
The Men's Center of Raleigh and Wake County

"A Safe Place for Men"

May-June 1999

◆ President's Message

Our Core Values

At a recent retreat, your Leadership Council gathered to consider the future direction of the Men's Center. As I was preparing to surge at flank speed into agenda-setting and brainstorming, Doug Jennette, in his gentle, yet insistent, way, proposed that we examine and determine our core values and beliefs before going ahead with discussions of direction. After Doug offered an initial set of values, we got into a very lively discussion that lasted most of the morning, and was viewed by some of the Council members as the most productive session we have ever held.

It is marvelous to observe men of conviction, passion, and intelligence as they propose, clarify, and refine their beliefs, listen acutely to disagreements, and accept changes to their cherished phrasings. And this without anger, competition, argument, back-stabbing, or ill-will. Further, it is downright amazing to witness how a common focus on purpose virtually removes ego from the discussions. How many organizations are you aware of in which this could have happened?

We arrived at four core values, and we'd like to know what you think of them. You can e-mail any or all members of the Leadership Council with your thoughts.

1. We believe that all men have intrinsic value and both the potential and the responsibility to contribute to our society.
2. We believe that spiritual connection is necessary for men's development.
3. We believe that men function best in a community committed to their safety, honesty, interaction, and contribution.

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We believe that the Men's Center has a responsibility to provide a safe place for men to conduct their personal growth, and to provide opportunities for men to take their gifts into the wider community.

As you consider these core values, keep in mind the reasons that men come to the Men's Center:

- >Social isolation
- >Relationship with father
- >Lack of male initiation
- >Competition
- >Repression of feelings (i.e., of vulnerability)
- >Depression
- >Anger/violence/racism
- >Substance abuse
- >Intimacy fears
- >Lack of trust
- >Stereotyping (the "macho" male)
- >Role expectations
- >Total identification with work

Do our values make sense in light of these needs? Please share your thoughts with us.

--Temple Porter

◆ Feature Article

New Warrior Weekend: A Personal Journey

About six years ago while at a Wingspan Leadership Conference for Men in Indiana, I met several men that had recently been to a weekend workshop, "Weekend Adventure," they called it. They explained they had an opportunity to do some powerful personal men's work. They were more than a just a little enthusiastic about their experience. They were almost evangelical. I admit I tend to be very skeptical and a bit put off by anyone that professes he has found the "answer" or "the way." That is the impression I got from these men.

Later that weekend, I found out that what these men had been to was a New Warrior Training Weekend. The whole thing sounded hokey to me. At the time I had been attending men's workshops in our area. I was feeling quite comfortable with the personal work I was doing. But I continued to hear about this New Warrior thing and not all I was hearing about it was complimentary.

Even though I was curious about the whole thing, it was not difficult to put it out of my mind, until--.

About three years ago, a man joined my support group that was, of all things, one of these New Warrior guys. We had many discussions about his experience with New Warriors. We also discussed my experience around the men at the Wingspan Conference. Over the next three years I came to trust this man. With a great deal of his gentle persuasion, I decided to attend a Weekend Training.

I went in May of '98. I had to deal with a truckload of feelings on my way to the training and during the weekend. Because of my prejudices about the men at Wingspan and because no one would tell me anything

(Continued on page 8)

Calendar

May

5/2/99, 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).

5/4/99, 7:30-9:00 PM Durham-Orange Men's Council. "What It Means to Be an Adult Man" Tonight Martin Brossman will lead us in a demonstration and discussion of the process of "Group Inquiry." He writes: "Through Group Inquiry, we can discover that which we are not aware of--and which we often cannot discover alone. Such a practice intends to create a safe and honest environment where men can profoundly nurture, trust, and emotionally support each other." For a year, Martin has conducted an Inquiry Group meeting monthly at his home in Raleigh. Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, call 286-2357.

5/6/99, 7:17-9:15 PM Leadership Council Meeting. 723 W. Johnson Street, Raleigh.

5/8/99, 9:00 AM-12:00 Raleigh Men's Center Annual Meeting. Men will be recognized who have contributed selflessly to the work of the RMC. Also new members of the Leadership Council will be installed, and there will be a report on the past year's work of the LC. The final hour will be reserved for Center members to have their say in the form of feedback to the Leadership Council. Pullen Memorial Baptist Church. Hillsborough Street. Raleigh.

