

# Men4Directions

An OASIS Ministry to Men

**Men4Directions** is a year-long program of Oasis Ministries intended to help men grow in faith, self-awareness, and spiritual wholeness. The program includes small group community, quarterly retreats, and solo-time in the wilderness to engage with Spirit and soul. M4D provides one-on-one spiritual direction, small group support and accountability, and solitude in natural settings.

**Why Direction?** We can all use help finding our way from time to time. Men are no different. Men need the support of one another to be honest and real about life. Through small group discussions, monthly consultation with a “spiritual brother”, and contemplative practice, men are encouraged to know themselves, listen to the still small voice within, and to honor their souls. The result just might be changed lives and a new world.

**Why 4 Directions?** The directions refer to east, south, west, and north— compass points along our journeys. It’s not a linear approach, but a circular path that honors the rhythms of life. The cycle of the day, too, is acknowledged: morning, noon, evening, and night; four seasons of each day, a life-time in the making. Four meetings will take place to honor the directions, the seasons, the major stages of life.

Here, then, is what we offer:

**A Year To Grow**—4 Seasonal Gatherings, A Commitment to basic practices in-between, and a wilderness Vision Quest.

Gathering 1 Looking EAST at beginnings, the advent of life, the rising of the sun, birth

Gathering 2 Looking SOUTH at vitality, the heat of the day, imagination

Gathering 3 Looking WEST at our shadows, the dark side of our lives, mystery, soul

Gathering 4 Looking NORTH at wisdom, maturity, the dark giving way to light, a new day dawns  
(a contemporary version of a vision quest will accompany this final gathering—a 24 hour fast and solo experience in the wilderness to gather further inspiration and direction)

## **4 Commitments that Make it Happen**

- Covenant - a promise among brothers to study, pray, share, and grow together for one year.
- Community -quarterly retreats in the woods to listen, discuss, and discern with others (in between times will be bolstered by one-on-one elder mentoring and peer support)
- Contemplation – a commitment to the regular practice of silence and solitude (nature)
- Compassion—serving others in some way on a regular basis between the meetings

Those interested are invited to register with Oasis Ministries.