



“Stand Firm”

ECO Men's Retreat, August 28-30, 2026

Place: Hope Shores Bible Camp and Retreat Center, Eden Valley, MN

Deadline to sign up: Monday, August 24

Who's participating? Men from churches in the ECO Presbytery of the Upper Midwest

Plans are coming together for the Men's Retreat, August 28-30, at [Hope Shores Bible Camp](#), a property of Hope Presbyterian Church. Men from Prairie Community Church, River of Hope, and Hope are planning the retreat. We hope you'll join us – and help spread the word!

Our theme is drawn from Paul's great teaching in Ephesians 6. The “cosmic powers” that he describes there are real. How can we discern these realities correctly? What are the resources we have to be equipped, to take the correct posture in opposing them, and to live a flourishing life under Jesus? By coming together, we believe we'll be better able to “stand firm.”

What to expect: Our retreat will emphasize intergenerational fellowship, teaching, worship, small group sharing, and time for quiet, personal reflection. And did we mention fun? Mike DiNardo will spread the fun as our ever-popular emcee. We are thrilled to share this event and gain insight and encouragement from our brothers at and elsewhere.

Our two speakers will divide the retreat's four teaching sessions. *Scott Cartwright*, an ordained Presbyterian pastor, has served as a professional chaplain 35 years, most recently as Director of Spiritual Care for Benedictine Senior Care. Scott and his family are a valued part of Hope's congregation, and the Hope men have enjoyed his biblical teaching in various settings. *Cyrus Munson* is a Commissioned Lay Pastor in ECO and serves in the leadership at River of Hope church. At the 2025 retreat, we were all encouraged by Cyrus's leadership in worship and by the men from River of Hope who joined our number.

Accommodations at [Hope Shores](#) are rustic: men sleep in bunkhouses (which have electricity); showers and toilets are in a separate bathhouse. The lodge, where our meals and teaching occur, is comfortable but not lavish. The Rice Lake setting is lovely, and our meals are excellent.

Our schedule runs from Friday evening (a light dinner will be available) through Sunday morning worship, departing before lunch. There is also a **Saturday-only option for men** who prefer not to spend the night at camp—or who have Sunday responsibilities. We'll make the first (Friday night) teaching available ahead of time, then you can join us at 9 a.m. on Saturday for the remaining teachings – along with the group meals, worship, small groups, testimonies, and recreation. Those activities end by 6, followed by dinner. Stay as long as you can!

Registration is open! Go to hope-pc.org/connect/adults, where you'll find more details on the “Men's Retreat” button. The standard registration fee is \$160 (\$80 for Saturday-only participants). But if \$50 fits your budget, you'll find an option for that too. All are welcome!

Questions? Want to help recruit? Get in touch with Dan Ritchie (dritchiemn@gmail.com) of Hope Church or Tom McPherson at Prairie Community Church (thomaswrmcp@gmail.com).