

OVERHAUL MEN'S RETREAT

Overhaul - "take apart, examine and repair if necessary". This Men's Weekend is a great time to get away and do just that! Overhaul is designed to give you a chance to relax, refresh, and refuel! We provide a schedule with many options to choose from over the weekend, and you can pick and choose which ones you want to be a part of. We would love to have you join us for this annual men's getaway!

Frequently Asked Questions:

1. How much does Overhaul cost?

The cost for the weekend is \$109. This includes your housing, meals, snacks and all activities.

2. What kind of activities will be available for the weekend?

We offer a variety of activities over the weekend and you can pick and choose which ones you would want to be part of. Some of your options are:

- Gun Range
- Horse Trail Rides
- Leather Shop
- Campfire Doughnuts
- Gift/Coffee Shop
- Zip Line on the High Ropes Course
- Indoor Climbing Wall
- Naps
- Open Gym - Basketball, Volleyball, Floor Hockey, Skate Park
- Broomball

3. Who is the chapel speaker?

Our speaker for the weekend is Pastor Mark Widman from Calvary EFC in Walker, MN. The worship leader for the weekend is Joel Hanson.

4. What time is check in? When are we done on Sunday?

Check begins at 6:30 on Friday night and the weekend closes after chapel around noon on Sunday. There is no noon meal served.

5. What are the sleeping arrangements? Will I be housed with people I don't know?

We have a variety of buildings that house our guests. Our Retreat Centers have sleeping rooms that each typically have 3 sets of bunks in them. The bathrooms are a short walk down the hallway. Our cabins have 6 sets of bunks. The bathrooms are located in a building just a short walk away from the cabin. If you are coming with a group of guys you will be housed together and you would know the other men in your cabin or room. If you are coming with just 1 or 2 friends or coming by yourself you would typically be housed with another small group of guys.

6. Are you able to accommodate food allergies?

Our food service is used to working with guests with food allergies and special diets. Gluten free options and dairy free options are offered at each meal. For more specific food issues it would be best to call camp and speak with our Food Service Director and she can go over the weekend menus to help with your planning.

7. What do I need to pack?

If you think you need additional items, bring them!

- . Pillow and sleeping bag or bedding for a twin size bed
- . Bible
- . Towel and toiletries
- . Flashlight
- . Casual clothes suitable for the season
- . Tennis Shoes/Gym Clothes
- . Umbrella/Rain Gear if weather indicates

8. What is a typical schedule for the weekend?

Friday

6:30 pm Check in at the office

9:00 pm Chapel

9:00 pm Special Activity

Saturday

8:30 AM Breakfast

9:00 Open Recreation

10:30 Chapel

12:00 PM Lunch

1:00-5:00 Free Time and Recreation

5:00 Supper

6:30 Chapel

9:00 Evening Extravaganza!

Sunday

8:30 AM Brunch

10:30 am Closing Chapel

12:00 pm Head for home

9. How do I register?

You can go online and print off a paper copy of our registration forms, fill it out and mail it to us with your check OR you can register directly online and pay with a credit card. If you have registered online before and you have forgotten your username and password just give us a call and we can reset that for you. If you registered with a paper form in the past and want to set up an online account call us and we can do that for you as well.

To view photos of last year's Overhaul Retreat go to the link listed here!

<https://www.facebook.com/media/set/?set=a.10153390637404578.1073741891.511129577&type=1&=75083778f3>

Any questions? Call us at 218-575-2240 or email shamineau@shamineau.org