

Attend our 52nd Maine Coast Men Gathering

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

WHO ATTENDS: Any man who wants to register is welcome. Teens (14 or older) may attend at no charge accompanied by a responsible adult. We believe in diversity and mutual acceptance. Some men may bring fathers, sons or brothers.

SETTING: The camp 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, please.

MEALS: An awesome vegetarian fare is prepared by participants with excellent results. Weekend retreat meals are a highlight of the Maine Coast Men experience. Everyone is encouraged to bring a casserole, salad, or dessert to share for the Friday night potluck.

OPENING CIRCLE: There will be men of all ages and walks of life. Each man has an opportunity 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, which frequently includes ritual and pageantry.

WORKSHOPS: All of Saturday's workshops are lead by participants. Anyone wanting to plan, lead or explore with others can have a voice in this process. Past workshops have included a wide variety of topics on men's issues, spirituality, sexuality, self-improvement, singing, dancing, drumming, etc. Of course, you are also welcome to walk in the woods, hang out and just unwind if you prefer.

VARIETY SHOW: Any man is welcome to participate in Saturday nights variety show by telling a funny story, reading a poem, singing, improvising or performing. Guarantees of talent are never made!

CLOSING CIRCLE: Concluding the weekend on Sunday is a group picture and a closing circle in which everyone has an opportunity to share something about his experience. Everything ends at 2 to 3 pm., after camp clean-up.

QUESTIONS?:

Contact John Bangeman, 207-785-2032 or visit mainecoastmen.net

Theme: Perceiving the World Differently

Okay, so you get up in the morning and put on your pants one leg at a time. Which leg do you put in first? Left? Right? What if you consciously decided to put the other leg in first, just for kicks and giggles? What if you decided not to wear underwear for a day, just to be weird? What if you spent the day with your ears plugged up so you couldn't hear, to see what it's like to be deaf? What if you decided to blindfold yourself and see how well you get around? Perceiving the world around us differently isn't the easiest thing to do, but it's always rewarding.

Maine Coast Men Spring 2016 is a challenge for you to come and perceive the world in a different way. Come with an idea to do something you wouldn't normally do. Do you ever sing? How about dance? Do you ever just stand outside and holler in the rain?

C'mon. Take a look at things in a different way. Challenge yourself. You won't regret it.

Workshops:

Workshops are a vital part of the weekend. 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.

Nuts:

Due to the increased prevalence of nut allergies, MCM along with Tanglewood has instituted a policy of not serving nut products in the meals we provide and ask all participants to refrain from bringing nuts or nut related products into camp.

Variety Show:

"Hey Guys, don't forget the 'Variety Show' on Saturday night. No talent required, and no performance required either. This is a great opportunity to try something out. Consider telling a joke, sharing a story, singing a song, reading a poem, an essay or a favorite quote. Or be a member of the audience to support, applaud, and cheer those who choose to entertain. This is a Win-Win situation." *Carl S.*

PLEASE REGISTER IMMEDIATELY!

Enrollment is limited! Please return this form with your deposit. — payment in full if at all possible. Deposit is refunded to anyone turned down.

ADVANCE REGISTRATION IS ESSENTIAL TO WEEKEND PLANNING

Name _____

Address _____

City _____ Zip _____

Phone _____

E-mail _____

For emergencies:

Name _____ Ph. _____

Total fee (see below) _____ Amount enclosed _____

First time with Maine Coast Men? Check here.

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.). The fee is \$100 per man with a \$10 discount to those who register before April 5. We're building a reserve of \$3,000 for scholarships, etc. We're at \$2,700. If you can afford a little more, we appreciate it. In the event that the fee is a hardship for you, call John Bangeman at 207-785-2032 for scholarship accommodations. Make checks payable to Maine Coast Men.

"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."

Signature _____

Send registration to: Maine Coast Men, c/o John Bangeman, 266 Payson Rd., Union, ME 04862

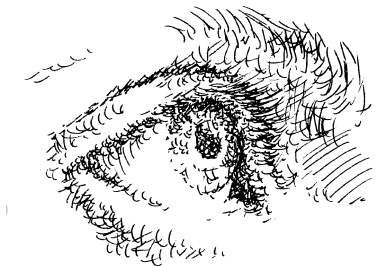
Maine Coast Men

266 Payson Rd., Union, ME 04862



Maine Coast Men

Perceiving the World Differently



WE INVITE YOU TO ATTEND

A Weekend Gathering of Men

AT TANGLEWOOD 4-H CAMP

ON THE BANKS OF THE
DUCKTRAP RIVER,
LINCOLNVILLE, MAINE

APRIL 29 TO MAY 1, 2016