

Maine Coast Men Weekend Retreat

Friday to Sunday, October 16 to 18, 2026 at 4H Camp & Learning Center
at Tanglewood, Lincolnville, Maine

Movement is Life

Many of us, both young and old, often find ourselves restrained in some way as we become more inactive, tired, and low on energy. To counter this tendency various forms of movement therapies and practices can help us become more flexible, open, vibrant, happy, and healthy while being less stagnant, weak, and stationary. We all want to thrive and not just survive as we age.

Keeping a flow of movement is an integral and necessary part of life. It comes in many forms on different energetic levels. It includes not only physical movements that help release tension, improve our circulation, posture, and stamina, but many ways to regenerate the subtle energy body. On one hand you have physically active practices like walking, stretching, dancing, swimming, posture bodywork, somatic practices, contact improv, aquatic therapies, and massage. On the other hand, you have forms of movement that involve breathing, sound vibrations, heat therapy, laughter, kinetic practices, singing, yoga, chi gong, martial arts, and other ways of activating vital energies that help us move the breath, feelings, emotions, and thoughts while expanding our awareness and transforming our spiritual sense of wellbeing. Many of these practices can be done alone or in a group and are well worth exploring.

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.



Illustration by Dan Kirchoff

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. 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 (ages 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:

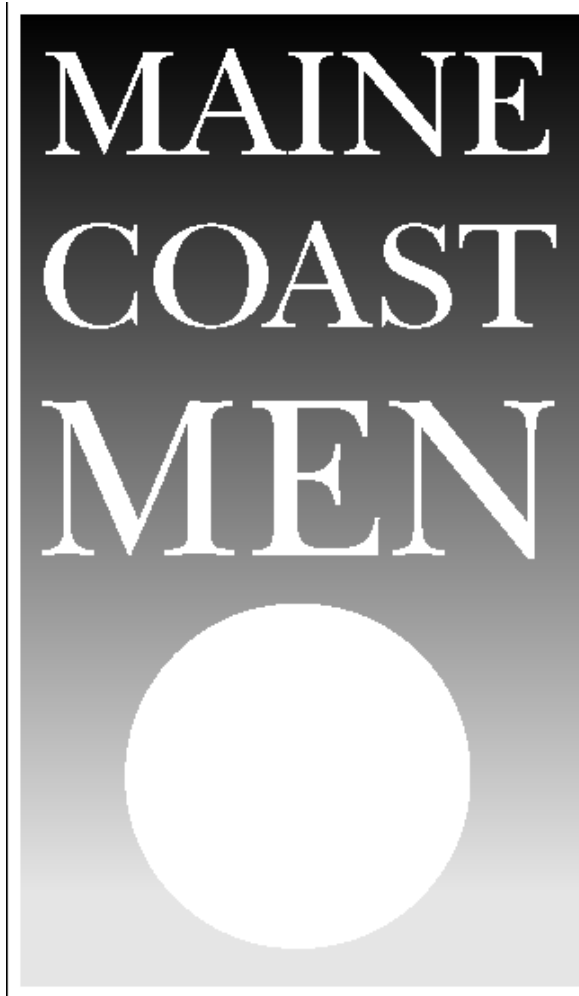
Each man is encouraged to introduce himself in relation to the theme and briefly state specific issues he wants to discuss later during the weekend. The Opening Circle occurs Friday night and may include ritual.

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 Spring Weekend Retreat to explore Movement is Life.

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 2026 Retreat Registration Form

Register online at <https://MaineCoastMen.net>
or mail in by October 9, 2026

We'll be at 4H Camp & Learning Center at
Tanglewood, Lincolnville, Maine,
the weekend of October 16 to 18, 2026

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?

(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 all
COVID procedures:

I will take a COVID-19/Influenza A/Influenza B test
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.

The fee for the weekend is \$100 per man.

Saturday only is \$40 per man.

Amount enclosed _____

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

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.