

# MEN'S RETREAT

**SLOWING DOWN, SENSING IN, & SHOWING UP**

An opportunity for men to slow down  
and feel more deeply connected to  
themselves and others.

## SCHEDULE

(subject to change)

**8:15- 8:45: Coffee and snacks**

**8:45 - 9:15: "Real Talk, Real Connections" - Rev. Justin Schroeder**

**9:15 - 9:30: Large Group Connecting/Ice Breaking**

**9:30 to 10:15: Small Groups**

**10:15 to 10:30 Break**

**10:30 to 11:00: Whole Group - Rev. Justin Schroeder**

**11:30 to 12:00: Lunch**

**12:00 - 12:30: "Tears Unseen: Men and the Burden of Hidden Grief" - Rev. Justin Schroeder**

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**12:30 - 1:30: Break into affinity groups**

**1:30 - 1:45: Whole group: "Men, Emotions, and Empathy: Fostering Intimacy Together." Rev Justin Schroeder**

**1:45 - 2:00: Letter to Future Self:**

**2:00 - 2:15: Next Steps for Men's Programming at First Unitarian Dallas**

**2:15 - 2:30: Reflection**



Rev. Justin Schroeder has more than two decades of experience in spiritual leadership. He has counseled couples, led rites of passage, and supported hundreds in deepening their spiritual practices.