

men talk



in our 49th year
of public service

twin cities men's center

Jun / Jul 2025
Volume 49 #3

Explore your Truth, Find your Voice

Seven Ways to Share Your Love

— © 2024 DR. MICHAEL OBSATZ AND DAVID TILLMAN

Sharing your love begins with embodying love in your own life. People are inspired not just by words but by the energy and authenticity of those who live their truth. Here are ways you can share your love with others and bring more love to all of creation:

1. Radiate Love in Your Daily Actions

- Be a role model: Practice kindness, patience, and compassion in your interactions. Even small acts, like a smile or a word of encouragement, ripple outward.
- Stay present: Show genuine interest in others by listening deeply and creating a safe space for them to be heard.
- Practice gratitude: Share your appreciation for the beauty of life and the efforts of others. Gratitude attracts grace.

2. Use Your Voice and Platform

- Tell stories: Share personal experiences or moments when love transformed you or others. Stories connect people on a profound level.
- Create content: Write, speak, or create art that reflects themes of connection, kindness, and unity. Platforms like blogs, social media, or community groups are powerful tools.
- Amplify love-centered ideas: Share uplifting books, quotes, or practices that have inspired you, like the principles of Oneness Consciousness.

3. Build Loving Communities

- Facilitate gatherings: Host or participate in discussions, workshops, or events centered around love, spirituality, and connection.
- Encourage collaboration: Foster environments where people feel empowered to work together toward shared goals.
- Cheer others on: Be a source of encouragement, helping others see their own light and potential.

4. Care for Creation

- Practice environmental stewardship: Treat the Earth and its resources with respect, seeing it as an extension of divine creation.
- Support all living beings: Show compassion for animals and promote practices that nurture life in all its forms.

5. Transform Challenges with Love

- Respond with grace: When faced with conflict or negativity, choose understanding and forgiveness. This doesn't mean allowing harm but setting boundaries with love.
- Be a light in darkness: Share hope and resilience, showing how love can emerge even in times of pain or difficulty.

6. Inspire Inner Reflection

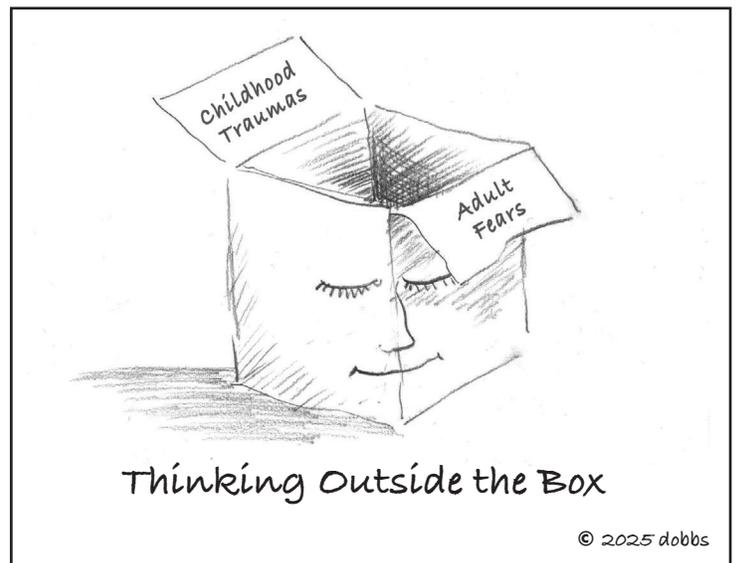
- Encourage self-love: Help others see their worth and divine nature by reflecting back their beauty and goodness.
- Guide spiritual practices: Introduce tools like meditation, prayer, or gratitude journaling that deepen connection to love.

7. Believe in the Ripple Effect

- Trust that every small act of love contributes to a larger transformation. You may never know the full extent of your impact, but the light you shine will inspire others to pass it on.

You can choose how you share your love. Your unique gifts make it even more powerful. By living with intention, you create a legacy of love that uplifts not only those around you but also the collective energy of all creation.

David Tillman is a retired hospital, hospice, and volunteer sheriff chaplain. Before his second career as a chaplain, David worked in corporate printing sales and marketing for over 30 years. He is an ordained United Church of Christ minister and has been involved in men's work for over 30 years. Dr. Michael Obsatz is a Professor Emeritus, from Macalester College. He taught Sociology and Education courses at Macalester for 40 years. Also, he was a therapist in private practice, men's group leader, boy's group leader, workshop presenter, and author.



