

men talk

tcmc 
twin cities men's center

in our 41st year
of public service

Oct/Nov 2017
Volume 41 #5

A Radical Proposal for Personal Growth: an excerpt

© JOHN BRANTNER, 1978

We are here tonight, men and women, young and old, because of our concern about the dilemmas, limitations and dissatisfactions of Man. And not Man, really, but men; and not all men, but only most white American men living north of the Rio Grande in the late 20th century; and these, particularly, as the inheritors of the traditions and values of Western and Northern European white men. Throughout most of modern history these men have believed that they ruled the world and that they did so with more or less honorable intention. However, they and we have been caught up in swirling paradox and contradiction. Their good intentions produced evil results. Their commitment to freedom, and indeed their development of freedom, rested firmly upon slavery and oppression. Their search for liberty restricted the range of choices, even their own. Their acquisition of power limited the fields of its play. They gained affluence and riches in circumstances which made fruition and enjoyment impossible. In the last 100 years their pursuit of happiness raised the level of misery in the world to unprecedented heights. They built and ran Sing-Sing Prison, Leopoldville in the Congo, London, Calcutta, the Triangle Shirtwaist Company, old St. Peter State Hospital, and left us many other monuments of shame.

We know them. We know them from their photographs and from their pronouncements. We know them from their lives, and from the houses they built for themselves. We know them by inheritance. If we are white, male North Americans, these are our roots.

If we strip away the cant, hypocrisy, apologia and self-deceit, we can see their central motivation, their defining force: greed -- unalloyed greed -- openly displayed by colonial governors, industrialists, the ruling classes. It was most openly expressed by one of the eastern railway barons who said that he had two mottoes in his life: The first was "Whatever isn't nailed down belongs to me," The second said, "Whatever I can pry loose isn't nailed down." (A friend of mine in WWII wore a very different motto on a silver bracelet. "I want it, I love it, so make the most of it." Here desire issues not a challenge but an invitation.)

They were impelled by greed which says, "There is never enough to go around, but I'll get mine. I will take whatever I am strong enough to take, and use it as I wish, and keep it by whatever means."

Even when they tried to drop out they did it badly, saying, "This is forbidden and against the law for the rest of you, but I can do it." Their descent into drugs was awesome; their brothels were truly iniquitous; their decadence was slimy; their pornography was obscene, joyless, and sniggering.

Throughout this history, paradox ruled their lives, and it rules ours by inheritance. The first paradox I can identify and dismiss in a single sentence without, of course, solving the problems it presents to us even now, and without offering much help in ridding ourselves of it. Nonetheless: Greed is incapable of satisfaction. If the goal is more there will never be enough.

I would like to sketch a radical program of new learning. There may be stations to pass through, but there can be no goal. As Buckminster Fuller said, "It seems I am a verb, not a noun. I am no longer a man, or a woman, or an anything; but rather a being."

1. Get to know death and mortality and expose yourself richly to it
2. Admit and embrace your own failure.
3. Renounce the use of force as a means of getting your own way.
4. Acknowledge and embrace interconnectedness and mutuality.
5. Study and explore the differences between Sadness, Dissatisfaction, Grief, Despair, and Depression.
6. Re-examine at regular intervals your vocational commitment and be willing at any time to set aside five years to change it.
7. Reopen and explore your definition of lovable.
8. Reopen and explore your definition of unacceptable.
9. Re-examine frequently your relationship to time.
10. Re-examine frequently your relationship to the material world and your possessions.
11. Re-examine, humbly and with help, your involvement in the evil aspects of our world.
12. In all of this, maintain a deepening self-awareness with an acknowledgement of our ignorance, and a growing self-direction with an acknowledgement of our impotence.

[EDITOR'S NOTE: THE ORIGINAL ARTICLE IS SEVERAL PAGES LONGER THAN THIS EXCERPT. I ENCOURAGE YOU TO GO TO THE MEN'S CENTER LIBRARY AND READ THE ORIGINAL IN ITS ENTIRETY.]

