



2025 Men's Retreat To Bring List

Must Bring

- ☐ Bible
- ☐ Toiletries
- ☐ Clothes
- ☐ Ear plugs
- ☐ Warm clothes / Gloves / Hat

Optional

- ☐ Guitar, harmonica, etc...
- ☐ Board Games
- ☐ Cards - Poker Chips (for fun, not for money)

5 Goals for Our Weekend

1. Reclaim a Christ-Centered Vision of Masculinity
2. Build Brotherhood Through Vulnerability and Presence
3. Confront the False Stories of Power and Control
4. Practice Spiritual Courage
5. Leave Renewed with Purpose

Notables

1. This will be an **alcohol-free** weekend, including during our meal at the restaurant. We want to create space for clear minds and open hearts,.
2. Rooms at Stony Point Center are a mix of single and double occupancy. We'll do our best to accommodate preferences, but flexibility and a spirit of fellowship are appreciated.
3. The cost for the full overnight experience, whether you stay one or two nights, is \$100.
4. Sharing and listening go hand in hand. We're all experts in our own stories, not in someone else's. Let's create a space where each man feels heard and respected.
5. You're welcome to bring snacks or food to share! If you bring something, please plan to make it available for everyone to enjoy.



2025 Men's Retreat Weekend Schedule

12/5 - FRIDAY:

6:30 p.m. - Those Needing Transportation Depart from MCOC

7:30 p.m. - Arrive at Stony Point Center

8:00 p.m. - Reservation at Mill House Restaurant

10:00 p.m. - Return to Stony Point Center

12/6 - SATURDAY:

8:00 a.m. - Breakfast is served

9:00 a.m. - Time of quiet reflection

9:30 a.m. - Worship / Prayer / Scripture

10:00 a.m. - Session 1: **Reclaiming the Way of Jesus** (Ph. 2:5-11 ; Jn 13:1-15)

12:00 p.m. - Lunch

1:00 p.m. - Rest / Recover / Relax

3:30 p.m. - Session 2: **Naming the Empire** (Lk 4:18-19 ; Mt 20:25-28)

5:00 p.m. - Activity (*to be determined*)

6:00 p.m. - Dinner

7:30 p.m. - Session 3: **Becoming Dangerous for Good** (Mic 6:8 ; Eph 6:10-18)

9:30 p.m. - Movie **"The Mission"**- *Redemption, justice, and the cost of peace.*

10/30 - SUNDAY:

8:00 a.m. - Breakfast

9:00 a.m. - Time of quiet reflection

10:45 a.m. - Communion: **The Power to Lay Down** (Jn 10:17-18 ; Lk 22:14-20)

12:00 p.m. - Lunch and Depart