

men talk

tcmc 
twin cities men's center

in our 39th year
of public service

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Volume 39 #6

The Road To Tolerance

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Presently we live in a time of tumult in our American culture, a time of this group against that group, of one casting aspersions at another, people denigrating one another on the basis of social, religious, political or any number of value systems. Growing up I was taught this maxim, purportedly from the Native Americans, “Do not judge a man until you walk a mile in his moccasins.”

However, I would suggest the primary reason for intolerance is a lack of self-knowledge rather than a lack of understanding others. In antiquity the Greeks had developed a concept of personhood which ultimately divided us into countless individuals with Narcissus (who drowned himself because of self-love) being an extreme example of this conception. This view leads people to forget that each one of us has a common origin in conception by a mother and father which leads backward in the mists of time to a first father and mother and thus arriving at the commonality of our shared humanity.

On the other hand, there was a view of personhood which developed among the Romans which defined the person as a role, a mask as it were. In this view of personhood it becomes necessary to pigeon-hole persons by race, ethnicity, religion, sexual orientation or some other classification. Who am I, really? To answer that question, let me borrow the words of the Russian scholar Vladimir Lossky.

“Personhood is freedom in relation to nature: it eludes all conditioning, be it psychological or moral. Every attribute is repetitive, it belongs to nature and is found again among other individuals. Even a cluster of qualities can be found elsewhere. Personal uniqueness is what remains when one takes away all cosmic context, social and individual – all, indeed, that may be conceptualized. Eluding concepts, personhood cannot be defined. It is the incomparable, the wholly-other. One can only add up individuals, not persons. The person is always unique. The concept objectifies and collects. Only a thought methodically

‘deconceptualized’ by apophasis [stating what something is not] can evoke the mystery of personhood. For that which remains irreducible to every nature cannot be defined, but only designated. It is only to be seized through a personal relationship... for the approach to personhood is penetration into a personal universe, at once assumed and open-ended: that of the highest artistic creations, that above all, sometimes very humble but always unique, of a life offered and mastered.”

I cannot offer to another that which I have not yet mastered, myself. The road to this self-knowledge is known among Native Americans as the Red Road, among Christians as the Narrow Way, among addicts as the Twelve Steps, and other groups may call it by other names. However, each of these ways (which all appear to be really one way) begins with a fundamental premise: there is something lacking, something wrong with me which needs to be overcome. The first step on any of these roads mentioned above is this realization. Thus, the mask is removed. This realization, however, needs another step to begin to find fulfillment: being vulnerable and willing to share my lack, my shortcomings with others. Thus, the isolation of individualism is overcome. Are you beginning to see where the road to tolerance begins? It begins when I stop pointing the critical finger at others and instead point it at myself. This is the only way because each of us as a person is incomparable and utterly unique; there is no way for me to walk a mile in your moccasins; I can only strive to humbly come to the knowledge of myself and then offer it to you. If you return in kind, then we can share our moccasins. It is not an easy road, but it is the only road to tolerance.

Shaun Daugherty is an Administrative Assistant with the national Orthodox Christian Prison Ministry responsible for handling all prisoner correspondence as well as an ex-con who participates in the Transitions Group which meets at the Men's Center.

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. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Relationships & Friendships, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free WiFi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the Men's Center \$1.71 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.

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Greetings from the Chair

We live in a culture that does not encourage subtlety. This often manifests as an elimination of the middle, leaving only two choices. Thus we have a two party political system, further simplified to conservatives versus liberals, with each side taught to fear and hate the other. More generally, this lack of subtlety teaches us that if you feel something only a little bit, you're being indecisive and should push that feeling to the maximum.

Popular culture is awash in "best of times, worst of times" style messages. When you listen to a member of the winning team right after the championship game, you expect to hear superlatives like "best feeling ever" and "highlight of my life". But I for one would love to hear something that might occasionally be closer to the truth like, "I'm happy, but after all the sacrifices I made to get to this point, what I mostly feel is re

On the flip side, television and Internet news often seem crafted less to inform and more to paint as dire a picture as possible of the world. Not only does commercial news focus heavily on the negative, but the nature of the coverage often seeks to make even minor annoyances sound like catastrophic events.

