



UNION
CONGREGATIONAL
CHURCH UNITED CHURCH OF CHRIST



176 Cooper Avenue, Montclair NJ 07043-1886

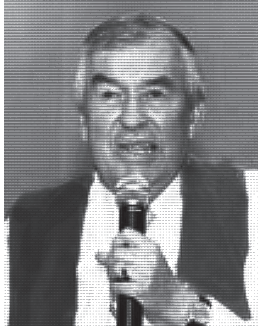
MENS RETREAT OCTOBER 4, 5 & 6



**A FOCUS ON MEN,
 COMMUNICATION,
 AND HOW WE
 LISTEN.**

Whether you're a veteran of Union's Annual Men's Retreat or willing to give it a try, please join us for a weekend of fellowship and reflection. The Men's Retreat is open to all men of Union and First Congregational Churches of Montclair, as well as their male guests. It runs from Friday evening through Sunday lunch, October 4-6, 2019 at Crossroads Retreat Center, 29 Pleasant Grove Road, Port Murray, NJ 07085. It's about a 45-minute drive from Montclair.

This year's facilitator will be John E. Rogers who'll help us focus on the challenges men have communicating clearly and lovingly with our families, friends, and colleagues and address how our Christian perspective and faith can guide us toward better, more fruitful communications. The cost for the weekend is \$250 per person, which includes a gourmet Saturday night dinner that we cook together by campfire. Use the form on the other side of this sheet to register today!



ABOUT OUR FACILITATOR

John E. Rogers has spent a rewarding career as an actor-educator-behavioral health consultant. He's appeared in over 15 productions with the Union Congregational Players (as well as semi-professional engagements in other venues) while working in middle school education (English teacher - guidance counselor - coordinator) in Millburn, New Jersey, for 40 years.

As an "encore career," John has served as Director of the New Jersey Mental Health Players for the last five years, where he's been a volunteer-actor since 1980. The theme of COMMUNICATION has been a career-long focus for John: assisting in effective communication within families, in the workplace, and in friendship endeavors. He also has used theatre techniques and interpersonal activities to develop effective listening skills and promote empathy. His goal has been to foster resilience through storytelling, comedy sketches, and simple role-plays.

AND THERES MORE

UCC's annual Men's Retreat is an excellent way for men in our church community to meet, bond, share, kick back, and relax over an October weekend in a rustic setting not far from Montclair. Our program includes large group discussions, smaller group interaction, and personal moments of reflection as well as ample free time for camaraderie and exercise. The Men's Retreat provides a perfect forum for lively discourse and physical release in a special environment. All men are invited to participate. You're more than welcome to engage in the discussion or to sit back and enjoy the comfortable surroundings. The event culminates with a outdoor gourmet cookout on Saturday night around a bonfire.

WHEN

**Friday Evening, October 4
Thru Noon, Sunday,
October 6, 2019.**

COST

The cost per person is \$250 which includes 2 nights and 5 meals and a large communal meal. Complete the form below and return it with a \$75 deposit or payment in full to the church by Sunday, September 29.

Upon registration, you will receive a letter of confirmation, directions to Cross Roads, a full itinerary, and a "need to bring" list. Scholarships are available.

If you have any questions, please contact:

Armen Khachaturian at armenkh@aol.com
Mike Spinella at mspinella2554@gmail.com
or call him at 973-943-0501

Address

Cross Roads Camp and Retreat Center,
29 Pleasant Grove Road,
Port Murray, NJ 07865;

T: (908) 832-7264

www.crossroadsretreat.com

Put your payment in an envelope and place it in the collection plate with this form and clearly mark it 'Men's Retreat' or mail it to the church at the address below:

**Union Congregational Church
176 Cooper Ave.,
Montclair NJ 07043-1886
973-744-7424 - www.unioncong.org**

NAME: _____

ADDRESS: _____

EMAIL: _____

HOME PHONE: _____

MOBILE PHONE: _____

ENCLOSED IS: _____

PAYMENT IN FULL \$250

MY DEPOSIT (\$75) _____

I can give a ride to people (vehicle capacity) I will need a ride.

Are there dietary restrictions or other personal needs the planning committee should be aware of? _____

Credit card payments can be made at www.unioncong.org

Go to the bottom of the home page click on Payments. On the payment page near the center there is a Section tilted 'Retreats and Events' The mens retreat is listed there.