



MEN TALK

THE MEN'S CENTER NEWS

February/March 2007 VOL. 31 #1

Inside a Veterans' Group Writing About War and Peace

— © 2007 BY SHEPHERD BLISS

After being raised in the military family that gave its name to Ft. Bliss, Texas, I have tried to live a normal civilian life. After serving in the U.S. Army during the Vietnam Era, I have tried to live a normal civilian life. But like many “military brats” and veterans, I have not always adjusted so well to life outside the service. I spent over 20 years being militarized and have now lived nearly 40 years demilitarizing myself. Those formative first two decades have been hard to overcome, though I can usually cope and pass. Then war breaks out again...

After a dozen years of writing and reading our work to each other, our Veterans' Writing Group will release a book in September. Edited by award-winning author Maxine Hong Kingston and published by Koa Books, it is entitled “*Veterans of War, Veterans of Peace*.” (Information at www.vowvop.org.) It includes storytelling— nonfiction, fiction and poetry-- by 80 veterans spanning five wars. The writers are combat veterans, medics, others who served in war, gang members and victims of violence, draft resisters, deserters and peace activists. Unfortunately, our book is timely, as the war drums grow louder every day.

Our group emerged from workshops given by Vietnamese Buddhist monk Thich Nhat Hanh. By writing within the group and listening to the stories of others I have been supported to understand, describe, and heal from some of my military trauma. Our writers' community seeks to heal war trauma through art and produce writing that can communicate to those both in the service and civilians.

After decades of counseling in groups, at Vets Centers, and with therapists, I still have more work to do. My sound trauma still gets triggered, and I typically respond with the classic flight or fight. Certain sounds agitate and irritate me, so I usually just leave the scene. Leaf blowers, ticking clocks, people talking while chewing gum or eating, and other sounds can literally drive me crazy.

My contribution to the book is about sound trauma and is entitled “Sound Shy,” a play on the term “gun shy.” It is an insider's personal account of a military family and a veterans group. My childhood was filled with loud sounds—including planes taking off near our house, rifles and other weapons being fired, and men yelling orders at each other and responding “Yes, Sir!” My adult life has been characterized by sound avoidance. I can go to considerable extremes to get away from sounds that others do not even notice or tolerate.

I never saw combat in Vietnam, though I have war wounds to heal. While still in the Army I went with a friend to hear Martin Luther King, Jr. His way of being was such a contrast to the many military men who had been my models. I decided to resign my officer's commission and joined the resistance.

Such memories often seem distant, like they did not really happen to me, but to someone in a novel. Being in the Veterans' Writing Group has enabled me to process some of my feelings within a structure that provided support. I always look forward to our gatherings, even when I cannot attend. Just knowing that a group of veterans that I am a part of is meeting to write and heal supports me.

But war continues to happen, making more casualties and spreading its destruction. I remember a few years of relative peace. But when the bombs start falling, they seem to head right for my stomach. I feel them in my body. The casualties may be distant, but they feel close to home to me. So I keep writing, though usually from a safe enough distance, leaving some of the more difficult things inside.

Things happen. When the first Iraq War erupted, I remember sitting with a Chicano friend whose son was in the military, watching television. “Brown on brown,” she commented, noting how much the Chicano and other dark youth on the American front look like the Iraqi boys fighting.

Things happen. On Sept. 11, 2001, war had once again reached me. Sept. 11 was also the date that the Chilean military launched its coup, 1973, so it has long been an anniversary date of loss for me.

Now we have another Iraq War. Iran may be next. I try to lead a normal civilian life. But I know what is happening. I do not need to watch it on TV, which obscures much of the real story. Books like “*Veterans of War, Veterans of Peace*” and documentary films like “Sir!, Nor Sir,” in which two members of our vets group appear, are more helpful to reveal the realities of war than the sanitized, corporate media.

Though she is not in our book, many years ago Deena Metzger wrote a poem that our book echoes:

There are those who are trying to set fire to the world.

We are in danger.

There is time only to work slowly.

There is no time not to love.

Dr. Shepherd Bliss, sb3@pon.net, is a retired college teacher who has owned a farm in Northern California for the last 15 years.

