

men talk

tcmc
twin cities men's center

in our 43rd year
of public service

Oct. / Nov. 2019
Volume 43 #5

Explore Your Truth, Find Your Voice at the Twin Cities Men's Center

Healing the Sacred Masculine, Part One: Earth Man

— © 2019 BY DAN GORBUNOW

How do we heal the sacred wholeness of Male energy in a world of imbalance? A healthier self, organization, or society evolves from healthy connections, attitudes, ideas, and language. The essential role of language in the creation of paradigm and possibility is well understood by those whom would use language to inflame, agitate, divide, manipulate, control and abuse, which is another way of saying propaganda, but not as well grasped by those that seek to heal, recover, and mature. Recovery of language aims toward an effective expression of spirituality, philosophy, reform, novelty, and justice.

Healing the Sacredness of Masculinity begins by confronting the cultural norms that deny, suppress and exile it through faulty and damaging language, disbelief systems, and violent negligence. How does the dysfunction come about? And how do we recover? Note: we have already done the work to debunk the notions of misandry, and accessory language, that insist (1) Male-ness is inherently bad or inferior, a.k.a. "toxic", and (2) society's failures are caused chiefly by males or by a system of Male dominance, a.k.a. "(Evil) Patriarchy", and (3) that Males, and Male activity, in order to be good, useful, and true, require the approval and input of Female authority. None of these cultural, academic, psycho-therapeutical, and bio-psycho-social assumptions stand up under adult, intelligent scrutiny, but such refutation is not the main point of this article. Let us rather seek a new course out of the turbid quagmire of negativity directed against the Masculine, first by acknowledging the quaking mire, recognizing what's off or discordant, then by retuning and returning, by a reacquaintance and re-membering of the positive, timeless, and indissolubility of the Sacred Masculine as a primal force in nature, earth, self, tribe, myth, civilization, creativity and cosmos.

For example, you don't have to love the sleeping hairy Wild Man buried under the pond or caged in the courtyard of the royal palace/1%, but there he is, magnificently unscathed by the rebuke of surface dwellers, whom are largely too comfortably uncomfortable, too well trained, too busy and solar-conditioned, utterly distracted by hype, bit, and byte, too shorn and shaven, too immersed in digital commodes to notice that he, Wild Man, is a production of the earth, and not of their illusory world of modern citizenry,

tidiness, status quo, and Organic self care products from Amazon.

Earth Father, raised on wolf milk on mountain steppes and wild berries ripening beneath the summer moon, deeply rooted and abiding in the depths, consort to the goddess, earthy, hair clad, adorned with antlers and ancient moss, he is the grandfather to original humans and elder chief to men's society. He is one of the Patriarchs of Masculine energy yet so far and distant, hardly in charge of anything we might recognize nowadays. His proximity to, and stewardship over, the golden wells in the forest reveals his timely role as priest-king to the goddess, and his vitality, vision, and endurance are testimony to his powerful dedication to life, well-being, and Cosmos. He was paved over long ago by dirt roads and wagon ruts in the first agrarian age, and solar men bearing iron wage continuous warfare over his dreaming tomb in the earth for several thousand years. Relatively lately, solar princes and prophets come over those same roads to help guide home their wayward societies, but like the old rusty man in the pond, are quickly apprehended and left somewhere to die in public displays of order and obedience. There's just no room in the industrial order for the numinous and other-worldly, thrice, (1) the leafy, furry, minerally, starlit old world of the hunt, and (2) the hidden subconscious kingdom of the sea, and (3) even the sky domains of their martial, sunstoked liberators. (The balm for this dis-ease of intolerance to the unusual is to re-father and honour the ancient birthright of Masculinity, which is a connection to the primal forces in self.)

In his place, an insatiable void. A hungry king stifled by over-domestication searches in vain for his lost grace and inward wildness, and here we all enter the story and share in the grief and confusion of our spiritual orphanage and dissidence, outcasts of our ancestors' divorce from memory, relevance, and spiritual intimacy with the earth.

What comes next is remembering the importance of initiation to create a healthy Masculinity and the urgent necessity to transform, ritually, the wound received from the world in youth, by rite of passage and mentorship which is also called men's second birth. This is done by men into the world of men, and is a spiritual counterpart to the menstrual rites governed by women to recognize girls' induction into the creative process that bears life. What's not

Article continues on Page 2

Library Corner

— JEFF SPRINGER,
LIBRARIAN



I'm looking for suggestions on what I can do to organize the library and make it more user friendly. What would people like to see in the library? They can text or email me suggestions at 612-275-5861 or jeffreycotspringer@gmail.com.

