

Mennonite Men's Retreat – April 12-14, 2019



Against Atrophy: A Look at How Men Build or Lose Muscle Tone in the Soul

This year at Men's Retreat, Jonathan Sauder will lead two sessions examining connections between male fragility and the unjust division of emotional labor in our society. We will work together to examine some of our inherited definitions of manhood and womanhood.

Human connection requires vulnerability. Vulnerability requires strength of soul. Men who are always excused from emotional labor eventually atrophy and begin to feel threatened, rather than invited, when someone with a well-toned soul calls them to be their best selves and to show up for the hard work of sustained relationship.

Come to Charter Hall again this year to renew friendships, find support in the midst of life's fits and starts, and reframe the lenses through which you view the (e)motions of your soul.

Saturday afternoon is free time. There are great cued biking routes (bring your own bike), canoeing or kayaking in the bay (boats provided), or time to catch up on reading or sleeping. We'll work together preparing wonderful food culminating in a Saturday evening feast and the "Passing of the Port." Our own vintner Ken Kulp will offer tastings as well.

Some things you need to know

- Retreat is at Charter Hall Retreat Center, 499 Charter Hall Road, Perryville, MD. Use your GPS and you'll be there in a little over an hour from Lancaster, or ask for directions when registering.
- Bring your own bedroll or sleeping bag. Accommodations are rustic, but adequate.
- Retreat starts at 6:30 p.m. with meal, included in cost of weekend.
- Cost is \$95. Saturday only \$50.
- Budget tight? No problem. Pay what you can, but let us know ahead of time.
- Register online by going to the CMCL website. You will find a link to the registration page on the newsfeed in the lower right hand corner of the home page. (communitymennonite.org) Or contact Linford Good at 717.203.1170, lingood@comcast.net
- You will have an option when registering to bring food along to supplement our meals. Not required, but if you do prepare food, your costs can be deducted from your weekend fee.
- ***Get your registrations in no later than Friday, April 5.***