

# men talk

tcmc  
twin cities men's center

in our 34th year  
of public service

Aug/Sep 2010  
Volume 34 #4

## *Never Lose Hope In Dealing With Your Fears And Anxieties*

© 2010 BY STANLEY POPOVICH

When your fears and depression have the best of you, it is easy to feel that things will not get any better. This is not true. There is much help available in today's society and the best way to deal with your fears is to find effective ways to overcome them. As a result, here are some techniques a person can use to help manage their fears and anxieties.

You never know when the answers you are looking for will come to your doorstep. Even if the thing that you feared does happen, there are circumstances and factors that you can't predict which can be used to your advantage. These factors can change everything. Remember: we may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you feel fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you're afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

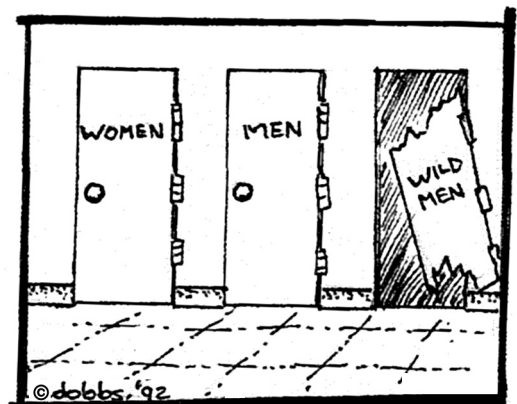
Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things. Doing something will get your mind off of the problem

and give you confidence to do other things.

Be smart in how you deal with your fears and anxieties. Do not try to tackle everything all at once. When facing a current or upcoming task that overwhelms you with a lot of anxiety, break the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

*Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non-Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>*



*Searching for the Iron John*

## Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members of the Men's Center. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

**Recent Additions:** *The Poetry Corner*.

The intent of the Poetry Corner is to provide a venue for anyone to share with others anything they have written. It is a place to share your thoughts & events gone by. The Men's Center hopes it will also be a place to share your feelings and lessons learned. Have you ever felt lonely, forgotten, excited, enlightened, or in love? If you felt strongly enough to write about your experience, pull out those poems you wrote and then stashed at the bottom of a dusty drawer. Bring these literary snapshots of your life and add them to the three ring binder on the round table in the library. Sign them or don't sign them. Just bring them in and share a piece of yourself with others.

### 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](mailto:tcmc@tcmc.org)

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## Greetings from the Chair

Stanley Popovich's lead article in this issue of Men Talk is a timely reminder of the importance of taking care of ourselves emotionally, and making sure that we don't let the pressures and stresses of everyday life overwhelm us and cause real and lasting damage to our physical health. I say 'timely' because in the midst of what feels like an endless economic depression, there are even more stresses than usual - Can I find a job? Will I keep my current job? Can I pay my bills? All of these questions take on greater weight when it feels like the margin for error has become razor thin.

If you recognize yourself in any of the above, by all means I hope you will think about some of Stan's recommendations for coping with fear and anxiety. And in addition, I suggest you attend one of the nearly dozen support groups at TCMC. If your first reaction to this suggestion is, "What's the use in going to a support group? A support group won't find me a job, or pay my bills, or fix the economy," I know how you feel because I used to have similar feelings. A support group didn't seem like it could solve any of

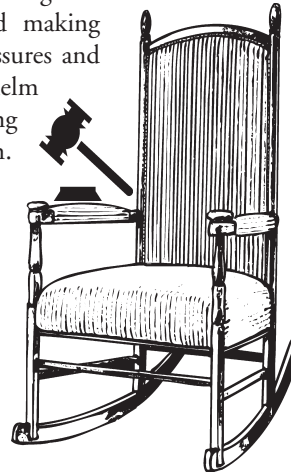
my problems, so what was the point? My problems didn't need to be talked about, they needed to be solved.

But here's the thing - only you are going to solve your problems. Even if you win the lottery, this is just a basic fact. And if it's up to you to solve your problems, it will be tremendously helpful if you have the energy and clarity of mind necessary to tackle these problems. Think of yourself as a car in a race. When a race car needs new tires, more fuel, or some kind of repair, it needs to make a pit stop to get these problems fixed.

