

men talk

tcmc
twin cities men's center

in our 35th year
of public service

October/November 2011
Volume 35 #5

Embracing the Exile

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At a men's gathering twenty years ago, ten years after coming out, I had one of those experiences all too common for gay people in this culture – a discounting of my identity and place in society – and for a moment was pitched into primal anxiety.

The poet Robert Bly and storyteller Michael Mead were leading a Friday evening session with both men and women present, prior to a men-only gathering on Saturday. They traded stories, recited poems, sang and drummed to a packed crowd in a church basement, all in celebration of the mythic roots of the great cosmic dance between the sexes, that mysterious dynamic of attraction and repulsion between male and female that lies near the heart of creation and animates so much of song and story.

I sat in the front row, enthralled like the rest of the audience, but soon grew uneasy. I was gay and recently separated from my partner of three years, and this was a roomful of smiling, laughing heterosexual couples whose unions had the sanction of law and custom and now were being cloaked in the mantle of myth and magic. How did I and the way I loved fit into the Great Dance? I got anxious as I approached that abyss of shame and meaninglessness never far from consciousness.

Bly's wit was barbed and wise, and the younger Mead, whose head and torso bobbed and jerked to the driving rhythm of his drum, was a boyish and playful counterpoint to the grey-maned curmudgeon. I couldn't help being drawn into their banter, but as I looked at the couples around me, observed their knowing glances and easy touch and sensed the electricity in the room, I felt alien and alone. Swarms of thoughts from forty years of closetry spewed to the surface: I was a freak, a biological and cultural accident, an outcast who'd sold his birthright for a mess of porridge. Like many gay men I'd been married, I'd enjoyed a blanket legitimacy as husband and father, I'd known heterosexual privilege first-hand, and now felt its loss keen as a razor's cut. The months of therapy, the courageous coming out to friends, family and co-workers, the involvement and activism in the gay community, the hard-won self-acceptance gained over the past ten years – all gone in a flash!

Slow down, I told myself. Remember the healing lessons of your coming out. Embrace the exile. Go inside and look again. Beneath the apparently solid couple-fronts I glimpsed the tenuousness of intimacy negotiated day-by-day out of love's tender longing; beneath the one all-embracing, sanctifying myth pulsed the actual stories of everyone in that room. My story! – it was as if I'd known it for the first time in coming out, when I'd dared to claim it, when I'd learned I could love

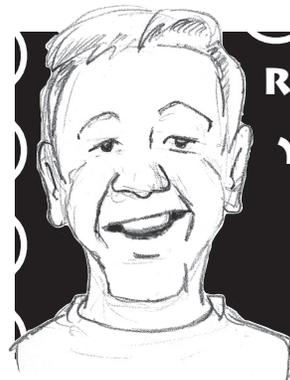
as others loved, body and soul, with a fullness of feeling and engagement I'd never known with a woman.

Hadn't our love been as imperfect, and as full of magic and mystery as any in that room? But where were the songs and stories, and how did we and the way we loved fit into the great dance of creation? I could feel my foothold slipping. Remember... go inside... look again. An insight came. Yes, we gays are a people of exile, but so were the shamans, poets and story-tellers who gave form and voice to the Great Dance. Occupying the margins of society, unbound by its roles and rules, they were free to explore, create and push the limits of the possible. Standing inside and outside at once, they could see life whole, at the core, and could speak for all of us.

Bly and Mead continued to weave their tapestry of song and legend – the marriage of Sky and Earth, the tales of the Monkey God, the creation of the Mud People and of Adam and Eve – but in the more generous, universal way of art, I saw these stories pointing to a deeper truth. Sex and gender were only two ways of imagining it. Any tale of encounter – whether focused on differences in race, age, class, ethnicity, species, spirit-form or simply the archetypal Meeting with the Stranger – is at its core about estrangement and aloneness, the craving for union, the shattering of the ego and the necessary repair of the tattered fabric of Creation.

Was this rationalization? Where were our off-spring, after all, and how did we people and renew the earth, for isn't that what creation myths are about? Well, I had a daughter, didn't I, and I wasn't alone in this, and many gay couples had adopted or were having children by any means possible, in the process re-inventing and expanding the very notion of family. Also, in our roles as ministers, teachers, counselors, social workers, mentors, "uncles" and "aunts" to the young – all vocations to which we have historically been called – we nurtured, fathered

Embracing the Exile continued on pg 2



**REMEMBER TO RENEW
YOUR MEN'S CENTER
MEMBERSHIP
FOR 2011!**

Library Corner

— JIM HEANEY, LIBRARIAN



We have a unique and extensive collection of books on men's and general topics which can be checked out by members. Our periodicals include; *Fathering Today*, *Men's Health*, *Men's Journal*, *Lavender*, *Transitions*, and *Voice Male*.

