

men talk

tcmc
twin cities men's center

in our 33rd year
of public service

Aug/Sep 2009
Volume 33 #4

The Transformative Power of Owning Shame

— © 2009 BY BOB ANDERSON

At the core of the Men's Center anger management program lies the subject of shame. It's a fearsome subject. I remember one guy who hurriedly grabbed his jacket and workbook and exited the room before the check-in got to him the night the topic turned to shame. He apologized the following week, saying he had felt overwhelmed and scared. Till then, he had been one of those guys who rarely disclosed in group, and we facilitators were wondering how to smoke him out, but from that night on he was candid with the other men and committed to the process.

That's the releasing power of owning shame. For all its fearsomeness, the subject speaks to the men like nothing else in the course. It touches a vital nerve near the core of identity that sparks much of their harmful behavior, and somehow they know this and are willing, even grateful, to be challenged to drop some of their defenses and become more real with themselves and each other.

That's not easy for men, conditioned as they are to maintaining the facade of control and invulnerability at all cost. Yet, as they become aware of the shaming messages they've taken on from family and culture, notice the shame-based rules they follow in their own behavior - be in control, be perfect, blame, compare, deny, distort -and count the cost to themselves and those they love, there's an almost palpable sense of relief that comes over the room. They've broken the one rule that maintains the stranglehold of all the rest: don't talk.

I saw this demonstrated yet again in a recent class I co-facilitated at the Men's Center. It was an atypical class: six of the ten guys were court-ordered, some had been in and out of jail and some had felonies pending or on their record, which kept one man from getting work and housing. Yet on that first night the class was totally typical in its denial and refusal to own the problem with anger.

"The other guy started it." "I just stepped in to help someone else out." "I only have issues with this one person." Most blamed their predicament on misunderstanding, bad luck, the system, its bias toward women, anything but themselves. During check-in one guy raised his foot to show off his ankle bracelet, said he was there only because he was ordered, then wise-cracked his way through the rest of the session. I thought to myself, this is going to be a tough class.

Bit by bit more incriminating facts emerged about their altercations: involvement of alcohol, the brutality of their response, a pattern of losing control. That's often the way it is in these classes. Men begin in denial and only gradually assume full responsibility for their behavior - a cardinal principle of anger management and the beginning of real change. I couldn't imagine a group less entitled to the presumption of innocence.

We spent two sessions exploring the escalation process, how to slow it down, manage stress, anticipate triggers, monitor and modify negative self-talk and intervene earlier and earlier in the process. We looked at underlying causes, what gets them hooked in an escalation, how anger is often a

cover for deeper, harder-to-face emotions like shame or grief or fear, or a core hurt from the past, which intensifies its destructive charge.

The most important thing we did, however, was talk, and here these men came into their own. Their shared predicament created an immediate rapport, gritty honesty and willingness to challenge each other. We went deep fast; no hiding, no games, especially regarding shame.

One night a trucker acknowledged how he always felt guilty when he spotted a squad car. "I don't know why, I haven't done anything illegal, and it isn't like I view these guys as enemies. I depend on them for help and safety.

"I know why," another man said. "Because even though this time you haven't done anything wrong, there've been plenty of times in the past when you have, and you've never been caught." A third man chimed in, "We've all done bad stuff, we're all guilty and we know it!" The room erupted in laughter. There followed a discussion of shame, guilt, innocence and moral responsibility, including a reference to *The Shawshank Redemption*, as deep and heartfelt as anything I've ever heard.

In another session on shame, one man who had held himself some-

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DON'T TALK

This is shame-based Rule #8 from the *Men Helping Men with Anger* workbook.

If you are a shame-based person, you are taught that you should never identify and talk openly about shaming, controlling, abusive, irresponsible or compulsive behavior. It also means that you shouldn't talk honestly about what you think, feel or want. This idea of "maintaining the silence" or "keeping the secret" is not based simply on choosing the option of privacy. Rather, it is based on the belief that it is not safe to talk openly about what you see happening around you because it will lead to punishment of some sort and more shame. It is also based on the idea that, in fact, it is hopeless to self-disclose in an honest and open fashion since "it won't do any good anyway." This "don't talk" rule, and the misplaced loyalty it generates, is probably the single most hindering factor in overcoming the harmful effects of shame. Without honest sharing, healing and recovery cannot occur.