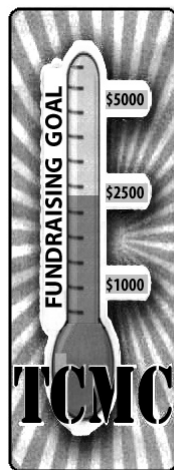
Trying to race a car in bad shape will result in losing, or not even finishing the race. Similarly, feeling overwhelmed by the problems you face gets in the way of solving or even facing those problems.

So while it's true attending a support group likely won't in and of itself solve whatever financial or personal issues you are dealing with, it very well could provide you with the strength and peace of mind that allows you to solve these problems for yourself.

JOE SZURSZEWSKI  
BOARD CHAIR



### TCMC's "BROTHERS HELPING BROTHERS" FUND RAISING DRIVE



To help support rising operating expenses for the coming year, the Twin Cities Men's Center initiated a campaign to raise \$5,000 over this year. During this time, TCMC's fundraising task group will seek individual donations by contacting members directly by phone and e-mail. We choose a fund raising drive as an alternative to raising membership rates. Membership rates remain the same to keep things affordable for all program participants. "Brothers Helping Brothers" provides quick and easy means to donate for those who can afford to do so.

GO TO [WWW.TCMC.ORG](http://WWW.TCMC.ORG) / CLICK "DONATE"

To make a tax-deductible contribution, simply go to TCMC's website, [www.tcmc.org](http://www.tcmc.org), and click "Donate" in the lefthand navigation bar. Contributions by personal check, payable to TCMC, can be directed to TCMC's office:

Twin Cities Men's Center  
"Brothers Helping Brothers"  
3249 Hennepin Ave. So., #55  
Minneapolis, MN 55408

