
The Men's Center of Raleigh and Wake County

"A Safe Place for Men"

March-April 1999

◆ President's Message

I read the following editorial in the newsletter of the Men's Resource Center of Western Massachusetts. It speaks more eloquently than I to the issues I see facing our Center. The writer, Rob Okun, is Associate Director of the Men's Resource Center, and graciously allowed us to reprint it.

--Temple Porter


The Next Step:

Can Changing Men Make Social Change?

For many men nowadays, navigating contemporary life is rife with pitfalls. Be tender *and* strong; bread baker *and* breadwinner. These are tall orders that many males would just as soon not try to fill.... The pressure is intense to make sense of personal lives at a time when men's roles are in such transition. (Women's roles are too, of course, as they have been for the past three decades.)

One sign of masculinity in transition has been the proliferation in the past decade and a half of workshops and retreats for men to explore our inner lives. From coming to terms with our fathers to healing our wounded boy, the focus is on deep personal growth. There is in such gatherings great power--authentic opportunities to wake up, to experience real breakthroughs in changing our lives. Many men notice their bodies for the first time in decades. They release huge blocks of bottled-up tension, anger, and grief, and in the process uncover, if not a river of joy and contentment, at least a stream they might follow to reach it. Bonus of bonuses, all of this genuine expression of feeling is be-

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 accomplished in the company of, and safety of, other men.

The reality of men coming together to create a community of support, even for a weekend, stands in powerful contradiction to the notion that men fear one another, assume they are in competition, and see other men as potential enemies. Many men build on these powerful workshop experiences by continuing to meet in small groups to try more permanently to break through traditional patterns of male isolation and limited emotional expression.

All of this work is an essential, hopeful sign for the future of a healthy, new masculinity. The value of these experiences is multidimensional. As men rejecting the traditional "Marlboro man" definition of masculinity, these men are making an important statement to the culture at large.

For some men there is a next step beyond deeply investigating their lives--and making changes to improve them. There is a desire to use their awareness in other environments. But where to turn? The culture of patriarchal masculinity offers a range of opportunities for "changing men."

From civics clubs to classrooms, from pulpits to playgrounds, these men can take the initiative to address critical issues of our day. They can bring their raised consciousness out of the workshop and into their communities. Imagine a group of men who started meeting regularly after attending a retreat

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◆ Film Review

Roberto Benigni's *Life Is Beautiful*

If there's one film I'm cheering for during the Oscars, it's the Italian film *Life Is Beautiful*, directed by, written by, and starring Roberto Benigni, the Italian comic genius. I don't feel entirely comfortable as a booster here because Benigni's got quite a contingency and hardly needs any further publicity to advance his cause. The film delivers what the culture expects of a narrative film: a creative and entertaining plot with endearing characters, suspense, and a generally happy resolution. Benigni has received great reviews simply on the grounds of his craft and the aesthetics of the work.

I'd now like to praise him for the depth of feeling and the mythic elements that infused his film, particularly where the subject of fathers is concerned. One sentence seems to encompass the film's theme: fathers are protectors.

The film begins with a man remembering, with thankfulness, the great gifts that his father, Guido, passed on to him. The story is filtered through his childhood memories of the incidents, and through stories told him by his mother and family friends: of his father's life as he came to the city to woo the boy's mother-to be and to establish himself in business as a bookseller. About the time the fledgling family unit is established, along come the National Socialists and their program of racial purification. Because his father, Guido, is Jewish, both he and his family are, at first, stigmatized, and then dispossessed and sent by train to a labor and death camp. The young boy, however, comes through this ordeal practically unscathed because of the clever, sometimes

(Continued on page 8)

Calendar

March

3/2/99, 7:30-9:00 PM Durham-Orange Men's Council. "A Determined Life, a Life of Choices, or Something Else?" Richard Yell will lead us in sharing individual perceptions of our lives from a Critical Junctures/Points of Destiny perspective. Richard, a longtime member of the Council, recently led a thought-provoking series of meetings on this topic for his support group. Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, call 286-2357.

3/4/99, 7:17-9:15 PM Leadership Council Meeting. 723 W. Johnson Street, Raleigh.

3/7/99, 5:00-7:00 PM Mythopoetic Group meets at the Montessori School on Leadmine Rd. the first Sunday of every month. For more information call Bob Boyd at 845-8460 (home).

