

## Attend our 47th 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.

### **FURTHER INFORMATION:**

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

## **Theme: "Grateful For The Past, Looking Toward The Future, Living In The Now."**

This coming Mid-Coast Mens weekend is a time for reflection on the past weekends. To share those "aha" moments in the past with our brothers. Then there is looking towards the future. What do we want to create for ourselves, the Mens movement and our world. Living in the present. This weekend we invite you to stop, take a deep breath to experience the sacred moment.



**PLEASE REGISTER IMMEDIATELY!**

Enrollment is limited! Please return this form with your deposit. — payment in full if at all possible. Deposits will be returned to anyone who is turned down.

ADVANCE REGISTRATION IS ESSENTIAL TO WEEKEND PLANNING

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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

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. 20. In the event that this is a hardship for you, some scholarship money is available by calling John Bangeman at 207-785-2302 for some accommodation. 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

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**Maine Coast Men**

**Grateful For  
The Past, Looking  
Toward The Future,  
Living In The Now.**



WE INVITE YOU TO ATTEND  
**A Weekend  
Gathering of Men**

AT TANGLEWOOD 4-H CAMP  
ON THE BANKS OF THE  
DUCKTRAP RIVER,  
LINCOLNVILLE, MAINE

**OCTOBER 18 TO OCTOBER 20, 2013**