



Winter Gathering 2014

This year's theme:

"Recharging"

Late Friday Afternoon January 31 to
2 PM Sunday February 2

*On the grounds of the
Darling Marine Center
Walpole, Maine*

<http://www.dmc.maine.edu/>

Sponsored by:

First Light Men's Council

<http://1stlightmen.blogspot.com>

"First Light Men is a community of men who explore, share, and celebrate their diversity and common experience in an open and safe environment. Our intention is to provide a vessel within which men can communicate with and through their true voice. We seek to foster wholeness in ourselves, our families, communities, and the world."

The First Light Men's Gathering is an intentional non-denominational community, created by the men who participate in it. We come together to encourage and support each other as brothers, giving of ourselves and being open to the gifts of others. Through workshops, music, sharing food, listening, relaxing, playing, talking, laughing, singing and sometimes crying, we work toward breaking down some of the walls that separate us from each other and the world.



Weekend Outline

Registration begins at 4 PM Friday with dinner served from 5:00 to 7:00. **Opening Circle** follows dinner. It's a time for general orientation, and for getting to know each other better through individual check-ins. Opening Circle is intended to set the tone for the time we will be together over the weekend.

Saturday: After breakfast, an **Opening Session** involves a group exercise, and will be followed by morning and afternoon **Workshops** presented voluntarily by attendees inspired to share with the rest, to enrich others or to explore a topic of interest or a question in the company of other men. All men are invited, to voluntarily present and/or participate in workshops. Workshops are not mandatory and free time is available Saturday afternoon.

After dinner is **Arts and Entertainment**. Sing a song, read a poem, tell some jokes, play an instrument, stand on your head. We all have talent. You will never find a more welcoming audience to perform for. This is the place to let your light shine for the rest of us.

After A & E there is a **music circle** open to all. Men playing and singing together has an ancient history. It is a time of playfulness, and for some men it is the high point of a gathering.

Sunday begins with breakfast followed by another workshop period. Prior to lunch is **Closing Circle**, where we share some feelings about our experiences, and prepare to re-enter our usual lives, hopefully a little more centered and enlightened.

Other activities spontaneously occur throughout the weekend such as outdoor walking, sports, hiking, stargazing, games, conversation, special interest groups and music making.

Recharging

At times we may feel low on energy or we find that certain situations can be draining. What are ways that you recharge or restore your energy? Personal time, special friends or favorite activities are some ways we might recharge.

Use this weekend to re-energize and share in the collective wisdom of other men in a beautiful wilderness setting on the Damariscotta River in Midcoast Maine.

“I think that I cannot preserve my health and spirits, unless I spend four hours a day at least – and it is commonly more than that – sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements.” – Henry David Thoreau

The Darling Marine Center is located at 193 Clarks Cove Rd. Walpole, ME. From Rte. 1 in Damariscotta head into the village on Business Rte. 1 and get onto 129/130 heading towards Bristol for 3 miles, then go right on 129 for another 3.5 miles to Clarks Cove Rd. (Just past Wawenock Golf Course). It is 1 mile to the entrance to DMC.

This new location offers heated dorm rooms with linens, beds and hot showers and all meals are prepared by DMC chefs to any dietary preferences.

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____

Emergency Contact: _____

Phone: _____

Food preference: _____

Registration is limited to the first 34 paid registrations. To reserve a place a \$100 down payment is required. The weekend fee is \$175 which includes all meals and heated, double occupancy rooms. Limited scholarships are available. If you need financial assistance, please contact Ralph Manglass @ 207-650-2908. If you would like to contribute to our scholarship fund, please enter the amount of your contribution here \$_____.

Total enclosed is \$_____.

Please make your check payable to "Allen Avenue UU Church", with "First Light Men's Gathering" on the memo line.

My signature on this registration attests to the fact that I agree to assume responsibility for all risk of damage or injury that may occur to me as a participant in this event. I hereby release, for myself, my heirs, executors and administrators, and discharge First Light Men's Gathering, Darling Marine Center, and all persons associated with this event from any and all claims, and damages of action, present, future or unknown, anticipated or unanticipated, which may result from or arise out of, or are incident to my participation in this event.

Signature and Date

Send to: Ralph Manglass
96 Gleason St.
Thomaston, ME 04861

STAMP

Ralph Manglass
96 Gleason St.
Thomaston, ME 04861