* An example of this in an alcoholic family is the "elephant in the living room" (i.e. the alcoholic's drinking and irresponsible behavior) that everyone knows about but that no one is willing to talk about openly and directly.

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

- Men's Health
- Lavender
- Transitions
- Men's Journal
- Voice Male
- Fathering Today

Recent books that have been donated include: *Sex Addicts Anonymous*, *How the Homosexuals Saved Civilization*, *Nothing to Lose*, *The Gate House*, *Blind Fall*, *Quicksand*, *The Crush*, and *Protect and Defend*.

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
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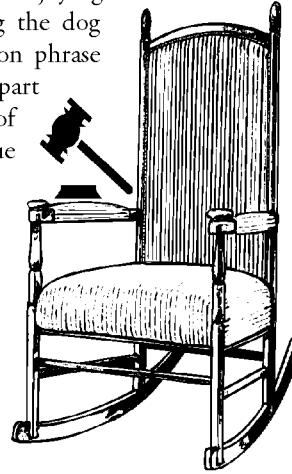
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Greetings from the Chair

Hello, and greetings to all friends and members of TCMC. I hope this newsletter finds you enjoying a little well-earned rest during the dog days of summer. This common phrase for what is typically the hottest part of the year provides a segue of sorts into the theme for this issue of Men Talk in the form of a question: Why do so many men treat themselves worse than they would treat a dog? In other words, why do we often seem locked in a cycle of shame and harsh, self-critical thinking? Bob Anderson's excellent lead article on men and shame discusses the reasons behind and some techniques for addressing male shame. It is worth a careful read by anyone who is a man or knows one -- which should be just about everyone reading this!



In our culture, men are constantly bombarded with messages that discourage the expression of any emotion except anger. Expressing feelings is somehow seen as the exclusive domain of women, and in men, as a sign of weakness. So it's no surprise many

men are reluctant to discuss their feelings and to examine the ways they express their anger.

But while advertising, television, and other popular culture outlets may give us bad advice, it is still each man's decision whether and how to express a particular feeling. If you think about it, nothing is more fundamental to the notion of responsibility.

If you see a little of yourself in Bob's article, think about signing up for an Anger Management class at TCMC. We usually have multiple classes running concurrently on different nights of the week in different locations. If you decide to explore this side of yourself, I think you'll find that, far from weakening you, it will make you a stronger and better-equipped man, able to tackle the challenges that confront all of us in our daily lives.

JOE SZURSZEWSKI
BOARD VICE-CHAIR

Owning Shame continued from pg 1

what aloof from the group till then, presented what amounted to a brief on his perfectionism and need for control that always left him feeling restless and dissatisfied with himself, no matter how well he had performed. He always gave 110 percent, he said – a lesson learned from his father – yet it was never enough. He wanted a way out of this trap, and his words were about as naked a confession of pain and need as I have ever heard in eleven years of doing these classes.

He had voluntarily taken the class and had previously expressed to one of the other facilitators his misgivings, even resentment, about being in a group with so many court-ordered men, yet it was precisely one of those men – the guy having trouble getting work and housing because of his record – who came to his aid. "What would it mean, what would it look like to you," the man asked, "if you could deliver perfection?" The question floored the guy. It helped him see how thoroughly ingrained and self-defeating his shame-based rules were. In subsequent sessions he returned to that question again and again, and to the man who had raised it, as a touchstone in his struggle to reframe the negative life script that kept sucking him under.

No quick fixes here. We remind the guys that this is life-long work. We give them the tools to keep from spiraling into a shame cycle, exercises to help them confront their inner demons and make peace with their shadow side, techniques to communicate and assert themselves more effectively and resolve conflicts, but the work is theirs to do. As important as these skills are – and they are vital – even more important is what the men give to each other: a safe place to bare their souls and be heard, the knowledge that they are not alone and need each other, and that they have it within themselves to connect across barriers of all kinds, including the gulf that separates men from each other.

