

men talk

tcmc

twin cities men's center

in our 47th year
of public service

Apr / May 2023
Volume 47 #2

Explore your Truth, Find your Voice
Abracadabra

– © 2022 CRISTOPHER ANDERSON

At the reception after the wedding of my sister-in-law and brother-in-law some years ago I got the idea that I could circulate among the guests with my video camera and invite people to address the camera with a blessing for the couple. With experience as a filmmaker I thought I knew what I was doing. I started out, introducing myself and the idea, and got a few good responses. Then, it appeared that people were uncomfortable with what I was doing so I stopped. Sometime later, I met the Minnesota photographer Terry Gydesen. “Talking shop” with her I told her about this experience. In response, her eyes narrowed and she said to me, “If you are comfortable, then they will be.” Immediately, I knew she was right. And, I realized that at my in-law’s house I had forgotten my usual professional belief in my task, and my responsibility to encourage those I’m talking with in order to assert an environment of psychological safety where something wonderful might happen.

I remembered this a few weeks ago when I stopped to catch a set of a young singer/songwriter friend at his gig at a nearby luxury hotel. I hadn’t been to this hotel before. I was nervous about going and had I tried to dress well so I would fit in. I found my way to where he was performing near a busy lobby bar. I waved a greeting to him as he recognized me with a smile. I settled into a sofa, ordered hot cider from the barista, and set to listening and people watching. I failed to recognize it for some time as I passed my eyes over different individuals and groups in the hotel lobby, as they arrived and left from the hotel, moved in and out of the elevators, sat eating and drinking at the bar, and gathered and dispersed from different pockets in the lobby. I didn’t recognize how I was projecting my own unease onto nearly everyone I saw before me in the form of judgements both small and large.

Then, between his marvelous love songs, and soulful country and pop covers, my friend spoke to all of us within earshot. His talk might get dismissed as simply between-song patter, but I heard more. He talked to us personally, with youthful enthusiasm, heart, soul, grace and gentle humor. He spoke as if to include us all, like we all belonged to this lovely intimate songfest. And yet he communicated to us that he respected our individual sovereignty for interpretation and meaning-making.

He broke my sad spell. Suddenly the people around me became tender hearts, and fellow sufferers and seekers of beauty and meaning. A bright-faced man drew up two chairs, one for himself and one for his companion, so they could better enjoy the music. A man near the registration counter had just sent his family off and I saw him curiously approach and alight to listen. A grandmother with her teen granddaughter – the teen’s eyes glued to her phone – had plopped down to gather their belongings before leaving. Then she heard the music and sat raptly for some moments before walking up to leave a tip.

I could see better what my friend was up to. He was practicing abracadabra. Abracadabra, that magical incantation from the Arabic that children still like to use. I’ve heard that its original meaning was, “I will create as I speak.” I will create as I speak. Yes, there is magic in this. And responsibility, courage and discretion.

What do I say? To whom? When? Under what circumstances? And, with what intention? And, what is that “monkey-mind” inside me saying to me right now?

I’ve heard that in old Ireland, there were only three circumstances where words were preferred over silence: (1) When you wanted to turn a good phrase – when the moment called for the intrinsic joys of poetry and song; (2) when you wanted to give due praise; and (3) when you wanted to call a king or queen to action – when you wanted to call someone to their best.

Abracadabra!

And maybe there’s another layer to this. Native aboriginal people of Australia walk the songlines. As they travel routes through the landscape they sing incantatory story songs, addressing every hill, stream and ravine with the stories that are understood to live in them. Their belief and practice are that as they tell the stories the landscape and its beings are restored (re-storied) to life, made alive, encouraged to live.

Abracadabra!

Cris Anderson is a Minneapolis relationship coach, wedding officiant, and award-winning writer/filmmaker. He founded the 29-year-old Minnesota Folktale Gardening Club, a participatory theater for enjoyment, healing and community building.

Library Corner

— MATT BARNES, JEFF
SPRINGER, LIBRARIANS



What would people like to see in the library? I am trying to think of creative ways for members and non-members to use the library, such as a printer, scanner or fax if group members need to print documents before or after group. They can text me with suggestions at 612-715-9951.