5/9/99, 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).

5/20/99, 7:30-9:00 PM Raleigh Men's Center Monthly Meeting. "The ManKind Project" (Also known as the "New Warriors") Facilitated by Thomas Griggs, PhD. Pullen Memorial Baptist Church. *See announcement on page 9.*

June

6/1/99, 7:30-9:00 PM, Durham-Orange Men's Council. Topic to be announced. Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, call 286-2357.

6/3/99, 7:15-9:15 PM Leadership Council Meeting. 723 W. Johnson Street, Raleigh.

6/6/99, 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).

6/13/99, 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).

6/17/99, 7:30-9:00 PM. Raleigh Men's Center Monthly Meeting. "Men and Intimacy." Facilitated by Dale English. Pullen Memorial Baptist Church. *See announcement on page 9.*

Deadline for submissions for the July-August issue is June 12th.

Women Who Formerly Loved Too Much Are Now Angry

There are a lot of angry women out there. (Maybe another time we can look at all the angry men.)

Why are these women so angry?

For one thing, they are caught on the horns of a dilemma. "If I have things my way, then I won't be making everybody happy." That's the job description laid down by posterity: Make everybody happy, and you come last. That's what made Motherhood the sacred calling it once was--before everybody else got in on the act.

A woman acquired her self esteem by being the sacrificial lamb for everyone else. She was respected, even loved, for this role. Then along comes Feminism and changes the job description. Now it's OK, even required, that a woman assert herself and make choices for her own benefit. A good idea? Of course. But what--the "new" woman asks herself--do I do with this residual psychological appendage that tells me to please others? "I was programmed to please, and now I'm not supposed to? Stop thee world; I want to get off! I'm confused. I'm damned if I do, and I'm damned if I don't. This is driving me crazy. I want the accolades for being the kind, gentle, self-sacrificing sweet thing I used to be. I also want the choices, the status, the pay, and the power that men have. But I can't have it both ways. EEEEEK! This split is driving me *craaaaaa-zy!* Playing both sides against the middle is not making me a happy camper, and I'm mad!"

I think a woman of the younger generation may have it worse. She never was "nice": she wears tee-shirts that say "Girls kick butt." Was that ever a good idea? Yeah--maybe in the days Attila the Hun was bearing down on you, but, in polite society, no--not a good idea--and one we relegated to the lowest kind of male jerk years ago. But this young, no-longer-sweet thing so proudly expresses these sentiments on her tee-shirt, of all places. So she's ready to be mad and just waiting for a chance to practice on you.

The middle-aged yuppie woman is also angry. She's tried marriage and has discovered that an education in Feminism is not adequate preparation for long-term marriage. And then she got the kids (probably even wanted them), couldn't figure out what else to do, and became the best of all things in that worst of all worlds--the Single Parent. Now if that won't make her mad, nothing will. Raising Jr. and Jr. Miss is not an instant prescription for happiness.

The woman of an older generation, approaching Senior status, could be the maddest of all. She bought posterity's message (for the most part), endured marriage and self-sacrifice, is probably living off the pension of the saintly

In celebration of Father's Day June 20, we would like to include the following, taken from The National Fatherhood Initiative:

TEN WAYS TO BE A BETTER DAD

1. Respect your children's mother.
2. Spend more time and less money on your children.
3. Earn the right to be heard.
4. Discipline with love.
5. Be a role model.
6. Be a teacher.
7. Eat together as a family.
8. Read to your children.
9. Show affection.
10. Realize that a father's job is never done.

deceased husband, and asks, "What was that all about? The kids are gone. They're not so great. They have their own lives and all that, and all those years of self-sacrifice within that family did not exactly create an atmosphere of peace and love, so the kids got out of there as soon as they could, and they're not so anxious to be reminded about you. So you're angry, too."

Have I left any woman out?

As you see, we have all these angry women out there, and they spend a lot of time yakking about how bad men are. They may be right. Men surely aren't the answer to their dilemma. However, these angry women need a dose of reality testing that puts them in the center of their own universe. What happened to them stinks. Some other time I'll tell you what happened to men that put all those smiles on *their* faces. Yeah.

