



What will take place?

We will engage in a variety of experiential exercises to help us explore the nature of our true selves. We will be creating a trauma time line, participating in father work, engaging in a fear circle and a shame circle, and an atonement and anointing ceremony. Also there will be time for meditation and mindfulness. All of this will take place on the beautiful and inviting grounds of the Marianist Retreat Center which offers the space to experience the power of fire-darkness, water-re-birth, stillness-nature.

It is time for men to begin standing up

*Proclaiming our right to healthy
and loving relationships.*

We no longer need to be silent.

We no longer need to hide who we are.

*We can be the men we know
we are in our hearts.*

We can find strength in our vulnerability.

We can find power in our gentleness.

We can find wisdom in our humility.

*We are capable of the learning
and healing required.*

We deserve to love and be loved.

The retreat will take place at the **Marianist Retreat and Conference Center**, 4000 HW 109, Eureka, MO. The center is located on 120 acres adjacent to the Meramec River and features miles of forest trails, cliffs, streams, a grotto, meadows and a sculpture garden. Private rooms include private toilets and showers. The \$120 fee includes 6 meals and snack.

A Man's Way Through Recovery

Register at www.mretreat.org

Or mail in this form and the check

Name

Address

City/State/Zip

Phone

Email Address

Specific Dietary or Special Needs?

How did you hear about this program?

Any physical limitations?

Cost \$120

Non-refundable deposit: \$25 each

Make payment to:

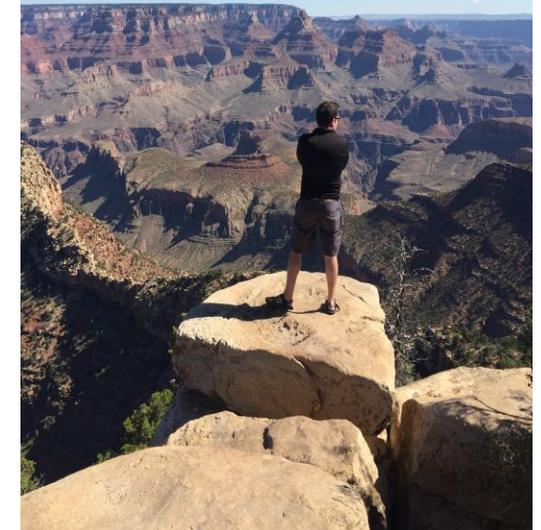
MRCC

PO Box 718, Eureka, MO 63025

(636) 938-5390

Nov. 16 to Nov. 17, 2018

Friday, 6pm to Saturday, 9pm



A man's way through recovery

An experiential retreat for men in recovery who are willing to courageously embrace the path for personal and relationship healing.

What kind of retreat will this be?



What are the unwritten rules that boys and men learn about how to be a man? These “man rules” often lead us to deny our true feelings and true self and lead us down the path of addiction. The life of recovery is

learning a whole new set of recovery principals on how to be true to ourselves.

The retreat is an opportunity to examine both sets of rules and to decide which path we want to be committed to. This retreat is also designed to engage all the senses in union with the beauty and natural resources of the grounds of the Marianist Retreat Center. This will be a non-traditional retreat in which the focus will be on doing and getting into action rather than sitting, listening and processing. Facing the fears, isolation and wounds of addictive behaviors and relationships will be the focus of our time together. The natural elements of darkness-fire, walking-stillness, rising-trees, water-rebirth will be the metaphors that we will use to seek healing and forge a new sense of vulnerability with ourselves, others and Higher Power.

What do I need to bring?



What you will need to bring will be clothes to be in the outdoors with nature both during daylight and night time. Bring comfortable shoes to walk/hike,

clothes that you would be comfortable sitting on rocks or the ground, a flash light, headlamp or light source for walking at night, and seasonal clothes to allow you to stay outside for extended periods of time. Bring a poncho in case it rains or snows. We will be spending as much of our time outside as inside, connecting to nature as much as possible.

*Carry on my wayward son.
There'll be peace when you are
done. Lay your weary head to rest.
Don't you cry no more!* Kansas



Retreat leader, Richard Young

I have been facilitating retreats and workshops since 1986 and have been closely involved in 12 step retreats since 1994. I am very excited about using the wisdom and direction of Dan Griffin to guide this experience. (For more info on Dan go to: www.dangriffin.com) I believe it will give each participant the opportunity to address the emotions and wounds of our life that often interfere with our recovery. So if you decide to participate, you will be truly walking into an adventure that has an outcome that we will experience together. If this sounds exciting than I look forward to you joining me on this adventure. This retreat is limited to ten people.

Retreat Director: Richard Young, MDIV, MSW, LCSW, CSAT, CMAT. Specializes in addiction treatment.

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For more information contact Rich at:

314-550-2251 or

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