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. Office Manager: Tom Maher
Anger Mgmt Coord.: John Hesck
Office Volunteers: Jim Heaney, Dick Madigan

Editor: Bill Dobbs

Board of Directors:

Damon Starks, Chair
Andy Mickel, Vice-Chair
Tom Weaver, Secretary
Rick Charlson, Treasurer
David Grant
Harry Greenberg
Jesse Mason
Norm Petrik
Dan Gorbonow - Alternate
Malik Holt - Alternate
Lydell Johnson - Alternate
Joe Szurszewski - Alternate

Letter from the Chair

I have a saying "we have enough in common to start a conversation, and enough differences to talk a life time". I was once told that I had the heart of a world traveler and I never knew what that meant. I've only been out of the country once though on that trip I touched 2 other continents. For me deciding to travel has never been easy. For starters I refuse to kennel my dog and he prefers to stay home. More importantly, I don't know my traveling style. I don't know if I travel for adventure, culture, and/ or rest and relaxation.

I've let the summer slip by and I haven't touched a foot outside of the Minneapolis/St Paul area. I cringe with embarrassment when I am asked, did you do anything or go anywhere fun this summer? My response is a dry and hard No; I worked!!!!

Recently, a facilitator at TCMC indirectly reminded me of the importance of taking care of oneself. Weather it's getting away or just simply enjoying and appreciating the simple pleasures life has to offer.

While I still don't know what "the heart of a world traveler" mean. I am reminded as we come into the seasons changing and the holiday season that it's important to connect with one ones you love, express appreciation for the people you spend time with, and if you cannot get away at least enjoy the simple pleasures life has to offer. You are important to your environment and your life stories have the power to heal.

DAMON STARKS
TCMC BOARD CHAIR

Article continued from Page 1

to be done if we truly desire to heal our fallen state is to make the unbearable error that pushes men toward neofeminism, as if healthier Masculinity is derived from suppressing and castigating the Male whilst elevating the Female, at his expense. Initiation, time-tested and honed for thousands or even tens of thousands of years, practically is a separation rite away from boyishness, immaturity and dependence on mother. To evolve and mature boyhood is to leave mom, face death, risk dissolution and emerge as a tested Male imbued with Healthy Masculine sacredness that is educated in proper conduction of both Male and of Female energies and dynamics, in other words, with the sacred teachings of life. He is reborn into the world of initiated men by men, by spirit, and toward sacred balance. His rebirth, just as the rites of maidenhood, is what healthier peoples accomplish in order to create and honor the Sacred Masculine and Sacred Feminine.

Self-liberating man reclaims self from the ashes of history and trauma, encounters initiation and a rededication to spirit, and thereby puts his finger into the wound that rewounds the world unconsciously, and transfigures this into a cup of medicine that heals and renews the world, by gnosis and by syntax, and says, "Let there be light!"

Dan Gorbonow, AMT, is Director of Men's Healing at SATTVA, 3200 Bryant Av S, Mpls. Visit www.WarriorVox.com for podcasts and media on sacred wellness and natural recovery.

Attention: TCMC Support Group Change
The Friday Night Bi Sexual and Gay issues support group will resume meeting every Friday starting October 2019.

Welcome to our new Volunteer Coordinator
TCMC is very excited to welcome and introduce to you our new Volunteer Coordinator, Josh Grant! Josh just graduated with a degree in Human Services and is eager to put his skills to work and we are more than happy to have him on board! He seems eager to learn about TCMC and see how he can best be of service to us. Here is how you can contact Josh: 612-669-3523, joshuavang@gmail.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WEB SITE: WWW.TCMC.ORG E-MAIL: TCMC@TCMC.ORG PHONE: 612 / 822-5892</p>		<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS H.S.B. EAST 5:30 PM ----- CLINIC FAMILY LAW 7</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
6	7	8	9	10	11	12
	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM ----- BOARD MTG. 7 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION STRESS, ISOLATION... 7P CLINIC FAMILY LAW EAST 6PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
13	14	15	16	17	18	19
<p>MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM</p>	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
20	21	22	23	24	25	26
<p>ANCESTORS AND ELDERS BBQ WIRTH LAKE PARK 1:00-3:00 PM</p>	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
27	28	29	30	31	1	2
	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS H.S.B. EAST 5:30 PM ----- CLINIC FAMILY LAW 7</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
3	4	5	6	7	8	9
	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM ----- BOARD MTG. 7 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7PM</p>	<p>MEN TALK DEADLINE SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
10	11	12	13	14	15	16
<p>MEN'S BRUNCH 10:00 AM SUPPORT GROUP MEN'S RETIREMENT 5:30 PM</p>	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>SUPPORT GROUPS DIVORCE/GENERAL 7:30 SEX ABUSE SURVR 7:30 ----- PRESENTATION MANKIND PROJECT 7P CLINIC FAMILY LAW EAST 6PM</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>MEN TALK MAILING SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
17	18	19	20	21	22	23
	<p>SUPPORT GROUP DIVORCE/GENERAL 12:30 PM</p>	<p>SUPPORT GROUPS GAY ISSUES 7:30 PM ADDICT. BUSTERS 7:30P ----- CLASS ANGER MGNT. 7PM</p>	<p>SUPPORT GROUPS HEALTHY SEXUAL BOUNDARIES EAST 5:30 PM</p>	<p>THANKSGIVING HOLIDAY</p>	<p>SUPPORT GROUP MEN'S BISEXUAL & GAY ISSUES 7:30 PM</p>	<p>SUPPORT GROUP HEALTHY SEXUAL BOUNDARIES 10:00 AM</p>
24	25	26	27	28	29	30