This tendency toward a binary view of the world concerns me, because choosing to ignore the middle ground doesn't help men deal with the challenging problems they bring to TCMC. Difficult issues like divorce, addiction, revealing your true sexuality, and coping with past trauma will require patience, forgiveness (mostly for yourself when you aren't perfect in making the changes you want to make) and persistence in the face of vague progress, none of which are compatible with the do-or-die, second-place-is-the-first-loser view of the world that our culture peddles.

Hard transitions do not happen overnight, they require dedication, time, and most importantly a willingness to get back up and try again when your problem knocks you down. To often people see getting knocked down as failure, and don't realize that success lies in getting back up. If you buy into the idea that there is only good and bad with no middle ground, you will be forced to admit that your life isn't perfect, which means your life is perfectly awful. The truth is, all of us live in the middle ground, and living there while working to improve ourselves is a pretty good place to be.

JOE SZURSZEWSKI
BOARD CHAIR

ANNUAL FACILITATOR TRAINING

The Men's Center will offer facilitator training at 12:00 after the annual meeting on January 9th, 2016. Current facilitators are encouraged to attend to help support the trainers. (Current facilitators will receive an appreciation gift for attending). See you there, lunch will be served.

Trainer, Tommy Jones

VOLUNTEERS NEEDED

1. Looking for a person to be present on Wednesday evenings to welcome presenters and attendees to collect money from about 6:45-7:30
2. Someone to schedule and secure presenters for the weekly, Wednesday night presentations – names and phone numbers of potential Wednesday night presenters
3. Someone to pick up bakery at downtown Woulette's at approx 3:30pm on Tuesdays.

If you're unable to donate your time to the above, please pass this on to friends who may be able to provide their time and dedication.

Contact Randy at 612-822-5892 to help

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 GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>PRESENTATION Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
6	7	8	9	10	11	12
	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>PRESENTATION Restorative Justice 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
13	14	15	16	17	18	19
<p>BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.</p>	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION 7 Feathers 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.</p>	<p>CHRISTMAS EVE HOLIDAY</p>	<p>CHRISTMAS HOLIDAY</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
20	21	22	23	24	25	26
	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m.</p>	<p>NEW YEAR'S EVE HOLIDAY</p>	<p>NEW YEAR HOLIDAY</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
27	28	29	30	31	1	2
	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION Family Law 7pm H.S.B. East 5:30 pm Transition 7:30 p.m.</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>ANNUAL MEETING 9:00am- 11:00am FACILITATOR MTG 12:00 noon Healthy Sexual Boundaries 10:00 a.m.</p>
3	4	5	6	7	8	9
	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. BOARD MTG. 7 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION 7 Feathers 7pm H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Mgmt. 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
10	11	12	13	14	15	16
<p>BRUNCH 10:00 a.m. SUPPORT GROUP Men's Retirement 5:30 p.m.</p>	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION None H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm Sexual Trauma & Abuse Survivors 7:30 p.m.</p>	<p>SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m. Anger Management 7pm</p>	<p>MEN TALK MAILING 9:00 am SUPPORT GROUP Healthy Sexual Boundaries 10:00 a.m.</p>
17	18	19	20	21	22	23
	<p>SUPPORT GROUP General/Div/Uncpl 12:30 p.m. Anger Management 7pm</p>	<p>SUPPORT GROUP Healthy Sexual Boundaries 12:00 p.m. Gay Issues 7:30 p.m.</p>	<p>PRESENTATION After Death Comm. H.S.B. East 5:30 pm Transition 7:30 p.m. Anger Mgmt. 7pm</p>	<p>SUPPORT GROUPS Divorce/General 7:30 Mankind Circle 7pm 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>
24	25	26	27	28	29	30
31	<p>Call us about Anger Management Classes.</p>					

1976 In Our 39th Year of Public Service 2015

Dec/Jan 2015

PRESENTATIONS

Nearly every Wednesday evening, the Twin Cities Men's Center (TCMC) 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 TCMC's offerings since its founding. 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 TCMC for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters are Gary Beaver, Gabriel Gibson, Dan Gorbunow, Bob Manson, Linda Wrey and Steve Yasgur.

