

men talk



in our 48th year
of public service

twin cities men's center

Dec 2024 / Jan 2025

Volume 48 #6

Explore *your* Truth, Find *your* Voice Ism's, Sobriety, and Empowerment

— © 2024 SEAN McLOUGHLIN

If Shame can be depicted as an iceberg or a lobster trap— cold isolated motionless, a gloomy sunken place where we endlessly spin—what describes Empowerment? The simple definition is being fully alive in the moment—gracefully interacting with the situation in front of us. Unfortunately, that's so abstract that it's nearly void of meaning.

David Decker's workbooks, which are the basis for both the Men Helping Men with Anger (MHM) class and the Moving Toward Empowerment (MTE) class that TCMC offers, are grounded in the concrete. On every page, the meaning is straightforward and detailed.

One of my fellow Anger Management facilitators talks about anger being his "Ism". He can enjoy a beer and stay a gentleman. He also doesn't over-eat, gamble, or engage in other addictive indulgences. But when he gets triggered into escalation, sometimes being a gentleman goes out the window. I'm similar but more volatile, so sometimes I dispense with the window and exit straight through the wall.

Unlike me, though, this man is still married. My anger problem taxed my marriage until it broke, and it nearly cost me my relationship with my son. Several years after my marriage ended, I was driving my son to school and we got into an argument. I pulled my truck over escalated things to the point that it turned physical. The police became involved, and I landed in court. I lost my custody rights and gained—after 59 years without one—a criminal record. This was my rock bottom. This was where empowerment for me became very necessary and very concrete.

In the months that followed hurting my own child, my shame became existential. Shame consumed me to the point that it became clear that if I didn't locate an exit from this gloomy tortuous place, it would end me. The courts steered me into Anger Management. The calm accountability in the facilitator's voice became my path back from the brink.

There are many parallels between managing one's anger and sobriety, with one big difference. An alcoholic's job is to NOT put a drink to one's lips. That's their hard line. Anger, however, is inside us; it's part of us. Abstaining isn't an option. Triggers are like bowel movements. They happen, and we will always experience escalations.

Men come into class wanting to be 'fixed'. They want their anger to go away. Often, after being in class a while, they relay that their partner or spouse has expressed frustration (and they express defeat) that Anger Management "isn't working because I'm still getting angry".

Decker calls this idea an "unrealistic core belief". Empowerment

isn't being flawless, or confident in every situation, or super-cool or super-powered. The people who I regard as examples of empowerment still make mistakes. What they do, though, is handle mishaps and adversity and stress in an even-handed resilient manner.

In explaining being assertive, Decker talks about how unrealistic core beliefs impede expressing our wants and needs and interfere with establishing healthy boundaries. Learning to be assertive, he explains, means adapting a set of "much more realistic" beliefs. When I first read this, I thought, "Why not just adopt realistic beliefs?" As I've worked at practicing Empowerment, though, my understanding has slowly grown. Decker's phrase "much more realistic" is one of the keys to understanding what empowerment looks like in concrete terms.

Empowerment is not a destination. It's a mindset, a pathway. There is no "happily ever after". The desire to box up our anger and place it on a shelf, I totally get that. But it's an impossibility. Anger is a boomerang. Throw it away all you want. It will keep coming back.

In the MHM classes, we have guys "check-in" at the beginning of class by describing their escalations during the previous week. In doing this, the men learn to become mindful of their escalation process and the physical cues and thoughts that accompany one's escalated state. In the MTE class, we dig further and ask men to zero in on the triggers of their escalations—the root or foundation of what launches

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"Our Corporate Policy includes the whole rainbow"



ummm... what? wait just a damn minute.

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Library Corner

— MATT BARNES,
LIBRARIAN



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

The books in the Men's Center Library are sectioned off into 14 categories. These categories are: **Fathers, Children & Families, Fiction, Gay & Lesbian, Health & Therapy, Humor, Men's Movement & Masculinity, Men's Stories & Poetry, Miscellaneous, Reference, Relationships & Friendships, Sexuality, Spirituality, Valued Elders, Women.**

In addition to members having borrowing privileges from our library, we also have a reading room with free Wi-Fi access. Stop in for a cup of coffee and catch up on your men's literature, and check out a book to go!