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 43 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 31 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).

Mankind Project Open Circle

Facilitators: Dave Semenchuk
and David Grocott
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 Gillette's book.

Stress, Isolation and Depression

Presenter: Jeffrey Jeanetta-Wark, LICSW
When: Thurs., Oct. 17, 7:00-9:00 pm
Open to all Genders

Are you feeling stressed, isolated or depressed? Come to this presentation and learn what Jeffrey has to teach us.

Jeffrey Jeanetta-Wark LICSW, is the Clinical Director of the Center for Integrated Well-Being.

Ancestors and Elders BBQ

Host: Dan Gorbunow
When: Sun., Oct. 27, 1:00-3:00 pm
Rain/Weather Backup Date: Nov. 3
Open to all Genders

Wirth Lake Park, 3200 Glenwood Ave, Minneapolis, MN 55405. For info or questions. Dan 612-987-0324

Dan Gorbunow, AMT, is Director of Men's Healing at SATTVA, 3200 Bryant Av S, Mpls. Visit www.WarriorVox.com for podcasts and media on sacred wellness and natural recovery.

CLINICS

Family Law Clinic

Leader: Rasheen Tillman
Where: Twin Cities Men's Center
When: Wed., Oct. 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.

Family Law Clinic East

Leader: Christie Thompson
Where: Jerry's Foods Community Room
7760 Hargis Pkwy., Woodbury 55129
When: Thu., Oct. 17, 6:00-8:00 pm
Open to all Genders

Christie Lea Thompson as ChristieLegal will provide the following paralegal services for MN family law cases (divorce, child custody, and child support) in an efficient, collaborative, and affordable manner.

ChristieLegal helps client(s) make decisions, including referring to other

professionals, if necessary, researches legal and factual issues, writes documents, helps them file and serve documents, and prepares them for court.

Since this clinic is open to the public, attendees forfeit confidentiality when they speak in a group. If you would like confidential help, sign up at the clinic or e-mail Christie at christie@christielegal.net. You can schedule a session up to 30 minutes between 8 - 9 pm, or a 30-minute phone consultation on another day.

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

Family Law Clinic

Leader: Steve Yasgur
Where: Twin Cities Men's Center
When: Wed., Nov. 6, 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 East

Leader: Christie Thompson
Where: Jerry's Foods Community Room
7760 Hargis Pkwy., Woodbury 55129
When: Thu., Nov. 21, 6:00-8:00 pm
Open to all Genders

Christie Lea Thompson as ChristieLegal will provide the following paralegal services for MN family law cases (divorce, child custody, and child support) in an efficient, collaborative, and affordable manner.

ChristieLegal helps client(s) make decisions, including referring to other professionals, if necessary, researches legal and factual issues, writes documents, helps them file and serve documents, and prepares them for court.

Since this clinic is open to the public, attendees forfeit confidentiality when they speak in a group. If you would like confidential help, sign up at the clinic or e-mail Christie at christie@christielegal.net. You can schedule a session up to 30 minutes between 8 - 9 pm, or a 30-minute phone consultation on another day.

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

CLASSES

Anger Management

Facilitator: various

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.

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

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!

- Tuesdays 7:30 - 9:30 pm

Choosing Healthy Sexual Boundaries

Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? 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, Rich Powell, Tommy Jones, Thomas Koepke, Sean Kratz,

Bobby Schauerhamer and Gary Weldon.

Minneapolis Location

3249 Hennepin Ave. S. Suite 55

- 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

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

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

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 Damon

Starks at dam.star@hotmail.com.

