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.

**Visit mainecoastmen.net
to register online and
for more information**

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**A Retreat of Men
Friday, May 5 to
Sunday, May 7, 2023
at Tanglewood 4H Camp**