Recent Additions: THE OASIS GUIDE TO ASPERGER SYNDROME, Advice, Support, Insight and Inspiration. By Patricia Romanowski Bashe & Barbara L Kirby. 12 EFFECTIVE WAYS TO HELP YOUR ADD/ADHD CHILD, Drug-Free Alternatives for Attention Deficit Disorders, By Laura J. Stevens, M.S. WHEN THE BODY SPEAKS ITS MIND, A Psychiatrist Probes the Mysteries of Hypochondria and Munchausen's Syndrome. Berney Goodman, M.D. THE HOMO HANDBOOK, Getting in Touch With Your Inner Homo. A survival guide for lesbians and gay men by one of America's most outspoken and "out" comics. By Judy Carter. A HANDBOOK FOR HEALING, ADULTS CHILDREN OF ALCOHOLICS. By Patty McConnell.

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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Greetings from the Chair

I'm writing this shortly after the close of the State Fair, so my head is still filled with the sounds of hucksters hawk- ing their wares. From salsa makers and shoe repair kits to knife sets and instant popsicle makers, you can shop for a wide range of life-improving products at the Fair. Why, you might wonder, am I starting this column talking about high-pressure sales for things you simply can't live without? I'm glad you asked, gather round and I'll explain. Go ahead, come in close, don't be shy . . .

For a variety of reasons, TCMC's finances are currently in a precarious position. We continue to hold a tight line on expenses, but our revenues are not reaching the level we need. Certainly, the continued weak economy is a big part of this, but the unfortunate irony is that a weak economy increases the need for our services while at the same time reducing the amount men can contribute to TCMC. So here's the first pitch: We need your membership or contribution now more than ever. If your membership has expired or is about to expire, please renew it now and save us the cost of sending you a renewal notice. If your membership is current, please consider a small additional contribution to TCMC.

TCMC has been incredibly fortunate in the past to receive large donations from a few men in a position to be incredibly generous.

This is an appeal to those of you in this position to be incredibly generous again. Your generosity makes the benefits of TCMC's services that you know so well available to many more men, and this benefits you, them, and all of us.

Whether you can contribute an amount large or small, TCMC needs your support now if we are going to continue providing the vital and life-changing services that have helped the men of the Twin Cities for the last 35 years.

While financial support is crucial to TCMC's future, so are volunteers who give their time and

talent to keep us running. We presently need an office volunteer who is available days to assist our office manager perform various clerical duties. We also need a volunteer to help plan and organize our weekly Wednesday presentations. If you are interested in either of these positions, please contact Randy at (612) 822-5892.

So there you have it folks, the complete pitch. How much would you pay for all of this? Well, that's up to you, but while TCMC can't make salsa, or fix shoes, or cut through a pop can and still make paper thin slices of tomato, we can help you to become a stronger and healthier man, and that's no wild pitch.

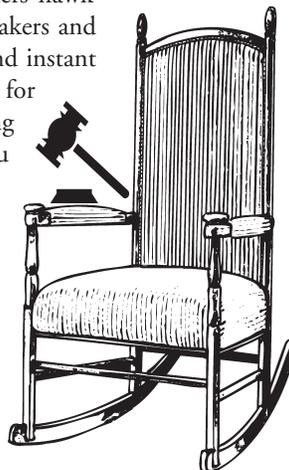
JOE SZURSZEWSKI
BOARD CHAIR

Embracing the Exile continued from pg 1

and mothered countless souls and psyches; and as writers, painters, sculptors, architects, actors, musicians and designers of interiors, hair, fashion and style, we had given birth to countless forms of truth and beauty. The world was the richer for our progeny.

The next morning, refreshed and renewed, we gathered in the church basement for the men-only part of the weekend. Under its low ceiling, our bodies milled and touched in the hot, close quarters, and the room was aromatic with the smells of men, resonant with the low roar of their conversation. OK, so most of these guys were probably straight... Briefed on the day's events, we filed upstairs to wait our turn in the morning's initiation rite: a long crawl on our elbows and bellies over matted straw through a makeshift tunnel draped with sheets and blankets that led into a noisy, darkened auditorium. Awhile back, I would have shrunk from such an experience, viewed it as hokey, but not today. Coming out had transformed me. This was sacred space, the hallowed time of eternal return. I emerged into the thunderous cavern greeted by the whoops and hollers, the drumming and chanting of my brothers under the skin. Had theirs been a journey like mine, begun in aloneness and confusion, full of wandering, false starts and side-tracks, but guided by a sure instinct that grew clearer with every misstep, that led precisely and inexorably here, back where it began, this sweet spot at the center of our souls?

