



**WHO:** Men of ALL ages from ALL walks of life!

**WHAT:** This Men's Retreat is an open invitation to "GET IN" to meet some brothers at Westheights who can walk alongside you as you seek to "GET HEALTHY." Wherever you are, whatever you might need, we seek to walk together. No expectations, no judgment, just men being men (whatever that means to you) together. We'll have some time of teaching, sharing, worship, quiet time, relaxing and hanging out and PLENTY OF FOOD! (You get five generous meals and two snacks during this 2-night stay.)

**WHY:** Men of Westheights, picture this - Men of integrity, listening, praying, worshiping and following Christ. Speaking openly of successes and failures, challenges and triumphs and simply sharing our stories. It is Christ who unites us, strengthens us, and empowers us with boldness. We know that: "Two are better than one, because they have a good reward for their labour. For if they fall, one will lift up his companion." (Ecclesiastes 4:9)

**WHEN:** Fri, Oct 14 @ 6:30pm (registration begins) to Sun, Oct 16 @ 1:30pm (after lunch)

**WHERE:** Woodhouse Facility, Hidden Acres, New Hamburg

**WHAT NOW:** Register, invite a friend, ask questions if you have any. If you have any questions, contact:

Randy Buhrow: 519-578-3205 or [rdbuhrow@sympatico.ca](mailto:rdbuhrow@sympatico.ca)  
David Wigg: 519-579-3088 or [david.wigg@pobox.com](mailto:david.wigg@pobox.com)

**COST:**

**Option 1:** Full Retreat (2 nights, 5 meals, 2 snacks) - \$155

Please consider the following options only if **absolutely necessary** ...

**Option 2:** One Night Stay (5 meals, 2 snacks) - \$125

**Option 3:** Day Visitor only (no overnight, but attending Fri, Sat, Sun during daytime, incl 5 meals, 2 snacks) - \$90

**WHAT TO BRING:**

- Bible and pen
- Indoor shoes
- Bedding (pillowcase and flat sheet or sleeping bag)
- Towel
- Lawn chair
- Sports equipment (e.g. football, baseball glove)

**DEADLINE:** Wednesday, Oct 5

Hand in the registration form to Randy Buhrow, along with cheque (payable to Westheights Community Church with Men's Retreat in the memo line).

**NOTE:**

Financial assistance is available on a case by case situation – do not let finances stop you from coming. Please contact Randy Buhrow (519-578-3205 or [rdbuhrow@sympatico.ca](mailto:rdbuhrow@sympatico.ca)) with any questions.



**REGISTRATION FORM**

Name: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Cell Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

Allergies or Dietary Concerns: \_\_\_\_\_

Physical Limitations: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Preference of Roomate: \_\_\_\_\_

How did you hear about this Retreat?

- Announcement at church
- From a friend - if so, who? \_\_\_\_\_
- Other - please specify: \_\_\_\_\_

**REGISTRATION OPTIONS** (please check):

- Option 1 - \$155 (full retreat)
- Option 2 - \$125 (select only if necessary)
- Option 3 - \$90 (select only if necessary)
- Cheque included ( to Westheights Community Church; write Men's Retreat in the memo line)

**PLEASE NOTE:  
PAYMENT IS DUE WITH REGISTRATION FORM**

Hand in this form **AND** payment to  
Randy Buhrow or David Wigg

## FAQ's

### Is this just going to be a bunch of men sitting around a campfire under a star-lit night, singing "Kumbaya"?

Absolutely not! We'll be singing during the daylight hours too! Joking aside – this weekend will be what you make of it with hopefully a bit of something for everyone – we do have a campfire, we do sing praise and worship, but at the root of it will be hanging out and getting to know each other.

### I'm already MAN ENOUGH – why do I need this?

This may be your opportunity to show everyone else just HOW manly you are! But seriously, if you have wisdom/advice/have been through something tough and come out the other side – someone else going through similar challenges can most definitely benefit from that!

### I have no idea how to be a MAN, can I still attend?

None of us really know how to be a man – on our own that is – together, with God's Word guiding us, that's how we learn and grow!

### How should I prepare?

Ask questions of others if you have any.  
Ask yourself – what do I wish to gain from this weekend?



### HOW TO GET TO THE RETREAT

From Westheights Church, go to Hwy 7/8 toward New Hamburg/Stratford. Continue past New Hamburg, turn right at Wilmot Easthope Road, then left onto 37th Line. Approx 30 minutes total drive (if you're doing the speed limit). If you've gone to Shakespeare, you've gone too far. Turn around!

### Hidden Acres Retreat Centre is at...

1921 Line 37, New Hamburg, ON, phone 519-625-8602



### WESTHEIGHTS COMMUNITY CHURCH

82 Westheights Drive, Kitchener, ON  
519.741.1986  
westheights.org