3/14/99, 5:00-7:00 PM Men and Women Drumming meets at the Montessori School on Leadmine Rd. the second Sunday of every month. For more information call Bob Boyd at 845-8460 (home).

3/18/99, 7:30-9:00 PM Raleigh Men's Center Monthly Meeting. "Safety, Fear, and Anger in Male Relationships." Facilitated by Richard Kevin, PhD. Pullen Memorial Baptist Church. *See announcement on page 9.*

April

4/1/99, 7:15-9:15 PM Leadership Council Meeting. 723 W. Johnson Street, Raleigh.

4/4/99, 5:00-7:00 PM Mythopoetic Group meets at the Montessori School on Leadmine Rd. the first Sunday of every month. For more information call Bob Boyd at 845-8460 (home).

4/6/99, 7:30-9:00 PM, Durham-Orange Men's Council. "Dreamwork: an Introduction." Drawing from the work of Robert Johnson, Bill Murray will lead us in a program on working with our dreams as a way toward deeper self-awareness. Bill will use a dream of his own to demonstrate the dreamwork process and will then invite men to share dreams to be "worked on" by the group. Bill has been doing Johnson-based dreamwork for over ten years and has founded a dreamwork group that meets weekly at his home. Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, call 286-2357.

4/11/99, 5:00-7:00 PM Men and Women Drumming meets at the Montessori School on Leadmine Rd. For more information call Bob Boyd at 845-8460 (home).

4/15/99, 7:30-9:00 PM. Raleigh Men's Center Monthly Meeting. "The Mytho-Poetic Men's Movement: Alive and Well Out of the Spotlight." Facilitated by Doug Jennette. Pullen Memorial Baptist Church. *See announcement on page 9.*

4/23-4/25/99, Fourth Annual Spring Conference. Camp Chestnut Ridge. *See announcement on page 6.*

Deadline for submissions for the May-June issue is April 12th.

Life Without Father

Recently I was watching Oprah reunite fathers and children with the help of a professional who specializes in this kind of thing. For the most part these fathers had abandoned their children for one reason or another, and the common denominator was divorce.

The traditional training and socialization of men does not promote parenting skills or the expression of feeling, so many of these men found it easier to leave their children rather than hang in to continue to parent and negotiate the pain, alienation, and awkwardness they felt when separated from their kids. As men are wont to do, they disassociated themselves from their feelings and sooner or later walked away. *Hasta la vista, baby!*

Only maybe now is our society catching up with the terrible tragedy that this represents: we couple and uncouple as our *modus operandi* casualties are strewn over the battlefield of marriage and divorce, and there are no medics to heal our wounds or to reconcile the hurt and pain. Families reorganize into single-parent and step-parent formats, but everyone is carrying scars which generally are not addressed. The human cost of these abandonments and disconnections goes largely unheeded, and people go on with their emotionally crippled lives. The children, especially, absorb this lifestyle, and the experts are still not sure what the ultimate effects are.

What is clear is that the damage has been done. Of course, no one is saying that traditional forms of family were not damaging: the unhappy family that stays together is not a better alternative. However, it is unclear just what kind of legacy our contemporary style of family life is leaving us. We have displaced many men, women, and children, and the spaces in our lives are more empty than before.

Patriarchy and feminism have conjoined to create a new family world that is clearly not better than what we had before, but their engines of social change grind on, leaving the refuse in their wake. Single parents, mostly women, struggle with heavy responsibilities; hapless, wandering fathers don't know what it is they're supposed to do anymore.

The destruction of familiar family lifestyles has left the new "gang" without teachers and anchors in the sea of family life. What is now normal is not to have an allegiance to the group or family but a one-sided solipsistic joy ride of loyalty to the only thing we can believe in and rely on: consumerism. At least we can show the world in some way how successful we are.

Meanwhile the TV talk-show hosts are the popular leaders of human growth and development in what is, to me, a bizarre scenario of "let me entertain you" with the unraveling of the social fabric.

--Bob Katrin

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Randy Perry, a frequent participant in the Men's Center monthly meetings over the past two years, died of cancer in December. Occasionally, he spoke eloquently of his illness and of his desire for "healing" as opposed to "being cured." "Healing," for him, likely meant seeking spiritual wholeness within the company of men. Randy attended the 1998 April Conference at Chestnut Ridge. In the words of Ron Cyr, "Because of the profound and lasting effect the Spring Gathering had on his life, Randy chose to be buried near Camp Chestnut Ridge--near the place where his heart and soul had found a home" among men. We will miss this gentle and courageous man.

