



MEN TALK

THE MEN'S CENTER NEWS

October/November 2007 VOL. 31 #5

Men in Addiction: The Purgatory of Recovery

— © 2007 BY TOMMY JONES

Recovery as Purgatory? What? Recovery is not a good place to be? Blasphemy, you say? Perhaps. Reality? For sure.

Men - and women, too, - who come to Addiction Busters often tell me that they are in "Recovery." Or that they have been in recovery for two years. Maybe five. Perhaps even ten. My thought is always, "Wow. If you have been in recovery for that long, you need a new program. Yours isn't working for you. As Dylan said it so eloquently, "You ain't goin' nowhere".

Just what is this mystical, magical, world known as Recovery? This unique place-and-time where we appear to be healing but may, in fact, be doing very little? What do we try to do here? Recover lost jobs, money, possessions, self-esteem? Rekindle relationships long extinguished? Regain solid chemical health that many of us never really possessed? To re-hone skills and tools that were never particularly sharp to begin with? I am not sure what it is we are trying to do. And therein lies the mystery of recovery.

Keep an open mind, now, and please read on: How, exactly, does recovery help us to change and improve, obtain good chemical health, build or rebuild self-esteem, a positive self-image, confidence and respect? Or to add new, stronger and better tools to our tool box...tools needed to help defeat the addictive Beast that dwells within each of us? Well, you see, I don't think it does.

Recovery is purgatory. Or a form of it. We are neither where we were, nor where we strive to be. We live in a constant state of "retrospective illusion," looking back fearfully at what and where we were, or may return to, rather than looking and moving forward to what we can become. Instead of looking to our old house, full of destructive, unhealthy, addictive ways of living, we could look to our new house, furnished with health and satisfaction and new ways of living our lives. But sadly, we seem to be ok with purgatory. We say we are "...in recovery" and we want people to think that things are "ok," that we are "ok," that we are doing "our work", "fixing our stuff", that we are "cool". Nope.

Rather than recovery, let's consider moving into "Discovery." Discovery propels us forward to explore new aspects of ourselves, to find vibrant, new strengths, interests and passions, to find better and healthy ways to meet needs, and to acquire sharp, constructive tools that will help us build that new house and to abandon the old one forever.

Should we spend any time in recovery? Sure. Regain that which is still available and of value to you. But do it quickly, and stay for a short time only. There is often little for us to salvage, anyway. That is part of "retrospective illusion." We look too long and too hard to see our

future in our past. Sorry. Wrong direction. Move forward in discovery. Move to your new house. It is not an illusion; you can make it reality.

So give it a try. All you can lose are your old addictive ways. There is no purpose in spending years trying to recover that which is lost and gone. Move forward to a new, healthy, safe life that will replace your old ways. Discovery can be exciting, empowering, exhilarating. Who knows, you may discover stuff you have that you never dreamed about.

Sweet.

Tommy Jones created and leads the Men's Center Addiction Busters support group, which meets every Tuesday night at 7:30pm. After struggling with the consequences of his own addictive behaviors for years, he learned alternatives to AA and began the healing process. Now entering it's third year, Addition Busters welcomes men and women who are seeking to change their behaviors around addictions. All types of issues are discussed, such as alcohol, drugs, debt, smoking, food, sex, etc.



JOHN RUUD AND THE MEN'S CENTER 2007 PRIDE BOOTH

Photo by Steve Triplett

Library Corner

– *RAY CLARE, LIBRARIAN*



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

As a Men's Center member, you are eligible to check out books from our library. The next issue of Men's talk will list the recently donated books – watch for it!

And while you are enjoying our many book resources, consider a browsing our large and growing selection of periodicals.

- Men's Health
- Lavender
- Transitions
- Bi All Means
- Edge Life
- D.A.D.S #1
- Voice Male
- Men's Journal
- Rainbow Families
- Essential Wellness
- G.R.I.P.
- And even more

Book Returns Needed:

Some of these books have become so important in our members' lives that they seem to have been out since I had hair. While we have no specific time limit, please consider if you are still using any Men's Center books you now have, and return them to availability.

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, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at tcmc@tcmc.org

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Greetings from the Chair

Full brings a time when it feels natural for men to gather in circles. Many of us have spent time this summer ranging out and traveling away from our homeland. Now we can gather and share the gifts and stories that we received in our travels with other men in our community.

