

# men talk

tcmc  
twin cities men's center

in our 37th year  
of public service

Oct/Nov 2013  
Volume 37 #5

## UNDERSTANDING MEN: *Listening to What Men Don't Say*

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We hear a lot that men aren't in touch with their feelings or don't express their feelings. We also hear that men don't have anything to complain about, that they have it good, that if men have issues, why don't we hear about them? Let's explore the connection between feelings and issues that encourage or discourage the expression of feelings, plus identify and define issues and some of the benefits and implications of increased awareness.

What is a feeling? A felt emotion in response to a physical or mental event or action. Any affective state of consciousness, such as that resulting from emotions, sentiments or desires. Examples: pain, sadness, joy, happiness, worry, stress, deprivation.

An issue? A point of discussion, debate or dispute. A matter of wide public concern in which there is a clear pattern.

Events and feelings are the basis of issues. A gender issue is an event, situation or condition relative to the other gender which results in one gender being favored over the other. It results in pain or hurt that requires change or action. Examples are receiving less pay for the same work or suffering more work related injuries. One can come to an awareness of a gender issue through intellectual awareness or emotional awareness. If it starts from emotional awareness—something doesn't feel right—one then has to reflect on what's causing this feeling, which brings in the intellectual component.

If a gender issue starts from intellectual awareness and there are no feelings, it basically remains inert. Feelings are an essential component of a gender issue if it is to have any impact and strength. If there's work to be done, you have to be in touch with your emotions. In the case of men not being in touch with feelings or not being able to express them, it knocks out an essential leg of an issue. It may not come into awareness or there may be no strength to go with awareness. Denying that men have issues is to deny that they have feelings or should express their feelings.

If an inequity exists and there are no feelings one might be prompted to ask why not? There could be some balancing inequity making it seem as fair from an overall standpoint. The pain or cost of an inequity can also come out in other less than healthy ways. Is there a connection between why men don't express their feelings and why we don't hear very much about men's issues?

What are the factors that impact men's feelings? Warren Farrell in *Women Can't Hear What Men Don't Say* suggests that there are powerful reasons why men have difficulty revealing real vulnerabilities; personal, social, political and biological forces combine to play a part.

Beyond feelings and issues is the requirement for reliable, unbiased data and a willingness to honestly take it in. We need to hear the whole story with equal depth and breadth from both men and women. Unreliable and biased information can create myths. An example is men not doing their share of the housework. A more comprehensive term, family and household work, would also include tasks that men more often do, such as home improvement and repair, lawn care, and vehicle maintenance. How an issue is framed has a direct connection to its outcome. Hearing men's perspectives as well as women's will help both men and women to appreciate, understand and love each other more.

Data can be interpreted in different ways and the legitimacy of an interpretation can't be proved. When enough information is accumulated, one has to look for patterns. It is also true that seeing one pattern can make it more difficult to see other patterns. Feminism's exclusive focus on women has resulted in trivializing or ignoring men's problems, making them more difficult to see, recognize, and acknowledge.

When the data is limited or presented from perspectives that have an agenda behind them, secular myths are formed which function in similar ways to religious myths, conferring meaning and purpose on those who spread them. We need to move beyond the myths to a reality that respects the rights of both men and women to be heard.

Let's look at some examples of issues and the feelings that one would expect to go with them. Longevity is an one very obvious issue. Men live on average 5 years less than women. Here are some possible responses from men:

- Resignation
- I don't think about it
- Fear
- It's not fair
- Be tough
- It's not going to happen to me

Judging from how little is being said or done about this, feelings around this issue are not being either noticed or articulated. Why do we not ask why so little research is being done to find the reasons women live so much longer than men in our society?

Another issue is divorce. It has a big impact on boys expressing their feelings as men, when a role model is out of the home and sidelined.

Then there is abortion. If a man has had little or no say in choosing to end or continue a pregnancy, learns of it after the fact, or never learns of it, but if the child is born, he is required by law to pay child support for 18-22 years whether or not he is involved with the child.

