

Register for Maine Coast Men Fall 2024 October 18 to 20, 2024

Awakening Our Potential

In the journey of life, we often find ourselves seeking ways to grow and improve. Though born with limitless potential, many of us lose sight of this truth as we navigate life's challenges and become entangled in its demands. Rediscovering and awakening our innate human potential thus becomes a crucial aspect of our personal evolution.



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Exploring Our Potential

This journey of self-discovery and growth encompasses various aspects:

- Understanding the true nature of love
- Moving beyond the confines of the mind to connect with our hearts and bodies
- Transforming suffering into opportunities for growth
- Reconnecting with our inner child and rediscovering the joy of play
- Cultivating self-acceptance, love, and compassion
- Embracing change with openness and resilience
- Creating more harmony and joy in our lives
- Boosting our energy and vitality

- Finding fulfillment through selfless service to others
- Recognizing and honoring the wisdom that comes with age

Shaping Our Retreat Experience

We invite you to take an active role in crafting our retreat experience. Lead a workshop that resonates with your personal journey and interests, contributing to a program that reflects our community's collective wisdom.

Community Agreements

We require all MCM members to abide by the following Community Agreements:

Safety: I will protect the dignity and personal safety of all present at all times. Physical or verbal violence and uninvited touching will not be tolerated. Seek and receive consent from a person before touching them and respect their response with dignity.

I will call "safety" or notify organizers if I see or am subject to anything that I understand to be unsafe.

Confidentiality: I can share with others about my own experience and learning. I MAY NOT share another participant's name or specifics of what they said or did unless I have received their explicit permission to do so.

Respect: I will be sober. One man speaks at time. I will listen with all possible respect and compassion to other men's sharing.

Limitation: In extreme cases where a threat is made and credible intent to harm one's self or another is determined, referral to authorities may be necessary for the safety of the men concerned.

Sex: No sexual contact with myself or others at Maine Coast Men events.

Accountability: I agree to hold myself and others accountable to these agreements and will allow the group to hold me accountable if I break one or more agreements. Refusal to abide by this code may result in my removal from the event and other possible consequences.

Maine Coast Men strives to provide a safe, fulfilling, chemical-free environment that fosters individual growth and encourages honest, in-depth interaction among men.

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.

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.

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 favorite casserole, salad or dessert to share.

WORKSHOPS: 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. 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. Contact workshop committee at workshops@mainecoastmen.net with your thoughts.

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.

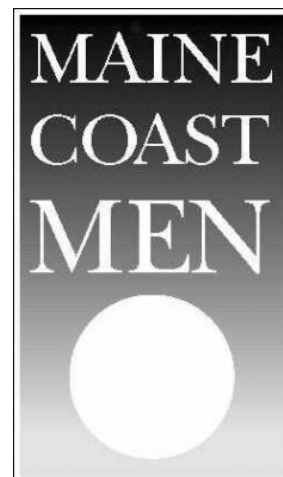
Join us at the MCM Fall Weekend Retreat to explore the *Men's Work*.

Join a community of men for a weekend retreat of sharing and support. Expect to hear from others and share your perspectives on what matters most to you: Relationships, Aging, Death, Sex, Work, Sobriety, Mental health and Spirituality. We welcome all self-identified men with good will who will abide our community agreements to be part of Maine Coast Men.

QUESTIONS?

Contact registrar@mainecoastmen.net or visit:

mainecoastmen.net



Maine Coast Men Fall 2024 Retreat Registration Form

Register online at <https://MaineCoastMen.net> or mail in by October 14

**We'll be at Tanglewood Camp
in Lincolnville, Maine
the weekend of
October 18 to 20, 2024**

**The fee for the weekend is \$100 per man.
Saturday only \$40.**

Amount enclosed _____

Name _____

Address _____

City _____ State _____

Zip _____

Phone _____

E-mail _____

Emergency contact _____

Phone _____

Make checks payable to
Maine Coast Men.

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**

I plan to sleep:

Cabin at Tanglewood

Camper/car

Tent/hammock

First time at MCM?

(New men can come for free)

I use a CPAP (I will need an electric outlet)

I agree to abide by the MCM Community
Agreements (see first page).

I will protect my fellow men by following the
COVID procedures:

I will take two COVID tests: one at home on the day
before I arrive and second, when I arrive at Tanglewood
during registration.

I will not come if I am sick or have been exposed to
someone with COVID or have COVID symptoms: sore
throat, fever or chills, cough, shortness of breath or
difficulty breathing, fatigue, muscle or body aches,
headache, new loss of taste or smell, congestion or
runny nose, nausea or vomiting, or diarrhea.

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.

Hardship Funding Available – In the event that
the fee or purchasing a COVID test is a hardship for
you, call Tom Beal at 207-669-0008 for
accommodations.

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.*