This article was first reprinted in Men Talk, June/July 1987, at the suggestion of old-time Men's Center member Gary Wilson as a tribute to John Brantner's death that year. It originally appeared in Men Talk, Spring 1979, based on a talk presented at the 1978 Twin Cities Men's Conference. This excerpt was reprinted at the suggestion of another Men's Center member, Mark Berge, who used to read it yearly.

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*.

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, Relationships & Friendships, 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 WiFi 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. **Staff:** Tom Maher - Office Mgr, John Hesch - Anger Mgmt Coord. **Office Volunteers:** Rick Charlson, Jim Heaney, Dick Madigan. **Editor:** Bill Dobbs

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Greetings from the Chair

If you're a man trying to make meaningful changes in your life, you probably shouldn't look to sports for inspiration. Sports culture is full of unhelpful messages like "winning isn't everything, it's the only thing", messages which strongly suggest that the ends justify the means – whatever it takes to win is fine as long as you do in fact win. So imagine my surprise when I found not one but two recent stories from the sports world that are inspiration worthy.

Ed Cunningham played high school, college, and pro football. After retiring from the game, he took a much-coveted job as an on-air football analyst for ESPN. But Cunningham recently resigned from this plum job because he could no longer in good conscience continue his role as a "cheerleader" for football in light of the overwhelming evidence that football is causing serious brain injuries. Chronic traumatic encephalopathy, or CTE, is a degenerative brain disease caused by repeated head trauma. It can cause depression, memory loss, and dementia, and is strongly suspected of contributing to the suicides of several former NFL players. It has also been found in 110 of 111 former NFL players' brains. There is no treatment for CTE.

Cunningham could have offered mealy-mouthed excuses for football, as many of his former colleagues have done, and found a way to keep his lucrative position. But he chose instead to make a courageous decision that fit with his convictions. I think there are several sources of inspiration in Cunningham's story. First, sometimes the right path is the hardest one to follow. Second, taking actions that fit with your beliefs is always better than inaction for convenience's sake. And lastly, the right path for you may be a very lonely choice, but that doesn't make it any less right.

In 2003, the Chicago Cubs were on the verge of going to the World Series for the first time since 1945. Up 3 games to 2 in the pennant series, and up 3 – 0 in the 8th inning of game 6 at home against the Florida Marlins, Cubs outfielder Moisés Alou attempted to catch a foul ball along the left field line. As

he did so, Cubs fan Steve Bartman reached out from his seat also attempting to catch the ball. The ball hit Bartman's hand and deflected into the seats. Alou has made conflicting statements over the years about whether he could have caught that ball, but if he had, the Cubs would have been 4 outs away from the World Series. Instead, the Marlins came back to win game 6 and then game 7, denying the Cubs the pennant and a trip to the World Series. Angry Cubs fans made death threats against Bartman and media outlets publicly ridiculed him. His life became utterly miserable.

Fast forward to 2016, when after the longest championship drought in American pro sports, the Cubs finally won the World Series. In July of 2017, the Cubs announced that they were giving a precious 2016 Championship ring to none other than Steve Bartman. Bartman did nothing for the 2016 Cubs and isn't believed to have attended a single game during the season. So why give him a ring? Is it possible that the Cubs simply wanted to apologize for the treatment he received, and encourage everyone else to do the same so that Bartman could finally reclaim his life?

The lesson here is simple – sometimes the only reason you need for taking action is that it will help someone else. Men are often reluctant to help other men because they think it makes them weak, or that those they help will feel embarrassed. We often make excuses and try to diminish the help we give others by saying "Oh, I was just in the neighborhood" or "You would have done the same for me", instead of feeling honored to help a friend. Rather than deflecting, we might want to consider proudly offering help to men in need, and humbly accepting the help that we are offered.

Sports is still not a particularly rich vein of inspiration for men looking to improve themselves, but maybe Ed Cunningham and the Chicago Cubs have taught us that if you look hard enough, you can find inspiration anywhere.

JOE SZURSEWSKI
BOARD CHAIR

I WANT TO RECEIVE MEN TALK IN MY E-MAIL BOX!

