



MEN TALK

THE MEN'S CENTER NEWS

October/November 2008 VOL. 32 #5

Boys to Men Minnesota

— © 2008 BY JIM LOVESTAR

Boys to Men Minnesota (BTM MN) is reforging the broken links in male community by creating a place where boys and men help heal each other through deep personal work, and making a powerful commitment to each other in community.

1) Our 2 1/2 day “*The Rites of Passage Adventure Weekend*” (RPAW) consists of 25 generative processes that address an adolescent boy’s lack of trust, adequate role models and support. He gets permission and modeling to be authentic. Emotional breakthroughs occur for most boys. Trust and accountability are significant features of boy’s and men’s lives in the BTM community. Through the creation of a multi generational values based community, vulnerable and/or angry boys and men build self esteem, plus learn to trust and be accountable.

2) The “*Reclaiming the Teenage Fire*” mentor training weekend helps a man to re-ignite the inherent enthusiasm for life of his teenage years. Through many powerful processes, a man is encouraged and empowered to discover and recover the missing emotional pieces of his own childhoods, thereby sensitizing him to the challenges of teenage boys in the twenty-first century. Mentors report being more empowering parents. By learning the awareness and language of feelings, all participants are given new tools to communicate more effectively without hidden resentments.

Approximately a hundred men and boys have been transformed through Minnesota BTM’s Rites of Passage weekend, character building events, and one to one mentor matching, in Minnesota. Thousands have participated in BTM programs worldwide.

- Community impact: Families are transformed as boys and men “wake up” to their full selves. Parents stress levels are reduced. Boys perform better in schools and there are fewer disruptions. Violence and recidivism are reduced. We’ve experienced journeymen who are better parents of their own children. Mentors parenting skill improve because of their new perspective as “uncles and big brothers.” Our main goal is to help the boys. Healthier, happier boys and mentors will lead to healthier, happier communities.

- Society at large: ultimately we seek to initiate our society into a new ideal of manhood. The current popular ideal is of Men who try to fill themselves up with success, power, money and sex. When men change their mission to giving back to the next generation, we fulfill ourselves and become happy.

Boys need to know they are needed too. When the social ideal of boys is to support their families and communities they develop their self confidence, skills, and become happy.

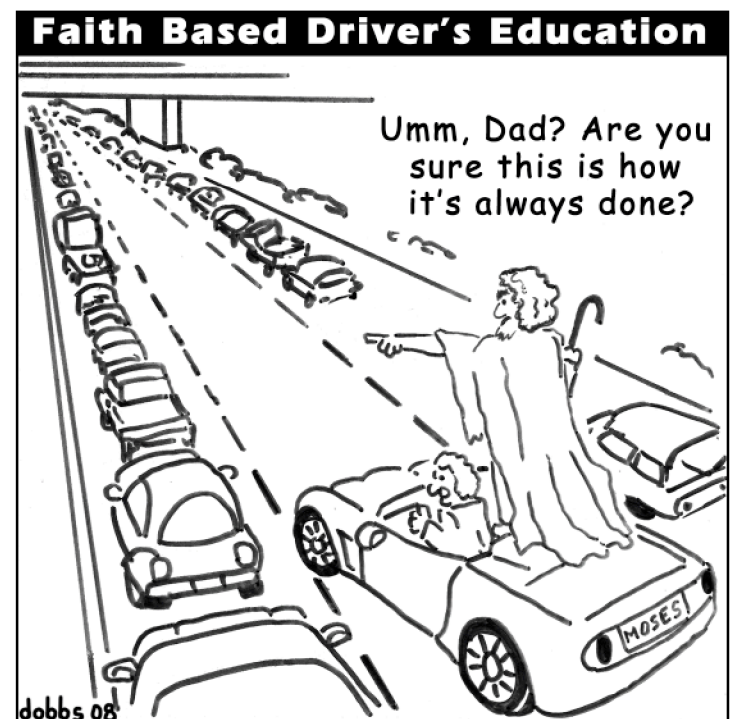
The story of Boys to Men is movingly portrayed in the locally produced movie, JOURNEYMAN.

