



**“As the Father has sent me, so I send you.” (John 20:21)**

**Thank You!** For stepping up for *Man Up! New York* and sharing information about this exciting event with your community. We are truly grateful for your support and participation.

*Some information about the event:*

### **What is Man Up! New York?**

*Man Up! New York* is a spirituality conference focused on providing Catholic men with opportunities to encounter Christ through fellowship, liturgy, prayer and dynamic talks. Together, participants will seek God’s grace to strengthen one another and grow in their commitment to the Catholic faith.

The event started 15 years ago with *ManUp! Philly*, through the Archdiocese of Philadelphia. This year is the Archdiocese of New York’s second time hosting the event.

By being called together we hope this conference will strengthen the idea that living through Catholic virtues, men will have the opportunity to become better husbands, fathers, sons, brothers, and employees.

Lunch and refreshments throughout the day will be served. For more information about the Man Up! New York, please visit [tinyurl.com/manupnyinfo](http://tinyurl.com/manupnyinfo).

### **When?**

Saturday, October 7, 2023

### **Where will the event take place?**

The event is taking place at the Hynes Athletic Center @ Iona College, New Rochelle. The address is: 715 North Avenue, New Rochelle, NY 10801. Car and mass transit information can be found here; [tinyurl.com/manupny](http://tinyurl.com/manupny).

### **Who will be speaking?**

Thought leaders from the Catholic community will be speaking including the Most Reverend Joseph A. Espaillet, Auxiliary Bishop, Archdiocese of New York, former football player Kevin Reilly, author Dr. Scott Hahn, plus many more!

### **Who can attend?**

Any man looking to grow closer to Christ.