

Get Outta Town!

The Umpteenth Annual Men's Retreat

September 28th – 30th at Sasamat Outdoor Centre

Secure your spot NOW at www.HeyUU.ca

Join an amazing group of men for a weekend retreat this fall. Surrounded by the forest bordering beautiful Lake Sasamat (about 30 minutes from Vancouver, BC), this event is a rare opportunity to reflect on your quality of life, work with and learn from other men, discover more of yourself, and build relationships both new and old. More importantly, this is a chance to relax and have FUN in the company of strong, gentle, witty and wise men – all in a serene, inspiring, natural environment.

Since 1990 this (mostly) annual event has been organized by and for (mostly) Unitarian men who celebrate and welcome all traditions, backgrounds, orientations and faiths. There is no membership or belief required other than respect for yourself and others.

Much of our time is spent in both structured and informal discussion and conversation, but there is also plenty of opportunity to visit the private beach, walk the trail around the lake, or take on the local biking trails. We'll also enjoy campfires, opportunities for artistic and musical expression, story-telling and humour, as well as informative workshops celebrating our inherent expertise.



∞ The 2017 gathering ∞

The spacious lodge where we meet daily (which also houses washrooms and showers) has covered porches with indoor and outdoor fireplaces; five meals and snacks are included. We sleep in simple shared, heated cabins in the forest (bring your own towels, soap, sleeping bag and pillow). It's a camp – no hotel, but not roughing it. No one else lives around the lake. This is a wonderful, quiet, inspiring place for this event. The facilities can accommodate over 80 people but we typically have around 40 to support connection and cohesion. Don't miss out!

Cost for the weekend is \$130. We start at 7:00 pm on Friday and end after lunch on Sunday. If cost is a barrier, we may have support available – please ask.

Get ready for a wonderful weekend in the woods!

For more information and to register: visit www.HeyUU.ca