"Don’t say, ‘That’s the way I am - it’s my character,’ It’s your lack of character. Esto Vir! - Be a man!"  
- St. Josemaria Escriva

"The thing I really learned about on this retreat is how to discern a vocation — namely the priesthood and marriage — and how to wrestle with those and how to properly ask God those questions."  – Aaron L.

"You’re not signing up for the priesthood if you attend. A lot of people think it’s a vocations camp so it’s only for if you’re thinking about the priesthood right now; that’s not the case at all. It’s a really good time and it will help you figure out your vocation either direction."  – Joe R

"The seminarians are so much fun, and they have taught me so much about how to pray better and how to become closer to God and just learn to be me. The best reason to come to this camp is the camaraderie and friendship you have. There’s just so much fun playing games and even just sitting in small groups praying."  – Bennet B.

QUOTABLES

"Don’t say, ‘That’s the way I am - it’s my character,’ It’s your lack of character. Esto Vir! - Be a man!"  
- St. Josemaria Escriva

sand hill lake bible camp  |  1046 250th ave fosston, mn 56542

July 6-8 2022  |  arrival: 10 a.m.  |  departure: 3 p.m.

sand hill lake bible camp (near fosston, mn)

directions:
From Fosston, take County Hwy 6 south to the southern tip of Sand Hill Lake (approx 6 miles).  
Turn left (north) and follow the road up the eastern side of Sand Hill Lake.
**ESTO VIR!**

**BE A MAN!**

Esto Vir is a vocation camp for young men entering their sophomore year of high school through young adulthood, sponsored by the Diocese of Crookston’s Office of Vocations. Gather with the seminarians of the diocese for sports and games, lakeside recreation, prayer, food and fellowship!

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**What is it?**

A chance for catholic guys to hang out.

**Pray:**
- Mass, Adoration, Liturgy of the Hours

**PLAY:**
- Lawn and Lake Games,
- Frisbee, Board Games, Campfire

**discuss:**
- Discernment, Vocation, Holiness, Virtue

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**Questions?**

Contact Fr. Matt Schmitz
218-773-0877
mschmitz@crookston.org

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**registration information**

**COST:**
FREE!
(Sponsored by the Office of Vocations)

To register, go to:
www.crookston.org/estovir

**registration deadline:**
June 22, 2022

**For participants age 18+**

**safe environment certification required**

In order to participate in this camp, you are required to be SAFE ENVIRONMENT CERTIFIED. To gain this certification, you must complete the Diocese of Crookston Safe Environment training. You only need to do this if you have not completed it within the last 12 months. The entire process should take about 30 minutes to complete and includes registration, an e-learning module, and a short test. This process will initiate a background check. The results are generally available after two days. After the Office of Safe Environment receives these results, you will be certified.

**Instructions:**
- Go to www.crookston.org/secertification
- Click the appropriate yellow link for “new” or “returning” volunteer

**helpful hints:**
- Parish: Choose “Diocesan Admin”
- Position with Parish: Check “Volunteer” Enter “attending Esto Vir Vocations Camp” in the comments box
- Parish Phone Number: 218-773-0877
- Supervisor: Fr. Matt Schmitz