Copyright 2011 by Robert K. Anderson. All rights reserved. Bob is a long-time member of the Men's Center and the author of the coming-out memoir, Out of Denial: Piecing Together a Fractured Life (Lulu.com, 2008), from which this essay is adapted. The title is taken from a book by John Fortunato.



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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Oct/Nov 11

Reach us at our **web site:**
www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892

Call us about Anger Management Classes.

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

	SUPPORT GROUPS General 12:30 p.m. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Family Law 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual & Gay 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. BOARD MTG. 7 p.m. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Mankind Project Open Circle 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual & Gay 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. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Open Counseling Session 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
16	17	18	19	20	21	22
	SUPPORT GROUPS General 12:30 p.m. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Men's Sexual Health 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30pm	SUPPORT GROUPS Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
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6	7	8	9	10	11	12
	SUPPORT GROUPS General 12:30 p.m. BOARD MTG. 7 p.m. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION The Perfect Storm? 7pm H.S.B. East 5:30pm Transition 7:30 p.m.	SUPPORT GROUPS Divorce/Uncpl General 7:30pm	MEN TALK DEADLINE SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 p.m.	SUPPORT GROUPS Healthy Sexual Boundaries 10:00 a.m.
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
	SUPPORT GROUPS General 12:30 p.m. Abuse Survivors 7:30pm	SUPPORT GROUPS Gay Issues 7:30 p.m. Addiction Busters 7:30p.m.	PRESENTATION Sanity Through Divorce 7pm H.S.B. East 5:30pm Transition 7:30 p.m.			
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 the wider community. This tradition has been part of the Men's Center offering since its founding 35 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 are **Harry Greenberg, Kelley Lorix, Bob Manson, Jim McCleary, Andy Mickel, Keith Pederson, Rasheen Tillman and Jimmy Lee Williams.**

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

Non-Members of TCMC – \$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: Rasheen Tillman
When: Wed, Oct. 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.

Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Oct. 12, 7:00-9:00 pm

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.

Over 50,000 men have attended ManKind Project experiential weekends for men all over the world to empower men to improve their lives and work together to help other men and families.

ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

Open Counseling Session

Presenter: Jim McCleary
When: Wed, Oct. 19, 7:00-9:00

Open to Men and Women

Jim McCleary of Cottage Counselors will moderate an open question and answer group counseling session to discuss marriage and family issues. If you'd like to try out a group counseling experience, please attend. Couples welcome.

Jim McCleary is a marriage and family therapist with a background in business. He specializes in providing therapy to families dealing with stress, anxiety, depression, heterosexuality, children's issues, addictions, and codependency. Jim utilizes the Prepare-Enrich assessment to provide a relationship health baseline for speedy and effective results.

Men's Sexual Health

Presenter: Jimmy Lee Williams
When: Wed, Oct. 26, 7:00-9:00

This class is for men, straight or gay, who are sexually active. The presentation covers STDs, circumcision, size issues, sexual behaviors and fears. Come and ask questions — it's your health.

Jimmie Lee Williams is certified by the American Red Cross as a Peer Educator. He has 21 years experience on these topics. For more info, he can be reached at 612-871-8203.

Family Law Clinic

Discussion Leader: Kelley Lorix
When: Wed, Nov. 2, 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

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Mankind Project Open Circle

Presenter: Andy Mickel
When: Wed, Nov. 9, 7:00-9:00 pm

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ManKind Project Minnesota offers two New Warrior Training Adventure weekends/ year.

Are We Heading for the Perfect Storm?

Presenter: Keith Pederson
When: Wed, Nov. 16, 7:00-9:00 pm

Historically, there have been many diseases that are thought to have been eradicated. Only to have prevention efforts dwindle, and the disease comes back full force.

Once HIV was discovered, named and responded to in the 1980's the number of new transmissions began to decline. People were afraid of becoming HIV positive and dying! People talked openly about how the disease is transmitted and their behavior reflected safer sex activities.