Address Change Notifications

from the post office cost the
Men's Center \$1.71 each. Please
let us know in advance of mailings!
Thanks!

Men Talk is a bi-monthly publication of the Twin Cities Men's Center. Call 612-822-5892, or e-mail us at tcmc@tcmc.org
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Letter from the Chair

As the weather cools, we are reading Sage Warrior by Valerie Kaur, author of See No Stranger who is a leader in A Revolutionary Love Project. Looking for expanding TCMC's healing resources now that the election is over. <https://revolutionary-love.org/learn/>

Balanced health, wicozani, in D/Lakota, is an invitation to be centered, and fully living in the present. The Power of Now. Walking in beauty. Some refer to this state as walking the "red road" of sobriety. Getting grounded after the drama of the election season is a goal of many of our members!

How might TCMC be a resource for you in the season? Consider supporting each other, where each of us lives in integrity as we walk our talk in peace and serenity living missions of service. Consider participating in activities that are in harmony with TCMC's mission: "we provide resources for men seeking to grow in body, mind and spirit, and from that foundation advocate for healthier family and community relationships" that include:

- 1) attending our expanding our Anger Management programs that Sean M, describes in the lead article in MenTalk. See www.tcmc.org for class descriptions and registration options.
- 2) Checking out our 3rd annual, International Men's Day celebration this Sunday Nov 17th.
- 3) Joining one of our support groups, such as Addiction Busters to support balanced living during holiday season, celebrating through loving connections

4) Living the serenity prayer of 12-step recovery, by attending one of the groups at TCMC.

Knowing each other's "hot buttons" will avoid open conflict and allow us to be centered through practices such as ubuntu. In Bantu languages such as Zulu, South African Bishop Desmond Tutu (1931-2021) modeled by seeing himself in others, allowing himself and us to experience the world as a richer, kinder more connected one. The attitude of gratitude for each of our very beings goes beyond doing, to allow us to connect through our hearts.

Other practices we personally have found helpful include going on retreat. Learning to find our own inner refuge, with practicing meditating such as the three doors, the stillness of the body, and the silence of the voice and the spaciousness of the mind. See the free offerings at cybershanga.net

Soon we will have high speed Internet fiber to support our Meeting Owl and other technologies. This will allow us to expand our services well beyond the Twin Cities. Thanks again for all our volunteers, members and financial supporters as we enter our 49th year!

Kindest warm regards as we enter the autumn and winter seasons. Keep your inner lights shining each day.

In service,

TOM WEAVER, TCMC BOARD CHAIR

Continued from Page 1

their anger. Mindfulness of these initiating triggers allows us to choose a mature response rather than an escalated reaction.

Decker regards triggers as traffic signals, communicating the conditions of the road: stop, go, proceed with caution, area under construction. Our triggers do not drive our cars ... unless we let them. In each moment, we can react with old toxic patterns, or we can recognize the pattern then choose our response.

Our triggers tell us who we are—what we care about, what bothers us. Listening to them is part of locating our authentic selves. It allows us to move toward a much more realistic—graceful—version of ourselves.

After losing custody of my son, I worked hard to rebuild our relationship. Fortunately for me, his mother also wants him to have a relationship with his father, and he now is back to staying with me several nights a week. Sander and I were driving somewhere the other day, and someone swerved in front of me. I blasted profanity onto the windshield. He said, "Dad, you need to breathe. You're escalated right now." Admitting he was right, the two of us practiced counting through the outline of his fingers as we both took five slow inhaleds and five slow exhaleds. Rolling down the road, my son and I were optimistically moving toward empowerment together.

Sean McLoughlin is a long-time Anger Management facilitator, and co-creator of the new Moving Toward Empowerment class at the Twin Cities Men's Center.