Have you seen our new website yet? Did you know we are currently working on getting the past Issues of Men Talk online on our website? Would you like to STOP receiving your hard copy of Men Talk in your postal mail and instead, get an e-mail including the current Men Talk table of contents and a link to the latest issue online? Easier done than said! Just send an e-mail to Tom at tomm@tcmc.org and tell him you want to be removed from the hard copy mailing and you would like to receive an e-mail notification when the latest Men Talk is online. Its that simple!

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 Divorce/General 12:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLINIC Family Law 7 CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
1	2	3	4	5	6	7
	SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
8	9	10	11	12	13	14
BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm PRESENTATION Freaking About STIs? 7-9pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
15	16	17	18	19	20	21
	SUPPORT GROUP Divorce/General 12:30 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION Parent Power 7-9pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
22	23	24	25	26	27	28
	SUPPORT GROUP Divorce/General 12:30 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLINIC Family Law 7 CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm		SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
29	30	31	1	2	3	4
	SUPPORT GROUP Divorce/General 12:30 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 SA Survivors 7:30pm PRESENTATION Human Spirit 7-9pm CLASS Mankind 7pm	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
5	6	7	8	9	10	11
	SUPPORT GROUP Divorce/General 12:30 pm BOARD MTG. 7 pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS Divorce/General 7:30 Sex Abuse Survivors 7:30 pm CLASS Mankind 7pm	MEN TALK DEADLINE	SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
12	13	14	15	16	17	18
BRUNCH 10:00 am SUPPORT GROUP Men's Retirement 5:30 pm	SUPPORT GROUP Divorce/General 12:30 pm PRESENTATION Everybody Wins 7-9pm	SUPPORT GROUPS H.S.B. 12:00 p.m. Gay Issues 7:30 pm CLASS Anger Mgnt. 7pm	SUPPORT GROUPS H.S.B. East 5:30 pm CLASS Anger Mgnt. 7pm	THANKSGIVING HOLIDAY	SUPPORT GROUP Men's Bisexual & Gay Issues 7:30 pm	MEN TALK MAILING SUPPORT GROUP Healthy Sexual Boundaries 10:00 am
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26	27	28	29	30	web site: www.tcmc.org e-mail: tcmc@tcmc.org phone: 612 / 822-5892	

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 40 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 30 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

All presentations, classes, and clinics meet 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: Rasheen Tillman
When: Wed., Oct. 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

Leaders: Kelley Loric
When: Wed., Nov. 1, 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.

PRESENTATIONS

Freaking About STIs? Dump Your Anxiety and Optimize Your Sex Life

Presenter: Rod Froseth
When: Tue, Oct. 17, 7:00-9:00 pm

Open to men

If your feeling about sexually transmitted infections or STIs is a discussion about bad behavior resulting in guilt and anxiety, let's change that. Sex isn't bad behavior. In this workshop you'll turn the entire discussion on it's head. We begin by discussing various sex activities we enjoy plus a few we'd like to enjoy and learn exactly what risks of STIs there are if any. Then you'll learn how to easily reduce those risks. Most discover some sex play ideas with little or no risk. The workshop is upbeat, accepting of all and totally sex positive. Join us for a good time!

Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex lives or desiring to develop sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.

Parent Power: Raising the Solution to Humanity's Suffering

Presenter: Accolon Hollingsworth
When: Thu., Oct. 26, 7:00-9:00 pm

Open to all genders

Our Children are affected by humanity's suffering right along with us. I know you want to your kids safe from this suffering. And, as a parent, you have the power to do more than protect them.

You have the power to help them be the solution they need when faced with hatred, fear and social conflict.

You can strengthen their ability to turn negative situations into positive one's with the leadership of their own soul & heart.

You can help them to feel good about themselves and to be confident, hopeful, open-hearted and inspired even in the midst of cultural fear, pain and heartbreaks.

And as you help your kids care for themselves in this way, they become part of the solution to humanity's problems. This is hopeful for them, for us as parents, and for the world.

I can help you with this. Come for a night of heart warming parental inspiration!

