



**An invitation from
COMEGA
to take time for yourself!**

**care
of the
soul**

Connecticut Men's Gathering
P.O. Box 1041 • Willimantic, CT
06226
www.comega.org



**care
of the
soul**

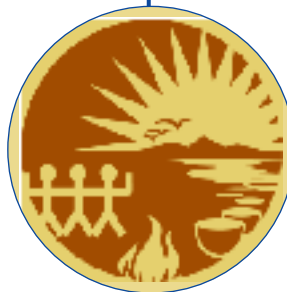


COMEGA
Connecticut Men's
Gathering

CAMP HAZEN YMCA
CHESTER, CT

COMEGA

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Gathering



WHAT IS COMEGA?

COMEGA-Connecticut Men's Gathering-is a biannual gathering of men at Camp Hazen in Chester, Connecticut. The weekend-long event is held each fall and spring, and offers an environment for men to learn about themselves while in the company of supportive men. Through various workshops and activities, in small and large groups, COMEGA provides an open and trusting community for men of all ages, races, and backgrounds to openly share and learn from one other.

WHAT HAPPENS OVER THE WEEKEND?

Friday evening begins with registration, a meal, and a brief orientation for first-time participants, followed by an opening circle. During this circle, the men ceremonially create a sacred space for the weekend. Then the large group is split into "circles of 8," smaller groups which provide opportunity for deeper connections, and which meet throughout the weekend. The rest of Friday evening is spent drumming, playing, dancing, quietly reflecting, or connecting with other men.

AN INVITATION FOR ALL MEN
EXPLORE YOUR SHADOW
CELEBRATE YOUR GIFTS
SHARE YOUR WISDOM
HONOR YOURSELF AND OTHERS
BUILD AND EXPERIENCE COMMUNITY

Saturday includes three meals, an opening circle after breakfast, a number of workshops, and several hours of free time. At various times during the day, the smaller groups meet. In the evening there is a talent show, sweat lodge, drumming, and storytelling.

Sunday begins with breakfast and an opening circle, and is followed by more workshops. Before lunch, a closing circle provides a formal, ritual closing to the weekend. The gathering disperses in the early afternoon.

- COMEGA is an alcohol-free, drug-free, and weapons-free event.
- Visit us or offer feedback at www.comega.org
- If you enjoyed a positive experience at past COMEGAs, consider asking a friend to join you at this gathering.

CAMP HAZEN YMCA
CHESTER, CT

Care of the soul

We exist in a computer driven world that moves faster and faster where instant access is measured in nano-seconds. How does a modern man bring balance into this chaotic rushed life? Where do men, who are so good at taking care of others, pause and take care of themselves? How does he satisfy his need for quiet reflection while satisfying the demands on his time and energy?

When a man drives into Camp Hazen to attend a Connecticut Men's Gathering he can leave the chaotic rushed life at the gate. Men ... 21st Century Men ... meet together at COMEGA to let time slow down to a human pace where there is space for honest soulful and emotional sharing. A place where men can trust each other and within the trust let an instinctive humanness emerge that replenishes the soul and brings connection and friendship. COMEGA is a place where a man can take care of himself.

REGISTRATION

Please see the enclosed insert or visit www.comega.org for current pricing information. Early registration guarantees your space and ensures you a reduced registration fee. First-time participants also receive a discount on the registration fee. Send your completed registration form, along with a check or money order made payable to COMEGA, to: **COMEGA, P.O. Box 1041, Willimantic, CT 06226**

Once your form has been processed, you will receive detailed information about the event, Camp Hazen's insurance waiver, and directions. Heated cabins are available.

SCHOLARSHIPS

A limited number of partial scholarships are available. We don't want financial hardships to come between you and your ability to attend COMEGA. Please see insert or website, www.comega.org, for further information.

WORKSHOPS

Several workshops are held during the course of the weekend. Topics vary with each gathering; past workshops have included mask-making, dancing, writing, shame and regression, men and sexuality, dialog between gay and straight men, finding our fathers, exploring male archetypes, and learning about ceremony and ritual. Men are encouraged to bring their sons to COMEGA, and special workshops will be available for younger men. Workshops are led by experienced and new men attending COMEGA who bring their professions, insights, wisdom, and talents.

HONOR YOUR GOLD

During the weekend, table space is provided for men to share their creative expressions by displaying their art, writing, crafts, etc. This is a good opportunity to network by sharing wares and a good opportunity to support the men of COMEGA.

Photos: Adam Schwartzman, David Vania



REGISTRATION FORM

Visit Comega.org for current fees and dates

Conference fees cover meals, workshops, activities, and lodging. Each participant is responsible for his own cleanup at the end of the day and before the Sunday departure.

- I prefer vegetarian meals
- I have special dietary requirements:

How did you hear about COMEGA?

- Received brochure in the mail
- Picked up brochure at

Saw ad or listing in

- Website Friend Men's group
- Other

Year: _____ Fall Spring

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

E-mail: _____

Registration Fee: _____

My donation toward scholarships (optional): _____

My donation for ongoing COMEGA support (optional): _____

Total: _____

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