

men talk

tcmc 
twin cities men's center

in our 38th year
of public service

Apr/May 2014
Volume 38 #2

Men's Healing

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Ever heard a man complain about taking too good a care of himself? Spending too much time on self improvement or even satisfied with the amount of attention paid to self care? Chances are you won't, and there's lot's of reasons for why most men don't give health a top priority. In fact, a man is less likely to address any health concerns than to take care of a car problem - but why? Here's three reasons why men don't rank their health very high, and three ideas to improve care for the most important asset men have: the self.

(1) Mostly, men today are still caught in the cultural attitude or illusion that their bodies don't matter that much, nor for that matter, their mental health, nor emotional, nor spiritual, you get the idea. Somehow, men have gotten stuck with the idea that the self is something that is used to attain wanted things - work, money, pleasure, kicks, new experiences or well worn comforts - but not necessarily worth putting much effort into for it's own sake.

(2) Another tragic imprint from male culture: men are supposed to "tough it out" or "cowboy up". No Pain, No Gain, or maybe that's the excuse men tell themselves in order not to feel the full impact that lifestyle, work, and relationship habits have. Men often ignore "health alarms" and body alerts.

(3) "If it's not broke, don't fix it." The self is not a machine, it functions way past a crisis point- still, men are prone to wait until extremes of symptoms, pain, exhaustion and loss of function force a consideration of intervention - which is the worst time to start looking for help.

Men are starting to turn the tide on self care, and many men have incorporated self healing goals and strategies that support total well being. Here's three radical ideas to consider for improving men's health:

(1) Prevention is to men's health what investments are to financial security: take proactive steps to create surplus and build a "rainy day" or "happy retirement" supply of good health - poor health is far worse than being poor on cash. Proactive steps address imbalances and sets goals courageously. Act now, act decisively, and get over any resistance to total self worth now.

(2) The body belongs to the earth. This indigenous con-

cept equates the body's ecology with the earth's well being, and vice-versa. Men can stand up for earth healing right now by taking better care of themselves. Making the body a sacred place of the earth is a grand healing act of service for all people. Consider the beauty and power of ancient or pristine places like Machu Piccu, Stonehenge, or the Boundary Waters, and give this same respect to the self.

(3) Spirit and energy are the roots of health. An old Taoist physics adage: "Energy precedes matter", meaning, big physical manifestations come from small energetic changes. Also, the spiritual health is the source of the physical. Men need spiritual "bread and wine", or communion with spirit through meditation, ritual, mentorship, wisdom studies and practices, and healthy father energy from any source available: conscious men and relatives, star gazing, prayer.

In summary, men need to value themselves more, can take more preventative actions and set healing goals to help adjust the total well being. Finally, men need more support to engage in spiritual and energetic practices to feed and balance the source of healing: the deep, fearless, wild, father-blessed, masculine self.

Dan Gorbunow, AMT is trained in Traditional Chinese Medicine and offers ritual, divinations, and healing bodywork for men based out of the Uptown studio he shares with his wife, Red Earth Sanctuary. Dan also facilitates the monthly Men's Healing Ritual at TCMC. Please email Dan for any comments or questions: thunderbird@live.com

Choosing Healthy Sexual Boundaries:

THE HANDBOOK

by Tommy Jones and Bobby Schauerhamer



Now on sale, a new e-book written by two of TCMC's facilitators, **Choosing Healthy Sexual Boundaries: The Handbook**

Available on iTunes, Amazon, Barnes and Noble, Kobo Books, Google Books, and ebookit.com.

Get Yours Today!

Library Corner

— JIM HEANEY, LIBRARIAN



There are more new books on the shelf.

GETTING TO RESOLUTION, Turning Conflict into collaboration, Stewart Levine.

HEALING THE SHAME THAT BINDS YOU, John Bradshaw.

HEALING THE SOUL IN THE AGE OF THE BRAIN, Becoming conscious in a unconscious world, Elio Frattaroli M.D.

A MAN'S RECOVERY FROM TRAUMATIC CHILDHOOD ABUSE, Robert Blackburn Knight with Mark Falstein.

MIND WIDE OPEN, Your brain and the neuroscience of everyday life, Steven Johnson.

STANDING IN THE SHADOWS, Understanding and overcoming depression in black men, John Head.