Possible responses:

- Powerlessness
- Sadness
- Depression
- Being caught
- Anger
- Hurt
- Anguish
- Unfairness
- It's my child too

What happens when these feelings are denied? What could happen if they're allowed to be felt and expressed?

*This article is an excerpt of a longer piece to be published on our website, [www.tcmc.org](http://www.tcmc.org) Nels Otto has a long term interest in men's issues and before that, women's issues and the human potential movement. It led him to change careers from banking to counseling. He's a retired vocational and rehabilitations counselor, and a long term member of the Men's Center.*

## Library Corner

— JIM HEANEY, LIBRARIAN



### Do you find yourself:

• Becoming so angry you have trouble thinking? • Acting impulsively during angry outbursts? • Getting so mad that you feel out of control of your actions? If these strong, sudden bursts of anger sound all too familiar, you know the impact they have over your life. Over time, these responses can actually hard-wire our brains to respond angrily in situations that normally wouldn't cause us to lose our cool. These anger pathways in the brain can eventually disrupt your work, strain your relationships, and even damage your health.

New Book In our Library: **HEALING THE ANGRY BRAIN**, by Ronald Potter-Efron. Anger management expert Ronald Potter-Efron can help you short-circuit the anger cycle and learn to calmly handle even the most stressful interactions. You will learn which areas of your brain are causing your reactions and discover how to take control of your emotions by rewiring your brain for greater patience and perspective. This fascinating, scientific approach to anger management will yield long-term results, helping you develop greater empathy and put effective conflict resolution skills into practice for years to come.

## 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

The Twin Cities Men's Center lost a good friend when Ernie Gunderson passed away in May. If you were lucky enough to have known Ernie, or even to have met him just once, you know what a profound loss this is for all those who believe in the incredible power of men's support groups.

Ernie was an engineer for much of his life, but he had a passion for helping others. Several years ago, he decided to formalize his habit of always being present for his friends by starting a second career in counselling and social work. So he went back to school and earned his Master of Social Work degree from St. Catherine University in St. Paul. For his Master's thesis, he studied men who were in private one-on-one therapy with a professional therapist, but who also attended an open support group, such as one of the groups offered by TCMC. What Ernie hoped to show was that while both private therapy and an open support group could be hugely beneficial on their own, there was a synergistic "greater than the sum of its parts" effect for men who did both. TCMC has a copy of Ernie's thesis in our office if you are interested in reading his findings.

I volunteered to be interviewed by

Ernie for his Master's thesis, and the experience is one I will always remember. His gentle manner, deep sense of compassion, and the dignity with which he treated me convinced me that he would become an amazing professional who would change the lives of those lucky enough to work with him. It is a great tragedy that he had such a short time to practice these gifts professionally.

Ernie was just 59 when he succumbed to pancreatic cancer. But even his own mortality was an opportunity for Ernie to help people. He lived his last months with strength, confidence, and even humor. Leading by example, he showed us all that dying need not be a sad, solitary experience, but something that can bring people together in joy and celebration.

Ernie's final act of giving and support was to include a generous gift to TCMC in his will. Speaking for the board, we are incredibly grateful and humbled that Ernie chose to support us in this way. Ernie's memory will live on in the hundreds of people he helped, and in the hundreds more who will be helped because of his generosity.

**JOE SZURSZEWSKI**  
**BOARD CHAIR**

## Men's Retirement Group Change

The Men's Retirement group which usually meets on the 3rd Sundays, will meet the 4th Sunday of October, the 27th at the usual time of 5:30pm. This group is for men who are thinking of retirement, or who have 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 apart of a man's life

— Norm Petrik, Facilitator

## Incarcerated Men Ask For Help

The Men's Center office often receives letters from men who are incarcerated asking for men with whom they can communicate with for support. They know about the Men's Center from our outreach to prisons. If you are interested in writing to Men who are in prison of want more information, please call Randy at 612-822-5892.