Bob Anderson is a long-time member of the Men's Center and facilitator of anger management classes. He has recently published a coming-out memoir, Out of Denial: Piecing Together a Fractured Life, which is available at Magers and Quinn, Micauber's, Amazon and Rainbow Road, and on-line from Lulu.com and Amazon.com.

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

Aug/Sep 09

Call us
about Anger
Management
Classes.

SUPPORT GROUPS
Healthy Sexual
Boundaries
10:00a.m.

1

	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law Clinic 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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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	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
9	10	11	12	13	14	15
BRUNCH 10:00 a.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Dark Twins: Shame and Anger 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 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 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Healing the Past 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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	LABOR DAY HOLIDAY	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.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 Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
6	7	8	9	10	11	12
BRUNCH 10:00 a.m.	BOARD MTG. 7 p.m. SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Body-Mind Psychotherapy 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual Issues 7:30p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
13	14	15	16	17	18	19
	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION EMDR Therapy 7-9 p.m. Transition 7:30 p.m.	SUPPORT GROUPS Div/Uncpl/General 7:30 p.m. Male Survivors Sexual Abuse 7:00 p.m.	SUPPORT GROUPS Men's Bisexual Issues 7:30 p.m. Two Spirit Circle & Potluck 7:00 p.m.	MT MAILING 9:00 am. SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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ANNUAL PICNIC 3:00 p.m. SUPPORT GROUPS Men's Retirement 5:30 p.m.	SUPPORT GROUPS General 12:30 p.m.	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION How to be a BEING 7-9 p.m. Transition 7:30 p.m.	1976 — In Our 33rd Year — 2009 of Public Service		
27	28	29	30			

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 33 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, Bob Anderson, Daniel Braun, Jim Gerharter, Andy Mickel, Bob Monson, Michael Pellecchia, and Linda Wray.**

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

- Non-Members of TMC – \$5.
- Regular Members (\$20 level) – \$3
- Sustaining Members – FREE

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

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

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

DESCRIPTIONS

Family Law Clinic

Discussion Leader: Bob Monson
When: Wed, Aug. 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.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Aug. 12, 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.

Dark Twins: Shame and Anger

Presenter: Bob Anderson
When: Wed, Aug. 19, 7:00-9:00 pm

Your anger often gets its destructive, compulsive charge from deep roots in personal shame and powerlessness. This workshop will help you see the connection, identify your own shame-based behaviors and trace their origins in family and culture. It will aid you in becoming more aware of your internal negative self-talk and the distorted thought process that fuels the shame cycle, and it will teach you some techniques to reframe your thinking, break the cycle and move toward a more empowered approach to living.

Bob Anderson is a long-time facilitator of the Men Helping Men with Anger program at the Twin Cities Men's Center and author of Out of Denial: Piecing Together a Fractured Life.

Healing the Past

Presenter: Jim Amundsen
When: Wed, Aug. 26, 7:00-9:00 pm

Every human being desires to lead a life of meaning, pleasure, satisfaction and connectedness to a community. In order to attain a life with these qualities all of us have had to overcome some form of adversity in our history. Often some of these adversities prove too difficult to overcome without some sort of assistance. In fact, sometimes we are unaware of how our histories affect our present day lives.

This presentation will be a lecture and demonstration of a body/mind therapeutic

technique (called Pessó Boyden System Psychomotor) that allows us to create new, "artificial" healing memories to help overcome past emotional wounds. Just as medical science has come up with ways to create new artificial joints, so psychology has come up with ways to create new, artificial memories.

Jim has been in private practice as a Licensed Psychologist in the twin cities for almost 30 years. He has presented workshops on PBSP around the United States and the world.