The gifts that I have received of late focus on a feeling that all of my needs are being met. I feel nourished in body, mind and spirit.

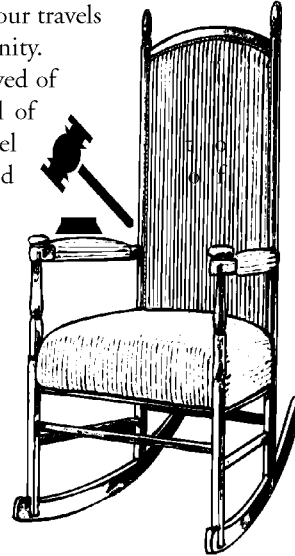
This has not always been the case for me. In years past I have felt the need to capture and hold any nourishing event. I guess I was starved. I felt like hoarding. I had built imaginary walls around myself. I often chose to isolate.

It is not that way for me anymore. I now feel that I can receive support and

nourishment by breathing it in and to support others, in turn, by gently exhaling. I am not alone. I am a part of circles of men, a family of origin, a family of choice, and a community.

No one found this for me. I had to find it for myself, or should I say, to notice it. I suspect that it had been there all along.

This fall I plan to get close the soil and smell the abundance life before it sleeps for another season. I will take a few naps in the crisp air, sunshine and dry leaves. Most of all I long to see the flickering light from a fire reflected in your eyes as we sit in circle. Blessings on your day, your work and all of your relations.



**BOBBY
SCHAUERHAMER,
BOARD CHAIR**

Help the National Guard

The National Guard has returned, and fortunately they are having a re-integration program, and are eligible for care from the VA for 2 years, but they need help from all of us, and the Men's Center can also be available as one resource.

The men and women who served in Iraq had much intense togetherness, a constant high. Now coming home they are likely to face emptiness and will be tempted to fill it with some other form of high, like drugs or alcohol. My biggest concern is that when they get back to the family and after the honeymoon is over, they will express their anger at spouse and children in abusive ways.

I went to 2 workshops on reintegration, and all the speakers emphasized that veterans need to be held accountable for their behavior. My fear is that spouses will not report abuse, and thus it will likely continue. The Men's Center Anger Management program may be a useful resource for men who choose not to seek help at the VA. Chrysalis can be an effective resource for women who need help in dealing with abuse, their phone is 612 871-0118. An August 1st article in the Minneapolis Star Tribune indicated that the stress of deployment is blamed for a 60% increase in child abuse usually committed by a wife left at home. So the women are likely to be guilt-laden and will need help in dealing with those feelings and their behavior. It is important for all of us to reach out to veterans and families and ask them how they are doing, and listen to their feelings, and ask again another time. The Men's Center can be a resource for these and other men.

Norm Petrik, Ph.D Licensed Psychologist

MEN'S CENTER FALL POTLUCK PICNIC REPORT

On a beautiful Sunday afternoon, September 16th, men from the Men's Center met at Powderhorn Park for the Fall picnic. Following the potluck meal and lots of visiting, we drummed and had a wonderful time. Hope you can come next year.

– Norm Petrik, Program Committee Chair



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call us about Anger Management classes.	SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Adrift – Navigating Our Sexual Lives 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00a.m.
	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
Two Spirit Dreams & Meditation 2:00 pm	SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Constructive Living 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
BRUNCH 10:00 a.m. Two Spirit Arts & Crafts 2:00 p.m. Men's Retirement 5:30 p.m.	SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Knowing Ourself Through Our Body 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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	SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	MT ARTICLE DEADLINE SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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	SUPPORT GROUPS General Issues 12:30 p.m. Men Who Mentor 7:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30 p.m.	PRESENTATION Reiki Healing and Energy Work 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Surv. Sex Abuse 7:30 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Potluck 7:30 p.m.	

Oct/Nov 07

1976 – In Our 31st Year – 2007
of Public Service

Check out our web site: www.tcmc.org
e-mail: tcmc@tcmc.org phone: 612 / 822-5892

PRESENTATIONS

Nearly every Wednesday evening, the Men's Center is proud to offer a presentation on a wide range of subjects of interest to men as well as to our community. This tradition has been part of the Men's Center offering since it's founding 30 years ago. These drop-in meetings require no pre-registration, and volunteer experts in the respective subjects conduct them all. Because of our primary mission, all presentations are for men only unless it is otherwise indicated in the individual descriptions.