Journeyman is a documentary film that serves as a witness and a mirror to reflect boys’ and men’s hunger to know their true purpose and place in a soulful community. *Journeyman* is a powerful tool to touch hearts, and begin discussions of how to reclaim that crucial sense of purpose and place.

The film takes you inside men’s circles, Boys to Men Weekends, Mentor Training weekends, and follows the subject boys and their mentors as they faced new challenges, and grew in maturity and integrity. The movie also includes interviews with leading experts in child development, the effects of media, sociology, and famous proponents of Rites of Passage.

Central to the film’s journey is the footage of men doing their own work so that they are able to show up cleanly for the next generation. JOURNEYMAN bears witness to a community of men and boys who are together creating a culture built on the foundation of a newly emerging definition of masculinity.

Boys to Men continued on pg 2



Library Corner

– *RAY CLARE, LIBRARIAN*



We are pleased to offer our members a unique and extensive collection of quality reading on men's topics.

As a Men's Center member, you are eligible to check out books from our library. And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

Recently Added to the Library:

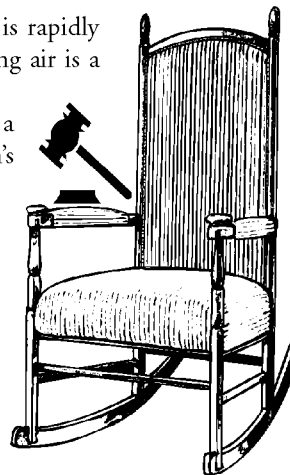
Testimony Time: A Positive Perspective on Homosexuality by Pastor Lowell Endahl, retired. This is available for checkout in the Men's Center office.

Greetings from the Chair

Greetings members, supporters and friends of the Twin Cities Men's Center: The donations declined this year by about 30 to 40%. We are about two thousand dollars short of where we were in support group donations compared with last year.

Another change of season is rapidly approaching. The crisp morning air is a reminder of things to come.

We have experienced a change this year at the Men's Center. Our donations have declined after having many stable years. It is easy to analyze this change and associate it with the decline in our national economy and increasing unemployment, but that does not solve the problem. At our present rate of donations, we will not be able to cover our very reasonable rent.



The main area of decline in our donations is at the support groups. We presently have 10 weekly support groups and a couple more than meet once a month. The number of participants who are attending these support groups has essentially remained the same over the past few years, including the current year.

Now this doesn't seem like much. But it has been my experience that the Men's Center is very efficient and offers a lot of service on an extremely lean budget. We are asking support group participants to consider making a donation of at least \$3, if possible. We do not want to dissuade participants from attending if they are unable to donate this amount due to personal finances. The simple math is that we can make rent if we average \$3 per support group participant.

My hope is that this letter finds each of you well. I will see you at the Men's Center.

**BOBBY SCHAUERHAMER,
CHAIR OF THE BOARD**

Boys to Men continued from pg 1

The DVD also includes over 30 minutes of special features on topics such as the influence of media on young men, a veteran's perspective on violent games, and powerful interview with MKP brother and Heisman trophy winner Aaron Taylor on mentoring and mature masculinity. You can watch a 3 minute preview of the film at <<http://www.videohaiku.com/journeyman/trailer.mp4>> DVDs are available off the website at, www.mirrormanfilms.org, or by calling (877) 515-9150. Please contact Charlie Borden about arranging a *Journeyman* screening by e-mailing him at answers@mirrormanfilms.org.

Men's Center Fall Potluck Picnic, Canceled

The Annual Fall Picnic September 14th this year was canceled because of rain. I plan to schedule another for next September. – Norm Petrik, Program Comm Chair

Men's Retirement Group Schedule Change

The Monthly Men's Retirement Support Group will meet the 2nd Sunday, October 12th, instead of the usual 3rd Sunday, and meet the usual 3rd Sunday, November 16th, at the usual time of 5:30pm. The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you! – Norm Petrik, Group facilitator

HAVE YOU BEEN ABUSED BY A ROMANTIC PARTNER?

If you are a heterosexual man who has experienced any physically and/or psychologically abusive behaviors from a former partner, you are eligible to participate in a survey about your experiences. If you wish to participate, please contact Jessi Eckstein at jessi.research@gmail.com. If you choose to contact via email, your email address and contact information will be deleted; there will be nothing linking you to the information you provide in the survey.

