

Register for
Maine Coast Men
Spring 2025
May 2 to 5, 2025

Men's Movement

Life is movement—constant change, evolution, and transformation. Yet, as men, we often find ourselves stuck in routines, disconnected from our bodies, emotions, and inner wisdom. "Men's Movement" is an invitation to step into the flow of life with renewed awareness, strength, and connection.

This weekend retreat is an opportunity to engage in movement in all its forms—physical, emotional, and spiritual. Through workshops like guided walks in nature, drumming, poetry, stretching, and open discussions, we will explore how movement shapes our identities, relationships, and personal growth. Whether it's deepening our connection with others, releasing old patterns, or finding new ways to express ourselves, this retreat offers a space for self-discovery, reflection, and renewal. Let's move forward—together.

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.

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Community Agreements

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

1. 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.

2. 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.

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

4. 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.

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

6. 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.

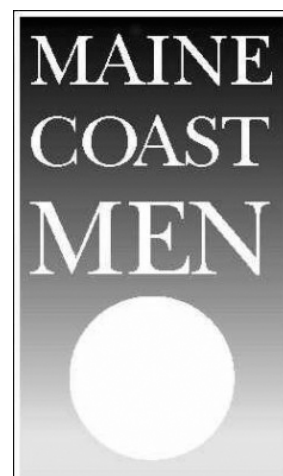
Join us at the MCM Fall Weekend Retreat to explore the *Men's Work*.

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 Spring 2025 Retreat Registration Form

Register online at <https://MaineCoastMen.net> or mail in by April 28

**We'll be at Tanglewood Camp
in Lincolnville, Maine
the weekend of
May 2 to 4, 2025**

**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.