



A TIME TO SHARPEN OUR SAWS.
A TIME TO CUT OUT SOME DEAD WOOD.
A TIME FOR A MAN TO LOOK UP.

MAN UP! WEEKEND!

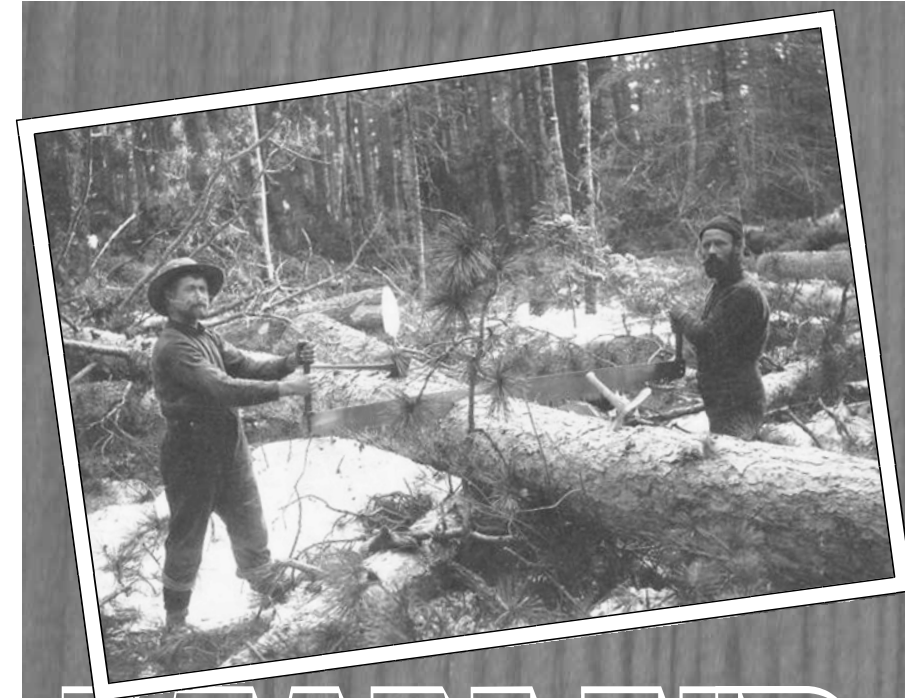
"...BE STRONG, SHOW YOURSELF A MAN,
AND OBSERVE WHAT THE LORD YOUR GOD
REQUIRES: WALK IN HIS WAYS..."
1 KINGS 2:2-3



RETREAT LOCATION:
DICKSON VALLEY CAMP
8250 Finnie Rd. Newark, IL 60541
MAP: www.dvcrc.com
(Somonauk Rd. South to 34 West)

SPONSORED BY:
EVANGELICAL FREE CHURCH
OF SYCAMORE & DEKALB
150 Bethany Road
DeKalb, IL 60115
efcysycdek.com
815.756-8729

RETREAT INFO:
Contact Kyle @ 815.295-0715
whitekb4@comcast.net

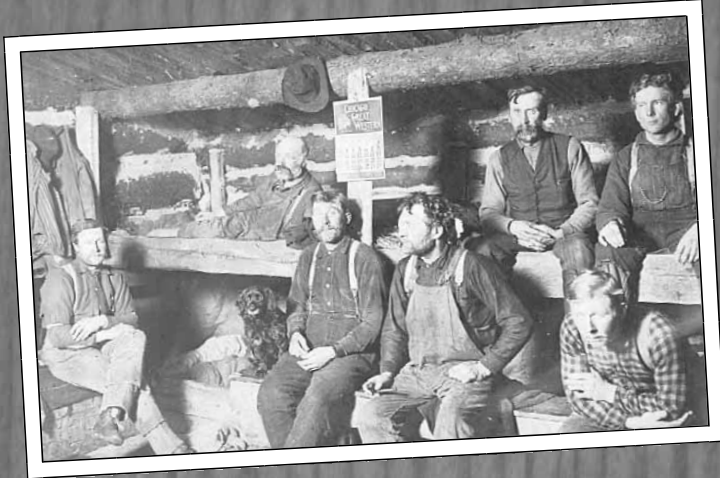


MAN UP! WEEKEND!