Please read through these various descriptions to determine which is of interest to you, and consider bringing a friend. This could be an excellent introduction to the Men's Center for them. Each presentation is intended to foster personal growth and to stimulate interest in the topic.

Our presenters include: Jim Amundson, Chuck Boe, Jim Guswiler, Benjamin Lamb, Andy Mickel, Keith Pederson, and Volunteer Attorneys.

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

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

All presentations meet at The Men's Center, 3249 Hennepin Ave. So, Suite 55 Minneapolis, MN 55408

We welcome your suggestions for new topics and presenters. Please call Randy at 612-822-5892 with your ideas.

The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

DESCRIPTIONS

Adrift – Navigating Our Sexual Lives

Part 2 of 2 (Part 1 on Sept. 19)

Presenter: Keith Pederson

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

Open to Gay/Bi and Questioning men and their allies

Have you ever felt as though there is conflicting information circulating about our sexual lives and how to be safer in your own sexual activities? As Gay/Bi men it can be a challenge even finding partners. Beyond that, some of the venues we use to meet other men for dating can bring specific challenges and/or risks.

Keith Pederson is an employee of PrideAlive (a program of the Minnesota AIDS Project).

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Oct. 10, 7:00-9:00 pm

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men's lives.

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

Constructive Living: Doing What Needs to Be Done

Presenter: Jim Guswiler

When: Wed, Oct. 17, 7:00-9:00 pm

Open to Men and Women

Tired of all the psycho-babble? Ready to get off the "feeling" roller coaster and on the "behavior" track? Constructive Living is a straight-talk life skills program that centers on right behavior. "Doing what needs to be done" is constructive living. Example principles of Constructive Living:

- We are responsible for what we do no matter what we are feeling.
- We can accomplish many of our purposes in life in spite of our feelings.
- All feelings pass unless re-stimulated.

Jim Guswiler is a certified instructor of Constructive Living and has been a frequent presenter at TCMC. Jim holds a Master of Arts in Teaching degree from Tulane University.

Knowing Ourselves Through Our Body

Presenter: Jim Amundson

When: Wed, Oct. 24, 7:00-9:00 pm

Open to Men and Women

Drawing on the techniques from a psychotherapy called Pessio-Boyden psychomotor psychotherapy (PBSP) participants will focus on exploring and discovering what their bodies say is needed to be happy and whole. Although we are born knowing this information, often in learning our gender role – how to be a real man or real woman – growing up we learn that it's necessary to suppress the knowledge of PBSP and so we carry

this suppressed knowledge in our body. This presentation will be primarily an experiential evening of attempting to access our body's knowledge.

Jim Amundson, PhD., is a licensed psychologist in private practice. He is a certified PBSP therapist and has a lifelong interest in gender issues for both men and women.

Halloween

No Presentation

When: Wed, Oct. 31, 7:00-9:00 pm

Family Law Clinic

Presenter: Volunteer Attorneys

When: Wed, Nov. 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.

A Circle of Warriors

Presenter: Andy Mickel

When: Wed, Nov. 14, 7:00-9:00 pm

See description for October 10.

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

Purple Heart Two Spirit Sacred Body Work for Men

Presenter: Benjamin Lamb

When: Wed, Nov. 21, 7:00-9:00 pm

If you are serious about the healing integration of Body, Soul and Mind, consider attending this workshop discussion. Sacred Massage offers men the divine realignment of their sexuality with their sensuality. Creating a profound positive and lasting unification of One Self. This school of Sacred Sensuality stems from ancient global teachings and practices throughout the centuries.

Benjamin Lamb, C.M.T., C.R.P is a long time believer in the "Gentle Strength" in men. He has been part of the Men's Movement of Awareness beginning in the 80's. Hailing from the Southwest and the

Northern West Coast, he attended the long standing esoteric San Francisco School of Massage, Berkeley's Body Electric, and Reiki Attunement from the founding Reiki Alliance in Santa Fe, NM. Along with blended knowledge and intuition, he has practiced body work for many years. Ben can be reached at 651-645-7131.