Library Corner

– MATT BARNES,
LIBRARIAN



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
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Letter from the Chair

The Spring of 2025 here at TCMC has been alive with new growth and changes. Earlier this year the board funded the Automation Task Force to unify our Databases, Constituent Relations Management (CRM) and E-commerce services. We selected NeonOne, which helps nonprofits manage donors, members, email, events, fundraising, volunteers, and grants all in one platform. This will replace our current FileMaker Pro Plus membership database, Anger Management database, various Access 3 databases, and Excel spreadsheets. It will also provide us with an online "shopping cart" where people can go to purchase classes and pay their Memberships. Processing refunds will be MUCH simpler!

The Anger Management (AM) program convened a Communication Process meeting to clarify goals, roles, and understanding between active AM Instructors and other TCMC programs. One of our challenges is that we are still seeking an AM Coordinator to fill the void left by John Hesch's passing. Sean M. generously stepped in the AM Coordinator role for a while, but withdrew to focus his passion on AM facilitation. We have already launched 5 AM classes to date, and may do a specialize AM course for Veterans later this year, and we are looking at bringing David Decker in for a fall Anger Management Instructor training.

To support this growth, our Tech Task Force has guided upgrading TCMC's internet connection to high-speed fiber with much higher bandwidth. That means we can host multiple online Support Groups simultaneously without losing quality.

At our Annual Support Group Facilitators Training, experienced and new facilitators learned how to make our signature support groups run smoothly. New Support Group ideas were generated such as: Veterans, Homeless Men, Young Men, as well as reviving our Sexual Trauma and Wellness groups.

We're also excited that the Elmer & Eleanor Anderson Fund Grant from the Minneapolis Foundation awarded us \$2500. Thanks to our Fundraising Task Force! Keep up the good work!

Not to be outdone, our Outreach Group has been busy connecting with Steps of Change, MCF-Lino Lakes prison, Naked MN Book Group, and MSH Mental Health for collaboration/partnership opportunities. Outreach is also looking at a TCMC presence a 2025 HEMAD Event, and at the State Fair NAMI booth in August.

And last but not least, the attorneys with the TCMC Family Law Clinic, Rasheen Tillman and Rebecca Randen, are covering each month. Rebecca has offered to host all future Family Law Clinics until other volunteer attorneys can be identified, and she has even offered to train in new attorneys, once they come on board.

All this new growth has had some challenges, but that means opportunity for you to get involved. Facilitate a group, instruct a class, solve a tech problem, help raise funds, or volunteer some time. Let's have an great summer working together!

BEE VANG, TCMC BOARD CHAIR

Bob Strong's Tuesday Gay Issues Group has been a magnet for NakedMN men:

Several NakedMN men have been attending Bob's Tuesday Gay Issues support group. The longest running continuous support group in MN. They have been finding it to be a much-needed outlet to openly discuss/work through personal issues in a safe, non-judgmental environment with their bi, straight, and gay brothers. It's a good place to be, even for those who more want to listen in, rather than actively participate, because you can grow too, just by observing and absorbing. Kudos to Bob for a job well done.

NakedMN and TCMC Reading/Discussion Group Topics for June and July:

For June, we invite you to bring your own book to share with the group. It could be a new book, something you're still reading, or an old favorite that you keep coming back to. Share anything about the book that moves you, nurtures your love of reading, and what others might enjoy about it. Even if you don't have a favorite, you are welcome to come and enjoy the chat. As always bring a towel to sit on and your name tag.

Dates: June 20, 2025 and July 18, 2025
Time: 6:00 pm – 8:30 pm
Fee: \$10.00 (Light Meal/refreshments provided)
Place: Email for location: jon.poupore@gmail.com

EVENTS CALENDAR

THE MISSION OF THE MEN'S CENTER IS TO PROVIDE RESOURCES FOR MEN SEEKING TO GROW IN BODY, MIND, AND SPIRIT; AND FROM THAT FOUNDATION TO ADVOCATE FOR HEALTHIER FAMILY AND COMMUNITY RELATIONSHIPS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 1	ANGER MGMT 7 PM 2	SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 3	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P CLINIC FAMILY LAW 7 4	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 5	6	SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM 7
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SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 27	ANGER MGMT 7 PM 28	SUPPORT GROUP GAY ISSUES 7:30PM 29	SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P 30	SUPPORT GROUPS MEN'S DIVORCE/ RELATIONSHIP ISSUES 7:30 PM 31	CALL US ABOUT ANGER MANAGEMENT CLASSES.	