# EVENTS CALENDAR

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                                                                      |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                 | SUPPORT GROUPS<br>General 12:30 p.m.<br>Women Dealing with<br>Sexual Addiction<br>7:30 p.m.                       | SUPPORT GROUPS<br>Gay Issues 7:30 p.m.<br>Addiction Busters<br>7:30p.m. | PRESENTATION<br>Family Law Clinic<br>7-9 p.m.<br>Transition<br>7:30 p.m.                       | SUPPORT GROUPS<br>Male Survivors of<br>Sexual Abuse<br>7:00 p.m.<br>Div/Uncpl/General<br>7:30 p.m. | SUPPORT GROUPS<br>Men's Bisexual<br>Issues 7:30 p.m.                                                                                                           | SUPPORT GROUPS<br>Healthy Sexual<br>Boundaries10:00 a.m.                      |
| <b>1</b>                                        | <b>2</b>                                                                                                          | <b>3</b>                                                                | <b>4</b>                                                                                       | <b>5</b>                                                                                           | <b>6</b>                                                                                                                                                       | <b>7</b>                                                                      |
| SUPPORT GROUPS<br>Men's Retirement<br>5:30 p.m. | BOARD MTG. 7 p.m.<br>SUPPORT GROUPS<br>General 12:30 p.m.<br>Women Dealing with<br>Sexual Addiction<br>7:30 p.m.  | SUPPORT GROUPS<br>Gay Issues 7:30 p.m.<br>Addiction Busters<br>7:30p.m. | PRESENTATION<br>A Circle of<br>Warriors<br>7-9 p.m.<br>Transition<br>7:30 p.m.                 | SUPPORT GROUPS<br>Male Survivors of<br>Sexual Abuse<br>7:00 p.m.<br>Div/Uncpl/General<br>7:30 p.m. | SUPPORT GROUPS<br>Men's Bisexual<br>Issues 7:30 p.m.                                                                                                           | SUPPORT GROUPS<br>Healthy Sexual<br>Boundaries10:00 a.m.                      |
| <b>8</b>                                        | <b>9</b>                                                                                                          | <b>10</b>                                                               | <b>11</b>                                                                                      | <b>12</b>                                                                                          | <b>13</b>                                                                                                                                                      | <b>14</b>                                                                     |
| BRUNCH 10:00 a.m.                               | SUPPORT GROUPS<br>General 12:30 p.m.<br>Women Dealing with<br>Sexual Addiction<br>7:30 p.m.                       | SUPPORT GROUPS<br>Gay Issues 7:30 p.m.<br>Addiction Busters<br>7:30p.m. | PRESENTATION<br>Poetry Reading<br>7-9 p.m.<br>Transition<br>7:30 p.m.                          | SUPPORT GROUPS<br>Male Survivors of<br>Sexual Abuse<br>7:00 p.m.<br>Div/Uncpl/General<br>7:30 p.m. | SUPPORT GROUPS<br>Men's Bisexual<br>Issues 7:30 p.m.                                                                                                           | SUPPORT GROUPS<br>Healthy Sexual<br>Boundaries10:00 a.m.                      |
| <b>15</b>                                       | <b>16</b>                                                                                                         | <b>17</b>                                                               | <b>18</b>                                                                                      | <b>19</b>                                                                                          | <b>20</b>                                                                                                                                                      | <b>21</b>                                                                     |
|                                                 | SUPPORT GROUPS<br>General 12:30 p.m.<br>Women Dealing with<br>Sexual Addiction<br>7:30 p.m.                       | SUPPORT GROUPS<br>Gay Issues 7:30 p.m.<br>Addiction Busters<br>7:30p.m. | PRESENTATION<br>No Presentation<br>Transition<br>7:30 p.m.                                     | SUPPORT GROUPS<br>Male Survivors of<br>Sexual Abuse<br>7:00 p.m.<br>Div/Uncpl/General<br>7:30 p.m. | SUPPORT GROUPS<br>Men's Bisexual<br>Issues 7:30 p.m.                                                                                                           | SUPPORT GROUPS<br>Healthy Sexual<br>Boundaries10:00 a.m.                      |
| <b>22</b>                                       | <b>23</b>                                                                                                         | <b>24</b>                                                               | <b>25</b>                                                                                      | <b>26</b>                                                                                          | <b>27</b>                                                                                                                                                      | <b>28</b>                                                                     |
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| <b>29</b>                                       | <b>30</b>                                                                                                         | <b>31</b>                                                               | <b>1</b>                                                                                       | <b>2</b>                                                                                           | <b>3</b>                                                                                                                                                       | <b>4</b>                                                                      |
|                                                 | <b>LABOR DAY<br/>HOLIDAY</b>                                                                                      | SUPPORT GROUPS<br>Gay Issues 7:30 p.m.<br>Addiction Busters<br>7:30p.m. | PRESENTATION<br>A Circle of<br>Warriors<br>7-9 p.m.<br>Transition<br>7:30 p.m.                 | SUPPORT GROUPS<br>Male Survivors of<br>Sexual Abuse<br>7:00 p.m.<br>Div/Uncpl/General<br>7:30 p.m. | SUPPORT GROUPS<br>Men's Bisexual<br>Issues 7:30 p.m.                                                                                                           | SUPPORT GROUPS<br>Healthy Sexual<br>Boundaries10:00 a.m.                      |
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| <b>12</b>                                       | <b>13</b>                                                                                                         | <b>14</b>                                                               | <b>15</b>                                                                                      | <b>16</b>                                                                                          | <b>17</b>                                                                                                                                                      | <b>18</b>                                                                     |
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| <b>19</b>                                       | <b>20</b>                                                                                                         | <b>21</b>                                                               | <b>22</b>                                                                                      | <b>23</b>                                                                                          | <b>24</b>                                                                                                                                                      | <b>25</b>                                                                     |
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| <b>26</b>                                       | <b>27</b>                                                                                                         | <b>28</b>                                                               | <b>29</b>                                                                                      | <b>30</b>                                                                                          |                                                                                                                                                                |                                                                               |

Aug/Sep 10

Call us  
about Anger  
Management  
Classes.

1976 - In Our 34th Year - 2010  
of Public Service

## 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 the wider community. This tradition has been part of the Men's Center offering since it's founding 34 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: **Rob Gamble, Jim Gerharter, Nancy Helland, Bob Manson, Andy Mickel, Linda Wray, and Joe White.**

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: Bob Manson  
When: Wed, Aug 4, 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, Aug 11, 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.*

### Poetry Reading

Presenter: Nancy Helland  
When: Wed, Aug 18, 7:00-9:00

*Open to everyone!!*

I will be reading from my own collection of poems, but want to encourage everyone to share their own writing. Through our poetry and creativity we express our true feelings and a piece of who we really are. Just another way to reach out and talk about what we are all going through. All forms of writing or creativity are welcome or just come to be moved by the experience.