*There is no needle without piercing point.
There is no razor without trenchant blade.
Death comes in many forms.*

*With our feet we walk the goat's earth.
With our hands we touch God's sky.
Some future day in the heat of noon,
I shall be carried shoulder high
Through the village of the dead.
When I die, don't bury me under forest trees,
I fear their thorns.
When I die, don't bury me under forest trees,
I fear their dripping water.
Bury me under the great shade trees in the market,
I want to hear the drums beating,
I want to feel the dancers' feet.*

--A chant of the Kuba tribe, Zaire; translated by Ulli Beier; from *The Rag and Bone Shop of the Heart*, edited by Robert Bly, James Hillman, and Michael Meade, p. 257.



LEADERSHIP COUNCIL IN ACTION

January and February Meetings

The Leadership Council of the Raleigh Men's Center met for its monthly meetings on January 7 and February 4, 1999. A summary of its business and decisions follows.

The Leadership Council is currently visiting the Men's Center support groups to re-welcome members to the Men's Center, to hear concerns and suggestions from group members, and to pass out the revised Policy for Support Groups. The support groups have welcomed our visits, and their suggestions have proven to be extremely valuable. The Council has decided it does not want to provide direct support to individual Support Group members, but rather to leave that matter to the support groups themselves and their creativity. One support group wanted the opportunity to give feedback before a support group policy was finalized.

Doug Jennette was welcomed back to the Council to replace Ron Cyr, who had to leave the Council because of the pressure of work and a long commute. Many thanks to Ron for his valuable service. Kevin Hedeem generously stood in for Ron Blankenship while Ron was moving to a new home. As of February, Ron is back on the Council. Thank you, Kevin.

The Council had a major discussion about hiring a paid director for the Men's Center. However, much of the discussion centered on the question of the Men's Center primary purpose: focusing on inner work, or on outer work (outreach). The Council concluded a Council retreat was necessary to work through all the implications of this issue before moving on to the matter of hiring a paid Director.

The Council passed a sponsorship policy, which is summarized as follows:

SPONSORSHIP applies to any event conducted by the RMC alone or in collaboration with other organizations, and for which we provide funds, space, administration, and volunteers.

YOUR LEADERSHIP COUNCIL FOR 1998-1999

FUNCTION	LEADER	E-MAIL	PHONE
Information Manager	Frederick Whitmeyer	whitmeyer@mindspring.com	
Marketing Manager	Daniel Lebold (VP)	dalebold@email.unc.edu	929-7199
Membership Manager	Doug Lester	djlester@mindspring.com	676-9546
Financial Manager	John Marmaud	jmarmaud@tc2.com	872-8732
Support Groups	Ron Blankenship	ronman51@aol.com	787-8159
Facilities Manager	Wiegand Rodler	wrodler@aol.com	362-1007
Events Manager	Doug Jennette		832-6071
Secretary	Art Kirwin	arkjr@juno.com	833-1893
President	Temple Porter	coachme123@aol.com	872-3330

ENDORSEMENT applies to an event approved by the RMC, but for which no funds are provided. Non-endorsement of an event is not to be taken as non-approval.

ANNOUNCEMENT applies to an unpaid piece of information in the newsletter about an event neither sponsored nor endorsed by the RMC.

ADVERTISEMENT applies to a paid announcement about an event neither sponsored or endorsed by RMC.

The LC approved a proposal by Doug Lester and Doug Jennette to invite Robert Bly to a special Fall 1999 Event on the occasion of the 12th Anniversary of the Raleigh Men's Center. Plans would be made for both an evening open to the community-at-large and for a day for men with Bly. The following men were formally recog-

nized and thanked by the Leadership Council for their support of and work for the RMC: Charles Walker, Ray Schuh, Kevin Hedeem, Lee Elliott and Patrick Knox. They will be recognized at the RMC Annual Meeting in May.

In March, in accordance with our by-laws, Temple Porter will appoint a three-member nominating committee of non-Council members approved by the Council. Nominees for the new Leadership Council will be presented to the current Council at its April 1 meeting. Seven days afterward, on April 8, the Secretary will mail ballots to all members. This mailing will be include the date of the RMC Annual Meeting in May. Ballots must be returned no later than seven days before the Annual Meeting.