EVENTS CALENDAR

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|-----------|--|
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 1 | ANGER MGMT 7 PM 2 | SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 3 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P CLINIC FAMILY LAW 7 ANGER MGMT 7 PM 4 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM ANGER MGMT 7 PM 5 | 6 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 7 |
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 8 | ANGER MGMT 7 PM 9 | SUPPORT GROUP GAY ISSUES 7:30PM 10 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ANGER MGMT 7 PM 11 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM ANGER MGMT 7 PM 12 | 13 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 14 |
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 15 | BOARD MTG. 7 PM ANGER MGMT 7 PM 16 | SUPPORT GROUP GAY ISSUES 7:30PM 17 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ANGER MGMT 7 PM 18 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 19 | 20 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 21 |
| MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM MKP CIRCLE 22 | ANGER MGMT 7 PM 23 | CHRISTMAS EVE HOLIDAY 24 | CHRISTMAS HOLIDAY 25 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 26 | 27 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 28 |
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 29 | ANGER MGMT 7 PM 30 | NEW YEARS EVE HOLIDAY 31 | NEW YEARS HOLIDAY 1 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 2 | 3 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 4 |
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 5 | ANGER MGMT 7 PM 6 | SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 7 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P CLINIC FAMILY LAW 7 ANGER MGMT 7 PM 8 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 9 | 10 | ANNUAL MEETING 9:00 AM SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 11 |
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| MEN'S BRUNCH 10:00 AM SUPPORT GROUP WE AGNOSTICS AA 6:00PM MKP CIRCLE 19 | ANGER MGMT 7 PM 20 | SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 21 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ANGER MGMT 7 PM 22 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 23 | 24 | SUPPORT GROUP HSB 10:00 AM MEN'S WELLNESS 10:30AM 25 |
| SUPPORT GROUP WE AGNOSTICS OF UPTOWN AA 6:00PM MKP CIRCLE 7 PM 26 | ANGER MGMT 7 PM 27 | SUPPORT GROUP GAY ISSUES 7:30PM MOVING TOWARD EMPOWERMENT 7 PM 28 | SUPPORT GROUPS HSB 5:30 PM ADDICT. BUSTERS7:30P ANGER MGMT 7 PM 29 | SUPPORT GROUPS DIVORCE/GENERAL MEN 7:30 PM 30 | 31 | CALL US ABOUT ANGER MANAGEMENT CLASSES. |

PRESENTATIONS

The Twin Cities Men's Center has been an important voice in the community for 48 years providing classes and support groups promoting personal growth to many men and women. Professional leaders in the community have led weekly presentations providing a wide opportunity for educational, spiritual and emotional growth for 34 years.

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

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

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

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

Non-Members of TCMC – \$5.

Regular Members (\$25 level) – \$3

Sustaining Members – FREE

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

The Twin Cities Men's Center does not endorse, takes no specific position, nor holds any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves. Presentations are the sole product and responsibility of the presenter(s).

CLINICS

Family Law Clinic

Leader: Rebecca Randen

Where: Online Zoom Chat

When: Wed., Dec. 4, 7:00-9:00 pm

Open to all Genders

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

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

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

Family Law Clinic

Leader: Rasheen Tillman

Where: Online Zoom Chat

When: Wed., Jan. 8, 7:00-9:00 pm

Open to all Genders

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

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

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

CLASSES

Men Helping Men With Anger

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

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

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

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

Moving Toward Empowerment

Instructors: various

Where: Online/In-Person Course

When: See calendar for dates

Open to Men Only, Registration Required

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

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

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

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

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TCMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for all genders.

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

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

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

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

General Men's/Divorce/ Uncoupling Issues

Open to Men Only

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

Location: Online Zoom

- Thursdays 7:30 - 9:30 pm

Gay Issues

Open to Men Only

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

Location: Online / In-Person

- Tuesdays 7:30 - 9:30 pm

Addiction Busters

Open to all Genders

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don't like feeling powerless?

Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

Location: Online / In-Person

- Wednesdays 7:30 - 9:30 pm

We Agnostics AA

Open to all Genders

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

Location: In-Person

- Sundays 6:00 - 7:00 pm

Men's Wellness

Open to Men Only

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

conversation starter.