Accolon Hollingsworth is a Parent, Kung fu Teacher and the founder of the self-care/self-mastery system Spiritual Kung fu. He is also a Life Coach. You may contact him at: accolon@innervictorypower.com

Being a Triumph of the Human Spirit: Transcending Suffering

Facilitator: Accolon Hollingsworth
When: Thu., Nov. 9, 7:00-9:00 pm

Open to all genders

It is possible to overcome the suffering in the world. It is possible to transcend your hurts & discouragements. You can be hit by what's horrible in this life and still feel good about yourself, confidently open-hearted, healed and inspired.

The odds may seem against this, but you can beat the odds. When you do, you are a triumph of the human spirit!

I can help you with this. Join me for a night of heart warming inspiration!

Accolon Hollingsworth is a Kung fu Teacher and the founder of the self-care/self-mastery system Spiritual Kung fu. He is also a Life Coach. You may contact Accolon at: accolon@innervictorypower.com

Everybody Wins: Mutually Beneficial Sexual Negotiation

Presenter: Rod Froseth
When: Mon., Nov. 20, 7:00-9:00 pm

Open to men

We know that saying what you want and setting boundaries for our sex play and relationships isn't a bad thing. Why? Because communicating what you want and setting your boundaries creates freedom for everyone! But it's dang hard to make those words come out of your throat in way that doesn't feel like it's going to isolate you. In this workshop you'll learn basics of sexual negotiation which respect you and your partner. You'll learn and practice expressing your own desires and boundaries and how to adjust them. You'll also learn how to listen to the desires of others. The workshop is upbeat, accepting of all and totally sex positive. Join us for a good time!

Rod Froseth is a sexuality educator, sex coach and founder of Upside Life Skill. Rod teaches many topics in male sexuality in workshops and retreats and is a one-on-one coach for men navigating change in their sex

lives or desiring to develop sexual skill. To talk further about coaching or invite Rod to speak, contact him at 612-234-5510 or through his website: www.upsidelifeskill.com.

CLASSES

Mankind Project Open Circle

Facilitator: Jamie Wellik
When: Every Thu., 7:00-9:00 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 Gilette's book.

Anger Management

Facilitator: various
When: See calendar for dates
Open to Men Only

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.

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, John Hesch, 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.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

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.

- Mondays 12:30 - 2:30 pm
- 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.

- Tuesdays 7:30 - 9:30 pm

Transitions

This group has been lacking new membership for more than a few years. We have tried to reignite the spark of interest for this group, but have decided that the group has run its course. Anyone interested in issues pertaining this group should check out the Saturday Healthy Sexual Boundaries group.

- Canceled

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
(Currently 2nd and 4th Fridays)

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? 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 Tom Duvall, Hardy, Rich Powell, Tommy Jones, Bobby Schauerhamer and Gary Weldon.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- Tuesdays 12:00 pm - 2:00 pm
- Saturdays 10:00 am - 12:00 pm

St. Paul Location

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 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.

- Thursdays 7:30 - 9:30 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

Upcoming Monthly Men’s Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **October 15th at the Men’s Center** - 41st anniversary celebration, 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 612-822-5892, Andy Mickel and Daniel Heist co-hosts. **November 19th at Stan Bookout’s:** 2512 37th Av S 55406, 612-377-1414. More than 12 men attended Harry Greenberg’s brunch in August and 9 men attended Andy Mickel’s brunch in September. — Andy Mickel, 2017-09-18.

“Losing the fight against ‘dad bod’—Ripped look of youth proves increasingly elusive with age.” - Sridhar Pappu, New York Times appearing in Minneapolis Star Tribune, 2017-08-15 “Speaking from almost 1,200 miles away, in Minnesota, Casey Peterson, 34, said he had never felt like the hottest man on the planet. Not even close. As an athlete in high school, he played football, basketball and baseball, and even did his turn at wrestling. But still he was stocky. When he applied for the Peace Corps after college, he was initially turned away because of his weight. His doctor had to write a letter saying he was in fine shape. “I would have to tell myself, ‘I’m not fat,’” Mr. Peterson said of his youthful build. “But I would ask myself: ‘Why am I not more defined? Why do I just sort of look thick?’” More at: <https://www.nytimes.com/2017/07/31/fashion/mens-style/losing-the-fight-against-dad-bod.html>

