

The 16th Annual
UUFC Men's Retreat
Oct. 20 - 22, 2017
Menucha Retreat Center
Corbett, Oregon



“Resilience: Understanding it and fostering it in our everyday lives”

All of us face challenges, setbacks, and catastrophes in our lives. There is no escape. What have we, our friends, and generations before us, experienced and how have they responded? What can we learn from the hardships we have faced? How much hardship do we really bring upon ourselves vs. from the outside world? How can we develop ourselves to be maximally resilient? In this retreat we will share experiences, insights, and strategies for helping us to be strong and wise as we face—and recover from—life's storms. We will also take time to reflect on our own state of being, and to sing, relax and make new friends amidst the special environment of the Menucha Retreat Center overlooking the Columbia Gorge.

Please register now.

We are limited to 36 and we usually fill up.

Fees will again be on a sliding scale: *\$185 full fee, \$135 (25% scholarship) or \$90 (half off scholarship)*, based on your ability to pay. The price includes two nights lodging (three persons to a room) and six great meals. Menucha is renowned for its fine food fare. **See this link at the Menucha website for more information:** <https://menucha.org>

To Register: Use the form on the next page. **Make a copy for your records.** Then send the form *and* your check (payable to UUFC) to: **Lloyd Wagenschutz, 3030 NW Lynwood Circle, Corvallis, OR 97330.** Think your plans may change? *Full refunds will be available for cancellations received by 9/20/17;* refunds after that are dependent upon our ability to fill your space from the waiting list.

For more information, contact planning committee members:

Steve Strauss – 541-760-7357, steve.strauss@oregonstate.edu; Lloyd Wagenschutz – 541-753-9071, lpwz124@comcast.net; Al Ross – 541-250-9451, alross452@comcast.net; Tim Barraud – 541-829-3554, timbarraud@comcast.net; Alan Kirk – 541-602-2110, alanrkirk@gmail.com.

● **What is the UUFC Men's Retreat?** ●

The UUFC Men's Retreat is an annual getaway for UU men from the day-to-day demands of our busy lives. It is a time to set aside for connecting with other men in the *Fellowship* and for reflecting on the larger questions of life. Previous retreat themes have included **Courage**, showing up for yourself and others; **Body, Mind, Heart, and Spirit**, exploring these dimensions of ourselves; **Men in Community**, building closer relationships with other men and barriers to closeness; and **Honoring the Women in Our Lives**, our partners, mothers, daughters, and friends.

Registration Form – 2017 UUFC Men’s Retreat

● **Location: Menucha Retreat and Conference Center (Menucha.org).** We will be staying and meeting at the Creevey Complex, Menucha’s newest addition built in the Northwest lodge style. There are three housing buildings, each with four rooms for three persons. Bedding and linens are provided. We’ll meet in a central meeting hall. **Space is limited; please register now! More information later!**

● Registration Information (please print)

Your Full Name

Address: Street City State Zip

Your email address

Best Phone # to reach you

Emergency Contact Person

Emergency Contact Person’s Phone #

*Do you need a ride? Y ___ N ___ Can you drive other men to the retreat? Y ___ N ___ If yes, # ___

*Do you require gluten-free, vegetarian, or other special meals? Y _____ (specify) N ___

*We would appreciate your help! Please check the areas (if any) in which you would be able to help:

Coordinate Carpools ___ Clean Up ___ Other (lead activities, etc.) _____

The retreat is a time to actually “retreat” from the day-to-day demands of our busy lives. We ask that you plan to spend the entire weekend, including Friday and Saturday nights at the Retreat. Thank you!

● Getting there & back

Arrive: Friday, 10/20/17, 6:00 p.m.

Menucha Retreat and Conference Center, Corbett, OR
(see menucha.org for directions)

Opening Dinner: 7:00 p.m.

Opening Circle: 8:00 p.m.

Depart: Sunday, 10/22/17, 2:00 p.m.

Note: Keep a copy of this form for your records!

● Retreat fee (check one):

\$185 ___ \$135 ___ \$90 ___

Donation for Scholarship Help \$ _____ **Total \$** _____

Please make check payable to UUFC. Put “Men’s Retreat” on note line.

Mail this form & your check to: Lloyd Wagenschutz,
3030 NW Lynwood Circle, Corvallis, OR 97330

NOTE: No Refunds after 9/20/17 unless your space can be filled from the waiting list.

Special needs contact:

Lloyd Wagenschutz at 541-753-9071

email: lpwz124@comcast.net