Library Corner

– **RAY CLARE, LIBRARIAN**



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics. This month, we received a wonderful donation from a newer member. We have five copies of:

No More Mr. Nice Guy, A proven plan for getting what you want in love, sex, and life. By Dr. Robert A. Glover!

Other new offerings include:

Sober for Good, New solutions for drinking problems by Anne M. Fletcher

Many Roads, One Journey, Moving beyond the 12-steps by Charlotte Davis Kasl Ph.D.

Addiction, Change and Choice, The new view of alcoholism by Vince Fox

The Truth about Addiction and Recovery by Stanton Peele, Ph.D. and Archie Brodsky

Rational Recovery, The new cure for substance addiction by Jack Trimpey

The small book, A revolutionary alternative for overcoming alcohol and drug dependence by Jack Trimpey

A Million Little Pieces by James Frey

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

Address Change Notifications

from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

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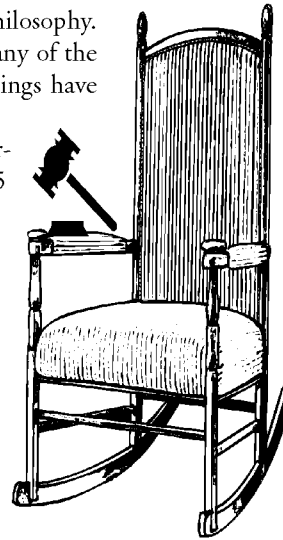
Greetings from the Chair

Several years ago I attended a seminar centered on Carl Jung's philosophy. Though I've forgotten many of the details of that weekend, two things have stuck with me.

The first is a simple observation that there were about 25 attendees, yet all but two of us were women. It's interesting that women seem to be more willing to step out and learn more about themselves and life. Is that part of our macho men's culture, afraid of appearing weak if we need to ask for directions, even in the serious business of navigating the road of life?

The other is something I find myself applying over and over. As we all know, life is full of peaks, plains, and valleys. What I learned is that we usually gain our most valuable lessons, not when everything is running smoothly or when we're on top of the world, but when we're in the valleys.

When we are aware of this, it helps us



to be open to embracing those down times for the opportunities that they present for growth. It doesn't make the pain any easier, but I believe that it does help us to face it head on and with greater strength.

One of the strong hindrances to overcoming any addiction, be it alcohol, drug, sex, or anger, is the practice of denial. If we can't admit we have a problem, how can we possibly deal with it? Accepting the valleys in our life helps us to accept ourselves, including all of our weaknesses and shortcomings; things that are much more clear to us when we are not "all-powerful". With this acceptance and awareness, we can see the valleys, not as good or bad, but as an integral part of the fabric of life. Then we can begin the process of becoming the complete person that we are meant to be.

**LEN ZIMNEY,
OUTGOING BOARD CHAIR**

Mini-Review of *Veterans of War, Veterans of Peace*

I have the somewhat mixed pleasure of reading the book: *Veterans of War, Veterans of Peace* edited by Maxine Hong Kingston, Koa Books: 2006, ISBN 10:0-9773338-3-3. I say somewhat mixed because some of the stories reminded me of the pain our country inflicted upon the Vietnamese people in the 1960s. I was reminded, too, of the pain that men brought home with them from Vietnam.

I was a Marine from 1968-1971 and performed body escort in 1969. That is, I escorted the remains of dead Marines home to their families. That's the extremely condensed version of the story I tell high school students.

The essays in the book grew out of writing workshops that Ms. Kingston offered for veterans in the San Francisco bay area in the 80s and 90s. These men poured their souls into their works. If you want to get a taste of what war is like from the point of view of the men who walked the trails and watched good men suffer and die, I recommend you seek out this book.

JIM LOVESTAR, MINNEAPOLIS

Ed. Note: to read more about the Veterans Writers Group, go to: <<http://www.vowwop.org/>>

HELP!

We need volunteers to help mail Men Talk. We meet at the Men's Center from 9am to about 1pm on a Saturday (see MT calendar for exact date). Easy work and good fellowship!

**Very Last Chance
Book Sale**

Special sale prices end with this issue. \$3 each, or 2 for \$5

Men Freeing Men

By Francis Baumli, Editor
Explores the myth of the traditional male role.