Family Law Clinic

Discussion Leader: Linda Wray
When: Wed, Sep. 2, 7:00-9:00 pm
Open to Men and Women

See Aug. 5 Description

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, Sep. 9, 7:00-9:00 pm
See Aug. 12 Description

Body-Mind Psychotherapy

Presenter: Jan Jirak
When: Wed, Sep. 16, 7:00-9:00 pm
Open to Men and Women

Growing awareness of the mind-body connection is guiding psychotherapy toward approaches that include somatic (body) experiences in the resolution of psychological issues. These approaches can facilitate gentler, more thorough resolution of trauma and lead to more vibrant living.

Jan Jirak, M.A., L.P., is the only licensed psychologist in Minnesota who is certified in one such approach, Somatic Experiencing. She previously has made Men's Center presentations on communication and healing trauma.

EMDR Therapy

Presenter: Michael Pellecchia, LICSW
When: Wed, Sep. 23, 7:00-9:00 pm
Open to Men and Women

Eye Movement Desensitization Reprocessing Therapy (EMDR) is a therapy found to be instrumental in helping people who have experienced trauma and all of its related effects in all stages of life. The audience can expect to hear a more detailed explanation about this therapy, its origin, developed by Francine Shapiro Ph.D., how it works, why it works, and how it differs from therapies traditionally used to treat people experiencing routine life difficulties.

Michael is a practicing clinical social worker with more than 20 years of broad clinical experience. He is working toward his certificate in the practice of EMDR. He has prior experience working with people with HIV/AIDS from the late 1980's and

1990's, transitioning to work with people having chemical dependency issues, persons in hospice care, the severely and persistently mentally ill population, as well as extensive experience working with the Lesbian, Gay, Transgender, and Bisexual communities. He has also worked with many people who know the pain and suffering resulting from trauma due to past experiences. Additionally, he has worked with women and children with HIV/AIDS, along with related loss and grief issues. He earned his Masters degree in Social Work from Temple University in Philadelphia, PA in 1989.

How to be a BEING

Presenter: Daniel Braun

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

Have you read self-help books on well-being? Practiced the four agreements? The seven habits? The 11 lessons or 12 steps? I do not wish to denigrate any system; however the way to well-being and, ultimately, to self-actualization is a very simple Way--once you see it. The author of this evenings presentation has developed a basic technology that involves but one single step or principle: The ONE-Principle(R). This principle is indeed simple; and, once you understand, its simplicity can lead you, relatively easily, to a new power in your life. With some practice you can have the relaxation and contentment of an actualized BEING... without any particular extra effort or "success". You can recognize yourself as a BEING and not just some 'thing' that you have imagined yourself into being.

The ecology movement of the 1960 & 70's changed Mr. Daniel Farris Braun. How could humans be so destructive to their own living support systems? Eventually during a solo trek in the wilds, he experienced a revelation. He has traveled to the roots of great philosophical traditions looking for the essence. The essence is there, but it's not where one would think it to be. As a writer and neurolinguistic philosopher, he has reduced the way to that essence to what he calls the ONE-Principle. Please, join us and bring your acquaintances, male and female, young and

Family Law Clinic

Discussion Leader: Jim Gerharter

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

Open to Men and Women

See Aug. 5 Description

SUPPORT GROUPS

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

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

- Minneapolis Location
3249 Hennepin Ave. S. Suite 55

General Men's Issues/ Divorce/Uncoupling

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

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

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

Do you feel like you are the only one this has ever happened to? It's not true that men/boys cannot be raped or otherwise sexually abused. Many boys have survived abuse at the hands of parents (both Mothers and Fathers), relatives, siblings, neighbors,

clergy and strangers. Early sexual experiences do not make a boy "lucky"; they can cause lasting feelings of being used and make adult intimacy difficult. You are not alone. You are not to blame. We provide a place where it is safe for survivors to talk. It is helpful to be heard by others who know what you are saying is true.

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

- Thursdays 7:00 - 9:00 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.