SATTVA Healing Arts all-day Men’s Wellness: Oct 28, 10am-4:30pm, **ANDROKNOSIS Wellness Gathering & Retreat to Heal Masculine Energy: A fun, dynamic intensive for men** and for anyone/any gender seeking to balance, heal, and develop their masculine energy and spirit. [See attached flyer]. Pre-registration recommended, limited participation. \$79 (\$69 if pre-register by 10/21). Pre-register online or in-store. www.sattvamn.com — Dan Gorbunow, 2017-08-25

Upcoming **ManKind Project men’s weekend** in St. Louis, October 14-16. “The New Warrior Training Adventure is a modern male initiation and self-examination. We believe that this is crucial to the development of a healthy and mature male self, no matter how old a man is. It is the “hero’s journey” of classical literature

and myth that has nearly disappeared in modern culture. We ask men to stop living vicariously through movies, television, addictions and distractions and step up into their own adventure – in real time and surrounded by other men.” FFI: <http://mankindproject.org/new-warrior-training-adventure/> — Andy Mickel, 2017-09-18

“That guy at Google was right about women in tech—As a woman who worked in the male-centric IT field, I learned these bros were not my people.” By Megan McArdle, Bloomberg View appearing in Minneapolis Star Tribune, 2017-08-11. “James Damore, an engineer at Google, wrote a memo suggesting that maybe there weren’t so many women at Google because women are less interested in sitting around and staring at code all day. The internet erupted. James Damore is no longer working at Google. As a woman working in the “brotastic” atmosphere of IT, I ultimately came to a conclusion similar to his. So I sympathize with him. Let me explain. More at: <https://www.pressreader.com/usa/startribune/20170811/281779924225674>

The Women’s Federation of Minnesota sponsored a national conference for

men “The Many Faces of Manhood” in the Twin Cities in mid-September. The event was organized by the organization: A Call to Men that will explore “healthy, respectful manhood in athletics, education, incarceration, fatherhood, faith communities and issues of gender.” Note: The WFM did not contact the Men’s Center prior to the event. More at: <http://www.startribune.com/with-first-men-s-conference-women-s-foundation-broadens-message/443844983/> — Shannon Prather, Minneapolis Star Tribune, 2017-09-12

ManKind Project’s I-Group Arrowspace Monthly Men’s Breakfast – Group Arrowspace hosts a monthly Men’s Breakfast on the second Saturday of every month from 8:00 – 11:00, (most people show up around 9:00) at The Lowry Café in North Minneapolis, (NOT in Uptown). The Lowry Café is located at 2207 Lowry Ave N, a half block west of the Lowry and Penn Ave intersection. This is a “pay your own way” breakfast. All men are welcome to join in the discussion and camaraderie. Bring a male friend and enjoy the great food and atmosphere of The Lowry Café! (We usually sit along the west wall). Contact Tom Maher at 763-588-4679 with any questions.

THE RAILS

BY TOM MAHER

- The Rails have always been part of my life
- The Rails run through my family
- The Rails run to the horizon
- The Rails begin in a place I do not know
- The Rails are always there at the end
- The Rails carry incredible weight
- The Rails feel no pain
- The Rails are patient
- The Rails remain unchanged
- The Rails don’t know the part they play
- The Rails are innocent
- The Rails do not judge
- The Rails have been there in our darkest moments
- The Rails have watched us pass
- The Rails remain true
- The Rails haven’t moved
- The Rails haven’t changed

*Tom Maher is a volunteer with the global organization Alternatives to Violence Project which works in 5 different prisons in Minnesota on non-violent conflict resolution. This poem is from a collection of poems called **Between the Bars**, which are based on his experiences in the prison system.*

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: The Men's Center, 3249 Hennepin Ave S #55, Minneapolis MN 55408

**When: Every 1st Wednesday from 7:00 to 9:00 PM
Just come! No advance registration required!**

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THANK YOU!

The Men's Center receives generous donations of baked goods from Breadsmith Bakeries. You can find them at 50th and France or online at: www.breadsmith.com



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

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

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. Our FAX number is (612) 821-6424.

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

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

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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: \$265 for TCMC Members (\$275 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, John Hesch, on the Anger Management phone 612-229-3102.

21 Years of Successful Classes

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