

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 at the MCM May Weekend Retreat to explore the topic of *Improvisation*.

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 Dennis Pollock, Program Committee Chair, at dpollock77@gmail.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.

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 Update: To protect our fellow men, we require proof of vaccination and a booster and a same day COVID test either at home or when you arrive. At registration, please provide proof of your negative test (the test stick or a photo) or take a test we will provide. After a negative result, you may proceed to the lodge. 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. For Saturday only attendees, contact the registrar, Tom Beal, at 207-669-0008, when you arrive so a test can be checked/administered.

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.

**Maine Coast Men Spring 2023
May 5-7, 2023**

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.

**REGISTER ONLINE at
MaineCoastMen.net**
or mail in by April 28

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 Tom Beal at 207-669-0008 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
May 5 to 7, 2023.**

Register (and pay) online at mainecoastmen.net
or send registration to:

**Maine Coast Men, c/o Tom Beal,
22 Bobolink Lane, Blue Hill, ME 04614**

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 fee. Please contact registrar Tom Beal at registrar@mainecoastmen.net or 207-669-0008 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.

Friday night Potluck is back! Please bring a vegetarian casserole, salad or dessert to share.

QUESTIONS?

Contact registrar@mainecoastmen.net 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.

