
The Men's Center of Raleigh and Wake County

"A Safe Place for Men"

www.mens-ctr.interpath.com/

July-August 1999

◆ President's Message

A Mixed Bag

As I wrap up my year as President of the Men's Center, I look back in wonder, respect and gratitude. It's a wonder we achieved as much as we did; I have come to respect beyond words the men it has been my privilege to work with; and I am grateful for the opportunity to contribute my small measure to so worthy a cause. Although the Leadership Council is often remote from the many day-to-day activities of the Center, we are nevertheless individually aware that we are making a positive and occasionally profound difference in the lives of many men. The concept of "servant leadership" is alive and well in our Center.

So, what have we accomplished? First, we organized the Council along functional lines that improve clarity of purpose and accountability. That is to say, we have managers for the following functions: Information and Communications, Support Groups, Facilities, Finance, Marketing, Membership, and Events.

Second, the support group function was organized, including policy, procedures, fees collection, and member guidelines. Ron Blankenship has done a great job of leading our efforts in this function.

Third, we adopted an annual dues policy that takes in the bulk of our revenue once a year, which makes budgeting possible at last. Bill Switzer (our new Finance Manager) and Ray Schuh help us to keep our financial trolley on the right track.

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Creative Movement

Fourth, we're keeping up with communications technology under the capable leadership of Frederick Whitmeyer (our Information/Communications Manager), Doug Lester (in charge of our much-improved telephone log), Allen Frazelle (our webmaster), and Lee Elliott, our star newsletter editor.

Fifth, Doug Lester (Membership Manager) has been focusing on ways in which we can attract more members, and has adopted a new membership application form that gives us much critical information about the needs and talents of our new members.

Sixth, Frederick Whitmeyer is leading the Council's effort to assemble a Board of Advisors for the Men's Center. This Board will consist of several community leaders who will meet periodically to give us feedback on how we're perceived in the larger community, spread the word about our Center more widely in the community, and suggest events, projects and the like for the Council to consider.

Seventh, Frederick Whitmeyer (again!?) has gained for us the PR opportunity of a lifetime: he is working with a new PR firm in Greensboro that will help us (pro bono) with advertising the up-coming Robert Bly visit (November 1999), plus

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◆ Feature Article

ManDance: Notes on a Personal Journey

By Michael F. Copado ©1999

Michael F. Copado, besides facilitating various men's events around the Detroit Area, writes a monthly column in "Men's Vision," the men's newsletter of the Church of Today, Unity, in Warren, MI. He wrote this article in response to the events at Littleton, CO.

This month's article is not about my journey. In light of what has happened once again in a school, this time in Colorado, writing about my journey seems awfully narcissistic. Yet as I write about the shooting in Denver, I see that this is part of my journey. It should be a part of *all* our journeys to see that a tragedy like this never happens again. As I write this, there are approximately 31 million teenagers in the United States:

Minus the 15 kids killed in Littleton Colorado.

Minus the two killed on Feb. 2, 1996, at Frontier Middle School in Moses Lake, Washington.

Minus the student killed Feb. 19, 1997, at Bethel High School in Bethel, Alaska.

Minus the two killed on Oct. 1, 1997, at Pearl High School in Pearl Mississippi.

Minus the three students killed while praying on Dec. 1, 1997, at Heath High School in West Paducah, Kentucky.

Minus the four students killed on

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Calendar

July

Note: There will be no regular Leadership Council meeting in July, since the Council will be meeting in retreat July 9-10.

7/6/99, 7:30-9:00 PM Durham-Orange Men's Council. "Mind Over Mood" Although we as men may try to fulfill the role of being rational and unemotional, we still sometimes have painful emotional stuff that is caused by jumping to conclusions that we might never have drawn if we had thought about the matter deliberately and calmly. The fastest growing school of psychotherapy, cognitive therapy, offers a simple, common-sense, step-by-step procedure for reconsidering such hasty conclusions. Ken Wahl, one of our members, has recently taken this self-help route with exciting results and, tonight, will give us a chance to get our feet wet with this simple procedure or just sit back and hear about it. Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, call 286-2357.