- Last Friday - Silent Group Meditation and Talking Circle and Potluck

7:00 - 9:30 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): **August 16th**, Tom Weaver co-hosting together with David Mueller Caring Hands Massage & Spa in Hastings at 427 Vermillion / Hwy 61 in Hastings, MN Use glass door on the left. 55033 (Hwy 61 south of St. Paul 20 minutes) 612-827-6442. **September 20th** (Fall equinox) at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414 (in Prospect Park off University Ave near I-94 and 280), 612-331-8396. 15 men each attended the Father's Day June Brunch at Jim Lovestar's and the July brunch at Patrick Nathan's. - Andy Mickel, 2009-07-18.

The 19th annual Minnesota Festival for Fathers & Families. Saturday, August 8 noon - 4 p.m. at North Commons Park, 18th & James Ave. N., Minneapolis 55411. FFI: www.mnfathers.org/festival.html. - Paul Masiarchin, MFFN, 161 St Anthony Ave, Suite 845, St. Paul, MN 55103 651-222-7432 <<http://www.mnfathers.org/>> - 2009-07-03.

Father's Day this past June 21st was the 100th celebration of Father's Day in the United States. Since 2003, the Minnesota Fathers & Families Network has been building the field of fatherhood in Minnesota. We strengthen the vitality and connections of professionals working with fathers and families through training events, resource documents, networking activities, and public policy education. 2008 was an incredible year for MFFN. We hired our second full-time staff; hosted our fifth annual winter conference; trained over 2,200 professionals across Minnesota; and grew our membership to over 400 individuals. FFI: www.mnfathers.org - Paul Masiarchin, 2009-06-18.

National Men's Health Week was June 15-21, 2009. Find ideas and resources at: <<http://www.menshealthmonth.org/week>>

Key of See Storytellers will once again tell the story of Sadako, on August 6, 7:30 a.m. at the Peace Garden at Lake Harriet (across the street from the Rose Gardens) for the annual remembrance of the bombing of Hiroshima. It is 64 years since that first atomic bomb, and we're talking about retiring nuclear weapons at age 65. This year at 11 a.m. we'll do the 11 Bells Ceremony, the celebration of happiness for the peace after the War to End All Wars (World War I). The ceremony has been re-enacted now for several years by Veterans for Peace, the group. - Larry Johnson, 612-747-3904

25th Annual Minnesota Men's Conference: WHERE IS IRON JOHN NOW? September 8-13, 2009 Camp Miller, Sturgeon Lake, Minnesota. Teachers: Robert Bly, John Lee, Miguel Rivera, Daniel Deardorff, Martin Shaw, Orland Bishop, Tom Gambell, Doug von Koss, Timothy Young, Jay Leeming, Thomas R. Smith...and many other teachers and friends.

Twenty five years have passed since the first Minnesota Men's Conference and what has happened? Men's work began by asking what sort of fathering and mentoring was possible for young men inside their own families and within the culture as a whole. In the early 80's Robert Bly used the story of "Iron John" to lay out a map of the soul's journey in maturing the deep masculine. This year as we retell the story "Iron John", we will ask those new to this story, and those who have lived it: 'Where are we now in this story? What is valuable about this story of Iron John?' What other stories do we need? FFI: Craig Ungerman 860-923-6987; 860-942-1658 mobile; <hiddenwine@earthlink.net> <<http://www.hiddenwine.com/MMC>> - Mark Stanley, 2009-05-01.

The next ManKind Project-Minnesota New Warrior Training Adventure will be held Oct 9-11, 2008 at Eagle Lake Camp near Brainerd, MN. The cost is \$650, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at Open Circle of Warriors events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or see: <<http://minnesota.mkp.org/>> for Open I-Group dates/times. - Andy Mickel, 2009-07-07.

WE CAN PARENT TOGETHER: PROFESSIONAL TRAINING WORKSHOPS: Tools for engaging fathers, mothers and others in co-parenting. When parents are consistent and support each other in the task of parenting, children benefit. This workshop presents the basics and benefits of co-parenting and offers strategies and best practices to utilize in supporting any family working to raise children in a healthy, safe environment. Specific focus will be given to the unique challenges of divorcing and never-married parents, adolescent parents or those with substance-abuse/dependence-

related concerns. The 2009 Fall Regional Workshops are being presented by Minnesota Fathers & Families Network; Prevent Child Abuse Minnesota; the Minnesota Prevention Resource Center; the Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting; University of Minnesota Extension; and the Department of Human Services Children's Trust Fund. Register at: www.logiforms.com/formdata/user_forms/16592_5292381/71146/. Session objectives are available here: www.mnfathers.org/fall2009.html. All sessions will take place from 10:00 am-3:00 pm. - Paul Masiarchin, 2009-07-01.