— Thanks!

# 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
<b>web site:</b> www.tcmc.org <b>e-mail:</b> tcmc@tcmc.org <b>phone:</b> 612 / 822-5892		<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Choose to Inhabit Your Life!? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>BRUNCH</b> 10:00 a.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Adrenal Fatigue 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	<b>SUPPORT GROUPS</b> General/Div/Uncpl 12:30 p.m. ----- <b>BOARD MTG.</b> 7 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>MEN TALK DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>BRUNCH</b> 10:00 a.m. <b>SUPPORT GROUPS</b> Men's Retirement 5:30 p.m.	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> Choose to Inhabit Your Life!? 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Divorce/Uncpl General 7:30 pm	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>MEN TALK MAILING</b> 9:00 am ----- <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 am
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<b>SUPPORT GROUPS</b> General/ Divorce/ Uncpl 12:30 p.m.	<b>SUPPORT GROUPS</b> Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.	<b>PRESENTATION</b> None - Holiday ----- H.S.B. East 5:30pm Transition 7:30 p.m.	<b>THANKSGIVING</b> <b>HOLIDAY</b>	<b>SUPPORT GROUPS</b> Men's Bisexual & Gay Issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00 a.m.
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Oct/Nov 2013

Call us  
about Anger  
Management  
Classes.

1976 - In Our 37th Year - 2013  
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 35 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 are **Kelley Lorix, Mac McElroy, Andy Mickel, Bob Manson, Rhys Preston, and Rasheen Tillman**

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

Non-Members of TCMC – \$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: Rasheen Tillman  
When: Wed, Oct. 2, 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.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Oct. 9, 7:00-9:00 pm

ManKind Project Minnesota began in 1990 and over 800 men are in our community. We have more than 20 on-going men's groups which serve as places where men can develop their Emotional Intelligence, practice Accountability to their Commitments of Service to others, and practice Authenticity in Actions and declarations.

This Open Circle enables participants to witness other men practice clarity of self-expression from their hearts rather than their heads. Join us in our 5-round format and ask questions to learn more and even participate yourself if you choose. Our structure is based on the masculine archetypes of King, Warrior, Magician & Lover in Moore and Gillette's book.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

*ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.*

### Choose to Inhabit Your Life!™

Presenter: Mac McElroy  
When: Wed, Oct. 16, 7:00-9:00 pm

*Open to men and women*

You are not alone - In feeling that life happens to you, and responding is confusing! Join with others in a joyful exploration of our dilemmas and stuckness. Gain appreciation for the gift of aliveness – learn to show up, open up, and share your precious gifts. Your world awaits!

*Mac McElroy can help increase your conscious engagement with all aspects of life, for a fuller and deeper appreciation of one's aliveness and ability to choose. An MA in Applied Psychology, a deep adoption of Indigenous Spirituality, and numerous opportunities to reframe and transform his life makes Mac an effective Change Agent/Manager. 612-201-9067*

### Adrenal Fatigue (Stress Handling Glands)

Presenter: Dr. Rhys Preston  
When: Wed, Oct 23, 7:00-9:00 pm

*Open to Men and Women*

Do you have sugar or salt cravings? Have an extra five to ten pounds around your belly? PMS? Difficulty getting up in the morning? Need that cup of coffee in the afternoon? The job of the adrenal glands is to enable your

body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. Your resiliency, energy, endurance and your life all depend on their proper functioning.

*Dr. Preston has been providing successful and empowering health care to the Minneapolis community for over 20 years. In addition to chiropractic education, he has post-graduate studies in functional endocrinology and balancing female & male hormones.*

### Adrenal Fatigue (Stress Handling Glands)

Presenter: Dr. Rhys Preston  
When: Wed, Oct 30, 7:00-9:00 pm

*Open to Men and Women*

Do you have sugar or salt cravings? Have an extra five to ten pounds around your belly? PMS? Difficulty getting up in the morning? Need that cup of coffee in the afternoon? The job of the adrenal glands is to enable your body to deal with stress from every possible source, ranging from injury and disease to work and relationship problems. Your resiliency, energy, endurance and your life all depend on their proper functioning.

