

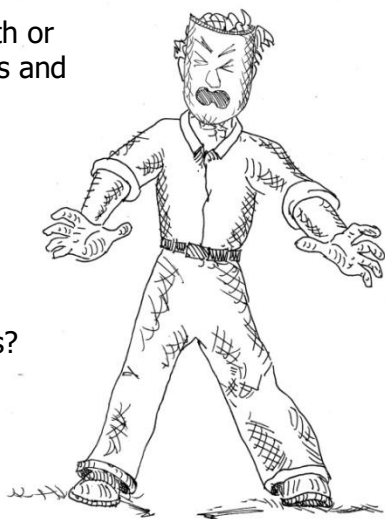
## Had enough of your own drama yet?

We are constantly challenged in life, be it with our work, partnership, health or money issues, our life's responsibilities and demands. There is often drama, exasperation, anger or depression accompanying the stress of meeting these challenges.

How about a weekend where you could drop the roles you play in the world and just hang out with the guys?

Here's a chance to share what's going on.  
Maybe to find out that you're not alone.

Maybe to get advice/support from other men.



### Maybe it's time to drop the mask...

- Of the guy who's got it under control
- Of the martyr sacrificing himself for others
- The Victim of outrageous fortune
- The Hero with super-powers to fix everything

### MAYBE EVEN

- A clown unruffled by it all
- A recluse in his safe world
- The bored guy to whom nothing ever happens

## How about a virtual challenge course?

We've found that most men get a great deal out of sharing what's going on with them and being heard by a circle of men. We want to maximize the opportunities for that this weekend by structuring the Saturday morning workshop time as a series of challenges you'll confront as a small group – some physical, some creative – all revealing the issues, obstacles and fears that keep us from growing.

### **Come be challenged.**

Confront your weaknesses and fear and build up your strengths and trust.

As a community of men we will gather and talk and support each other through the process of dealing with challenges, attempting to find the reasons and resolve the stresses...

**...Without the Drama.**

### **Maybe you'll Rewrite the Screenplay of your Life!**

**We'll be at Tanglewood Camp in Lincolnville, Maine the weekend of October 14 – 16, 2016.**

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!

**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. 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 with parental permission. We believe in diversity and mutual acceptance.

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 frequently includes ritual and pageantry.

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

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.

WORKSHOPS: Saturday workshops are lead by participants. 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.

**Of course, you are always welcome to walk in the woods, hang out and just unwind if you prefer.**

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 2 to 3 pm after camp clean-up. With many hands helping, we usually get out earlier.

QUESTIONS? Contact John Bangeman, 207-785-2032 or visit [mainecoastmen.net](http://mainecoastmen.net)

**PLEASE REGISTER IMMEDIATELY!!**

Please return this form with your deposit — payment in full if at all possible.

**ADVANCE REGISTRATION IS ESSENTIAL TO WEEKEND PLANNING**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Contact 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 Sept 15. 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