7/15/99, 7:30-9:00 PM Raleigh Men's Center Monthly Meeting. "Suicide: Its Myths and Realities." Facilitated by Dave Davenport and Amy Van De Car. Pullen Memorial Baptist Church. *See announcement on page 9.*

August

8/3/99, 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.

8/5/99, 7:15-9:15 PM Leadership Council Meeting. 723 W. Johnson Street, Raleigh.

8/19/99, 6:00-9:00 PM. Raleigh Men's Center Monthly Meeting. Our Annual Summer Picnic. Fletcher Park, Raleigh. *Please note the earlier starting time: 6:00 PM. See announcement on page 9.*

September

9/2/99, 7:15-9:15 PM Leadership Council Monthly Meeting. 723 W. Johnson St., Raleigh.

9/7/99, 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.

9/11/99, 9:00 AM till ? Men's Center Yard Sale. *See announcement on page 8.*

9/16/99, 7:30-9:00 PM Raleigh Men's Center Monthly Meeting. Topic to be announced. Pullen Memorial Baptist Church.

**Deadline for submissions for the
September-October issue: August 12th.**

The Men's Center of Raleigh and Wake County

presents

Robert Bly

Poetry Reading

Friday November 19

8:00-9:30 PM

Carolina Theater
Downtown Durham



For reserved seating,
call 919-560-3030
(Carolina Theater)
or TicketMaster

Prices \$10.00, \$12.00 and
\$15.00

(Reserved seating is op-
tional, since tickets will be
also available at the box of-
fice.)

and

A Day For Men

Saturday November 20 9:00 AM - 5:00 PM

American Legion Hut

Chapel Hill

COST (for Day for Men Only):	Before November 1, 1999:	\$85.00
	After November 1, 1999:	\$100.00

This is a fund raising event for the Men's Center of Raleigh to help more men.

LIMITED NUMBER OF PARTICIPANTS—SO SIGN UP EARLY

Questions? Call Doug Lester (919/782-2900 Ext 107) ANYTIME.

Or e-mail Doug Lester at djlester@mindspring.com

YOUR LEADERSHIP COUNCIL FOR 1999-2000

Note: The Functions of each member will be determined at the August LC meeting.

LEADER	E-MAIL	PHONE
Frederick Whitmeyer	whitmeyer@mindspring.com	
Daniel Lebold	dalebold@email.unc.edu	929-7199
Doug Lester	djlester@mindspring.com	676-9546
Sid Harrell	sid_harrell@mail.enr.state.nc.us	876-3911
Ron Blankenship	Ronman@megsinet.net	553-9289
John L. Haverstock	haverstock@schoollink.com	1-252-537-0320
Doug Jennette	adouglas@ipass.net	832-6071
Bill Switzer	bill_switzer@ncsu.edu	217-9095
Temple Porter	coachme123@aol.com	872-3330



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March 24, 1998, at Westside Middle School in Jonesboro, Arkansas.

Minus the Student Killed on May 19, 1998, at Lincoln County High School in Fayetteville, Tennessee.

Minus the countless teenagers killed on the streets of Detroit, and the nation, at least twelve every day that we do not hear about. Or if we do hear about it, we soon forget.

Each time this occurs the media shakes its collective head and asks why this keeps happening. Then they parade their "experts" in front of us. Each one pontificates on the "evil" that he or she believes is behind it. Each seems to demonize some aspect of society as being the cause of the tragedy... Violence in the media, computer games, guns in the homes, absent parents, Marilyn Manson's music, gangs, drugs, Adolph Hitler. Others offer advice about what needs to be done to make school safe, what the "warning

signs" are that some kid is about to blow, or how we should consider arming our teachers.

The Littleton Tragedy has touched me like nothing has in a long time. I've tried to get a handle on just why this shooting has so overwhelmed my thoughts and feelings. Perhaps it is the magnitude of the violence, perhaps because it happened almost live on TV. Or perhaps because I was much like Eric Harris and Dylan Klebold when I was their age.

Fifteen years ago, I too was an introverted outcast, fascinated with computers, Hitler, and "Soldier of Fortune Magazine". I, too, was scorned by the "Jocks" and popular kids. I hung out with a group of "geeks" and "nerds" much like the "Trench Coat Mafia", only we called ourselves the VARR (Various Assorted Riff-Raff). Instead of Computer games like "Doom", we played "Dungeons and Dragons". Our bomb making information came from "The Anarchist Cookbook," checked out from the local library and Xeroxed.