Reiki Healing and Energy Work

Presenter: Chuck Boe

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

Reiki Master, Chuck Boe will share information about Reiki Healing and Energy work. This presentation will include the history of Reiki with hands on healing for those who would like to experience Reiki energy. There will be time for questions and answers about Reiki and Chuck's work.

Chuck Boe, third-degree Reiki Master since 1997, has a Reiki healing practice at 3249 Hennepin Avenue S. Minneapolis, MN 55408, Suite 60 (across the hall from the Men's Center). He has taught Reiki classes at Wisdom Ways in St. Paul and Eye of Horus in Minneapolis. He is currently a graduate student in the Human Development Program at Saint Mary's University. He does intuitive tarot readings as well.

Family Law Clinic

Presenter: Volunteer Attorneys

When: Wed, Dec. 5, 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.

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted

by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

- Minneapolis Location
3249 Hennepin Ave. S. Suite 55

Men Who Mentor

The intention of this group is to nourish men who are in a role of mentoring or sponsoring another man or boy. Readings on general men's issues, role identification for mentors and personal support will all be employed. Men who are mentoring men who are returning to the community from incarceration, sponsoring men in recovery, and men who are providing positive role models for boys are all welcome to this support group.

- Mondays 7:30 - 9:30 pm

General Men's Issues/ Divorce/Uncoupling

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays 12:30 - 2:30 pm
- Thursdays 7:30 - 9:30 pm

Addiction Busters

Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays 7:30 - 9:30 pm

Transitions

Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursdays 7:30 - 9:30 pm

Two Spirits &

Gate Keeper Community

Open to Men and Women

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

- 2nd Sunday - Dreams & Meditation
2:00 - 4:00 pm
- 3rd Sunday - Arts & Crafts
2:00 - 4:00 pm
- 3rd Friday - Talking Circle
7:30 - 9:30 pm
- Last Friday - Potluck Gathering
7:30 - 9:30 pm
- 4th Wednesday - Cultural Presentation
7:00 - 9:00 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays 5:30 - 7:00 pm

Here and There

– Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **Sunday, October 21st at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 TCMC 32nd anniversary celebration. **November 18th at Stephen Sewell's**, 647 Lincoln Ave #F, St. Paul, 55105 (east of Dale Av; south of Grand Av) 651-917-2495. (co-hosted by Paul Busch 651-646-4656.) **14 men attended August's brunch at Dave Mueller's** and 15 men attended the September brunch at Andy Mickel's. - Andy Mickel, 2007-09-17.

Key of See Storytellers events: Once again we will be offering STORYTELLING FOR GRANDPARENTS, PARENTS, AND OTHER ACTIVISTS, TRAINERS, AND LEADERS on October 27, 9 - 4. Questions to 612-747-3904 <topstory7@comcast.net> - Larry Johnson, 2007-09-07.

"Are We Teaching Our Kids to Be Fearful of Men?" and **"Avoiding Kids: How Men Cope With Being Cast as Predators"** are two articles by Jeff Zablow who finds that the implied meaning of referring children who get lost in a mall to find a "low-risk adult" to help them is that men, **even dads pushing strollers, are "high-risk"**. Zablow goes on to write: "Are we teaching children that men are out to hurt them? The answer, on many fronts, is yes. Child advocate John Walsh advises parents to never hire a male babysitter. Airlines are placing unaccompanied minors with female passengers rather than male passengers. Soccer leagues are telling male coaches not to touch players..." More at: Wall Street Journal online, <<http://online.wsj.com/>> - 2007-08-23 & 2007-09-06

61-Mile Hike report. The walk was astounding on so many levels, and though I rest, it continues to move. Donations are still coming in for the live video bridge between here and Iraq and for the new peace bridge at Lake Harriet. I'm also ready to talk to groups about what 61 really means. My oldest grandson, Tyler Solberg (14) elected on his own to do the hike with me. He's the same age I was when I made the 50 mile hike in 1961, and his presence alone made the hike worth it for me. It deeply strengthened a bond already formed between us, and it amplified one

of the things we were walking for: **better health for all ages.** Again, it's not why he walked, but Tyler's great uncle is on the Vietnam Wall, and we also walked for an **end to all war** and for soldiers not only to not die in vain but to return home to support enabling them to once again be happy, contributing family and community members.

-- Thanks so much to all who contributed time, money, resources and ideas.