--Bob Katrin
Sandhills Community College
2200 Airport Road
Pinehurst, NC 28374
910-695-3871

Leadership Council in Action

A Full Plate

The Leadership Council has had a full agenda in recent months. We received the preliminary election slate for the new Council from the nominating committee at the meeting on April 1. Eventually, six men agreed to run for five LC openings. Ballots are to be postmarked April 30, and Temple Porter, President, will announce the results at the Annual RMC Meeting on Saturday, May 8, at Pullen Memorial Baptist Church on Hillsborough Street in Raleigh, beginning at 9:00 A.M. Write-in spaces were also provided on the ballots.

There is a new and updated brochure for The Men's Center. This will be available at monthly meetings and will be sent to inquirers.

Bill Finger made an excellent presentation on the issue of a paid director for the Men's Center. This issue became part of the agenda for the April 3 Retreat as well. Bill wove through his presentation two strands, focusing on men's internal work and on outreach to the community--especially to men at risk. There is a tension between the two, and the important thing, Bill asserted, is to find the third ingredient that will preserve both strands. In Bill's conclusion was the strong belief that change is inevitable and that men's work must be brought to the wider community. But this does not necessitate the loss of "inner work" itself as an ongoing value. An integrated model of men's work is what counts, not whether we have a paid director.

We then discussed the agenda of the May Annual Meeting and the necessity to recognize men who have contributed selflessly to the work of the RMC. New members of the Leadership Council will also be installed, and there will be a report on the work of the LC which has been going on all year and which has become more focused at the recent monthly meetings and at the Retreat on April 3. At the Annual Meeting the Leadership Council will also seek a lot of feedback from the membership. The meeting will be the time for members to

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President	Temple Porter	coachme123@aol.com	872-3330

have their say.

Seven of the eight men on the Leadership Council gathered at Frederick Whitmeyer's home in Madison, NC, on Saturday, April 3. These retreats can be quite productive, and this one surely was. We worked on our core beliefs and values as a Men's Center (among which are the intrinsic value of every man, the spiritual connectedness among men, and the importance of providing a safe place for men to grow). We looked also at the future direction of the RMC and discussed the creation of an Advisory Board, the choice of a community project, and a project leader. Possible projects discussed were a prison transition program, violence/anger intervention, and providing legal assistance to men.

The LC also decided that once the new Council is installed, a decision would be made by mid-June for a full weekend retreat (with a facilitator) to help the members of the Council to get to know one another and to move ahead with the exciting new agenda of the Men's Center.

--Art Kirwin

New Group Forming

Men who have been abused by their wives, girlfriends, or significant others often live in shame and feel alone. The burden they carry is a heavy one that can lead to depression and isolation. To provide a safe environment of support and caring, a new group is forming for men who have been, or currently are being, abused by their primary partners. If you are interested, call Les at 639-6899.

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.**

Poems from

The following poem came out of Frederick Whitmeyer's workshop on Men and Intimacy at the April 1999 Spring Gathering.

Man's Fear of Intimacy

Our fears of Intimacy
with each other

are so deep
so unconscious,

We hide out in our heads
hiding by being silent

Acting as though we are already there.
Maybe even writing
"a heart-felt poem or two"

Describing the road
is still not walking it.

Who do you turn to in emotional need,
in emotional pain?

Still mostly women for me.

Ripping off another man's chance
to nurture.

Do we know the cost,
the cost to our soul.

--Martin W. Brossman
4/29/1999



In a Men's Workshop on Intimacy

Garbed by a wave of emotions,
then tears.

"...I'm starved for Intimacy
with other men..

..tired of draining the women
I love..."

Letting the tears shake my body

No man comes to my rescue,
but all are there for me.

I experience the intimacy
I need.

--Martin Brossman
4-22-99

They Didn't Warn Me

They didn't warn me.

Many years of work
I've broken the shell,
became "in-touch with" my feelings.
Let life move me.
Heard their pain.

They didn't warn me
how exposed it would leave me,
like a tortoise without a shell.

I expected to find great joy inside,
but instead:
pain, fear, sadness, and grief.

So that's where I put it,
these many years.

Sometimes I miss:
The days of being numb
The joy of false confidence
The ease of justification
The excitement of reckless chaos

Where do I go from here?