*Dr. Preston has been providing successful and empowering health care to the Minneapolis community for over 20 years. In addition to chiropractic education, he has post-graduate studies in functional endocrinology and balancing female & male hormones.*

### Family Law Clinic

Discussion Leader: Kelley Lorix  
When: Wed, Nov. 6, 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.*

### Mankind Project Open Circle

Presenter: Andy Mickel  
When: Wed, Nov. 13, 7:00-9:00 pm  
See Oct 9th description

## Choose to Inhabit Your Life!™

Presenter: Mac McElroy

When: Wed, Nov. 20, 7:00-9:00 pm

*Open to men and women*

You are not alone - In feeling that life happens to you, and responding is confusing! Join with others in a joyful exploration of our dilemmas and stuckness. Gain appreciation for the gift of aliveness - learn to show up, open up, and share your precious gifts. Your world awaits!

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## No Presentation

When: Wed, Nov. 27, 7:00-9:00 pm

Thanksgiving Holiday

## Family Law Clinic

Discussion Leader: Bob Manson

When: Wed, Dec. 4, 7:00-9:00 pm

*Open to Men and Women*

See Oct 2 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 TCMC 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

*Open to Men Only*

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

### Abuse Survivors

*Open to Men and Women*

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors Group provides a safe environment to share your experiences and learn about how others are coping with these issues. Join us in developing healthier attitudes and behaviors that transform us from victims into survivors.

• On Hold 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

*Open to Men Only*

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.) This is the Twin Cities longest running gay support group.

• 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

### Healthy Sexual Boundaries-EAST

*Open to Men Only*

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.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

**Location:**

Project Pathfinder Group Room "B"

Griggs-Midway Building (NE Entrance)

3rd Floor, Suite N385

1821 University Ave. W.

St. Paul, MN 55104

• Wednesdays 5:30 - 7:30 pm

### Bisexual and Gay Issues

*Open to Men Only*

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

• Fridays 7:30 - 9:30 pm

### Healthy Sexual Boundaries

*Open to Men Only*

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

*Open to Men Only*

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, drop-in anytime 10AM-1PM** (bring something to share/cook up): **October 20th at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408, 36th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. **November 17th at Rick Charlson's** 1124 Vincent Ave S, Minneapolis 55405 (Exit from 394 at Penn Ave, then take south frontage road about 1/2 mile, then left on South Cedar Lake Road, then one block and left on Vincent to 1124 (tan-colored house on right side of street)). 612-354-3134. Attendance has been strong this year at the brunches, and I look forward to seeing you at the next 2. - Andy Mickel, 2013-09-16.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held **Oct 11 - 13, 2013 near Sioux City Iowa**. Cost is \$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 questions **612-279-6416** or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2013-08-24.

**Minnesota Fathers & Families Network**

(MFFN)'s **11th annual Fatherhood Summit: Celebrating Minnesota Fathers: Recognizing Awesome Work in Our State**, will be held January 27th & 28th, 2014, in St. Cloud, Minnesota. The 2014 conference will showcase best practices and successes with fathers and their families from all regions of Minnesota. Together we will also look back at the changing culture and advances for fathers and families as MFFN celebrates more than a decade of work.

**MFFN Workshop at Duluth Event Next Month -- Previews Series to Come**

MFFN kicks off its workshop series with a short session at the St. Louis County Health and Human Services Conference in Duluth, October 17-18. MFFN will offer a 1.5 hour breakout session, **The Father Factor: Examining Adverse Childhood Experiences & Trauma**, presented by board member and consultant, Sam Simmons and Joanne Mooney, Program Administrator with the Minnesota Department of Human Services. Plans are underway to include a similar workshop at the 2014 Summit. More intensive, all-day workshops will be offered by MFFN in collaboration with the Minnesota Children's Trust Fund at multiple sites throughout the state this spring. These trainings will focus on the ACE study, trauma and healing and how to build resiliency in children through positive father involvement. More information about dates, locations, and registration will be posted

on the MFFN website [www.mnfathers.org](http://www.mnfathers.org) soon. If you are interested in hosting a training in your region, please contact Molly Crawford at [mollymccrawford@comcast.net](mailto:mollymccrawford@comcast.net).