JUN/JUL 2025

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

1976 IN OUR 49TH YEAR
OF PUBLIC SERVICE 2025

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 49 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 35 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).

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., Jun. 4, 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: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Jul. 2, 7:00-9:00 pm

Open to all Genders

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:

- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend.

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.

Moving Toward Empowerment

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. MTE focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships. It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based

on his book "Embracing the Dark Side". While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life. Successfully completing Men Helping Men With Anger is a prerequisite to registering for this class.

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.

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>>

Men's Divorce/Uncoupling/Relationship 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

We Agnostics AA

Open to all Genders

A support group for women and men struggling with addiction who want to try an AA model with an agnostic approach. For details, contact: Hope at 321-544-1074.

Location: In-Person

- Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

This group is on hiatus.

When it resumes, the group seeks to create a space for men to work on 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: Looking for a new location

- On Hiatus

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, Don McClure, Jim Pelant, John Rydberg, Gary Weldon, and Rich Williams.

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

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



Fundraising & Contributions Help Needed

Attention TCMC members and supporters, the TCMC Fundraising and Contributions Committee can use your help. If you have an interest or experience in Fundraising and are willing to volunteer some of your time; please contact us at

tcmc@tcmc.org

Moving Toward Personal Empowerment

Twelve-week course, meets weekly for 1.5 hours

This is a follow-up course to the popular Men Helping Men with Anger Management (MHMWAM) course. Moving Toward Personal Empowerment (MTE) focuses on the subjects of toxic shame, personal empowerment, and developing healthy relationships.

It will start with a short review of the material in the original course in the first three weeks. It will be a discussion-centered course that will use a workbook created by David Decker, based on his book "*Embracing the Dark Side*".

While the original course mainly addresses managing one's anger when in painful and dysfunctional form, this class will address the deeper work of moving away from an angry life and growing toward an empowered healthy life.

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 for options
tcmc.org/programs-anger-management-mte-class-description.html

Men's Wellness Support Group on Hiatus

The Men's Wellness Support Group didn't meet most of 2024. The facilitator had a health challenge, and the meeting place was torn down. TCMC is currently looking for a new meeting place in or near Hopkins. If you know of a possible location, please contact us.

– Bill Baldwin, Wellness Coach, Wellness Promoter, Empowerment Coach and Support For Your Journey.

Upcoming Monthly Men's 3rd Sunday Brunches. **June 15th (Father's Day--children welcome)** at **Jimbo Lovestar's** backyard picnic table, 2629 Upton Ave N, Minneapolis 55411(1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. **July 20th at Tom Borden's backyard:** 3933 41st Ave S, Minneapolis 55406. 651-792-5040. 15 men attended the April brunch at Andy Mickel's, and 10 men attended the May brunch at Damon Stark's, – Andy Mickel, 2025-05-18.

"I'm looking forward to tonight's [Anger Management] class, number four, and gaining tools to manage my escalations! Sean is wonderful and we have a great group! I've already created my time-outs plan! Thank you! – Darryl Sellers, 2025-04-02.

Tom Maher's Power Parfait Sunday Brunch Dish. I don't measure anything. Here are the ingredients: Grape Nuts cereal / Mini Chocolate chips / Organic Greek Vanilla Bean Yogurt (I get mine at Aldi's) / Black Berries (or any berries of your liking).

I mix the Grape Nuts, Chocolate Chips and the Yogurt. I put an abundance of berries on top and add some more chocolate chips to the top, for esthetic appeal.

- For a thicker parfait, more Grape Nuts/ Chocolate Chips and less Yogurt.
- For a creamier parfait, less Grape Nuts/ Chocolate Chips and more Yogurt.

– Tom Maher, 2025-04-29.

Sam Keen, Philosopher of the Men's Movement, Is Dead at 93. Sam Keen was a philosopher, scholar, and author of life-changing books including *Faces of the Enemy: Reflections of the Hostile Imagination* (1986), *Your Mythic Journey* (1990), and his best-seller: *Fire in the Belly: On Being a Man* (1991). In that book Keen describes a phase of a man's hero's journey:

"This isn't the fun part of the part of the trip. It's spelunking in Plato's cave, feeling our way through the illusions we have mistaken for reality, crawling through the drain sewers where the forbidden

'unmanly' feelings dwell, confronting the demons and dark shadows that have held us captive from their underground haunts. At this stage of the journey, we must make use of the warrior's fierceness, courage, and aggression to break through the rigidities of old structures of manhood, and explore the dark and taboo negative emotions that make up the shadow of modern manhood."