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. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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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.

Oct/Nov 08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
			1	2	3	4
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
5	6	7	8	9	10	11
Men's Retirement 5:30 p.m	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living w HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Managing Sanity and Resilience... 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
12	13	14	15	16	17	18
BRUNCH 10:00 a.m.	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Faster Than the Speed of Life 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
19	20	21	22	23	24	25
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Past Sexual Abuse in Men's Lives 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
26	27	28	29	30	31	1
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	MT ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
2	3	4	5	6	7	8
	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living w HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	MT FINAL DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
9	10	11	12	13	14	15
BRUNCH 10:00 a.m. Men's Retirement 5:30 p.m	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Destructive Power of Anger 7:30 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	MT MAILING 9:00 am SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
16	17	18	19	20	21	22
	SUPPORT GROUPS General 12:30 p.m. Combat Trauma 7:30 p.m. Living with HIV 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION None - Holiday	THANKSGIVING HOLIDAY	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
23	24	25	26	27	28	29
30						

Our phone number is
612 / 822-5892.
Call us about
Anger Management classes.

1976 — In Our 32nd Year — 2008
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: Allan Anderson, Alex Bernstein, Jim Gerharter, Harry Greenberg, Larry Johnson, Kelley Lorix, Andy Mickel, LeBrent Speed, and Linda Wray.

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

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, Oct. 1, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Oct. 8, 7:00-9:00 pm

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.

Managing Sanity and Resilience Through Divorce/ Uncoupling

Presenter: Harry Greenberg

When: Wed, Oct. 15, 7:00-9:00 pm

Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist.

He received his masters degree in social work and his teaching license from the University of Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce.

His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.

Faster Than the Speed of Life

Presenter: Alex Bernstein and Larry Johnson

When: Wed, Oct. 22, 7:00-9:00 pm

Open to Men and Women

Alex Bernstein and Larry Johnson will tell stories that drag the boy out of the man and put him back again. Faster than a speeding bullet and able to leap over tall buildings in several bounds, they will do about an hour of stories, with a chance to just talk at the end. Alex and Larry met, travelling opposite directions, during a sonic boom.

Alex, a Russian immigrant, delights in telling Russian folktales and stories of his adventures traveling the world. He has performed in Minnesota for over 15 years, including TWO CHAIRS TELLING at the Jungle Theatre, the Seward Cafe, Coffee Grounds, and many others.

Larry was a 2 year old immigrant from Mpls to Bloomington, before the developers mowed down the country his dad sought in 1948. He tells folktales of Bloomington with facts slightly exaggerated to protect the innocent. He has walked and told stories since the late 60s throughout the U.S. and in England, Germany, Sweden, Norway, and Ecuador; always slightly under the radar.

Past Sexual Abuse in Men's Lives

Presenter: Allan Anderson

When: Wed, Oct. 29, 7:00-9:00 pm

Do you have questions or concerns about past sexual abuse? Perhaps you know someone who has hinted or talked about this. Perhaps you have experiences in your own life you wonder about. Perhaps you didn't quite know what to say or felt uncomfortable with the subject. Experts on abuse feel confident that about 1 in 6 boys are abused sexually in childhood so clearly you are not alone with these concerns. While talking about abuse is difficult, keeping silent and uninformed is not part of the solution! Come be a part of something better.

Family Law Clinic

Discussion Leader: Jim Gerharter

When: Wed, Nov. 5, 7:00-9:00 pm

Open to Men and Women

See Oct. 1 Description

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Nov. 12, 7:00-9:00pm

See Oct. 8 Description

The Destructive Power of Anger

Presenter: LeBrent Speed

When: Wed, Oct. 19, 7:00-9:00 pm

This seminar will help you identify the destructive effects of anger in your life and give you tools in which you can conquer it forever.

LeBrent Speed has been a public speaker for 20 years and brings a wealth of knowledge in the subject of personal development and life achievement.