TRANSFORMING MADNESS, New lives for people living with mental illness, Jay Neugeboren

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. Staff: Randy Genrich - Office Mgr, Bryan Wistrom - Office Asst, John Hesch - Anger Mgmt Coord. Office Volunteers: Rick Charlson, Jim Heaney, Dick Madigan, Steve Magner Editor: Bill Dobbs

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Greetings from the Chair

In previous Letters from the Chair, I have lamented the dismal portrayal of masculinity in advertising and popular culture. It's so bad, I can imagine that aliens in distant galaxies who might someday intercept our television signals would quickly believe that the human male is a thick-headed Neanderthal who is only concerned with excessive drinking, meaningless competition, and finding sex, whatever the cost. This is of course a wildly inaccurate, not to mention dispiriting portrayal of men, but it's a portrayal I think most men feel powerless to fight. It's as if men are willing to accept whatever gender role they are handed, whether it fits or not. Why define your own gender role when someone has already done it for you? I recently caught up with two friends who are redefining gender roles in ways that should give hope to anyone who has ever felt stereotyped.

Venus DeMars is a groundbreaking musician and risk-taking artist from Minneapolis. She is a transgender person who was born Steve, but realized early in life that a male gender role did not fit her. Beyond the difficulties of making a living as an artist and musician, Venus has had to endure indignities, rudeness, aggressiveness, and ignorance to a degree that most of us can't imagine, all because her gender role does not fit society's norm. Something as simple as using a public restroom can be fraught with complication and even danger. Being out in public at all means being a potential target for taunting and nasty comments. And yet through it all, Venus has maintained her composure, dignity, and even sense of

humor. If ever someone had an incentive to accept a pre-defined, society-approved gender role, it's Venus. But she has, through sheer force of will and determination, defined her own gender role.

Neal Hagberg is a successful songwriter and an ordained Lutheran clergy. As the father of a teenage daughter, he is disturbed that the dominant religious traditions always portray God as masculine. Why is God never portrayed as feminine? And what does this do to young girls who are looking for their place in the spiritual world? Don't they start out at a disadvantage, feeling a little out of place, if not outright disenfranchised? Neal would love to see God referred to in the feminine, if only to balance out several millennia of male domination, or at the very least in a gender neutral way. He advocates this position in songs, speeches, and friendly conversation with anyone who is interested. Given the extensive history, you might think this would be an uphill battle, but when I saw him speak recently at a packed Catholic church, he received a standing ovation for his ideas.

Gender roles can be limiting, especially when they are not of our choosing. But if Venus can make her way in life as a proud transgender person despite all the obstacles, and if Neal can make progress suggesting an alternate gender role for God, isn't it possible that men who are unhappy with the gender role they've been given can find a better one?

JOE SZURSZEWSKI
BOARD CHAIR

Give to the Gerald Obremski Anger Management Scholarship Fund

Gerald was a long time facilitator of the anger management program and a treasurer of the twin cities men's center. For over 12 years Gerald conducted classes and generously donated not only his time but also office space in Hopkins. Gerald was always reaching out to other men, giving them support to help men become more than their childhood patterns. Last September, Gerald passed away.

A scholarship fund to partially cover the cost of the class(now \$250) has been set up to honor Gerry's legacy and to continue the work of helping men. If you are grateful for the anger management class, please send a contribution so others can take this class. Please send in the coupon below with your contribution.

Obremski Scholarship Fund

Name _____
Address _____
Phone # _____ Dollar Amount _____

Thank you, John Hesch, Anger Management Coordinator, cell 612-229-3102

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
<p>web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892</p>		<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
<p>Men's Healing Ritual 1:00 - 3:00 p.m. Men's Retirement 5:30 p.m.</p>	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Seven Feathers Program 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
<p>BRUNCH 10:00 a.m.</p>	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Take the Bully by the Horns 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Chris Burke 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Family Law 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
<p>Men's Healing Ritual 1:00 - 3:00 p.m.</p>	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. ----- BOARD MTG. 7 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Mankind Project Open Circle 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
<p>BRUNCH 10:00 a.m. Men's Retirement 5:30 p.m.</p>	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION Communication Across the Realms ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>MEN TALK MAILING 9:00 am ----- SUPPORT GROUP Healthy Sexual Boundaries 10:00 am</p>
	<p>SUPPORT GROUP General/ Divorce/ Uncpl 12:30 p.m.</p>	<p>SUPPORT GROUPS Gay Issues 7:30 p.m. ----- Addiction Busters 7:30p.m.</p>	<p>PRESENTATION No Presentation 7pm ----- H.S.B. East 5:30pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/Uncpl General 7:30 pm ----- Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>

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 its 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 **Bill Baldwin, Tommy Jones, Kelley Lorix, Bob Manson, Mac McElroy, Andy Mickel, Bobby Schauerhamer, 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: Bob Manson

When: Wed, Apr. 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, Apr. 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.

Seven Feathers Program for Healing and Recovery, Introduction

Presenter: Dan Gorbunow

When: Wed, Apr. 16, 7:00-9:00 pm

Ready for a different approach to your recovery and healing?