Location: In-Person at 901 1st Street N. Downtown Hopkins, MN 55343

- Saturdays 10:30 am - noon

Choosing Healthy Sexual Boundaries

Open to Men Only

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

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

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

Minneapolis Location: In-Person

3249 Hennepin Ave. S. Suite 55

- Saturdays 10:00 am - 12:00 pm

St. Paul Location: In-Person

Project Pathfinder

570 N. Asbury Street, Suite 300

St. Paul, 55104

- Wednesdays 5:30 - 7:30 pm

Moving Toward Personal Empowerment: Anger Management II Course

Twelve-week course, meets weekly for 1.5 hours

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

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

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

REGISTRATION IS NOW OPEN

Call TCMC at 612-822-5892 or register online:

tcmc.org/programs-anger-management-mte-class-description.html

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



Outreach Report

TCMC hosted a successful **International Men's Day event**, on Sunday, November 17th, from 12:00 PM until 4:00 PM. Derek G headed up the planning for this event and there will be live music. Derek thanks Cub Foods for a charitable food donation.

Thursday, November 22 was **Give to the Max Day in Minnesota**, and TCMC received DOUBLE our fundraising goal! THANKS, Thanks, Thanks to all who contributed. Over the past four decades, the Twin Cities Men's Center has been an important resource hub for individuals and families in Minnesota. From our court-approved anger management courses to community-based support groups and free family law clinics, TCMC is proud of its enduring legacy of support for men's health, wellness, and healing.

The Co-Occurring Disorders Group at MCF - Lino Lakes has invited TCMC to come and present to their group in the morning. These presentations would be limited to 1 hour. They have offered several dates in December and January. TCMC has yet to confirm a day for this presentation.

TCMC had a table at the Jewish Family and Children's Services' 24th Annual Mental Health Education Conference at Temple Israel on Sunday, October 20th. There was a good turnout for this event and many people stopped by the TCMC table. Some had expressed that they had "forgotten" about TCMC and were glad to see TCMC there. Others had very positive comments about TCMC and thanked TCMC for doing the work that we do. Overall, this was a very positive event! Several people even mentioned TCMC members Harry G and Andy M.

6 *Here and There* – Edited by Andy Mickel

Upcoming Monthly Men's 3rd Sunday Brunches. December 15th – No men's brunch; no host has stepped up. **January 17th at Frank Brandon's**, 975 Como Blvd E, St. Paul, 55103, 651-487-3511. (on the east side of Lake Como). 7 men attended Ish Malik's brunch in October and 10 men Stan Bookout's brunch in November. – Andy Mickel, 2024-11-17.

"This year, we started a Men's GOT (Growing Older Together) group. If you have any material that you think could be helpful, please send to me. Thanks." – Jim Erickson, 2024-10-18

"Keep up your good work!" – Lowell Johnson, 2024-10-21.

"Thank you for supporting men's issues!" – Allan P. Dahl

"A group of us were involved with TMC in the late 70s and early 80s and we formed a group that has been meeting ever since, every 2 weeks, and we've had men leave and be replaced over the years, but are down to 8 of us, all retired, in the age range of 70 - 80. We have contemplated staying just as the 8 of us, knowing our numbers will dwindle over time due to relocations or, more likely, deaths. And that might be okay. But we also contemplate rejuvenating the group with new members, maybe younger, maybe our age. I volunteered to contact the Men's Center, which we were all involved with long ago and still remember fondly, but for some reason have all lost contact with. So I thought I would renew contact for me, and see if you there have any thoughts about our group. Thanks!" – Mike Pleasants 2024-10-30.

Men Are the Answer - Minnesota campaign. As seen on billboards and the back of city busses, men are the answer to saving lives. Today, 100K people are waiting for a life-saving transplant and 62% are men. As a registered organ donor, one man can save and heal more than 75 lives! Almost 50% of Minnesota men haven't registered as organ donors yet.

The Men Are the Answer campaign was created to raise awareness of the fact that while men's lives are more often impacted by organ donation, fewer of them register as organ donors. This campaign aims to change the statistics, empower men to take action, answer questions and inspire more people to save lives.

<https://www.menaretheanswer.org/>
– Jimbo Lovestar, 2024-10-24.

MKP MN celebration Dec 22nd, 2pm, Food, drink, entertainment. All men, their friends and significant others; location TBA.

To Men and friends of MKP—The Minnesota community is coming off 2 great years of renewal. Let's celebrate:

- Men's work and what it has and still means to us!
- The 4 Trainings and 80 men initiated at our Red Wing site in the last 2 years
- The PIT and Leadership Trainings held at our Northstar Community Lodge
- Each other.

