

# Maine Coast Men

A weekend gathering of Men  
Friday - Sunday  
October 13-15, 2017 at  
Tanglewood 4H Camp  
Lincolnton, Maine

## Wabi-Sabi Living



The image of a farmer balancing two baskets on a yoke across his shoulders.

How does one embrace the inevitability of decline and old age? By simplifying until there is nothing left. By eliminating expectations so that nothing is wanting. The superior man dies broke having given his all in the end.

**nothing lasts,  
nothing is finished and  
nothing is perfect.**

“Wabi” means simplicity, humility and living in tune with nature. It describes someone who is content with little and who makes the most of whatever is at hand – always moving toward having less.

“Sabi”, on the other hand, refers to what happens with the passing of time. It’s about transience and the beauty and authenticity of age. Practicing sabi is learning to accept the natural cycle of growth and decay, as well as embracing the imperfections that come with this progression.

Together, wabi and sabi form a feeling that finds harmony and serenity in what is uncomplicated, unassuming, mysterious and fleeting.

**[mainecoastmen.net](http://mainecoastmen.net) for more information**