Sam was also a mentor, friend, and colleague. <https://menalive.com/mens-groups-sam-keen/> – Jed Diamond, 2025-04-13

What is Positive Masculinity? Is This What a Real Man Looks Like? A Psychiatrist Breaks It Down. UK psychiatrist Dr. Russell Razzaque has posted a video on April 15th concerned about the dark side of the so-called "manosphere" popularized by younger men who are disaffected and ignored. His video: https://www.youtube.com/watch?v=jb8IF_AIdDM (13:04) description:

"What if everything you've been told about "being a man" is completely wrong? In this video, I dive deep into the dark side of the manosphere and explore how toxic male role models are damaging the next generation of men. As a psychiatrist and mindfulness teacher, I've seen how young men are being misled into suppressing emotions and glorifying aggression. But there's another path, one built on emotional awareness, compassion, and real strength. I share personal insights and historical examples, from Gandhi to Martin Luther King, to help redefine masculinity. If you've ever questioned the "alpha male" narrative or felt trapped by societal expectations, this video is for you. It's time to explore healthy masculinity, mindfulness for men, and how to be a real man in today's world." – Andy Mickel, 2025-05-17.

Transgender man book, No One Taught Me How to Be a Man, about his masculinity. Local nonfiction: Former Twin Cities resident Shannon T. L. Kearns' self-help book rethinks manhood. Kearns hopes his self-help book, "No One Taught Me How to Be a Man," will

spark conversation about what manhood means. He says his "big dream is that groups of men will buy it and read it and have conversations and create community around the topics and ideas." <https://www.startribune.com/shannon-t-l-kearns-no-one-taught-me-how-to-be-a-man-chris-stedman/601325312>

– Chris Hewitt, Minnesota Star Tribune, 2025-04-25.

Why So Many Good Men Struggle with Dating — and What Can Actually Help

If you're a single man who wants a loving, lasting relationship — but you're tired of dating, unsure where to look, or quietly wondering if it's even possible anymore — you're not alone.

I've spent more than 50 years working with men and their families, and I've heard countless versions of the same quiet truth: "I want real love... but something's not working."

It's not that these men don't have something to offer. Quite the opposite. Many are kind, thoughtful, wise, emotionally aware. They've lived full lives. They've taken risks. Some have been married before. Some have stayed single. Most have done a fair amount of inner work. So, what's the challenge? Read more at: <https://menalive.com/dating-help-for-men/> – Jed Diamond, 2025-05-12.

Dr. Mike Obsatz and Adam Glatzl are holding a 90-minute workshop, where we will explore the evolving definition of masculinity beyond the stereotypical "macho" ideal that has been ingrained in society. Through engaging discussions and activities, we will dive into the eight variations of maleness that offer a broader and more inclusive understanding of manhood. We will also discuss how the imperative to "prove manhood" often overshadows the instinct for survival, leading men to conform to restrictive rules such as being independent, dominant, emotionless, and strong. This workshop is open to everyone regardless of gender identity. Located at Robbinsdale Parkway United Church of Christ, 4200 Lake Rd Ave., Robbinsdale, MN 55422, from 1:30-3pm, on Sunday, June 8th. No cost. Love offering accepted. – Adam Glatzl 2025-05-08

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 "21 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$32 (Regular) \$62 (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!

Are you or someone you know living with a mental illness?

Through education, support, and advocacy, NAMI Minnesota's (National Alliance on Mental Illness) mission strives to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Join a free NAMI Minnesota online or in-person support group or class for:

- Family Support
- Anxiety & Panic Disorder Support
- Parents and Caregivers
- Young Adults
- Employers
- BIPOC Focused Connection
- Partner & Spouse Support
- Smoking Cessation

namimn.org



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!

MEN TALK ADVERTISING RATE SCHEDULE

Full Page	7 1/2" x 10"	\$215
1/2 Page	7 1/2" x 4 7/8"	\$135
1/4 Page	3 5/8" x 4 7/8"	\$72
Biz Card	3 1/2" x 2"	\$29

(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/tcmcofficermanager

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

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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: \$330 for TCMC Members (\$340 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.

29 Years of Successful Classes

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