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

Non-Members of TCMC – \$5.
Regular Members (\$25 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 the office at 612-822-5892 with your ideas.

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds 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, Dec. 2, 7:00-9:00 pm

Open to all genders

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.

Restorative Justice and Healing

Discussion Leader: Gabriel Gibson
When: Wed, Dec. 9, 7:00-9:00 pm

Open to all genders

When crime or wrongdoings happen harm occurs to the victim and the community. In the criminal justice system we focus on the harms done to the state and ask what laws were violated and how can we punish the offender. In Restorative Justice we focus on those who've been harmed, the victim or community, to help them find justice, healing and peace. Restorative Justice isn't new. Native and aboriginal communities have been using it for years to repair harm, resolve conflict and to keep their community together. In this presentation you'll learn the basic principles of Restorative Justice, its uses and the benefits. We create a safe, non-hierarchical place where everyone has a voice and the values of respect, compassion honesty and confidentiality are upheld. Come learn how victims, offenders and community can come together to repair harm, resolve conflict, have a sense of justice, better relationships, heal, and have safer communities.

Gabrielle Gipson is the Executive Director of You Have The Power. Since 2008, as a trainer, coach and consultant, she has worked in community engagement, restorative justice and peace building programs. At the core of her work she creates safe spaces for meaningful dialogue that offers healing, a sense of justice, better relationships and safer communities. Gabrielle was the first Circle of Support and Accountability (MnCoSA) coordinator and a participant in the first VOCARE (healing circle) regarding sexual harm for the MN Department of Corrections. She continues that work through Welcome Homes, Dakota County Community Circles and You Have The Power.

No Presentation

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

Seven Feathers Program for Healing and Recovery, Introduction

Presenter: Dan Gorbunow
When: Wed, Dec. 23, 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

No Presentation

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

Family Law Clinic

Discussion Leader: Linda Wrey / Steve Yasgur

When: Wed, Jan. 6, 7:00-9:00 pm

Open to all genders

See Description on Dec. 2

Seven Feathers Program for Healing and Recovery, Introduction

Presenter: Dan Gorbunow
When: Wed, Jan. 13, 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!

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Please contact Dan if you plan to attend, however registration is only recommended, NOT required. Email: thunderbird@live.com

No Presentation

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

Induced After Death Communication

Discussion Leader: Gary Beaver

When: Wed, Oct. 28, 7:00-9:00 pm

Open to all genders

Induced After-Death Communication is a miraculous psychotherapy which heals grief to a degree never before possible. In a successful session a person will have a direct experience which most experiencers consider to be an authentic encounter with the deceased loved one (including deceased pets).

Gary R. Beaver, M.A. is a Licensed Psychologist who has been practicing in the Twin Cities since 1990. He specializes in grief and loss, death and dying and trauma. Gary completed Induced After Death Communication (IADC) training with Dr. Allan L. Botkin, the discoverer of the technique. Gary is a Certified IADC Trainer and also serves on the Induced After Death Communication International Board. He has extensive training and experience in the use of Eye Movement Desensitization and Reprocessing (EMDR), which is the basis of

IADC.

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

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 all Genders

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

Choosing 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.

Facilitated by Tommy Jones and Bobby Schauerhamer.

Location:

Project Pathfinder
570 N. Asbury Street, suite 300
St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Mankind Project Open Circle

Open to Men Only

Presenter: Tim Kuss
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.

- Thursdays 7:00 - 9:00 pm

Sexual Trauma & Abuse Survivors

Open to all Genders

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

Choosing 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 Rich Powell, Tommy Jones and Bobby Schauerhamer.

- Tuesdays 12:00 pm - 2:00 pm
- 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

Upcoming **Monthly Men's Sunday Brunches**, drop-in anytime 10AM-1PM, drop-in anytime 10a.m.-1p.m. (bring something to share/cook up): **December 20th at Jamie Wellik's**, 31 Meander Road, Golden Valley, 55422. 612-267-2467 (west of Hwy 100 off Glenwood Ave), and **January 17th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103. 651-487-3008. (on the east side of Lake Como). About 10 men attended the October brunch & 11 in November. - Andy Mickel, 2015-11-16.