No Presentation

Thanksgiving Holiday

When: Wed, Nov. 26, 7:00-9:00 pm

Family Law Clinic

Discussion Leader: Kelly Lorix

When: Wed, Dec. 3, 7:00-9:00 pm

Open to Men and Women

See Oct. 1 Description

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

General Men's Issues/ Divorce/Uncoupling

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

Living with HIV

A Support Group for all men with HIV

Come to a supportive and safe environment to discuss topics relating to living with HIV. A place to openly discuss your HIV issues with other men who

understand. Open to all men regardless of their sexuality. Learn what each other are doing to handle different aspects of their lives in relation to their HIV. Or just a place to talk about what is on your mind that day. Open to all men with HIV regardless of their sexuality.

- Mondays 7:30 - 9:30 pm

Creatively Coping with Combat Trauma

Are you a veteran whose combat experiences are still troubling you? Post-traumatic stress disorder (PTSD) can make it hard to cope with everyday life. It emerges at unexpected times, disrupting your life. It's common to experience panic, flashbacks, nightmares, disorientation, feeling unreal, family, problems and difficulty relaxing.

You are not alone. A new support group started in September, based on a whole-body creative experiential approach. Using drama and the arts, you will reconnect with family and community, safely explore traumatic memories, integrate body, mind and feelings, identify and develop strengths and increase coping tools.

- Mondays 7:30 - 9:30 pm

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

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

Open to Men and Women

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.

Currently a closed group. Call The Men's Center 612-822-5892 if you are interested in this survivor's group.

- Thursdays 7:00 - 9:00 pm

Two Spirits & Gate Keeper Community

Open to Men and Women

We are Two Spirit People and Gatekeepers of the Spirit World, offering a Safe & Connective environment. Serving the LGBT & Queer & Questioning community, our allies & our families in Minnesota. Our focus is to remain inclusive of every ethnic genre; allowing for positive community interaction to promote spiritual & emotional growth, emphasizing self awareness, group enlightenment & personal empowerment. We live in a world that resists our journey to seek those pathways that reconnect us to the indigenous teachings of elders long ago. We create this circle to receive kindness, express compassion and speak our truth with one another.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck

7:00 - 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): **October 19th at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 33rd anniversary celebration. **November 16th at Stephen Sewell's or Paul Busch's**, 647 Lincoln Ave #F, St. Paul, 55105 (just east of Dale Av) 651-917-2495. or 1523 Laurel Avenue, St. Paul 55104 651-646-4656. **December 21st at Rick Gravrok's** 2925 Monterey Ave S, St. Louis Park, 55416 952-926-6655. (on the west side of Lake Calhoun, off Lake St.). 12 men Dave Mueller's/Tom Weaver's brunch in August. – Andy Mickel, 2008-09-15.

"Your Anger Management class has bettered my life more than anything else I have ever done." – Doug S., 2008-08-15.

"Keep up the good work!" – David W. Johnson, 2008-07-16.

The Numbers Are In: We Need Your Help Although attendance levels for Men's Center support groups remain the same as last year, the total amount of money collected from attendees has dropped significantly, according to figures recently received by the board of directors. Treasurer Gerry Obremski reports that support group income has fallen \$2,000 from the previous fiscal year. Board chair Bobby Schauerhamer suggests that a weak economy is largely to blame for the decrease. Because The Men's Center receives no corporate or government funding, we rely on the voluntary donations of those who seek benefit through our various support groups. This income is needed to cover our monthly rent and modest operating costs. The board is exploring new ways to increase revenue and welcomes your ideas and suggestions. In the meantime, when you attend your next support group session, please try to give what you can afford—every dollar will help keep our support groups accessible to all who need them. – Don Haumant, 2008-09-11.

Expressive Arts Therapy Training Series, 12 weeks, September 10 - November 26, Wednesdays 1-3p.m. Learn to harness the power of the arts for healing and transformation and integrate the creative process into your practice / profession—be it therapist, life coach, organizational consultant, etc. with your creative life as an artist, musician, poet, writer, or actor, etc. Expressive Arts Therapy integrates all the arts—music, poetry, drama, dance, drawing, sculpture, masks, puppets and more—into healing and transformational processes. In this hands-on experiential training you will learn to:

- * Identify your creative strengths and limitations
- * Build safety through creativity
- * Use and combine all the arts modalities for healing and transformation
- * Choose the best arts approach for a wide variety of situations
- * Work with individuals and groups
- * Use the arts to support yourself in your practice

\$25/session, FFI, <www.ArtsOfPassage.com>, 612-360-0833. – Harry LeBlanc, 2008-09-06.