### No Presentation

When: Wed, Aug 25, 7:00-9:00

### Family Law Clinic

Discussion Leader: Linda Wray  
When: Wed, Sep 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, Sep 8, 7:00-9:00 pm

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

### The Bible Through Gay Eyes and Heart

Presenter: Rob Gamble  
When: Wed, Sep 15, 7:00-9:00 pm

*Open to Men and Women*

This is not traditional. Suggestions of man-to-man intimacy - David and Jonathan, the man Jesus loved, Mathew's gospel has been called the Gospel for sex-workers. 3 kinds of eunuchs, can we find ourselves in Joseph's story? Why is male anal sex abhorant?

*Rob Gamble, retired United Methodist pastor, gay progressive Christian, activist in Hennepin Ave UMC Reconciling Ministries, also attends All God's Children Metropolitan Community Church.*

### Eight Steps Towards Living a Spiritually Grounded Life

Presenter: Joe White  
When: Wed, Sep 22, 7:00-9:00

*Open to Men and Women*

In difficult times as people struggle to make sense of things, and question and worry about where their lives are going, there is a need, more than ever, for people to reconnect with the sacred in their lives. Drawing from the wisdom of ancient Celtic tradition and spirituality, this presentation will serve as an introduction to eight steps designed to help us live a more spiritually grounded life.

*Joseph N. White is a Spiritual Director located in the Twin Cities. He holds a Masters in Pastoral Studies from Loyola University in New Orleans, and has over 20 years experience working in integrative spirituality with all ages. To learn more about Joe and his work please visit [www.soulfriendmin.com](http://www.soulfriendmin.com) for info.*

## No Presentation

When: Wed, Sep 29, 7:00-9:00

## Family Law Clinic

Discussion Leader: Jim Gerharter

When: Wed, Oct 6, 7:00-9:00 pm

Open to Men and Women

See Aug 4 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

### Women Dealing with Sexual

#### Addiction

Open to Women Only

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like "being on or off the wagon", this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

- 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

Call 612-822-5892 if you are interested in this group because it's not a "drop-in" group.

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors, clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

- Thursdays 7:00 - 9:00 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.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- 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

### Men's Retirement Group Schedule Change

The monthly Men's Retirement Support group will meet the 2nd Sunday of August on the August 8th, and the 4th Sunday of September, Sept 26th at 5:30 p.m., instead of the usual 3rd Sundays. The group is for men who are thinking about or have retired, and want an opportunity to discuss feeling about this major life change. Welcome if this sounds like it might help you.

– Norm Petrik, Group Facilitator

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# Here and There

– Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **August 15th**, Tom Weaver co-hosting together with David Mueller 1410 Colorado Ave S., Suite 210, St. Louis Park, 55416, 612-281-5230.

**September 19th** (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. More than a dozen men attending the June Father's Day brunch at Jim Lovestar's. - Andy Mickel, 2010-07-18.

**Long-time Men's Center member** and member of ManKind Project Minnesota, **Gary Haselhuhn passed 2010-06-09 at age 77**. His career encompassed working at the State of Minnesota Dept. of Human Services for decades. He also led Mental Health Resources, a non-profit serving the chronically mentally ill. Throughout the late 1980's and 1990s, Gary led many workshops teaching the Enneagram, a spiritual personality inventory topology system and made an impact among countless religious leaders throughout the upper midwest. - Randy Genrich, 2010-06-15, based on St. Paul Pioneer Press Obituary.

In Men Center member's **Earl Hipp's ManMaking Blog**: <<http://journeytomanhood.blogspot.com/>>, he reviews the featured article on the cover of the July/August issue of the Atlantic Magazine, which asks if we are approaching **The End of Men**, a time in history where men are simply becoming less relevant than women. "While men aren't likely to go away, the author believes evidence of the cultural devaluing of men is indicated by 7 main points including: The problem of men absent in droves as fathers and role models for young boys. There is much more in the article, but you are getting the idea. In the same issue of

Atlantic there is another article titled, **Are Fathers Necessary?**. In that article the author, Pamela Paul focuses research from the February issue of the Journal of Marriage and Family, by Judith Stacey, a professor of sociology at New York University, and Timothy Biblarz, a demographer from the University of Southern California. The point of their research is that successful parenting is not at all about the gender of the parents, but the quality of parenting. As a result, Ms. Paul indicates in spite of cherished notions of two-parent families, it just may be possible that fathers aren't necessary." - Earl Hipp, 2010-07-19.

