



Men's Retreat
"Storytelling, Spirituality, & Shadowboxing"
February 3-5, 2023

Schedule

Friday, February 3

4:00-6:00 p.m.	Check-In
6:00 p.m.	Dinner
7:00 p.m.	Gathering Music and Announcements
7:15 p.m.	Plenary Session I
8:15 p.m.	Small Group Discussion
9:15 p.m.	Compline
10:00-11:00 p.m.	Friends of Bill W. Meeting <i>optional</i>
Post-Compline:	Evening fellowship

Saturday, February 4

7:00-7:40 a.m.	Optional Morning Prayer
7:45-8:45 a.m.	Breakfast
8:45 a.m.	Gathering Music and Announcements
9:15 a.m.	Plenary Session II
10:00 a.m.	Small Group Discussion
11:00 a.m.	Break/Barn Construction Tour
11:40 a.m.	Group Photo
12:00	Lunch
12:45-4:00	Break/Free Time



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Saturday, February 4 (continued)

	<p>Pickup activities during free time include:</p> <ul style="list-style-type: none"> ● Hike to River or Slave Gravesite ● Jam Session ● Indoor Cornhole and Putting Green ● Muay Thai with Matt+
4:00 p.m.	Gathering Music and Announcements
4:15 p.m.	Plenary Session III
5:00 p.m.	Small Group Discussion
6:00 p.m.	Dinner
7:00 p.m.	Gathering Music and Announcements
7:15 p.m.	Healing Service
Post-Service	Evening Campfire Fellowship <i>(Inclement Weather: Indoor Fireside Gathering)</i>

Sunday, February 5

7:00 a.m.	<i>Optional: Morning Hike (Weather Permitting)</i>
8:00 a.m.	Breakfast and break to pack up
9:30 a.m.	Gathering Music and Announcements
9:45 a.m.	Closing Eucharist
11:00 a.m.	Departure



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Plenary Speaker and Theme

"Storytelling, Spirituality, & Shadowboxing: Fundamentals for an imaginative spirituality and a deep, grounded, integrated life of faith."

By virtue of our tradition, Episcopalians are spiritually thoughtful and reflective people. When we have the opportunity to make the connection between our head and heart, we find it invigorating. But, that's to say, many of us remain a pretty "heady" bunch.

And yet: we are inheritors of a lively, rich tradition of storytelling, and imaginative spirituality. We're confronted with a world that insists on a façade of order and cold reason, but is desperate for a glimmer of hope. As people of faith, we have no excuse for offering an anemic, religious fad. We are people of Story, of Incarnation, and of Resurrection.

By exploring the richness of storytelling and folklore, we'll tap into a torrent of inspiration found in our own stories and tradition that will do more than just connect our heads and hearts, but will send us surging into the world like sparks through chaff. We'll incorporate intentional movement to help us be more present, more grounded, wherever we find ourselves in our life's Journey. And we'll discuss some ways of continuing to "shadowbox" with life and faith to continue to grow more fully into an integrated life in Christ.

We'll hear stories. We'll tell stories. We'll incorporate gentle movement. We'll explore more intense movement (for those who are interested). We'll dig in; dig deep—go head-to-heart, soul-to-body, faith-to-life—"Float like a butterfly, sting like a bee! Rumble, young man, rumble. He-ey!"

Storytelling? Yes. Biblical storytelling as well as mythology and folktales. We'll even practice some ways of telling stories—both familiar and original.

Movement? Yes. We'll be incorporating some Qi Gong movements that can be helpful for centering, grounding, meditation, and even developing internal strength. All abilities will be taken into account.



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Speaker: The Rev. Matt Humm

Raised in the jungle wilds of the Akron suburbs in Ohio, Matt, whose first name is Richard, uses his middle name because his father (also Richard), wanted Matt to be his own person. Raised a confessing blue-collar Midwesterner, he came to faith in high school—an introspective result of martial arts training.

Ordained 2009, Matt has served four churches, and three dioceses. He is committed to listening, prayerful discernment with others, and staying grounded in difficult times. As an insufferable English Major, Matt gets a kick out of writers like Thomas Merton and Richard Rohr. He also once thought about starting a Karl Rahner fan club, and is still contemplating a tattoo of St. Brigid boxing the Devil. He respects the wisdom of cartoons and childhood, honors the discipline of playtime—holds his religion lightly, but not superficially. He strives to live into the words of Miyamoto Musashi to “think lightly of [him]self, and deeply of the world.” Potentially a decent Buddhist, Matt instead finds himself deeply in love with Jesus and the Church.

Matt has been married to his friend and partner Charity for 20+ years, and it's been really fun. Charity is also a cleric in the Episcopal Church. They have three boys whom they love fiercely: Tristan (who is called Alex), Gareth, and Galahad. They live with a very nice Border Collie, called Finn, in St. Leonard, Maryland. Matt serves as Rector of St. Paul's Episcopal Church in Prince Frederick. Matt remains passionate about Martial Arts (particularly Muay Thai), reading, writing, storytelling and sandwiches.