Male Menopause

By Jed Diamond, Ph.D.

Surviving Male Menopause

- A Guide for Women & Men
By Jed Diamond, Ph.D.



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Feb/Mar 07</h2>				SUPPORT GROUPS Div/Uncpl/General 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
				Male Surv. Sex Abuse 7:30 p.m.		
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. Anger Mgmt Alumni 7:00 p.m.	PRESENTATION See the Vision & Succeed 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit & Gatekeeper Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Navigating Our Sexual Lives 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit & Gatekeeper Potluck 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Two Spirit Cultural 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
	SUPPORT GROUPS General Issues 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m. Anger Mgmt Alumni 7:00 p.m.	PRESENTATION Issues Relating to Divorce 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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Our phone number
is 612 / 822-5892.
Call us about Anger
Management classes.

1976 - In Our 31st Year - 2007
of Public Service

Check out our web site: www.tcmc.org
e-mail: tcmc@tcmc.org phone: 612 / 822-5892

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Kevin Eliza, Sue Gunder, Kelley Lorix, Andy Mickel, Keith Pederson, and Sharol Tyra.

A small fee is collected at the door for each person attending:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

See the Vision & Succeed

Presenter: Sharol Tyra
When: Feb. 7, 7:00-9:00 p.m.

Open to Men and Women 18 or over

Can you see it?

Can you feel it?

Can you find it?

That vision that lights up your life?

That scene of family, home, work

and social wonder? That BUSY-NESS that turns into blessedness? Invite Sharol Tyra to lighten up your load with laughter. Her new talk called: "See the Vision & Succeed"

Sharol Tyra, PCC, CPCC, BSN of Life Illumination is a Professional Certified Coach & Speaker. In her seminars, Sharol offers content with inspirational style, insight and humor. Her clients testify that

Sharol inspires them to be responsible for their happiness long after the session is over — including previous seminars at The Men's Center! She was featured on TV, Radio and publications. Sharol helps High Achievers bring out potential in themselves and other people! Visit www.SharolTyra.com

A Circle of Warriors

Presenter: Andy Mickel

When: Feb. 14, 7:00-9:00 p.m.

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.

Adrift – Navigating Our Sexual Lives

Part one of two (Part two on Mar 21)

Presenter: Keith Pederson

When: Feb. 21, 7:00-9:00 p.m.

Open to Gay/Bi and Questioning men and their allies

Have you ever felt as though there is conflicting information circulating about our sexual lives and how to be safer in your own sexual activities? As Gay/Bi men it can be a challenge even finding partners. Beyond that, some of the venues we use to meet other men for dating can bring specific challenges and/or risks.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

Two Spirits & Gatekeeper

Presenter: Kevin Eliza

When: Feb. 28, 7:00-9:00 p.m.

Open to men and women.

On the fourth Friday of each month, we have a "Gathering." Its intention is to provide a space for us all to come and just socialize and BE, still. A safe place where we can receive the LOVE from one another for just being who we are and share our stories.

Our intention is to have an annual fundraiser Pow Wow type of events and bring individuals from all over the world. Come be apart and set the example for those possibly searching, to find the LIGHT that our combined threads create. We seek and are open to everyone.

Further details can be obtained from Kevin or Ron via 612-870-3667 or Twospiritsnmn@yahoo.com

Issues Relating to Divorce

Presenter: Kelley Lorix

When: Mar. 7, 7:00-9:00 pm

Open to Men and Women

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared — helping you with the exact problems you may be faced with in your lives.

A private practice attorney, Kelley Lorix has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.

A Circle of Warriors

Presenter: Andy Mickel

When: Mar 14, 7:00-9:00 p.m.

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Resumes for the New Career – Playing Society's Game!

Presenter: Sue Varness-Gunder

When: Apr. 4, 7:00-9:00 p.m.

Open to, men, women, and children.

This session will discuss resume writing, interviewing, the "hidden job market," and learning how to motivate yourself to obtain the career you want. You will see how to make the most of the job when you have it. It comes to learning how to play the game. Bring your own resume along, and be prepared to ask your own questions.