Upcoming Monthly Men's Sunday Brunches, drop-in anytime 10AM-1PM (bring something to share/cook up): **October 20th at the Men's Center** - 43rd anniversary celebration, 3249 Hennepin Ave S, Suite 55, Minneapolis 55408 612-822-5892, Andy Mickel and Frank Brandon, co-hosts. **November 17th at Stan Bookout's:** 2512 37th Av S 55406 377-1414. 12 men attended Harry Greenberg's August brunch, and 8 attended Frank Brandon's September brunch in sunny weather. – Andy Mickel, 2019-09-16.

"Men's Center, may we stay strong, keep up the important work and always be kind. For Peace 'Shine On'." – Bruce S. Kessler, 2019-07-16

"Friends, I've enjoyed your newsletter for many years, though its been many years since I've visited in person. Thank you for publishing a bit about my Manifesto in your recent issue. Thought you might enjoy reading the whole thing. It's a work in progress so open for comments and suggestions. Best wishes," – Jed Diamond, 2019-07-31

"I was at the Release Planner meeting last month, and I was very impressed of what TCMC offers. I had no idea. You all seem like a great group of guys. I would love to get materials on your groups and would also like to get your newsletter every other month..." – Amber Novoselac, Clinical Program Therapist, MN Dept of Corrections, Moose Lake, 2019-08-06

"Andy Mickel & Bill Dobbs...are great to work with. Please accept this contribution in gratitude." – Kathy Enger, 2019-08-29

"I really appreciated the sensible advice I received from the family law clinic at TCMC [Linda Wray & Steve Yasgur]. The attorneys had decades of experience and the environment was relaxed and welcoming." – Anna M. 2019-09-05

What You Learn From Losing a Ballgame - Garrison Keillor's Website

"I sat up high over third base watching my pitcher get pounded by the New York Yankees a few nights ago, looking out on what used to be the printing and warehouse district of Minneapolis, which is now the condo /espresso /IT district. Where ink-stained gents used to trundle giant rolls of paper into the big presses, now you find highly caffeinated people staring at screens and conceptualizing. I know few people who work with their hands, just their fingers..." Read the full essay at: <https://readersupportednews.org/opinion2/277-75/57960-focus-what-you-learn-from-losing-a-ballgame> – Garrison Keillor, 2019-08-02

A Top Cause of Death for Young U.S. Men: Police

"The phrase "leading causes of death" might bring to mind cancer, heart disease, suicide and drug overdose. But new research published this month in the Proceedings of the National Academy of Sciences finds that young American men are at a surprisingly high risk of being killed by a police officer.

Among men of all races, ages 25 to 29, police killings are the sixth-leading cause of death, said a study led by Frank Edwards of Rutgers University, with a total annual mortality risk of 1.8 deaths per 100,000 people. Accidental death, which includes automotive accidents and drug overdoses, was the biggest

cause at 76.6 deaths per 100,000, and followed by suicide (26.7), other homicides (22.0), heart disease (7.0), and cancer (6.3).

The data do not differentiate between police killings that were later determined to be justified and those that were not. FBI data, which are widely acknowledged to be incomplete, show that 400 to 500 homicides each year are determined to be justified, which is defined as "the killing of a felon by a law enforcement officer in the line of duty." Those deaths represent about half of the roughly 1,000 annual police killings that independent tallies have found...

Full story at: <https://www.washingtonpost.com/business/2019/08/08/police-shootings-are-leading-cause-death-young-american-men-new-research-shows/> – Christopher Ingraham, Washington Post, 2019-08-09

I'm looking for men to interview for research on success stories, stories of men who have coped with and overcome adversities. I'm a prof at the U of MN and pay \$20 per interview. I do three interviews because I want men to tell me their life stories, and this can take time. The first interview is for men to learn about the research. They will receive \$20 for that interview whether or not they choose to be part of the research. I am happy to talk for a few minutes before group and educational settings. Men can text or leave a voice message at 612-237-6126. All are welcome. – Jane Gilgun, Professor, University of Minnesota, Twin Cities.

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!

Infinite Aperture Counseling

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

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

hgreenberg@iacounseling.com
www.iacounseling.com

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



Factor of 4, LLC
Web Site Design & Hosting

612-279-6400
www.factorof4.com

Brains. Trust. Experience. Style.

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

ADDRESS SERVICE REQUESTED

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

8

twin cities men's center news

men talk

Anger Management Program

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

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

Length of Class: 12 consecutive weeks

Number of Participants: Limited to 12 men per class

Cost: \$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.

23 Years of Successful Classes

**What's
Inside**

Page 1 *Healing the Sacred
Masculine, Part One: Earth Man*
by Dan Gorbunow
Page 2 *Library Corner*

Letter from the Chair
Page 3 *Oct/Nov Calendar*
Page 4-5 *Classes, Clinics,
Presentations*

Support Groups
Page 6 *Here & There*
Page 7 *Community Ads*
Page 8 *Anger Management*