--Art Kirwin

New Raleigh Men's Center Dues Policy

By unanimous vote of the Leadership Council:

1. Beginning in 1999, annual membership dues for all members will be payable every year by March 1.
2. Current members, who have paid their dues by their anniversary date, will be billed under a rebate schedule.
3. New members who join the Men's Center after March 1 of any year will be billed under a separate rebate schedule.
4. The Finance Manager is responsible for implementing this policy.

The Procedure:

The following procedure was adopted unanimously by the Leadership Council:

1. Annual membership dues of \$30 are payable by March 1 of every year.
2. Current members will be billed according to the following schedule:

If dues were paid during the 1998 period of:
dues for 1999 will be:

Dec 1-Mar 1	Mar 2-May 31	Jun 1-Aug 31	Sep 1-Nov 30
\$30	\$22.50	\$15	\$7.50

Members will be billed Feb 1, 1999.

3. New members joining the Men's Center in 1999 and beyond will be billed as follows:

If they join during the periods of
their dues for the current year will be:

Jan 1-Mar 1	Mar 2-May 31	Jun 1-Aug 31	Sep 1-Nov 30
\$30	\$22.50	\$15	\$7.50

4. Billing statements will be the responsibility of the Finance Manager.
5. The Finance Manager's Monthly Report to the Leadership Council will include the status of dues payment.

Point Your Web Browser **HERE!**



[http://www.mens-ctr.
interpath.com/](http://www.mens-ctr.interpath.com/)

We now have a web presence due to the effort of many men. If you haven't visited our web page please take a peek. If you have any comments, observations or suggestions, send a note to the Web Master, Allen Frazelle.

I want to extend some words of thanks to the men that made this page happen. First, thanks to Hilton Freed for keeping the web-page vision alive. The page became Hilton's personal mission. He did a great deal of legwork to find out the particulars about developing a web page. And he did research to find out what other men's groups were doing with their page.

Thanks also to Victor Taube for advising me of the possibility of getting some free web space from Interpath. If he had not taken the initiative to talk to his friend at Interpath, we would still be trying to figure out how to make this happen.

Thanks also to the folks at Interpath. Because of their generosity we can now let men know there is a safe place for them. --Ron Blankenship



FREE LEGAL INFO FROM WOMEN'S CENTER

The Women's Center of Chapel Hill offers free legal information. Speak with a volunteer attorney by phone for fifteen minutes about divorce, consumer law, tenant's rights, etc. This is information, not advice, consultation or representation, but it may help you clarify your legal issue. Appointment times vary. **968-4610.**

Reflections on the

John Haverstock....

What is it about the Spring Gathering? For me it is almost my only contact with the Raleigh Men's Center, with the Men's Movement, with men's issues, with the "container." and, now that I have been to three gatherings, with the friends I have made in them.

When I told Richard Kevin that I wanted to find some men with whom to share my story about Vietnam, he suggested that I may find what I wanted at a Gathering. I went to the first Gathering, not knowing a soul and scared to death. But I had been to Vietnam. So what's a little scared? At the gathering I spoke about being initiated by warriors and how that initiation didn't take on me. But I did not find any man who could speak directly to my issues or even my experience. I asked for the elders to guide me on issues of great importance to me about those years of my failed initiation. But I did not find a soul who could answer my questions or give me a balm for the lingering pain.

Yet, finally, I did find a "successful" conscientious objector who could dance and could say who he was directly to me. I found another man whose growing up in my community was painful because of issues of Race--who could admit that fact directly to me. What life there was in these men! What life these men brought out of me!

But that was just the beginning. I later found a man who could pray and not offend my delicate sense of the sacred and the profane. (What is sacred after Vietnam?) I found a man who could speak clearly about the words used in the music of the movie "Platoon"--the words "Agnus Dei": words that had meaning to me I didn't recognize until I tried to say them in public. I could no

more have spoken those words in my own community than speak naked. With the encouragement of these men (encouragement I don't think they know they even gave), I approached issues that I had tried for twenty-five years to get to openly. Their encouragement is exactly what I found best for me.