The application for the **2016 Point Foundation Scholarship** is now open. Point Foundation (Point) is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ) students of merit. Point promotes change through scholarship funding, mentorship, leadership development, and community service training. Since 2001, Point Foundation has awarded 326 scholarships to LGBTQ students at colleges and universities across the country. Our scholarship application for 2016-17 is open from November 1, to January 19 at www.pointfoundation.com. 323-933-1234, 2015-11-06.

BLAMING, SHAMING, JUDGING, GUILT AND MAKING EXCUSES: SPIRITUAL ROADBLOCKS

The Men's Center will co-sponsor a seminar presented by Kathleen McDowell on February 6th from 1:00 to 3:00pm at the Men's Center. This workshop will identify and explore how we learned to blame, shame, guilt, judge and make excuses while holding onto resentments then seeing how these impediments keep us from moving forward. Open to men and women. Cost is \$20.

Kathleen McDowell, MA, is an author and educational speaker about adult survivors of child sexual abuse, the long-term health effects and recovery. She is a consultant with I've Got a Message! on family violence, abuse and recovery education toward finding a life worth living by moving through being stuck in the story.

"Please accept this donation as my appreciation of what the Men's Center has done for me and what it can hopefully do for others who maybe can't afford the fees. Regards, Daryl Hanzal", 2015-09-10.

7 reasons Stress is Good for You I've written two books on stress and the harm it does to our lives: *MenAlive: Stop Killer Stress with Simple Energy Healing Tools and Stress Relief for Men*. I taught people how to recognize the damage stress did to our body, mind, and spirit and how to combat stress. **But like many experts on stress I was wrong, wrong, wrong.**

Recently I've learned that there are different kinds of stress and not all stress is bad. In fact, stress can be good for us and rather than avoiding stress, reducing stress, or combating stress, we might learn how to use stress more effectively.

1. Stress focuses our attention.
2. Stress increases motivation.
3. Stress mobilizes energy.
4. Stress increases social connection.
5. Stress dampens fear and increases courage.
6. Stress helps us learn and grow.
7. Stress helps us process our important

experiences to find more balance in our lives.

More at: <http://menalive.com/7-surprising-reasons-stress-is-good-for-you/>

Jed Diamond, 2015-11-01.

Since the **Healthy Men and Boys (HMB) Network** was launched as an initiative of the Men's Resource Center (MRC) of western Massachusetts at a summit in June 2014, it has attracted a range of partners and supporters from around the region and beyond to promote gender equality and work to prevent gender-based violence. A highlight of our activities has been organizing four training events in partnership with Men's Resources International (MRI). **Men's Resource Center, founded in 1982, and Men's Resources International, founded in 2005, are merging into a single, unified organization.** FFI: John Engel, Men's Resource Center for Change, Network Director 413-887-9380 network@mrcforchange.org www.hmbnetwork.org

*Give a
Holiday Gift
of Men's Center Membership*
**ONLY
\$25**



In Memorium

THE MEN'S CENTER WOULD LIKE TO HONOR THE MEMORY OF DAVE WEBB, A LONG-TIME VOLUNTEER AND BOARD MEMBER, WHO PASSED AWAY IN MID-OCT. 2015. HIS MEMORIAL SERVICE WAS AT THE KNIGHTS OF COLUMBUS (1114 W. AMERICAN BLVD. BLOOMINGTON, MN 55420) NOVEMBER 24TH AT 7:00PM. HE WILL BE DEARLY MISSED!

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/Cell 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!

THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: 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

UPTOWN AREA SPACE TO RENT

Twin Cities Men's Center,
3249 Hennepin Ave S

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

(612) 822-5892

TCMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Th 1:00pm–4:00pm, 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.

TCMC 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 Twin Cities Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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men talk

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Annual Meeting Notice & Proxy Statement
THE TWIN CITIES MEN'S CENTER 40TH ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 9, 2016 AT 9 AM

AT THE MEN'S CENTER IN SUITE 55, 3249 HENNEPIN AVE., MINNEAPOLIS, MN

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 9, 2016. Please include your address label. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2016
Directors up for re-election are: Joe S., Tom W., Norm P., Harry G., Jim H.

I VOTE **AGAINST** THE BOARD OF DIRECTORS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2016.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 9, 2016.

signed _____ date _____.

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