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, 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 Wi-Fi 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

Office Manager: Tom Maher
Anger Mgmt Coord.: Tom M, Tom W.
Volunteer Coord.: Open
Bookkeeper: Jae Asanchevay
Editor: Bill Dobbs
Board of Directors:

Tom Weaver, Chair
Andy Mickel, Vice-Chair
Matt Thompson, Secretary
Dan Markes, Treasurer
Mike Arieta
Derek Gegner
Dan Gorbonow - Alternate
Ben Alfaro - Alternate
Rick Charlson - Alternate
Jim Heaney - Alternate
Malik Holt-Shabazz - Alternate

Letter from the Chair

Abracadabra! - Open Sesame! Words that evoke magic - opening a door to our creative imagination. With the magic of life emerging after a long Minnesota Winter, our spring MenTalk lead article features the many gifts of story telling. Cris Anderson, the author has offered many resources over the years, demonstrating the healing power of folktales. We are reminded of the legacy of Minnesota Poet, Robert Bly who published *Iron John*, a Grimm Brothers German folktale that encouraged men in the 1980's to deepen our connection with the mythopoetic and archetypal energy men carry. https://en.wikipedia.org/wiki/Iron_John.

During the pandemic, men accessed our lover and magician archetypes at TCMC, by opening our hearts and creative minds for new ways of connection. Magically we extended our service area beyond the Twin Cities. We are now Zooming to outstate Minnesota, and then to other states and even to our brothers in Canada. We would love to rebuild our face to face connections at our Center near to Bde Maka Ska, while honoring those who are not able to join us there personally. This is our growing edge.

Grateful Still: We continue to honor our volunteer support group facilitators, anger management instructors, and members, who share their personal stories and wisdom to encourage peaceful, inner growth, supporting: The mission of the Twin Cities 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."

In the aftermath of the killing of George Floyd nearby, one of the healer's works we have been connecting with is Resmaa Menakem's *Somatic Abolitionism* that incorporates the importance of each of our awareness, the medicine each of us carries regardless of the color of our skin. Embodied racial healing, and embodied self-awareness work, that recommends creating new ways of making connections with integrity. "In *My Grandmother's Hands*, I wrote this about creating culture: "Change culture and you change lives. You can also change the course of history.... More than anything, culture creates a sense of belonging--and belonging makes our bodies feel safe. This is why culture matters to us so deeply".

We are reminded of the philosophy of Mitakuye Oyasin: "We are all related" of the O héthi Šakówi, the seven fires of the D/Lakota oyate, nations native to the lands of the center of Turtle Island, where TCMC is centered as well

With the new life of spring, let us co create a Culture of Safety and Loving connections, by practicing the four agreements of integrity as a people. 1) Be Impeccable with your Word: Speak with integrity, 2) Don't Take Anything Personally, 3) Don't Make Assumptions, 4) Always Do Your Best. (after Don Miguel Ruiz 1997) here at TCMC and beyond... <https://www.miguelruiz.com/the-four-agreements>

In service,

TOM WEAVER, TCMC BOARD CHAIR

ANGER MANAGEMENT COORDINATOR Job Opportunity

We are still accepting applications for TCMC's next Anger Management Coordinator. The AM Coordinator is responsible for administration of the program in all of its aspects, including program organizing and scheduling of classes, finding available facilitators, handling inquiries from men interested in taking the class, recording registrations, and collecting fees. Please visit TCMC.org to read the full job description or contact our Office Manager, Tom Maher, at tomm@tcmc.org.

Wellness Support Group Location Change

Men's Wellness Support Group has a new meeting place. Bill Baldwin, the group facilitator, reports that they are meeting at his Wellness Journeys LLC office, 901 1st Street N. Downtown Hopkins, MN 55343. Please enter the 901 door. This group continues to meet 10:30-12:00 every Saturday morning.

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
--------	--------	---------	-----------	----------	--------	----------

APR/MAY 2023

CALL US
ABOUT ANGER
MANAGEMENT
CLASSES.