The Gathering's workshops on men's issues break the surface tension. Guys who go to those workshops are there to be real about their own wisdom and integrity. What a relief! What a way to get to know someone! There is enthusiastic talk about events that seem far removed from my experience. But there are men in these workshops who can hear that talk even if I cannot. In the workshops I attended I observed relationships forming that opened the participants to each other and to themselves in ways I hadn't seen in my working environment. The best part of the workshops is that I, too, got to form some of those friendships. Being a Vietnam vet, I held my cards very close to my chest. I tried to relate my experiences to my contemporaries, but who could understand them? The gatherings I attended exposed me to men with issues not like mine but just as weighty, if not more so. I met guys carrying loads that make my Vietnam days

seem almost normal, and they were successful, outgoing, good-looking guys. The stories they could tell!

I hate testimonials like this. I probably also hate people who write testimonials like this. But it is also true that I tell my own story often, well, and with enthusiastic results, both at the Gatherings and at home. I will be speaking to a social studies class at Millbrook High School in April, and I look forward to learning from those kids something new to add to my next opportunity, just as I learned something new from the wonderful men who participated in my workshop on "Manhood and the Military" at last year's Gathering. Thanks to all the Gathering men for this one more opportunity.

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Mark Your
Calendar!
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4/23-4/25/98, Fourth Annual
Spring Conference, Camp Chestnut Ridge. Sponsored by The Raleigh Men's Center, The Men's Council of the Triad, and The Men's Council of Asheville. Cost (includes lodging and meals): \$90 before April 1; \$105 after April 1. For more information, contact Doug Lester: 919-676-9546 (h); e-mail: djlester@mindspring.com. Or contact Henry Sholar: 1-336-691-1682.
 * * * * *

Spring Gathering

Ron Cyr....

The Spring Gathering in 1997 was my first real exposure to men's work and to the Men's Center. And what a powerful and moving experience it was. I knew immediately that this was where I was supposed to be. I also knew immediately that these other men had something profoundly meaningful and spiritual that I wanted. I knew right away that this gathering of men was a safe place--not a safe place to hide, but rather a safe place to grow, to seek, to ask, to stretch and move both physically and emotionally. This was a safe place to speak my own truth before eighty other men. This was a safe place to let myself be seen and heard. This was a safe place where it was really all right to allow others to see my tears, to witness my pain, to share the recent loss of my mother, to share the happiness of a new granddaughter. This was also a safe place to share the joy I felt in finally learning to live in this world without fear.

I didn't come to the Spring Gathering consciously knowing that these were the things I was seeking. But as the weekend flowed from the opening ceremony; through the many intense, powerful, and enjoyable sessions; through the storytelling and drumming and sharing, I began to know, at a deep and satisfying level, just what it was that I had found. Some of it I can say to you. For some of it there are no words to express. You can only experience it for yourself, in your own way, as you listen to your own truth.

What I *can* speak about is the ceremonial altar, where we all gathered as a body, and where we tenderly laid our

gifts of the heart--brought from home, brought from our individual journeys: gifts which had meaning to us; gifts which spoke to other men and bound us to one another; gifts which were exchanged with gentleness and love. I can also speak about Eli and the pulse of his drumming as he wove a story throughout the weekend and throughout our lives. We were invited to participate in the story. We were invited to share our insights and struggles during pauses in the story, as our feelings poured out through the statement, "I was there when...."

I can speak of pushing myself to take part in workshop sessions on movement and interplay. I can speak of the joy I felt in learning that I really can move and play without shame or self-consciousness. I can speak of the strength I found in a workshop on ritual, and of the importance of ritual to my own spiritual journey. I can speak of the fear and trembling of standing before a large body of men on Friday night, and of the calmness that filled my soul before that same body on Sunday afternoon, transformed and renewed.

These are all feelings and experiences from my first Gathering. My second gathering, in 1998, was just as powerful, but in different ways, because I was a different person, in a different emotional space. The one overriding experience from this Gathering, which has stayed with me throughout this year, was the gift that we as a group gave to the oldest man there and to the youngest. We recognized and honored both men, one as an elder to be cherished, and the other as a youth to be nurtured and encouraged. I will never forget Bernie's tears as he told us that as an

elderly man he had always felt invisible. No one, he said, saw him or had time for him. But then, here, in this Gathering of Men, he was thanked by all of us for his wisdom and for his life.

These are just some of my experiences with the Spring Gathering. Yours will be different. As we move closer to this year's Gathering, I encourage and challenge all of you to come. If you have never attended before, the gifts will be many. If you are returning yet again, a renewal will also come to you, in new and surprising ways.

