

The 17<sup>th</sup> Annual  
UUFC Men's Retreat  
Oct. 19 - 21, 2018  
Menucha Retreat Center  
Corbett, Oregon



**“Visiting the Deeper Layers: Open-hearted encounters with ourselves”**

Most of the time we are occupied with our personal situations and the goings-on of the world – plans, opinions, and our built-in emotional reactions. Yet we know there are deeper dimensions to this mysterious life. We yearn to be in touch with them, yet we may also fear them, recoil from them, and scoff at them.

Reverend Mark Gallagher, formerly minister at the UU Fellowship in Vancouver, Washington and visiting minister at our UUFC, will help us to probe beneath the surface layers. He will help us to practice the art of bearing honest, non-reactive witness to our living experiences. He will guide us in cultivating an open-hearted attitude and provide gentle tools for probing around in the psyche -- unearthing truths so that we may embrace more of who we really are. We will also take time for self-reflection, 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 (50% 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 9/20/18;* 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](mailto:steve.strauss@oregonstate.edu); Jed Irvine – 541-740-5633, [irvine@eecs.oregonstate.edu](mailto:irvine@eecs.oregonstate.edu); Alan Kirk – 541-602-2110, [alanrkirk@gmail.com](mailto: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 **Resilience**, understanding and fostering it in our everyday lives; **Courage**, showing up for yourself and others; **Body, Mind, Heart, and Spirit**, exploring these dimensions of ourselves; and **Honoring the Women in Our Lives**, our partners, mothers, daughters, and friends.

## Registration Form – 2018 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. **Details to follow.**

● **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, 10/19/18, 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, 10/21/18, 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 9/20/18 unless your space can be filled from the waiting list.

**Special needs contact:**

Lloyd Wagenschutz at 541-753-9071

email: [lpwz124@comcast.net](mailto:lpwz124@comcast.net)