Experience community in a fresh way by honoring culture, tradition, values, and beliefs that shape our healing patterns. This is a fun, practical venture in the use of sacred space and ritual to help our journey of healing from addictions. In the Warrior Healing Circle of Seven Feathers, all beliefs (or any lack of) are welcome, and participants are invited to "Bring whatever is sacred to you, with you, and respect the truth of others." Participants will learn to value the wisdom carried in each person's culture and experience, to discover that there are many paths to recovery and wholeness, and to have fun while doing "the work" of personal transformation. This is the introduction to a weekend workshop series offered at TCMC throughout the year. Open to all people, men, women, youth, elders, and genders. Go beyond "maintenance" of your program, and step into discovery of possibilities!

Seven Feathers Program is designed and facilitated by Dan Gorbunow, AMT. Dan is a Shamanic Bodyworker specializing in

men's health at Red Earth Sanctuary in Uptown. He is an experienced facilitator and pioneered the Seven Feathers Program for work with youth and adults in treatment centers in the region. Please contact Dan if you plan to attend, however registration is only recommended, NOT required. Email: thunderbird@live.com

Take the Bully by the Horns

Presenter: Carol McCormick

When: Wed, Apr. 23, 7:00-9:00 pm

Open to Men and Women

Are you tired of being controlled and emotionally blackmailed by fear, intimidation, or guilt? Do you want to stop a bully from ruining your life? With the right mind-set and communication tools, conflict can be a chance for change. Come hear real-life strategies and skills: How to Adopt a "Don't You Dare" attitude. How to act on your anger by speaking up, setting limits, and saying NO. How to convince someone to either behave cooperatively or leave you alone. Lecture and Exercises.

Carol McCormick is a Professional Storyteller with over thirty years of experience in inspiring, motivating and training. She is the author of a storytelling curriculum Change the Culture that Allows Bullying and the children's book A Bridge for Grandma. She has presented numerous workshops at regional and national conferences. 763-546-4133, www.carolmccormick.com

Chris Burke

Presenter: Chris Burke

When: Wed, Apr. 30, 7:00-9:00 pm

No description submitted by press time.

Family Law Clinic

Discussion Leader: Linda Wray

When: Wed, May 7, 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, May 14 7:00-9:00 pm

See Description Apr. 9

Communication Across the Realms

Presenter: Jerry Buchmeier

When: Wed, May 21, 7:00-9:00 pm

Open to Men and Women

This workshop utilizes experiential methods to aid each person in making their own two-way connection to higher self, angels, masters and guides, and perhaps dead friends or relatives. A guided meditation allows each person to put the steps of communication into practice within themselves. A group meditation tunes people to be aware of the subtle senses, feelings, and understandings that are part of communicating with Spirit, providing support and confirmation.

Jerry is a psychotherapist/hypnotherapist practicing in Plymouth. An angel began speaking with him in 1987, and since 2001 he is a channel for Mother Mary. He co-facilitates the Sexual Trauma & Abuse Survivors group on Thursdays.

No Presentation

When: Wed, May 28, 7:00-9:00 pm

No presentation scheduled for this date

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/Decoupling

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

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

Sexual Trauma & Abuse

Survivors

Open to Men and Women

Co-facilitators: Jerry Buchmeier, PhD (Therapeutic Counseling) & Kathleen McDowell, MA (Human Development)

Many adults have been sexually abused in childhood or adolescence, or have experienced sexual trauma as adults. Whether you have clear memories or vague recollections, perhaps you experience feelings of shame, self-hate, guilt, fear, anger, grief, or embarrassment. Sharing your story and feelings with others can release these feelings, while creating and renewing patterns of comfortable, healthy, and rewarding interactions with people of both sexes. This support 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 survivors into living life to the fullest. Questions, call Jerry, 763-546-4133.

• Thursdays 7:30 - 9:30 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): **April 20 at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280) at **May 18th at Bob Schauerhamer's**, 3232 Fremont Avenue North, #120, Minneapolis, MN 55412, 612-670-6508 cell. (South on Fremont from I-94/Dowling Ave N exit). About 18 men attended Daniel Heist's brunch in February and more than 12 men attended Stephen Sewell's brunch in March. - Andy Mickel, 2014-03-18.

The next **ManKind Project New Warrior Training Adventure (NWTa) for men in Minnesota** will be hosted by Central Plains MKP on April 25-27, 2014 at the Goodwill Camp in South Sioux City. Cost is \$595.00. Matching Fund Scholarships are available. To hold your place, send a deposit of \$150.00 to: Tim Greer, Registrar Central Plains MKP, 12727 W. Dodge Rd. #102A Omaha, NE 68154. FFI: Alex Bender, 651-492-1243. - Andy Mickel, 2014-02-15.

"I went on the **NWTa weekend in 2004** and am looking forward to sharing with my wife more of my experience at the MKP-MN homecoming celebration/annual meeting." - James Svihel, 2014-01-18.

"Any chance of my doing a workshop / being a featured speaker at a conference? Something about 'envisioning peace'" - Roy U. Schenk, 2014-01-14.