WEB SITE: WWW.TCMC.ORG
E-MAIL: TCMC@TCMC.ORG
PHONE: 612 / 822-5892

SUPPORT GROUP
HSB 10:00 AM
MEN'S WELLNESS
10:30 AM

SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 2	MKP CIRCLE 7 PM 3	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 4	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- CLINIC FAMILY LAW 7 ANGER MGMT 7 PM 5	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 6	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 7	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 1
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 9	BOARD MTG. 7 PM MKP CIRCLE 7 PM 10	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 11	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 12	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 13	14	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 15
MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM 16	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 17	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 18	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 19	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 20	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 21	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 22
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 23	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 24	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 25	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 26	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 27	28	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 29
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 30	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 1	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 2	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- CLINIC FAMILY LAW 7 3	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 4	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 5	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 6
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 7	BOARD MTG. 7 PM BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 8	SUPPORT GROUP GAY ISSUES 7:30 PM ----- ANGER MGMT 7 PM 9	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 10	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 11	MEN TALK DEADLINE ----- 12	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 13
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 14	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 15	SUPPORT GROUP GAY ISSUES 7:30 PM ----- 16	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 17	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 18	SUPPORT GROUP SEXUALLY EVOLVING MAN 7:30 PM 19	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 20
MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM 21	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 22	SUPPORT GROUP GAY ISSUES 7:30 PM ----- 23	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 24	SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM SEX ABUSE SURVIVORS 7:30 PM 25	26	SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30 AM 27
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM 28	BEYOND ANGER 6 PM MKP CIRCLE 7 PM ANGER MGMT 7 PM 29	SUPPORT GROUP GAY ISSUES 7:30 PM ----- 30	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ----- 31			

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 46 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 34 years.

In recent years, attendance of the presentations by TCMC supporters has diminished to the extent that the TCMC Board of Directors has agreed to schedule them intermittently as the interest arises.

The 1st Wednesday of the month Family Law Clinic will continue by providing legal support for those experiencing legal issues.

The Board wishes to express appreciation to the supporters who attended the presentations and the many volunteer professionals who gave their time and talent to support a strong educational component of the TCMC mission.

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

Since August 2021, we have begun hybrid meetings, video and in-person, at The Men's Center, 3249 Hennepin Ave. So, Suite 55, Minneapolis, MN 55408 (unless otherwise noted).

COVID Note: Masks are recommended, but not required, when multiple people are present at the Men's Center.

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).

CLINICS

Family Law Clinic

Leader: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Apr. 5, 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.

Family Law Clinic

Leader: Linda Wray

Where: Online Zoom Chat

When: Wed., May 3, 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.

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

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

Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

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

Beyond Anger: Reclaim Your Fire!

Instructor: Dan Gorbunov

Where: Live-Online Course

When: Apr. 17 - May 29, 6-7pm

Register: on TCMC website
or call 612-822-5892.

Cost: \$197 (TCMC members receive a 10% discount).

Scholarship options are available.

Open to all Genders

Live-Online group with assigned readings, peer support, and expert guided live instruction.

This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and

possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of "emotional sobriety".

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

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 all genders.

- **Location:** Online/Hybrid/In-Person

As we resume in-person groups, please check with a facilitator if your group is meeting online/hybrid or in-person.

In-person groups are held at TCMC, 3249 Hennepin Ave. S. Suite 55, Minneapolis MN 55408

You can request a link for Zoom Video using "Contact a Group Facilitator" at <https://www.tcmc.org/programs-support-groups-twin-cities-mens-center.html>

General Men's/Divorce/ Uncoupling Issues

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.

Location: Online Zoom

- 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.

Location: Online / In-Person

- Tuesdays 7:30 - 9:30 pm

Addiction Busters

Open to all Genders

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!

Location: Online / In-Person

- Wednesdays 7:30 - 9:30 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.

Location: Online Zoom

- Scheduled by appointment

The Sexually Evolving Man

Open to Men and Transgender Men

If sexuality is at the root of our existence

and “change” is the only continuous thing in life. Why would our sexuality, how we identify ourselves, desires, and experiences be any different? This group is for men who are evolving sexually and question how the evolving intersect with their day to day life.

Location: Online Zoom

- 1st & 3rd Fridays 7:30 - 9:30 pm

Men's Wellness

Open to Men Only

This group creates a space for men to work on creating a healthy, happy, productive and meaningful life with the support of other men, or anyone identifying as male. We will include time for men to share uninterrupted about the life they're creating, along with a brief weekly meditation, no-impact energy exercises, and a short teaching as a conversation starter.

Location: In-Person at 901 1st Street N.

Downtown Hopkins, MN 55343

- Saturdays 10:30 am - noon

We Agnostics of Uptown AA

Open to Men Only

A support group for men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Frank at agnostictc@gmail.com

Location: In-Person

- Sundays 6:00 - 7:00 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? Worried

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 confidential, non-confrontational and non-judgmental place to talk with other men about healthy sexual boundaries.