As men seeking the fellowship and understanding of other men, we are all touched in different ways and at different levels through the work of the Men's Center and the bonds of the Spring Gathering. This was made very real to me in the life and death of Randy Perry. Some of you know of Randy's long struggle with cancer. Randy died in December 1998. And because of the profound and lasting effect the Spring Gathering had on his life, Randy chose to be buried near Camp Chestnut Ridge--near the place where his heart and soul had found a home in a gathering of men.



(Life Is Beautiful, continued from page 1)
even ridiculous, intervention of his father. Guido has the great ability to endure the stark realities of the death camp and, by use of imagination, trickery, cunning, and sheer audacity, transform the trauma into an exciting, although serious, "game" that the boy is, in the end, able to "win." *Life Is Beautiful* has been described as the first great comic film about the holocaust. Nevertheless, even in this comedy, Guido, the hero, must die.

The film is loaded with food for thought for men--much more nourishment than is contained in the weary journey through Jungian books and tapes laden with the heavy symbolism of the inner masculine archetypes and constant (and, alas, useless) directions for "accessing" the King, Magician, Lover, and Warrior. Here, in this great film, you will see a mythic Everyman, much as Charles Chaplin or Buster Keaton, of modest abilities and means, who carries himself with the dignity and self respect of a king. Guido's booming voice at first seems like the sound and fury of a fool, but it soon takes on the authority and conviction of kingly truth. Short of stature and long of nose, he shares with Cyrano de Bergerac a passion that manifests itself in a style and panache that wins the heart of a beautiful woman. Weak and puny of body, he nevertheless boldly rides to his beloved's supposed feast of engagement and sweeps her away on a magnificent white horse. And, as imaginatively as Sheherazade, Guido stands before his furious Teutonic captors and transforms the oppressive routine into a "game" that his son "wins," perhaps saving the boy from a lifetime of regret, guilt, rage, and pain.

After seeing the film, I could not fail to compare my experience as a father unfavorably with the standard set by Guido. I have not always lightened the burden of the world from around the shoulders of my two sons. I have not always been respectful of my own inner king, and they have not always respected the authority of the inter-

loper that, at times, I have been. But letting go of my mistakes and failings, my knowing Guido as a father-exemplar has enriched my imaginative intelligence about what fathers can be and must be for their children. However, taking a larger view of the responsibility that men have, collectively, for fathering in our society, the gap between the riches of myth (as seen in Guido's story) and the poverty of reality has never been greater.

As I was going about my business last week, I heard an item on the radio that arrested my attention as I shifted gears and almost induced instantaneous road-rage. It seems that homeless families seeking shelter in our large urban centers often find that they can do so only if they do not bring into the shelters their young men, aged 13 and older. Although shelters typically say that they welcome all members of a family unit, these families typically have no adult males in them, and family shelters are therefore overwhelmingly staffed and populated by women and girls. Since adult shelters do not allow men under the age of 18, where do the adolescent males go? Typically, they go out on the street. Who is protecting these young men? They are left to find their way on their own or under the guidance of their peers. They will be lucky if they ever get past their rage, anger, and fear to understand the father-nurturing they have missed. I don't think they could imagine what it might be like to have a Guido in their lives. And the enemy in all this deprivation is--you guessed it, my brothers--us.

--Vaughn Clauson

(President's Message, continued from page 1)
together. What if one of them, for example, happened to read about a sports figure who was arrested for assaulting his wife. He might suggest that their group offer to go into local schools to discuss how unmanly hitting a woman is. Or, perhaps, a group member belongs to a large spiritual community concerned with social issues. He might initiate a men's study group to discuss how their community should respond to the racist and homophobic killings last summer and fall of James Byrd in Texas and Matthew Shepard in Wyoming. Or, if some of them are dads, they might plan a fathers-and-children play day.

For many "changing men," the challenge of taking the next step is clear: to ensure that their new insights deepen and take root outside of the workshop, retreat, and support group environment. The possibilities are limited only by the imaginations of the men themselves.

