



**Location: Camp Westminster
116 Westminster Dr.
Roscommon, MI**

For more information, contact:

**Dave Wright -
dwright@oursaviorlansing.org
517-282-4996**

What to Bring:

**Your own bedding, Bible, pen,
warm clothes, boots, any winter
sports equipment (ice fishing
gear, cross country skis, snow
shoes, ATV, etc)**



OUR SAVIOR LUTHERAN
Church and School
7910 E. St. Joe Highway
Lansing, MI 48917

**Our Savior
Lutheran Church
MEN'S MINISTRY**

WINTER MAN CAMP

February 21-23, 2020



**Speaker: Greg Arnett
DCE at St Paul Lutheran
Church, Caro, MI**

Location:

**Camp Westminster
116 Westminster Dr.
Roscommon, MI**

Camp is on Higgins Lake

Cost: \$110/person

Schedule for the Weekend:

Friday, February 21

- **4:00pm-8:00pm—check in, settle in, manly meat snacks, relax**
- **7:00pm - 8:00pm - pizza**
- **8:30pm - Welcome & group activity**
- **9:15pm -10:15pm - Session 1**
- **10:15pm - free time**

Saturday, February 22

- **7:00am - 8:00am - Breakfast**
- **Sunrise - 10:30am - Free time (morning ice-fishing - the early bite is the best!)**
- **10:45am - 12:00pm - Session 2**
- **12:00pm - Lunch**
- **12:30pm-4:30pm - choose your activities (Snowshoeing, cross country skiing, ice fishing, nap time, movie, etc..)**
- **4:30pm - 5:30 pm - Session 3**
- **6:00pm - Dinner**
- **7:00pm - cards, euchre tournament, games, campfire, sledding, deserts**

Sunday, February 23

- **8:00am - Breakfast**
- **9:00am - Worship**
- **10:00am - Pack up and Head home**

FANTASTIC FOOD

ALL WEEKEND!

Our Speaker:

Greg Arnett currently serves St. Paul Lutheran Church in Caro, Michigan as Director of Christian Education. He is responsible for the ministry to and with youth, grades sixth-college, and the educational ministries of the congregation. He also leads the contemporary band, organizes mission trips and servant events. He is currently pursuing a Masters of Counseling degree from Concordia University, Irvine.

He has been married to Cathy since 1987. Together they have three children: Nathan, Ben and Emily and now are grandparents to identical twin granddaughters.

Besides all of this, he also is an entrepreneur that runs an Etsy online shop. He likes to play guitar, bass guitar, cigar box guitar and the djembe. He also enjoys woodworking, hunting, backpacking and participating in sports. Racing triathlons is his current sporting passion and mid-life crisis buster.

Session 1 - The Competence and Character Growth Path

Developed by Dr. John Townsend and the foundation for the Masters of Counseling that Greg is pursuing, *The Competence and Character Growth Path* uses the analogy of a tree to describe how we can all grow into healthy and productive men of God. First we absorb the nutrients of grace, truth, and time. Next our tree grows strong through the developmental stages of attachment, separation, integration, and adulthood. Then our tree is able to produce good fruit in the areas of personal relationships, performance, and our personal life.

Session 2 - Pulling Monsters' Teeth

We all have them. Things that we wrestle with, things that steel our joy and peace. Call them what you will, I call them personal monsters. We'll discuss some truths about personal monsters. #1, they don't like being exposed to the light of day. #2, they don't like being brought out in community. #3, they don't die quickly, but there are things that we can do that cause them to lose their grip on our lives.

Session 3 - Role Renegotiation Model

Adapted from the business world, *The Role Renegotiation Model* is a cognitive map for the flow of relationships. Through this practical discussion, you'll walk away more aware of where you're at in a relationship and knowing healthy ways to communicate within those relationships. This will benefit your marriage, work relationships, church life, and essentially any long-term relationship.

Sign up sheet is in the church lobby Registration Form

After you sign up drop this form along with a \$50 deposit in Dave Wright's church mailbox OR in the church office by February 7th. Deposit is NON-refundable after that date.

Balance is due upon arrival at the retreat on February 21st.

NAME _____

Email _____

Cell phone _____

Total cost: \$110. Includes Food, beverages, lodging, speaker, and most activities. *

* Snowshoe and/or cross country ski rental NOT included in price. (3 hour rental-\$14-\$16)

* Fishing license required on all Michigan public lakes

- **Make checks payable to:
Our Savior Lutheran Church
(memo: man camp weekend)**

**SPACE IS LIMITED
SIGN UP SOON!**