If you are currently participating in or have completed a sex offender treatment program you are welcome. If you have never been involved with the legal system you are also welcome. Facilitated by: Tommy Jones, Thomas Koepke, Sean Kratz, and Gary Weldon.

Minneapolis Location: In-Person

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm



CHAPTER 21
Dan Gorbunow

Soul Cook
Transforming Emptiness into Nourishment

AVAILABLE NOW ON amazon

BEYOND ANGER: RECLAIM YOUR FIRE!
ONLINE-LIVE CLASS STARTS APRIL 17

"I got so much out of the first class, I am still getting benefits from what I learned on Day One. Game-changer." - Antonio T.

BEYOND ANGER: RECLAIM YOUR FIRE!
WWW.TCMC.ORG

Beyond Anger: Reclaim Your Fire!

Runs Monday, Apr. 17 – May 29, 6–7 pm

\$197 (TCMC members receive a 10% discount).

Scholarship options are available.

Register: on TCMC website or call 612-822-5892.

Open to All Genders!

Live-Online group with assigned readings, peer support, and expert guided live instruction. This course offers you a holistic self-care map and set of strategies to help you see the larger picture of your self-care needs and possibilities, and also offers some spiritual insights on the role and nature of emotions, including anger and the importance of “emotional sobriety”.

The goal of the class is to help you access more of your consciousness and to create healthier habits in thoughts, feelings, and actions, to assist you to become the healthiest version of yourself, and to find balance, love, and abundance.

“This course is about healing and transformation. The focus is on helping and guiding men to think about and implement physical, mental and spiritual self-care. I enjoyed Dan's approach to guiding/helping men learn about themselves. He empowers his students to live in the present, investigate the spiritual world that is part of us, be mindful of our past and what causes stress/anger and use our innate intuition to make the best choices possible when it comes to our self-care. I appreciated Dan's knowledge, caring and grace. I recommend this class.”

- Paul O.

“I'm participating in my own healing when I take this class I got more clarity about myself and life. Dan is an expert at awareness of the human condition, deep in his understanding. With this knowledge, I reduce my risks in life. Thanks Dan”

- David C.

Donate to TCMC
It's fast, safe and simple!



Upcoming Monthly Men's Sunday Brunches. April 16th at Andy Mickel's, 106 SE Arthur Ave, Minneapolis, 55414, 612-331-8396. (in Prospect Park off University Ave near I-94 and 280). May 21st at Frank Brandon's, 975 Como Blvd E, St. Paul, 55103, 651-487-3511. (on the east side of Lake Como). Drop in anytime between 10am and 1pm and bring a male friend and a dish to share. 7 men attended the March Men's Brunch at Stephen Sewell's in St. Paul. – Andy Mickel, 2023-03-20.

"Keep up the good work!!..."
– Moses W., 2023-01-16

Folktale Gardening Club monthly storytelling on 3rd Thursdays at 7pm Central on Zoom. "Join the group to breathe life into stories and let them breathe life into us." Contact Cris via E-mail <anders@bitstream.net>and he'll send you the Zoom link. April 20th: Peter Hutter; May 18: Walton Stanley. – Cris Anderson, 2023-02-14.

MINNESOTA MEN'S CONFERENCE ARCHIVES FUND Almost 40 years of groundbreaking thinking, poetry, story, and song, from prominent, and not-so prominent, fellows have been recorded. We need to archive, index, and edit this material (so the personal and private material does not go into the public air)—an important endeavor for our non-profit organization as we simultaneously protect privacy and share the wisdom of so many soulful men.

Our friends at The Fifth Direction, (an Australia-based organization dedicated to soul work) have created a GoFundMe site for the Minnesota Men's Conference. The purpose is to fund the archiving and eventual publishing of selected recordings from conferences and events.

Please consider contributing so that the stories, ideas, poetry, and voices of the elders can be saved and shared. FFI: Minnesota Men's Conference | 4204 Garfield Ave S, Minneapolis, MN 55409, Minneapolis, MN 55409 <contact@minnesotamensconference.com>, 2023-02-13

What About Men? It's an Important Question. The More Things Change... Yes, it has been a while! That's a story for another newsletter. (But coming soon, promise.) I hope this finds you well in all of the amazing and challenging work you do!