The Internet was still an idea. The movie "Carrie" was our inspiration, where the outcast wrought supernatural revenge on the popular kids who wronged her. We probably even plotted revenge, too, but more along the comedic lines of the movie "Revenge of the Nerds".

Yet we never killed anyone. We never brought guns to school. We never made the pipe bombs we read about. And our fascination with Hitler was with the jack-booted trappings of Fascism and the power we thought it represented, not with hatred for any race.

I still can't figure out why I didn't become like Harris and Klebold, why I didn't turn my pain and loneliness into the kind of hate that erupted into Littleton. Maybe because there were no guns easily available in my home. Maybe because my mother didn't work and was home when I got back from school, and therefore I had an adult who would listen to me. Maybe the culture of Violence wasn't as perva-

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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.

Call 968-4610.

In Memory of Marcus

As many of you know, Marcus Copelan, a long-active member of the Men's Center, took his life on May 24. He served on the Leadership Council from July 1995 to July 1997, as Monthly Program Coordinator during his first year, and as President during his second. Bright, energetic, witty, conscientious almost to a fault, he gave generously of his many talents during his years as a Men's Center member. Perhaps his greatest contribution was his writing for the newsletter during his year as President. The issues from August '96 through September '97 are full of his rich President's Messages—personal essays, really—their topics ranging from reflections on finding one's father to the soul-moving narrative of his visit to Sapphire Canyon in summer 1997. His suicide—so sudden, so illogical, so unnecessary (to many of us)—brought shock, grief, and anger to the Men's Center community and the dance groups to which he brought so much energy. We have suffered—all of us—the loss of a man—the unique jewel of a life—that can never be replaced.

Below are a poem, a couple of articles, and letter to the Men's Center community reflecting on Marcus and his desperate action that took him from us.

MARCUS COPELAN

Marcus was my friend and my teacher. His gift to me was his passion. He never did anything in a simple way. Everything he did had to be grandiose. It had to be full of color and style. It had to be seen. Marcus had to be seen. More than anything, Marcus wanted to be loved for his creativity and pomp. Marcus craved attention. What a lesson for me! My wounded self never gets enough attention. But it is always embarrassed to ask for it.

Marcus' mere existence was a living shadow for so many of us. He was always pushing my buttons. I am still dealing with the many times I paid for his meal and he never reimbursed me. Of course, guess who was doing the accommodating. I scheduled

meetings as much as an hour early because I knew that Marcus would be late. An hour was a statistical mean of late times.

One time when Marcus would not answer my phone calls or e-mails, I drove the two hours from my house to his and knocked on his door. He never dreamed it would be me, and he came to the door. He looked shocked. My sudden arriving was what I had to do to reconnect when he had shut me out. I have done that to my loved ones. Sometimes I still lock the invisible door to my soul. Dare not let you in. You won't like what you see and you will leave me. Marcus was my friend and my teacher.

--Frederick Whitmeyer
July 1999

A Letter to the Men's Center Community

Dear Community,

Sitting on my coffee table at home is a piece of tourmaline. Marcus put it on the altar at a Spring Gathering several years ago, and I brought it home with me. Like his hair, it is wavy, black, and lustrous. I last saw Marcus in February, and he said he would be at this year's Spring Gathering. Now I only have this small offering. I was informed of his death in an e-mail passed to me by a member of my support group. It was to the point, delicately written, and touching. Nonetheless, there was an air of acceptance to Marcus taking his own life that bothered me. That it was ok, somehow, to end it all, that it was a rational decision. It may have seemed to be rational to him, but is it ever a rational decision to take one's own life? When that downward spiral occurs and the darkness sets in, can anything really be thought about without being tainted?