– articles from MFFN August-September E-Newsletter - 2013-08-30.

“I am concerned about the lead article in the most recent issue by James Beach re: **Agnostics & Atheists in AA Programs**. Is there any way to write a response that gives another perspective? I am a longtime member of a 12 Step group, & there are agnostics & atheists in the group. I take exception with his interpretation that when the 12 Steps use the term God, it always means God Himself. The program stresses Higher Power – Step 2 says that we have come to believe in a power great than ourselves than can restore us to sanity. Step 3 talks about turning our wills & our lives over to the care of God, however we understand God.

In those Steps, I hear much more openness that James writes about in his article. I have no problem with folks attending groups like the ones that are mentioned by the article. I think the 12 Step programs are more open that James writes about.

Are you open to a another view on this topic? I would be willing to write one, if you are. - Mark T Scannell, 2013-08-05

## *Letter to the Editor*

I would like to offer another perspective on the article that James Beach wrote for the August-September issue of MEN TALK on whether Atheists and Agnostics could use an AA program. James indicated that an AA program – I will use the more generic name of a 12 Step approach as I respond – because the program rests on a belief in God, which is an impossibility for an atheist and a challenge for an agnostic.

I have been a member of a 12 Step group for 19 years, and people are part of this fellowship who are atheists and agnostics. I would suggest that an understanding of the meaning of Higher Power is crucial here. Step 2 simply states that we came to believe in a power greater than ourselves who can restore us to sanity. Step 3 speaks about turning our will and out lives to the care of God, however we understand God.

In those Steps, I hear much more of an openness than James describes. For some in the group I attend, Higher Power is God or Jesus or Spirit; for others, it is one's sponsor or the group that meets regularly. And for others, it is a value like honesty or accountability.

From my experience, no one in a 12 Step group is told what their Higher Power is. The process is really about helping people discover what their Higher Power is and how that Higher Power can help them toward recovery and sobriety. It is moving out of isolation – a breeding ground for addiction – and moving into relationship with someone or something more than oneself. Higher Power – not necessarily God – is an important part of the recovery journey. As a very wise man – Ernest Krutz in his book *Not God* – said, “you do not have to believe in God to be in recovery; what you have to believe is that you are not God.”

**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 \$\_\_\_\_\_  \$25 (Regular)  \$50 (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!**

**Family Law Clinic**

Every 1st Wednesday of the month, the Men's Center is proud to present the Family Law Clinic. 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
- Paternity
- Custody
- Child Support
- Co-habitation
- Separation
- Property Division
- Spousal Maintenance
- Financial Settlements
- Your personal issue

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.

**Where:** The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

**When:** Every 1st Wednesday from 7:00 to 9:00 PM  
**Just come! No advance registration required!**

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**(612) 822-5892**  
**tcmc@tcmc.org**

**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](http://www.wuollet.com)  
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**(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 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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## **Anger Management Program**

Have you been told that your verbal and emotional expression of anger is out of control? Have you lost your job or spouse because you "blew up" one too many times? Have you been hit with a court order to take an Anger Management Class? Learn how to manage your feelings with the Twin Cities Anger Management Program. This is one of the best, and most affordable, programs in the area. It's ideal for men who desire to significantly improve their relationships at home and at work.

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:** \$235 for TCMC Members (\$250 for Non-Members)

**Starting Dates:** Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Thursdays, and Wednesdays. The next class will begin Tuesday, Oct 8th.

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.

*18 Years of Successful Classes*

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