I was just doing a three-day online course I created for a state court and correctional system. I have been doing this work for over 10 years so it kind of feels old to me. But it was revelatory to them! "Nobody else is doing this!" and "Why didn't I learn this in my education or training?" The point is that YOU may have something you have been doing for a while and may have forgo5en what a difference you're making with the work you're doing because you've been doing it so long. Maybe it feels boring. Or repetitive. Old-hat. Always update what you're presenting. Let it grow. Let it evolve. But keep doing it! Because you never know who is waiting for YOU to come into their lives

We are very happy to announce that we have updated and revised our groundbreaking curriculum *Helping Men Recover*. It was re-released by Wiley publishing in the fall of 2022. It has gone from 18 to 21 sessions with new exercises and new perspectives on the work based upon what we have learned over the past decade and the evolving conversation about masculinity. We have updated our HMR trainings as well. We are excited to share it all with you! Whether you are new to *Helping Men Recover* or wanting to revisit it and enhance what you are already doing with it, we would love to work with you! – Dan Griffin, *Real Men, Real Recovery*<dan@dangriffin.com>, 2023-03-03

"The Evolution of Desires: The 4 Universal Conflicts that Undermine Men's and Women's Relationships" According to Dr. David Buss, author of the textbook *Evolutionary Psychology: The New Science of the Mind*, "Human sexual psychology evolved over millions of years to cope with ancestral adaptive problems before the advent of modern contraceptive technology. Humans still possess this underlying sexual psychology, even though the current environment has changed."

"What competing is to males," say Dr. David Barash and Dr. Judith Eve Lipton, authors of *The Biology of Male-Female Differences*, "choosing is to females."

In a TED talk on "*Sexuality Conflict in Human Mating*" Dr. Buss begins with a thought experiment: I'd like you to imagine an attractive person of the opposite sex walking up to you and saying, "Hi, I've been noticing you lately and find you very

attractive." They then ask you one of three questions:

- Would you go out on a date with me?
- Would you come back to my apartment with me?
- Would you have sex with me?

These experiments were carried out numerous times in a variety of settings and, as you might expect, the answer given were different depending on whether those being asked were male or female. Here were the results:

Of the women approached by the attractive male experimenter, 56% agreed to go on a date with him, 6% agreed to go back to his apartment, and 0% of the women agreed to have sex with the attractive male stranger.

Of the men approached by the female experimenter, about 50% agreed to go out on a date with her, 69% agreed to go back to her apartment, and 75% of the men said they would be happy to have sex with her. Of the 25% who declined, many were apologetic, citing a girl friend or fiancé and asking for a raincheck in case things changed.

This evolutionary-based difference between men and women is at the root of much of our sexual conflicts. Read the entire article at: <https://menalive.com/the-evolution-of-desires-conflicts-that-undermine-relationships/> – Jed Diamond, 2023-02-27.

Mankind Project Open Circle

When: Every Mon., 7:00-8:30 pm,

Open to Men Only

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.

Registration: <https://mkpconnect.org/civicrm/event/register?reset=1&id=54617>

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: Zoom Video conference (request a link at tcmc.org)
When: Every 1st Wednesday from 7:00 to 9:00 PM

No advance registration required!

Infinite Aperture Counseling

harry greenberg, msw, licsw
Specializing in Men's Issues

2435 Garfield Avenue South
Minneapolis, MN 55405
(612) 599-3298

hgreenberg@iacounseling.com
www.iacounseling.com



Factor of 4, LLC
Web Site Design & Hosting

612-279-6400
www.factorof4.com

Brains. Experience. Style. Trust.

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

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

TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). 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.

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.

Check TCMC out on Social Media! Facebook: facebook.com/tcmc.org Instagram: instagram.com/tcmc officemanager

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

NON-PROFIT ORG.
US POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 1100

ADDRESS SERVICE REQUESTED

8

twin cities men’s center news

men talk

Anger Management Program

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

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

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$285 for TCMC Members (\$295 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there are classes on Mondays, Tuesdays, and Wednesdays.

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

27 Years of Successful Classes

***What’s
Inside***

Page 1 *Abracadabra
by Cris Anderson*

Page 2 *Library Corner
Letter from the Chair*

Page 3 *Apr/May Calendar*

Page 4-5 *Classes, Clinics,
Presentations
Support Groups*

Page 6 *Here & There*

Page 7 *Community Ads*

Page 8 *Anger Management*