New Twin Cities GLBTQ Writers Group sponsored by the Loft Literary Center meets 3rd Wednesdays 7-9 p.m. at the Loft, 1011 Washington Ave, 3rd floor book club room #305. All members of the GLBTQ community of all ages, experience levels and writing genres who are writers or interested in becoming writers are welcome. – Danny Eitingon, 651-649-4538 <doctordanny@prodigy.net>, 2008-07-18.

Wholeness Retreat for Men ages 14 - 100, Saturday, October 11, 8:30a.m. - 3:45p.m. Join with like-minded men to experience a day of self-care and fellowship. Workshops on Letting Go, Mind/Action, Homeopathy, Dominance/Partnership, Male Archetypes, Spiritual Progressives, Breath Work. Also available: Massage, Healing Energy Work, Personal Life Coaching, Food, Music, Prayer, Meditation. \$45 (includes lunch) Unity Christ Church, 4000 Golden Valley Road, 763-521-4793. – Blaine McCutchan, Michael Obsatz, Walter Cook, John Kuyper, 2008-09-07.

Men seeking support and encouragement in their spiritual journeys are invited to attend a **Retreat for Men: Living Well** at the Benedictine Center from Fri. October 31 - Sat. Nov 1. An opportunity for men who want to integrate contemplative spirituality into their everyday lives with times for conversation, prayer and quiet led by David Sagula, PhD, a licensed psychologist and management consultant and expert in male spirituality. "Sometimes it's hard being an everyday guy trying to integrate contemplative practices into an everyday life—this is an opportunity to see you are not alone. Participants don't have to be spiritual athletes, just willing to show up." Cost is \$100 including lodging and meals. FFI: <<http://www.stpaulsmonastery.org>> (click the Benedictine Center link) 651-777-7251, <benedictinecenter@stpaulsmonastery.org>. The Benedictine Center, a ministry of the Benedictine Sisters at St. Paul's Monastery, is located at 2675 Larpentour Avenue East in Maplewood 55109. – Kathleen Lindstrom, 2008-09-01.

Open Circle of Warriors events at the Men's Center every 2nd Wednesday, 7-9 p.m. or the **Lion's Den Men's Group** every 4th Wednesday also at the Men's Center. Contact **Andy Mickel** with any questions 612-279-6416 or see: <<http://minnesota.mkp.org>> for Open I-Group dates/times. – Andy Mickel, 2008-09-12.

Along with nearly 50 other state agencies and organizations, the Men's Center is co-sponsoring a free, 1-day interfaith conference "**Open Doors - Open Hearts: Spiritual Transitioning After Prison and Recovery**" Sat., Oct. 11:8:30 a.m. - 4:30 p.m. to be held at The Recovery Church, West Campus, at Wesley United Methodist Church, (next to the Minneapolis Convention Center), 101 E Grant St Minneapolis, MN 55403. Focus: "What Are the Issues, Opportunities, and Next Steps Around Spiritual Transitioning After Prison and Recovery?" Using an "Open Space" model of co-creation, we will bring together those who are in transition, community service professionals, and

representatives of spiritual communities in the Twin Cities to share ideas and perspectives. All participants will have an equal opportunity to be heard and to contribute to the outcomes. To Register: <oct11conference@aim.com> or 651-644-5851 Include name, address, phone number, e-mail, sponsoring organization (if any), and if you wish a vegetarian lunch. – Don Haumant, 2008-07-10.

Beyond the Wall: Ex-Offender Empowerment Group -for anyone with a criminal record. We will be discussing job searching, relationships, furthering your education, reaching your dreams/goals, and what it takes to set a better example of men and women in our community. All are encouraged to come on the 1st and 3rd Saturday of the month. The first will be held this Saturday, September 6 at Goodwill/Easter Seals. I will be facilitating this group on my own and not as an employee of Goodwill. FFI: Andre Corbett, Employment Support Consultant 651.379.5954, Goodwill/Easter Seals Minnesota, 553 Fairview Avenue North St. Paul, MN 55104. 2008-09-01.