There was a time in our past when Syphilis had all but disappeared as well. Unfortunately, humans don't always do what they know is safest - Think Jackass (TV and movie) here - and we sometimes take unnecessary risks. Thrill-seeking aside, humans like to do what feels good! Sometimes what feels good sexually is not what minimizes risk.

Fast forward to the current situation where new infections of Syphilis and HIV are on a dramatic incline (especially among men who have sex with men). In this presentation we will discuss some of the hypotheses thought to explain why we have the increasing new incidence of HIV and other STDs. We will also examine some of the painfully real economics contributing to a serious health care coverage issue facing our nation.

Finally, the combined views will paint the picture for you of what I believe is the beginning of The Perfect Storm!

Keith Pederson is the Project Coordinator for Man2Man, a Minnesota Department of Health HIV prevention program of the University of Minnesota, School of Public Health, Division of Epidemiology and Community Health. Keith also co-chairs the Community Cooperating Council on HIV and AIDS Prevention (CCCHAP). Formerly a Health Education Coordinator for PrideAlive, a program of the Minnesota AIDS Project, Keith has dedicated the past 8 years to HIV prevention education. Prior to working in HIV prevention Keith worked for over a decade in community-based mental health services. Keith's education is a unique combination of multimedia communications, social work and GLBT studies.

No Presentation

When: Wed, Nov. 23, 7:00-9:00 pm
Thanksgiving Eve Holiday

Managing Sanity and Resilience Through Divorce/Decoupling

Presenter: Harry Greenberg
When: Wed, Nov. 30, 7:00-9:00
Open to Men and Women

Divorce or leaving a long-term relationship is often a profoundly life-changing event, but everyone experiences the process differently. What is often helpful is an understanding of both the intellectual and emotional contours of the journey.

In this experiential and participant focused workshop, we will explore a variety of factors that play a major role in how one understands, and manages the divorce process, reviewing behaviors to avoid and strategies to employ.

Harry Greenberg is an educator, social worker, and social justice activist. He received his masters degree in social work and his teaching license from the University of

Minnesota. He is licensed as a graduate social worker in the state of Minnesota. He has been involved in divorce education since 2000 working at both Storefront and Chrysalis. Much of his passion in this topic came about through the lessons learned in his own divorce. His work as an educator and counselor focus on client self-empowerment, user-friendly education, and the use of narrative and solution focused inquiry.

Family Law Clinic

Discussion Leader: Bob Manson
When: Wed, Dec. 7, 7:00-9:00 pm

Open to Men and Women

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

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

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of \$5 is charged for the public. Members of the Men's Center receive a courtesy discount.

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/Decoupling

Open to Men Only

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

• Mondays 12:30 - 2:30 pm

Abuse Survivors

Open to Men and Women

Many adults have been sexually abused in childhood or adolescence. Whether you have clear memories or vague recollections you probably experience difficult feelings of fear, anger, grief, or embarrassment. Sharing your story and feelings with others is proven to be a critical part of the healing process. The Abuse Survivors 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 victims into survivors.

• Mondays 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

Open to Men Only

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.) This is the Twin Cities longest running gay support group.

• Tuesdays 7:30 - 9:30 pm

Transitions

Open to 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

Healthy Sexual Boundaries- EAST

Open to Men Only

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

Support Groups continued on next page

Support Groups continued from previous page

fantasies/thoughts/urges? Hurting or disappointing someone you love?

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

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

Location:

Project Pathfinder Group Room "B"
Griggs-Midway Building (NE Entrance)
3rd Floor, Suite N385
1821 University Ave. W.
St. Paul, MN 55104

- Wednesdays 5:30 - 7:30 pm

NORTHSIDE General Men's Issues / Relationship Issues

Open to Men Only

Men can express thoughts and feelings about the process of life's challenges and experiences, and what it means to be a man in American

culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitators: Michael Martens, Malik Holt-Shabazz

- First Wednesdays 6:30 - 8:30 pm

Location:

Harrison Neighborhood Association - 503 Irving Ave N, Minneapolis 55405

FFI: Michael Martens, 612-377-5496

General Men's Issues/ Divorce/Uncoupling

Open to Men Only

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

- Thursdays 7:30 - 9:30 pm

Bisexual and Gay Issues

Open to Men Only

Men of all orientations explore a wide range of personal issues including our sexuality. We focus on our feelings about who we are and how we choose to live in the future.