LGBT Film Fest, Spring 2014: "Cloudburst": Thurs, April 3, 7:30 p.m.; "Unconditional Love": Thurs, May 8, 7:30 p.m. Parkway United Church of Christ, 3120 Washburn Ave N 55411. FFI 612-522-2982 or <parkwayucc@gmail.com> - 2014-02-01.

The Crisis & Trauma Resource Institute (CTRI)'s public workshops in Minneapolis:
1. Mindfulness Counselling Strategies - April 10-11, 2014
2. Anxiety - Practical Intervention Strategies - June 12, 2014
3. Depression - Practical Intervention Strategies - June 13, 2014
FFI: <<http://www.ctrinstitute.com/int/>> - Amanda Humpries, Public Workshop Coordinator, CTRI Inc. <amanda@ctrinstitute.com> 2014-02-09

"**Helping Fathers Who Fall Behind**" The Ramsey County (St. Paul) attorney's office handles about 29,000 child support cases at any given time. The county hopes to help some of those dads make their payments by partnering with the FATHER Project (founded in 1999 and run by Goodwill Easter Seals of Minnesota). The program accepts dads between the ages of 17 and 35 who are lo-income and unemployed or underemployed. - Chao Xiong, Minneapolis Star Tribune, 2013-11-15.

The **40th Annual Conference of the Great Mother and New Father** will be held May 31 to June 8, 2014 at Camp Kiev in Maine. The theme of the conference founded by Robert Bly in 1975 is **Character, Language**

and the Art of Growing Down. Teachers include storyteller Martin Shaw, Stephen Jenkinson, Doug Von Koss, Miguel Rivera, poets Alison Luterman, Mary Ruefle and Tony Hoagland plus John Densmore, Rita Shumaker Ann Igoe and others. We are a community of men and women interested in imagination, story, poetry, myths, rituals, the wider arts and their influence on our souls and lives. This is an invitation to join us for an exciting week. FFI: <<http://www.greatmotherconference.org/>> - Jean D'Amico, 978-897-5853, 2014-01-10

Twin Cities RISE! is looking for men and women who seek professional job skills. TCR! is a place where individuals are given the opportunity to gain a valuable education while being assisted through the maze of employment. Finding a job is a full-time job, and at TCR! we believe that every person is "Loveable, Important, Valuable," thus they deserve a fair shot at gaining substantial employment.

Twin Cities RISE! is an innovative anti-poverty organization launched in 1994 that provides long-term job training designed for those facing the most barriers to employment and long term financial independence. TCR!'s mission is to provide employers with skilled workers – primarily men from communities of color in the Twin cities area – by training under – and unemployed adults for skilled jobs that pay a living wage of at least \$20,00 annually. Contact Richard McLemore II D: (651) 603-6059 or visit <www.twincitiesrise.org>

Enjoy the Healing Power of Ritual at TCMC Monthly Men's Healing Ritual Facilitator: Dan Gorbunow, AMT

All of us are indigenous to the Earth (presumably!), so each of us has within us an indigenous spirit that seeks expression more than ever in the bustle of modern life. The healing ritual is a homecoming for our indigenous self that seeks to rekindle its special purpose and mission of service out of the ashes of society's consumptive, fiery nature. We lean in on our shadows and ancestors alike to help guide the way home to reconnection with our spirit, aided by drum, rattle, smoke, dance, and meditation. We show gratitude for the abundance of the earth by sharing a delicious feast with each other and to honor all life with a meditation for peace. Are you ready to come home and reclaim a bit more of your true self?

Join us each month near the full moon, and together we'll help mend the sacred masculine at TCMC. Open to all men, all ages. No fee, donations welcome.

The Men's Retirement Group which usually meets on the 3rd Sundays, will meet the 2nd Sunday of April, the 13th, at the usual time of 5:30 pm. This group is for men who are thinking of retirement, or who have retired. It is a an opportunity to share feelings with other men about the importance of work, and what happens when paid employment is no longer a part of a man's life.

Norm Petrik, Facilitator

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 Weds. 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 Twin Cities Men's Center mailing list; this also cancels *Men Talk* deliveries.
- 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!

UPTOWN AREA SPACE TO RENT

**Twin Cities Men's Center,
 3249 Hennepin Ave S**

	<i>Non-Profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$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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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	3 1/2" x 2"	\$25

(612) 822-5892

tcmc@tcmc.org

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 or correspond at our e-mail address: tcmc@tcmc.org

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

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men talk

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4

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.

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

**What's
Inside**

Page 1 *Men's Healing
by Dan Gorbunow*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *All Purpose Coupon
Community Ads*

Page 4 *Back Page: Anger
Management Program*

Inserts *Apr/May Calendar
Presentations
Support Groups
Here & There*