EFC OF SYCAMORE & DEKALB
MEN'S RETREAT
NOVEMBER 12-14
@
DICKSON VALLEY CAMP
NEWARK, ILLINOIS

WHAT?

MAN UP is a laid-back weekend of hanging out together, hearing from other men in our church about God and life together, serving together, worshiping together and looking forward together.



WHEN?

MAN UP takes place Friday through Sunday, November 12-14. We'll meet at the camp at 7pm on Friday and start the weekend together then! We will close the weekend with lunch on Sunday.



Sunday morning we will be joined by Doug Stewart for a spiritual retreat within the retreat!



Doug & Marilyn Stewart have spent 50 years with InterVarsity Christian Fellowship. They spent half of those years in Latin America, mainly in Mexico City. In the last 15 years they have developed a ministry of spiritual formation and spiritual direction. They meet one-on-one, lead retreats, and teach courses on spiritual formation. The Stewarts live in Wheaton, have three daughters and four grandchildren! They attend Church of the Savior, in West Chicago.

WHERE?

MAN UP WEEKEND will take place at one of our favorite retreat spots: Dickson Valley Camp and Retreat Center in Newark, Illinois. About 40 minutes south of Sycamore-DeKalb if you travel on Somonauk Road. You may consider carpooling! Find out more about the camp at DVCRC.com You'll find a map there, too. The camp is tucked in along the Fox River and offers a gym, climbing wall, recreation, trails, etc. And the food? You'll find no beanie-weenie here.

COST?

Cost for the entire weekend, including lodging, 5 meals, speaker, t-shirt, and activities is \$104/person. BUT, the church will offset a portion of that cost, making the **MAN UP WEEKEND only \$75/person.**

If you can pay more than \$75, great! We'll pass it on to others as a scholarship. If \$75 breaks the bank, let us know and we'll make it happen, cap'n.

We want you to be there!

Come for as much as you are able!

WHAT TO BRING?

You know, the usual:

- Sleeping bag & pillow
- Toiletries & towel
- Weather-appropriate clothes; we will do some work outdoors for the camp on Saturday
- Bible, notebook, pen (we'll have some, too)
- Snacks and games to share
- Bear repellent

**MAN UP WEEKEND IS FOR MEN
18-YRS AND OLDER**

MAN UP REGISTRATION

NAME:

ADDRESS:

HOME/CELL#:

E-MAIL:

T-SHIRT SIZE: S M L XL XXL

- In the event that I am injured and require the attention of a doctor, I will be responsible for any medical treatment as deemed necessary by a licensed physician/nurse/hospital.
- I understand the nature of this retreat and do hereby release EFC & its representatives from any liability due to accident or injury
- I further agree to hold the licensed physician, the medical facility, EFC and its representatives free and harmless of any claims, demand or suits for damages arising from the authorization and provision of such medical treatment.

Please list any Health/Medication concerns of which we should be aware: _____

FAMILY DOCTOR: _____

INSURANCE COMPANY: _____

POLICY# : _____

Emergency Contact: _____

Name: _____ Ph#: _____

PAYMENT ENCLOSED: \$ _____

(CHECKS PAYABLE TO: EFC OF SYCAMORE-DEKALB)

- YES! I'M ENCLOSING SOME EXTRA \$ FOR SCHOLARSHIPS
- YES! I COULD USE A SCHOLARSHIP, PLEASE CONTACT ME
- I AM NOT ABLE TO ATTEND THE WHOLE TIME., BUT WILL BE THERE AT THESE TIMES

**REGISTRATION IS DUE BY SUNDAY,
OCTOBER 31ST WITH PAYMENT. SEND TO:**

**EFC C/O MEN'S RETREAT
150 BETHANY RD DEKALB, IL 60115**