Questions: contact me, Tom Borden at 651-792-5040 or tjb076@gmail.com
– Tom Borden, 2024-11-18

Naked Minnesota seeks collaboration with TCMC. Naked Minnesota is a gay and bisexual naturist social group based in Minneapolis, Minnesota. Established in 1989 as the Minnesota Polar Bares, the group name changed in March 1997 and has continued to grow into one of the most active and well-respected of the gay naturist groups in the United States.

Membership is restricted to cisgender males ages 18 and over and now exceeds 500 men. The group includes members of many age levels, body styles, and interests and invites all men who are interested in social and recreational nudity.

FYI: <https://nakedmn.org/>
– Tom Allen & Bayne Holley, 2024-11-11.

"I am a newly appointed-at-large board member for member outreach with Naked MN. There is synergy between our

organizations that I would like to expand and nurture, and explore with your help kind sirs. – Bayne Holley, 2024-10-08.

Healing the Divine Feminine: Maiden, Mother, Crone. Live-Online course 5 Mondays 6-8PM Nov 18 - Dec 16. Designed for men; all genders welcome. Safe, Confidential, Sober, Supportive Group

A first ever course on healing the feminine archetype and energy in self, society, and cosmos.

We'll begin the course with the mother shadow, introduce mythic and goddess archetypes, and go in, stepping into emotional resilience and empathy, appreciating the feminine aspects of self, relationship, physics and energy, sexuality, spirituality and culture. This will be a keystone study and healing for our times! threading through areas of psychology, mythology, spiritual practice, and social dynamics: THE HEALING OF THE DIVINE FEMININE.

This is the cutting edge of healing as people and individuals masculine and feminine dynamics. These dynamics are the hidden drivers in self-care, relationships, social structures, politics, and cosmos.

This work is where we lean in to help repair the damaged or imbalanced aspects of self that create the patterns of relationship, attitude, behavior, and possibly, reduce the risks of emotional relapses into negativity, loss, and thwarted dreams. Fee for course: set your own rate! Suggested fee: \$50 - \$100 USD

– Dan Gorbunow, Crazy Medicine Wolf Healer and Educator, 612-987-0324 www.warriorvox.com, 2024-11-11.

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!

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

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

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

- Family Support
- Anxiety & Panic Disorder Support
- Parents and Caregivers
- Young Adults
- Employers
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Subscribe to AMP's free, semi-monthly echeck-in to keep updated on points to ponder, helpful resources, thoughtful quotes, suggested activities, and space for your reflections.



TCMC Office Hours: Monday through Friday 12:00pm–4:00pm (unless otherwise posted on our online calendar). Our telephone (612) 822-5892 is answered 24-hours per day by voicemail, and an attempt is made to return calls within 1 or 2 days.

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

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

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

The Twin Cities Men's Center
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twin cities men's center news

men talk

Annual Meeting Notice & Proxy Statement

**THE TWIN CITIES MEN'S CENTER 49TH ANNUAL MEETING WILL BE ON
SATURDAY, JANUARY 11, 2025 AT 9 AM**

The Annual Meeting will include election of new members to the Board of Directors, thanks to our volunteers, review of our achievements this past year, and socializing with your fellow Men's Center members. We have moved forward on many projects this year so come and celebrate what has been done and where we are going. If you have any questions, call the Men's Center offices at 612-822-5892.

The Men's Center By-Laws require a quorum of members to elect new board members. This mailing constitutes notice to all active members that a vote will be conducted by those members who are present at this meeting. If you cannot attend and wish to vote, please return this page to TCMC prior to Jan 11, 2025. Please include your address. All members who do not vote by mail or in person, consent to the appointment of the Chair and the Vice-Chair the power to vote on their behalf, on all matters that come before the Annual Meeting.

I VOTE **FOR** **AGAINST** THE DIRECTOR(S) AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2025

I VOTE **FOR** **AGAINST** ANY MOTION TO CHANGE THE BY-LAWS AS PRESENTED AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2025.

I **ABSTAIN** FROM VOTING AT THE ANNUAL MEMBERSHIP MEETING, JAN. 11, 2025.

signed _____ date _____.

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