-- Thanks to the group of Veterans, ranging from VFW to VFP, who walked the last 2 miles into Lindstrom on August 9, or who joined us at the 6:10 p.m. Ceremony of Support at the wonderful Veterans' Memorial on the spot where my grandfather taught me to respect flag and country as well as to see the horrendous nature of war and the need to move toward saner means of resolving conflict. I want everyone getting this to know the 1-866-LINK VET number. Created thru a bill authored by Patti Fritz of Faribault, it's designed to help Veterans and Soldiers and Families cut thru the bureaucracy and get to and find the services they need and deserve. Also, www.publicwork.org gets you to the Warrior to Citizen project emanating from the Humphrey Center.

- Larry Johnson, 2007-08-22 <<http://www.iam.mn/61>>.

The next **ManKind Project-Minnesota New Warrior Training Adventure** will be held October 12-14, 2007 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and a robust scholarship fund available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at **Open Circle of Warriors** events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. Register online at <<http://minnesota.mkp.org>>. - Andy Mickel, 2007-09-16.

Volunteers needed at **Unity Christ Church Men's Healing Retreat**, Saturday Oct 13, 9 a.m. - 4 p.m. at Unity Christ Church, cost \$35. Men will participate

in spiritual and personal workshops, music, prayer, meditation and community building. Members of the Unity Healing Ministry will be available to provide a variety of individual experiences in energy work for men. - FFI Mike Obsatz <obsatz@macalester.edu> 763-522-4564.

Men seeking support and encouragement in their spiritual journeys are invited to attend the **Men's Contemplative Spirituality Group** that meets at the **Benedictine Center** on the fourth Monday of every month, from 7 to 9 p.m. Upcoming meetings are October 22 and November 26. This ongoing group has been in existence for five years. It is an opportunity for men who want to integrate contemplative spirituality into their everyday lives. David Sagula, PhD, a psychologist and retreat leader, facilitates the meeting and discussion. The cost is a freewill offering. FFI: <<http://www.stpaulsmonastery.org/>> (click the Benedictine Center link) 651-777-7251, <benedictinecenter@stpaulsmnastery.org>. The Benedictine Center, a ministry of the Benedictine Sisters at St. Paul's Monastery, is located at 2675 Larpentour Avenue East in Maplewood 55109. - Kathleen Lindstrom, 2007-06-25.

Bill Dobbs and I plan to finish our website update by the end of the year, <<http://www.tcmc.org/>> this summer to allow you to bookmark interior pages. - Andy Mickel. - 2007-09-14

RETIREMENT GROUP DATE CHANGE

THE NOVEMBER MEETING OF THE RETIREMENT GROUP WILL MEET ON THE 2ND SUNDAY, NOVEMBER 11TH AT 5:30PM INSTEAD OF THE USUAL 3RD SUNDAY AT 5:30PM. THE RETIREMENT GROUP IS FOR MEN WHO ARE THINKING OF RETIRING OR HAVE RETIRED AND WANT TO DISCUSS FEELING ASSOCIATED WITH THIS MAJOR LIFE CHANGE.

– NORM PETRIK,
RETIREMENT GROUP FACILITATOR

The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
(You won't receive Men Talk if this box is checked.)

I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____ FROM: name _____

_____ Mailing address _____

_____ Home phone _____

_____ Work/other telephone _____

Anger Management Program

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:
12 consecutive weeks

Number of Participants:
Space is limited to 12 participants with 2 facilitators per class

Cost:
\$215 for Men Center Members (\$225 for Non-Members)

Starting Dates:
Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

THE GRAY EAGLES
A social/support group
for maturing men attracted to men

Second Wednesday each month, 10:30 a.m. – noon
The Men's Center, 3249 Hennepin Ave. S., #55

For more info, call Don at 612-801-8986
gray.eagles@yahoo.com

This ad donated by PrimeTimers Minneapolis/St. Paul at
<http://www.primetimersww.org/ptmsp/>

THANK YOU!
The Men's Center receives generous donations
of baked goods from Wuollet's and Breadsmith
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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	2" x 3 1/2"	\$25

E-mail the editor at tcmc@tcmc.org

Chuck Boe
Reiki Master & Tarot Reader

3249 Hennepin Ave S. #60
Minneapolis, MN 55408
(Across the hall from The Men's Center)
612-825-5345

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TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis. Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our e-mail address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
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MEN TALK

The Men's Center News

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