The thing I despised,
the thing I didn't trust,
the thing I feared would expose me the most.
This is the answer, the path for me:
the undiscovered brothers, my fellow men
connecting to God, through them

The path is slow; the evidence is quiet
so easy to forget...
no going back.

--Martin Brossman



Men's Hearts

The following poem was written at the April 1997 Spring Gathering.

Shadow

The night of the Town Fool I know.
He cries out the dark.
And I call him the primitive
That pries open the sealed-over.
He's like those frost-heaved boulders
That hazard the roads
In a New England winter
The unexpected, the unwanted.
They give you a hell of an angry jolt.

Blast out the rocks of the damned
Seal it all over with black macadam.

But he didn't stop,
The Town Fool.

He's not connected,
I say
To my disconnected parts.
He's an embarrassment to the state of decorum,
Like the well-placed fart.
I see his snakey black eyes.
They look up and out
Turning side to side
Sitting belly bottom
Down there
All skin.

Filters
That's the difference
That's what's between him and me.

Do I change
The filters on my furnace, my car?
I'm in big trouble
If they get clogged.

Filters
My metaphor
I could take them all out
Suck in most anything
Like I got sucked into the life I am.

Did you ever try to unsuck a filter?

--G. Bennett Myers, Jr.
April 27, 1997



The Dried Flower Arrangement

She left on Mother's Day
And in the living room
I saw the magnificent dried flower arrangement
'Twas in the brass urn I had bought for her.
The flowers that she dried
I brought them to her.

Today
They looked like a confirmation of death
Not sudden decisive death
But long painful death by disease
They reminded me of the wreaths for the dead
Mourners leave them at cemeteries
Hung on three-legged standards
For the sun to cook
Or the winds of cold to freeze
After they take the funeral tent away.

These passed-over flowers
These remaining reminders
No one took as a memento mori.
Like family members often pluck those last live flowers
To take home for a vase on the piano
Or to place between waxed paper
In the family Bible.

The Bible is already fat
With pressed flowers
Neatly dated and labeled:
Aunt Margaret December 30, 1933
Uncle Chris October 17, 1936
Baby Jane February 22, 1948
They have to be thrown out
Quietly, politely, but firmly
To make room for my flowers.

--Grady Bennett Myers, Jr.
May 11, 1997



Peter's Wedding Day

*Poem Written on a
White Paper Napkin*

I want to go down
where the greenfield lilies grow
I need a little picking
I need to weave in
some of the flowers I have cut

I
am cut apart
my lily field
has been picked
the field
ripe to the picking

I need to weave in
some of the cut flowers
in my life

If you don't cut them
they fade
If you cut them
they fade
even in water
only plastic flowers last.

--Grady Bennett Myers, Jr.
November 23, 1996

(*"New Warrior," continued from page 1*) about what to expect, I was feeling everything from pure terror, to rage, to total indifference. But, as a result of taking the risk, I am here to say that my life is much different, much better, and more challenging.

Now I have the task of trying to tell you a little of my experience without sounding too evangelical. Let me say, first, that a man does not *have* to attend a Weekend Training to be a Warrior. I meet men on a regular basis that do Warrior work, some of whom have never even heard of the New Warriors. I believe that operating in the Warrior archetype comes from the intention that is in the heart and soul of a man.

There is, however, one thing that I have come to understand. As a result of my Weekend and my current involvement in the Integration Group (an ongoing group of men that have been through the Weekend training) I am learning about all the facets of what it means to be a Warrior in modern times. I have learned that being a Warrior is not only about being able to fight the good fight for what I believe. It is about standing in truth and integrity with my fellow man. It is also about finding out what is holding me back from experiencing my power. It is about finding out what is at risk for me if I do come to the point where I am able to experience my power. The Warrior Training and the Integration Group have given me tools and techniques as well as a venue to do this difficult work on a regular basis. And there are strong, loving, caring men that are willing to go to those scary places with me. For that, I am so very grateful.

I suppose you might be curious about what makes this workshop different from any other weekend workshop you might attend. I will try to explain by paraphrasing a brochure about the New Warrior Training Weekend. The organization that puts on the Weekend Trainings is The ManKind Project. It is an international men's network that uses highly motivated, experienced men to staff the Training Adventure. The point of the Weekend is to help each man touch his truth through group discussions, games, guided im-

agery visualizations, journaling, and individual work.