- Fridays 7:30 - 9:30 pm

Healthy Sexual Boundaries

Open to Men Only

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

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

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Saturdays 10:00 am - 12:00 pm

Men Facing Retirement Issues

Open to Men Only

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

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

Here and There - Edited by Andy Mickel

Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): **October 16th at the Men's Center** 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 35th anniversary celebration, Andy Mickel and Daniel Heist co-hosts. **November 20th at Rick Charlson's** 1124 Vincent Ave S, Minneapolis 55405 (Exit from 394 at Penn Ave, then take south frontage road about 1/2 mile, then left on South Cedar Lake Road, then one block and left on Vincent to 1124 (tan-colored house on right side of street)). 612-354-3134; Stephen Sewell 612-229-6699 co-host. **December 18th at Mark Bloom's**, 232 W. Franklin Ave #106 (near Lyndale Ave) Minneapolis 55404 612-636-5116. About 8 men attended Ken Lessley's August brunch and about a dozen men attended Andy Mickel's September brunch. - Andy Mickel, 2011-09-19.

The next *ManKind Project-Minnesota New Warrior Training Adventure* will be held Sept 30 - Oct 2, 2011 at Eagle Lake Camp near Brainerd, Minnesota. \$150 holds your place for registration, with many payment plans and partial scholarships available. To learn more, attend an Open Warrior 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 for Open I-Group dates/times, see: <<http://minnesota.mkp.org/>>. - Andy Mickel, 2011-09-18.

A holistic new branch of men's health, **Man2Man** offers events that promote discussion and self-discovery around men who have sex with or are attracted to other men. Participants explore aspects of physical, spiritual, mental/emotional, relational and sexual health in a confidential group setting. Next event: October 14-16 at Baker Near Wilderness Settlement; there is no cost. Register online at <<http://www.m2m.mn/>> 612-626-7937 or 1-800-552-8636.

"Thanks for all the great work you continue to do for our community!" - Jill Ann Marks, 2011-09-01.

Begun in 2010, **Minnesota Recovery Connection** is made up of individuals, families, and entire communities seeking recovery: your neighbor, friend, brother, daughter; your boss, student, politician, co-worker who

have struggled with our own addictions; and we are those who have known, loved, cared for, or lived with an addict. **MRC offers peer-to-peer recovery support, advocacy, community building, and sponsors national recovery month.** FFI: MRC, 253 State St, St. Paul 55107. 651-233-2080 <<http://www.minnesotarecovery.org/>>

SHAMANTRA Trance-Formational Dance is an uncharted experience to help us connect joyfully with Self, Spirit, Intent, Healing, and Community in a safe space of free expressive movement, mystery, beauty, sound and ritual. 1st Saturdays 8:15 - 10 p.m., 2nd, 3rd, 4th Sundays 7:15 - 9 p.m. at: Living Waters Market & Cafe / Center for Harmonious Living, 12201 Minnetonka Blvd, Minnetonka 55305. 952-938-1929. FFI: Dan Gorbunow 612-987-0324, <http://www.livingwatersmarket.com/Ongoing_Events.html>. - 2011-09-19.

"I just finished reading the latest *Men Talk*, and wanted to thank you for printing Bill Ronin's column on 'The Awesome Power of Family Courts.' What he said is so true (I know from personal experience) and so important to be said publicly." Thanks - Fred Hayward

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 Wed. 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 \$_____ \$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.
- I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men's Center / *Men Talk*

DATE: _____

FROM Name: _____

Mailing Address: _____

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PLEASE SUPPORT OUR MEN TALK ADVERTISERS!

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, there is one on Mondays, Wednesdays and Thursdays. The last class started Sept. 28 on Wednesday nights.

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.

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



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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



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TMC Office Hours: M 11:30am–12:30pm, 2:30pm–4:00pm; Tu, Th, F 1:00pm–4:00pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

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

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

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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4

Donors Wanted

The Twin Cities Men's Center needs a few contributors to step forward to help us through the remaining months of 2011. Our investments to reach out to the therapy community and to support the PRIDE event were about \$2,500 above our normal budget, which about equals the shortfall in contributions as compared to last year.

HELP WANTED

We need a volunteer to help in the office for a variety of tasks, including some computer work. Two - three hours per week. If interested, call Randy Genrich at 612-822-5892.

Thanks!
Randy Genrich

***What's
Inside***

Page 1 *Embracing the Exile*
by Bob Anderson
Page 2 *Library Corner*
Letter from the Chair

Page 3 *All Purpose Coupon*
Anger Management Class
Page 4 *Back Page Notices*

Inserts *Oct/Nov Calendar*
Presentations
Support Groups
Here & There