The **next ManKind Project-Minnesota New Warrior Training Adventure** will be held October 15-17, 2010 at Eagle Lake Camp near Brainerd, MN. The cost is now \$595, with many payment plans and partial scholarships 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. - Andy Mickel, 2010-07-18.

**Gay/Bi Fathers/Husbands Support Group** meets second Wednesday evenings and fourth Saturday mornings of every month. Drop-ins always welcome. Contact: <[info@fathersgroupmn.com](mailto:info@fathersgroupmn.com)>. Serving TC metro area since 1979. - Bob Anderson, 2010-07-14.

**26th Annual Minnesota Men's Conference**, September 14th- 19th, 2010, **BRINGING BACK THE FIRE** "How can we, as ordinary men,

bring some new life to our withering world? Recession and climate change do not affect men's inner longing for brotherhood and a better life. As we put our stick in the mud of recession and incessant war, how can some old stories and the companionship of men help us to abandon familiar comfort and search for something new?

"We are delighted to have as teachers this year Robert Bly, Malidoma Some, Miguel Rivera, Danny Deardorff, Martin Shaw, Doug von Koss, Tom Gambell, Thomas R. Smith, Timothy Young, Jay Leeming and assorted other poets and ne'er-do-wells." \$800 with \$200 deposit (\$450 for young men aged 13-20) Scholarship Fund available. Attendance limited to 90 adult men and 30 young men. Camp Miller, Sturgeon Lake, Minnesota, FFI: Craig Ungerman, 860-923-6987 / 860-942-1658cell <[hiddenwine@earthlink.net](mailto:hiddenwine@earthlink.net)> <<http://www.hiddenwine.com/>>, - Mark Stanley, 2010-05-15.

**Gail Rosenblum's column "Shared Parenting is One Gift That's Long Overdue for Divorced Dads"** appeared in the Minneapolis Star Tribune on Father's Day. She based her article on interviews with Molly Olson who founded a non-profit to get family-friendly Minnesota to pass a bill that presumes that after a marriage breaks up, mothers and fathers will continue to share equally in parenting. A bill carried in the 2010 legislature by Rep. Kim Norton of Rochester and Sen. Kathy Salzman of Woodbury ultimately did not pass, but did address two huge injustices: removing the exception for domestic violence and the unfair support payments formula favoring moms over dads. Sen. Salzman summed it up: "The time has come to find a way to reflect today's society. How can we make this a win-win?" - Star Tribune, 2010-06-20.

## Twin Cities Men's Center

## ALL-PURPOSE FORM

Men's Center members are entitled to: participate in our annual & monthly Board meetings, receive *Men Talk*, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed. presentations.

- 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.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: \_\_\_\_\_

FROM Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work/Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

#### 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 TCMC Members (\$225 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are two in Hopkins (Tues, Weds) and one in Minneapolis (Mon). A new class is scheduled to start on Sept 13 at the TCMC.

Please call TCMC 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.



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#### MEN TALK ADVERTISING RATE SCHEDULE

|           |                 |       |
|-----------|-----------------|-------|
| 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](mailto:tcmc@tcmc.org)

#### UPTOWN AREA SPACE TO RENT

The Men's Center,  
3249 Hennepin Ave S

|                  | Non-Profit | Profit event |
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| Half Day (4 hrs) | \$25       | \$50         |
| Hourly           | \$7.50     | \$15         |

(612) 822-5892

**TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. 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](http://www.tcmc.org) or correspond at our e-mail address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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**4**

### THE HAND OF HANNAH

The traffic is sluggish

I'm ready to respond and then I hear

The atmosphere tense

"Daddy, hold my hand"

Diastolics are elevated

I wrap one arm behind my seat

The rush is on

I feel her slim fingers intertwine with mine

If patience is a virtue

I enjoy her giggle and release my sigh

The beltway is a vice

I rejoice in the power

I feel the tailgater's stare

Hannah's hand provides

Portside's moniker is "honker"

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