Maine Coast Men Weekend Retreat

Friday to Sunday, May 1 to 3, 2026 at Tanglewood 4H Camp, Lincolnville, Maine

Becoming an Illuminator

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In David Brooks' book, How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen, he describes an "illuminator" as someone who approaches every person with curiosity, humility, and generosity, assuming that each human being has a rich interior world worth discovering. Instead of focusing on themselves or rushing to judge, Illuminators slow down, ask thoughtful questions, and give others their full attention. To strive toward this is to practice a quiet kind of love: to make people feel visible in a world that often overlooks them — and, in doing so, to strengthen the human connections that give life its depth and meaning.

This weekend, we gather as brothers to reflect, share, and support one another in that journey forward. Whether you're navigating a transition, recovering from a setback, or simply seeking a new direction, this is a space to reconnect with your strength, your purpose, and your spirit. Together, we'll explore what it means to move on — not just physically or circumstantially, but spiritually and emotionally — with courage and intention.

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 goodwill who will abide our community agreements to be part of Maine Coast Men.

Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026	Register for Spring 2026 Weekend Retreat MaineCoast Men.net May1–3, 2026