Sue Gunder is Career Development Manager at PPL Industries, a local program of the local charity PPL. She has more than 9 years in their program of helping people enter the mainstream job market. In all she has more than 18 years experience working with the "hard to employ". These include persons recently released from prison, the homeless, some veterans, and individuals with chemical dependencies. You can reach Sue at: PPL Industries, 1179 15th Ave SE, Minneapolis MN 55414.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• **Minneapolis Location**
3249 Hennepin Ave. S. Suite 55

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

• Tuesdays 7:30- 9:30 pm

General Men's Issues/Divorce/ Uncoupling/Family/Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

• Mondays 12:30 - 2:30 pm
• Thursdays 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

• Tuesdays 7:30 - 9:30 pm

Transitions

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns

to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

• Wednesdays 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

• Thursdays 7:30 - 9:30 pm

Two Spirits & Gatekeeper Community

Open to Men and Women

A new group celebrating "Old Ways" indigenous - we practice openness to Two Spirit Men & Women (The tradition of Two Spirit holds that we participate in both - feminine & masculine and that we are neither), diversity, elders, all ethnicities, spiritualities, members of the general and GLBT populations are welcome.

On the 3rd Friday of each Month we will experience "TALKING CIRCLE". On the last Wednesday of the month we will present CULTURAL Presentations. And on the 4th Friday of the month we invite you to join us for potluck GATHERING.

• 3rd, & 4th Fridays 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

• Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

• Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

• 3rd Sundays 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **Sunday, February 18th** at Eric Mann's 632 Morgan Ave S., Minneapolis, 55405 612-729-1220 (on the north side of I-394, Penn Ave Exit). **Sunday, March 18th** at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103 651-487-3008. (on the east side of Lake Como), and **Sunday, April 15th** at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280).

Brunch attendance has picked up! 15 attended the December brunch at Rick Gravrok's and 13 attended the brunch today at Stephen Fuller's. - Andy Mickel, 2007-01-20.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held April 13-15, 2007 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register online at <<http://minnesota.mkp.org/>>. - Andy Mickel, 2007-01-11.

“[I would like to see material in Men Talk on:] 1) domestic abuse of men by women and 2) false allegations of abuse in divorce and custody. Thank you for the support during my divorce! I received sole legal and physical custody of my daughters Nicole 16, Ashley 12. Keep up the good work!” - Michael Hamer, 2006-12-09.

Neil Chethik will give a talk on “What Men Really Think About Their Relationships (and Why It Matters): A Conversation

for Men & Women” Saturday, February 10, 9:00 a.m. at Unity Church Unitarian St. Paul, 732 Holly Ave. 55104. Free of charge to the public. All are welcome. Neil Chethik is the author of two acclaimed books: *VoiceMale: What Husbands Really Think About Their Marriages, Their Wives, Sex, Housework and Commitment*, and *FatherLoss: How Sons of All Ages Come To Terms With the Deaths of Their Dads*. He is writer-in-residence at the Carnegie Center for Literacy and Learning in Lexington, Kentucky, where he lives with his wife, Rev. Kelly Flood, and their 13-year-old son, Evan. Neil is co-founder of the Unitarian Universalist Men's Network. FFI: <<http://www.NeilChethik.com/>>; Unity Church Unitarian: 651-228-1456, <unity@unityunitarian.org>, <<http://www.unityunitarian.org>>

Key of See Storytellers announces their 4th Saturday Storytelling for Adults at Dunn Bros. by Loring Park 329 West 15th St. Minneapolis 55403. “Rising to a Higher Level” Larry and Elaine, with guest Jerry Blue, February 24, 7-9 p.m. and “Wanderers on the Bridge” March 24, 7-9 p.m. **WORLD STORYTELLING DAY** is happening on or around March 20 all around the world. Follow events worldwide at <<http://www.storytellingday.net/>> **Class in Storytelling for Grandparents, Parents, Activists, Trainers and Other Leaders:** • How to put it in a story so children get it, and adults will too; • Find ways to tell the pressing stories the media misses or ignores; • One minute stories to “sell your point” in any situation • Cut through polarization by hearing and respecting each other's stories. 6 Tuesdays, February 6 - March 13, 6-9 p.m., Unity Christ Church of Golden Valley, 4000 Golden Valley Rd 55422. \$120 Registration to Larry Johnson, Box 27314, Golden Valley, MN 55427. Questions to 612-747-3904 <topstory7@comcast.net> - Larry Johnson, 612-747-3904 - 2007-01-09.

