

Mission

To help men to better understand their hearts by creating opportunities for the authentic expression of passion and the full range of human emotion.

Dear Brother,

Once again, the Men's Council of Greater Washington creates a weekend gathering of men that provides numerous opportunities for growth as well as time to relax, have fun, connect with other men, and reaffirm our authentic male power in a healthy positive way. We hope that you will join us!

The Men's Council of Greater Washington

What to Expect

Powerful rituals — these help to create a safe and supportive environment as well as one that challenges us to learn and grow.

Small group activities — deepen the experience, leading men through **structured processes**, as well as time for **open discussion** and development of closer relationships.

This Year's Theme for Ritual and Small Group Structured Processes:

In the face of uncertainty, and a world characterized by conflict, divisiveness and fear, how do we deal with change and the search for meaning and wholeness?

In addition to the rituals and small groups, the weekend will include activities such as:

- Workshops*
- Talking stick circle
- Sweat lodge
- Meditative Nature Walks
- Storytelling
- Poetry
- Drumming
- Yoga and/or Tai Chi
- Continuously open sauna
- Activities for Boys**

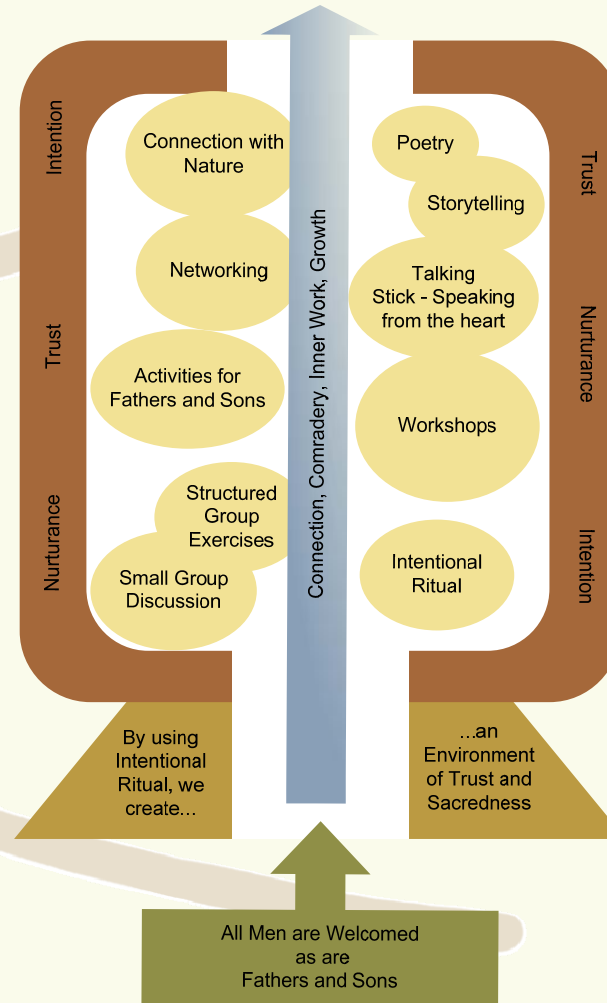
* For more information on the workshops please visit our website. If you would like to present a workshop or have an idea for one, contact Earl Foote at workshops@MensWork.org

This year, in addition to pre-scheduled workshops, we plan to have more time for men to **network**: opportunities to discuss and/or present their passions and missions in the world.

** See the "Activities for Boys" section for important details.

Visit our website for more details:
<http://www.MensWork.org>

We Emerge with a Stronger
Connection to Self and Sense of
Relevance in the World



This year, while continuing our focus on personal growth and renewal, we encourage participants to also see the annual gathering as a place to share the experience they have in other powerful growth, training and service groups, working to make a difference in the world.

Please join us as we explore and work to **build a community of strong and grounded men.**

Logistics

LOCATION: Buffalo Gap Camp is located about 2 1/2 hours west of Washington DC in the beautiful foothills of West Virginia. The Camp includes a dining hall, covered pavilion, beach, sauna, lake, and first aid station. The kitchen staff provides excellent meals including vegetarian dishes. Cabins contain about a dozen bunks each (with mattresses only) and have electricity, hot water, toilets, sinks and showers. Most camp buildings are not heated. Tents are welcome.

TIME: The weekend begins with a buffet dinner 6-7PM Friday. You are welcome to arrive as early as 3 PM; opening ceremony is 8 PM. Planned events end by 2 PM Sunday; Sauna and facilities will be available until 6pm.

WORK SCHOLARSHIPS: A limited number of work scholarships are available. Contact Pat Noon for details at scholarships@MensWork.org or (703) 597-3633

THINGS NOT TO BRING: Illegal drugs, alcohol and weapons are prohibited at the camp, as are pets. We encourage you to leave cell phones in the car.

Very Important: Please visit our website or contact our Registrar, Robert Haley, for additional logistics and other information including:

- Directions
- Things to bring

Contact information for Robert Haley can be found on the reverse side of this brochure. Our website address is:

<http://www.MensWork.org>

Activities for Boys

Several generations of men and boys at the weekend provide a unique opportunity to refresh family bonds. Boys need space to play, explore, and be boys; they also need clear structure, boundaries and rules to follow. A positive, safe and successful experience for our boys requires supervision and participation by fathers, guardians and the support of other men. While a man will lead activities, **men bringing younger boys** should expect to **spend the majority of their time with their boys**, assisting and supervising both structured and unstructured activities.

While those bringing older boys may provide less supervision, active involvement will still be required. All fathers and guardians must be willing to actively enforce boundaries and rules. **A release signed by a parent or legal guardian for each minor is required.**

Opportunities may include playing and swimming at the lake, field games, bonfire, face and body painting, drumming and more.

RESPONSIBILITY FOR MINORS: Childcare is not provided and there is no lifeguard at the lake. Adults who bring minors must sign for, supervise and take responsibility for the minors' safety and behavior. Given this responsibility, and the lack of any dedicated childcare, men who bring boys will unlikely be able to participate fully in workshops and activities.

