

Wabi-Sabi Living

Two Japanese words are joined to convey a certain look, feeling and world perspective.

“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.



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.

We'll be at Tanglewood Camp in Lincolnville, Maine the weekend of October 13, 14 & 15, 2017.

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 honest, in-depth interaction among men. We welcome all self identified men with respect and good will.

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 (14 to 18) may attend for free accompanied by a parent or a guardian with parental permission.

SATURDAY ONLY OPTION: If you just want to check it out, come for Saturday only for \$30 and stay through the variety show. Bring a teen 13 and up for a special program of bocce ball, cooking, fire building and fun stuff.

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.

THE AUCTION IS BACK! Last spring we had great fun auctioning off items from our lives and telling the stories behind them as we let them go, so bring an item worth around \$10 and a story about it to share. The proceeds help ensure that MCM remains financially strong and allow us to provide scholarships to men who need it. To make participation in the auction easy and available to all, we provide every man with 10 MCM dollars.

WORKSHOPS: Saturday workshops are led 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.

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.

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

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 _____ State _____ 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 September 15. Saturday only \$30. We're building a reserve of \$3,000 for scholarships, etc. 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