Benedictine Center Focuses on Men's Spirituality In February, the Benedictine Center is offering three opportunities for men to explore their spirituality and find ways to cultivate an inner life that can enrich themselves, their families and the world around them. “The world rewards men for doing and achieving,” says Sam Rahberg, associate director of the Benedictine Center, “but our true selves can only evolve and find peace from a place of silence and reflection.” The Center will offer the following opportunities for men to come together to learn, discuss and reflect on the uniqueness of their own spiritual journey: **What St. Benedict Can Teach Dads**, February 8, 7-8 p.m., \$10. Sam Rahberg will show how 1500-year-old ideas can help fathers raise healthy children. Rahberg, a Benedictine oblate, has two children under the age of three. **The Male Contemplative Spiritual Journey Today**, February 16-18, \$150 (includes room and meals). David Sagula, PhD, a licensed psychologist, management consultant and experienced retreat leader, will help men balance the challenges of career, relationships, service and faith. **Men's Contemplative Spirituality Group**, Monday, February 26, 7-9 p.m. free will offering. This long-standing group offers support and encouragement to all men on their spiritual journeys. To register online for any of these opportunities, go to <<http://www.stpaulsmonastery.org/>> and follow the Benedictine Center Link. FFI 651-777-7251 or <benedictinecenter@stpaulsmonastery.org>. The Benedictine Center, a ministry of the Benedictine Sisters of St. Paul's Monastery, 2675 E Larpenteur Ave. Maplewood. - Kathleen Lindstrom, 952-829-1386 <klindstrom@usfamily.net>, 2006-12-28

Look for updated navigation design in our web site, <<http://www.tcmc.org/>> allowing you to bookmark interior pages. - Andy Mickel. - 2007-01-13

Annual Facilitator Training Report

This year's training was led by Randy Genrich and Norm Petrik. Hank Bruns the long time trainer was unable to be present. 10 men and one woman participated in the training which is expected of all facilitators. Several new persons interested in facilitating attended which is wonderful, as support groups are the heart of the men's center and they need good leadership. Thank you facilitators.

– Norm Petrik, Program Chair.

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
(You won't receive Men Talk if this box is checked.)

I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

FROM: name _____

Date _____ Mailing address _____

_____ Home phone _____

_____ Work/other telephone _____

Anger Management Program

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:
12 consecutive weeks (next class begins Monday, Dec. 4)

Number of Participants:
Space is limited to 12 participants with 2 facilitators per class

Cost:
\$215 for Men Center Members (\$225 for Non-Members)

Starting Dates:
Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesck, on the Anger Management phone 612-229-3102.

COUNSELING AND PSYCHOTHERAPY

25 years exp. as director of U. of M. employee assistance program and private practice. Individual, couples, issues of depression, identity, coming out, CD.

Fees based on ability to pay.

David W. Johnson, MA 612-721-8048
dwjohn@umn.edu

Dear Men's Center Members and Friends:

Here's a special gift for you! A FREE \$10.00 Gift Card you can use on my website, www.shoptrustbuy.com Simply, give me a call at 800-742-0150!



Your Gift Card will be sent to your home or your email!

Shopping at www.shoptrustbuy.com is easy and convenient. We offer:

- Thousands of the products you want — all at amazing prices!
- Home décor, toys and games, decorative candles and scents, bath & body products, glass décor and collectibles, gifts for everyone, travel essentials and so much more!
- Exceptional quality you've got to experience for yourself!
- Shopping convenience 24 hours a day, seven days a week!

There's so much more on the website, why wait to shop?

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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MEN TALK

The Men's Center News

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Another Day in the Life

*The face I find in the mirror is
not superman's.
still, I am sure I am some superhero,
but then, in the shower
the soap slips out of my hand,
resounding, slithering, sliding around
in the bottom of the tub.*

*I am gloriously human,
my sweat washed off, the grime gone, clean —
the day's soil, if not sins, scrubbed away —
but no cigar, no special powers,
though I do leap out of the tub
in a single bound.*

BY KEN STERN

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