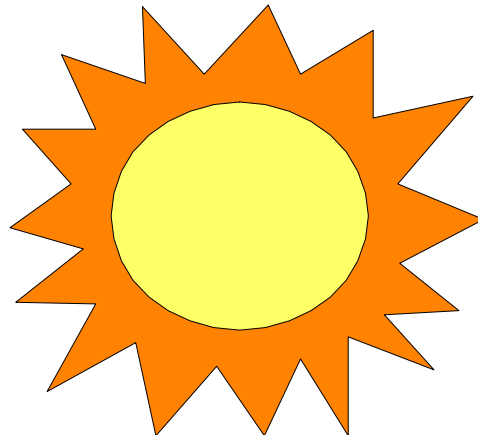
--Rob Okun

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Their newsletter is available for \$25 per year (which includes membership).

Write to:

*The Men's Resource Center
236 North Pleasant Street
Amherst, MA 01002*



Monthly Meetings

March

This evening we will focus on the ways men can better recognize and deal with fear and anger in order to create a safe setting in which conflicts can be addressed and resolved. Our facilitator, Richard Kevin, is a psychologist in private practice in Raleigh, and a longtime member of the Men's Center.

Meet for Dinner Before March and April Meetings

On Thursday, March 18, and Thursday, April 15, at 6:00 PM, those men who wish to can meet at Joe's Place, 301 West Martin Street in Raleigh. Phone 832-5266.

We will gather at this popular and inexpensive Raleigh diner, featuring "Joe's Mom's Food" in order to socialize with one another.

If their schedules permit, our program leaders will join us.

Bridge Group Forming

Two Men's Center members are seeking fellow bridge players.

If interested, please call Peter Frechtel at 834-9084 or Rowland Shelley at 859-0990, after 6 PM.

April

This evening we will revisit elements of the mytho-poetic experience, including poetry, story-telling, and music. Men are encouraged to bring poetry, stories, instruments, or other objects that allow contact with the heart and soul of men's work. Our facilitator, Doug Jennette, is a founding member of the Raleigh Men's Center and a social worker in private practice in Raleigh.



Psychotherapist
Lee Lourdeaux, Ph.D., C.C.S.W.
Individuals, Couples, Groups

Durham

(919) 286-5686

New Discussion Group for Men

We would like to invite you to an inquiry into what it means to be an adult man and other questions that relate to our lives.

2nd Thursday of the Month, 7:30-9:30 PM

6200 Coldwater Court, Raleigh, NC
Call Martin Brossman (919)-608-8157

Bring a favorite beverage or snack.

"Our Commitment is to support the Men's Center of Raleigh and Wake County as well as to support the creation and maintenance of relationships with ourselves and others."

Financial Assistance

Members may apply for up to 50% financial assistance for fees to any Men's Center event. Applications are treated confidentially. For information, call Temple Porter at 872-3330.

Subscription and Membership Services

Full membership -- \$30/year which gives discounts to Men's Center Events and subscription to the monthly Newsletter. Subscription to the newsletter alone -- \$15/year. Tax deductible donations are always greatly appreciated. The Men's Center is a tax exempt organization. Send your name, address, home and work phone numbers to Ray Schuh, 4705 Baybridge Crossing, Apt. 1319, Raleigh, NC 27604.

Newsletter Contributions

Send all contributions to Richard Yell via e-mail at ryell104@aol.com. Send hard-copy contributions to Lee Elliott, 1019 Iredell St., Durham, NC 27705. Calendar items will be included as appropriate and as space permits. **Deadline for May-June issue: April 12**

Staff

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Support Groups

All men are welcome to the Men's Center. The only requisite for joining a support group is a genuine desire to join with other men in supporting each other's journey. At this time, there are groups meeting one evening a week, Monday through Thursday. Most groups meet at the Men's Center on the second floor at 723 West Johnson St. in Raleigh. There is a small charge to help pay the rent for the facilities. To join, or for more information on support groups, call Patrick Knox--phone # 870-0765.

The Men's Center's e-mail address:

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Phone Number: 832-0509

The newsletter welcomes all your comments, suggestions, and letters to the editor.

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Forwarding and Address Correction Requested

The vision of the Raleigh Men's Center is a world in which people recognize one another as who they are rather than what they do, and celebrate the spiritual connectedness of all life.

Its mission is to provide a safe place in which men support men in becoming themselves. We are committed to strengthening men's roles as friend, son, father, husband/partner and citizen. The Men's Center is committed to strengthening the individual, the family and the community.

This newsletter is a publication of the Men's Center of Raleigh and Wake County and does not necessarily express the views of the center.