The Men's Center Fall Potluck Picnic SUNDAY SEPTEMBER 27TH AT 3PM.

It will again be at Powderhorn Park, Minneapolis. Come to the South Side of the Park, the closest parking is a 13th Ave and 35th St. S. Walk down the hill toward the lake, we will begin grilling at 3pm. If you prefer not to grill, bring another dish to share. The Men's Center will provide beverages and dessert snacks. Bring your drum if you have one, we will do some drumming. Powderhorn Park is 3 blocks west of Bloomington Ave and 5 blocks South of Lake St. So please come and have some fun with other men.

– Norm Petrik, Program Comm. Chair

MEN'S RETIREMENT GROUP SCHEDULE CHANGE

The monthly Men's Retirement Support will meet the 4th Sunday of September, the 27th at 5:30 pm, instead of the 3rd Sunday, the August meeting will be the 3rd Sunday as usual, on August 16th at 5:30 pm. The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you!

— Norm Petrik, 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:

Limited to 12 men per class

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

Starting Dates: Classes are filled on a first come, first served basis. Currently two in Hopkins (Tues and Weds), and a new group starting Aug 10 for 12 Mondays in Minneapolis.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

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612-889-8022

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UPTOWN AREA SPACE TO RENT

**The 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

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

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



BREADSMITH
HAND MADE. HEARTH BAKED.™

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
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4

\$1,500 IN PRIZES AWARDED IN TCMC'S PRIDE RAFFLE

BY DON HAUMANT, 2009 PRIDE COORDINATOR

Twenty-one prize winners in the TCMC 2009 Charity Raffle were announced at a drawing held Sunday, June 28th, at the Men's Center booth at the 2009 Pride Festival. Among the prizes were Minnesota Twins tickets, a group membership at the YWCA, several massage sessions and restaurant gift certificates, and free tattooing or body piercing.

Many thanks to the Twin Cities businesses that kindly provided prizes so TCMC could raise donations to support its programs. Donors were as follows: Cafe Maude; Electric Fetus; The Great Metropolitan Back Rub; Jared Gruhl, DC; Hawaii Healing Arts; Minnesota Twins; Page Studios; Cynthia Reuss; Saint Sabrina's; ShopTrustBuy.com; Southside Pride; True Thai Restaurant; UPS Store (28th & Hennepin); and the YWCA of Minneapolis.

TCMC also received much-appreciated financial support from two additional sources: Target Corporation (Albert and Tricia, downtown store; Carrie and Pat, Lake Street store) and ShopTrustBuy.com (Steve Triplett, Jerry Olson).

By all accounts, TCMC's 2009 Pride booth was the most ambitious ever produced. Those individuals who generously contributed their time and efforts were the following: Ed Anderson, Hank Bruns, Ray Clare, Dave Decker, Dave Eckholdt, Kevin Elzia, Randy Genrich, Jeff Haas, Jim Heaney, Nancy Helland, Ed Johnson, Al Jones, Harold Kallio, Patrick Luby, Dick Madigan, Andy Mickel, Gerald Obremski, Michael O'Laughlin, Jerry Olson, Paul Overby, Cynthia Reuss, John Ruud, Bobby Schauerhamer, Ron Stranger Horse, Joe Szurszewski, Mark Thompson, Steve Triplett, Leigh Wahlroos, Tom Weaver, Linda Wray, and the TCMC board of directors.

The Men's Center also acknowledges the kind cooperation of Deanna Alvord and Shari Burt of the Minnesota Department of Corrections for helping to arrange a photo session at one of their facilities. For a complete list of raffle winners, prizes and other info, please contact the TCMC administrative office.

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