So, what makes it different from the usual "personal growth" workshop? If I were writing the brochure, I would have added the word "intense" in it several times. I don't feel that I went TO a Weekend Training; I believe that I went THROUGH a Weekend Training. I agree with what I have heard many men say about the Weekend. They come back with renewed energy for life and an understanding about what their mission is. Like me, they are able to look at and begin to deal with the things that are not working in their lives.

Quite frankly, there is neither the space nor the words to explain the dynamics of the Weekend or express the impact that it has had on my life. And for this I am very sad. My fear is that a man may decide not to attend a Training because of something I have said or have failed to say. So I have to trust that every man will listen to his gut and do what is right for him.

Peace and Blessings,

Ron Blankenship

Blessed Wolf



Doug Lester writes:

"I would like to thank Carol Perry for her generous contribution to the Men's Center in honor of her late husband, Randy Perry. We will put that in the Spring Conference Scholarship Fund which will help other men participate in that Gathering. The Spring Gathering had a special meaning for Randy, which his wife's contribution honors.

Losing the Past-Dues Blues

Several men in our weekly support groups have hardships that affect their ability to pay quarterly dues. As a result, some groups are falling behind on their payments. A general fund could aid individuals on a temporary basis so that their group could stay current.

One way we can initiate such a fund is by having a Men's Center yard sale. I am requesting that men who would like to help me organize a yard sale contact me, **Tom Weber, at (919) 380-7993**. If you have any suggestions or comments, please call.

Here are a few ideas/questions I've developed:

Location: Under a big tent or shelter! Does anyone belong to a church that has a big picnic shelter? Would your church let us use the space, preferably for free?

Items for Sale: Men's Center members, neighbors, and employers could donate items to sell. Do you have suggestions about companies to approach for donations, or for kinds of items to be donated (e.g., food, books, health care products, professional services, etc.?) Of course, everyone will have the chance to empty his attic!

Logistics: Consolidating all items for sale. When? Where? By whom? Pricing items, making tags, cleaning up, disposing of leftover items, and transporting items.

May Monthly Meeting

The Mankind Project

Formerly called "The New Warrior Program," The ManKind Project is an international men's service organization that provides a series of trainings and initiation experiences. This evening Thomas Griggs, PhD, and other men with New Warrior experience will provide information on the work of the ManKind Project and will suggest how the Men's Center might more actively connect with this program. Tom is an organizational consultant with considerable experience in men's work and organizational change.

Meet for Dinner Before June and July Meetings

On Thursday, May 20, and Thursday, June 17, 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.



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

Durham

(919) 286-5686

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.

June Monthly Meeting

Men and Intimacy

Many men *desire* intimacy more than anything and at the same time *fear* intimacy more than anything. Regardless of our age or sexual orientation, there is probably nothing quite as intimidating for many of us men as feeling our feelings and risking being intimate with another. So many shame-filled memories can stimulate fearful and uncertain reactions whenever we risk intimacy in response to our feelings. Thus, we often give up communicating authentically with ourselves and with others. Dale English travels from Pennsylvania to lead our June program. Dale will utilize improvisational movement to demonstrate how we can connect with our inner self and its language of feelings. It is through this process that we men can develop significant skills in being present and experiencing safe intimacy.

About Dale English:

Dale is a Senior Clinician in a large northern New Jersey Medical Center. He has served in the Mental Health and Chemical Dependency fields for over twelve years.

Six years ago, Dale discovered the power of improvisational and authentic movement forms to access the real self and its feelings, and to enable the self to express those feelings through non-verbal, shame-free movement that couldn't be done wrong!

He worked for over a year with a dance mentor, setting free the natural and improvisational dancer within himself. Thereafter, he worked with a registered dance therapist to learn authentic movement (which is moving only to the sounds or promptings within the self). For the past five years, Dale has been facilitating movement workshops for men and women, both gay and straight, including survivors.

Ongoing 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 Thurs. of Every 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 July-August issue: June 12**

Staff

Editor:	Lee Elliott	286-2357
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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:

rmncenter@juno.com

Phone Number: 832-0509

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

The Men's Center of Raleigh and Wake County
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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.