Fathers and Children's Mental Health: Engaging Fathers in Supporting Healthy Development of Young Children: A series of seven workshops across Minnesota will provide a training opportunity for individuals working in family services, child welfare, family courts, parenting education, early childhood development, public health, child support enforcement, fatherhood advocacy and other social service organizations. Topics will include research and theory about parent-child mental health birth-to-three, mental health community support for parents, principles for engaging men as clients and colleagues, and community resources for promoting parent engagement in early childhood development. Offered by MFFN, Prevent Child Abuse Minnesota, DHS Children's Trust Fund, the Minnesota Initiative Foundations, and St. Cloud State University. FREE to MFFN members, Child Abuse Prevention Council members, Early Childhood Initiative members, Thrive Initiative members, and Circle of Parents members. Nonmember registration fee is \$20.00. Details and registration information are available at www.pcamn.org or call (651) 523-0099.

- Bemidji: Friday October 3, 10:00am - 3:00pm
- Little Falls: Tuesday October 7, 10:00am - 3:00pm
- Albert Lea: Friday October 10, 10:00am - 3:00pm
- Litchfield: Tuesday October 21, 10:00am - 3:00pm
- Metro/Twin Cities: Tuesday October 28, 10:00am - 3:00pm
- Duluth: Friday November 7, 10:00am - 3:00pm
- Alexandria: Friday November 21, 10:30am - 3:30pm (note later start time)

– Paul Masiarchin, Minnesota Fathers & Families Network, 651-222-7432 <pmasiarchin@mnfathers.org>, <www.mnfathers.org> - 2008-09-02.

Be sure to stay in touch with Men's Center workshops, classes, support groups and other events at: <<http://www.tcmc.org>> – Andy Mickel, 2008-02-02.

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:

Date _____ FROM: name _____

_____ 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
- Number of Participants:** Limited to 12 men 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 Hesch, on the Anger Management phone 612-229-3102.

UPTOWN AREA SPACE TO RENT

The Men's Center, 3249 Hennepin Ave S

Space Rental Rate Schedule:

	<i>Non-Profit</i>	<i>Profit event</i>
<i>Full Day (8 hrs)</i>	\$50	\$100
<i>Half Day (4 hrs)</i>	\$25	\$50
<i>Hourly</i>	\$7.50	\$15

(612) 822-5892

THANK YOU!

The Men's Center receives generous donations of baked goods from **Wuollet's** and **Breadsmith Bakeries**. You can find them at 25th and Hennepin or 50th and France or online at:
www.wuollet.com
www.breadsmith.com




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Full Page	7 1/2" x 10"	\$200
1/2 Page	7 1/2" x 4 7/8"	\$125
1/4 Page	3 5/8" x 4 7/8"	\$65
Biz Card	2" x 3 1/2"	\$25

E-mail the editor at tcmc@tcmc.org

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
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MEN TALK

The Men's Center News

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A Bold and Tender Heart – A Course in Forgiveness Especially for Men

with Mary Hayes Grieco and The Men's Training Team

The Midwest Institute for Forgiveness Training

October 8 - November 19, 2008

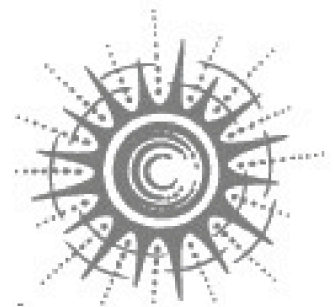
(Wednesday Evenings, 7 -9:30 PM)

Unity Church Unitarian, St. Paul, Mn.

\$250

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www.maryhayesgrieco.com



A man-friendly approach to important emotional work and a deeper spiritual connection. Learn a powerful step-by-step method of forgiveness to let go of past hurts and failures, and the skills of healthy emotional expression and good relationships. Forgiveness improves health and vitality, and increases happiness and resilience. Learn more about Mary Hayes Grieco's amazing forgiveness work at www.maryhayesgrieco.com

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