Sixteen men visited Marcus to "talk him into life". That sense of community and caring is wonderful. But what happened? They visited, they left, and he ended it all. In the short term, I am sure their visit had its impact, but in the emotional space he was in, he probably needed professional intervention. I have a

problem with so many men agreeing that he did not need professional care. I can think of individuals who have agreed to help terminate life: the early right-to-choose doctors who advocated abortion in our society before it was legal, and of course, Dr. Jack Kevorkian. Granted, I do not know the details of Marcus's decision, but somehow I think it was incorrect for the group to give the support they did. It's always nice when there is consensus, but many times I feel there is an individual in the group that could really make a difference if he could make his voice heard. I am sorry it did not surface there.

I say all this because I am angry that Marcus is no longer with us. He was easy to love. I grieve his loss. And abandoned. I am also saying this because I believe a mistake was made in our community in accepting what he has done. Granted, it was his decision to end his walk on the path. But I feel that all men in our community are in transition and should be helped to grow. And as a group we should never accept otherwise.

I look forward to hearing from you all. Contact me at any time.
SASHDF@UNX.SAS.COM 919-362-6204.

Sincerely,
Hilton Freed

Copelan 1945-1999

Was that You?

Was that you?
Sleep was out of the question
though the whippoorwills and nightbirds
had ceased their chatter.
It was real quiet
until it stopped in front of my house,
idling.
Then there were five shots, I'd say,
the screech and burn of rubber
and it was gone.
I wasn't sure if it was, as we say,
real or not
until after the patrolman played his light on the blacktop and,
sure enough, found a shell casing,
a .44, maybe a .45.

So maybe it was real
and not you.

The patrolman said not to worry;
it was only the patrons of a karaoke bar
who get frisky with drink
and take a notion to discharging their firearm on the road.
My neighborhood, he assured me, was safe.

How could I tell him
that it might have been you,
that your anger and rage and fury
could have rode on that night,
like the Grey Ghost on his charger,
his Colt .45 aloft and blazing terror,
the worst nightmare of all Billy Yanks,
letting us know that,
though the war was over,
and the cause lost,
there was danger in the darkness
menace in the shadows
not far from my door?

Maybe now you will rest
and the whippoorwills and the nightbirds
will sing again
and we will sleep on a night breeze
and I can forget about those five shots
and not wonder if one was meant for me.

--Vaughn Clauson

What I Need To Do

Like many of you, I heard of Marcus Copelan's suicide from a mutual friend and felt the rush of disbelief and denial that he could take his life. After the shock wore off, I felt a profound sense of loss and a deep anger at Marcus for terminating our friendship that, although it lasted only a few years, was an important part of my involvement in Men's work.

I had gotten to know Marcus over several weekend retreats with David Shiffman and Tom Daly, and our friendship broadened as we shared membership on the Men's Center Leadership Council for two years.

Every one of us has something different to do in order to process Marcus' death. When I asked myself what it was that I needed to do, I thought of another friend of mine who periodically dips into deep depression where thoughts of suicide lurk for him. I wondered how many of you, like me, have friends who cry for relief from a terrible affliction and wonder what we can do to support them? I realized that, although I can offer compassion, I know very little of effective procedures and intervention in a crisis. I wanted to know more and I realized that this occasion was an opportunity for me to learn and grow. Because of all of Marcus' gifts to me and the Men's Center, I wanted to reach out and share this experience with not only men, but women, many of whom have been touched by Marcus' life. The activity that came to mind was a special program on suicide and suicide prevention to be given at a regular monthly meeting that would provide a venue for both women and men to share their feelings and process their loss. I shared my thoughts with our Monthly Program Coordinator, Doug Jenette, who warmly endorsed the idea and scheduled the event for the July meeting. Although I am hosting the meeting, I expect to have little to say; rather I will draw upon others in the community who have the experience and knowledge and skills to make this a memorable meeting. I am proud to note that the Men's Center has opened up this meeting to women and hope that this is a harbinger of similar open meetings to come.

--Dave Davenport

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sive as it is now. Maybe because I just turned my pain inward into depression and thoughts of suicide...I don't know.

My biggest fear is that, in the wake of this tragedy, we're going to start "demonizing" other people's kids while we try to protect our own. That instead of reaching out to the outcasts and outsiders we're going to throw them away. The newspapers and television have already been full of "warning signs" to watch out for, and the schools have taken a zero tolerance stance against any of the threats that have followed in the wake of the shootings. Yet I haven't heard anything about reaching out to kids who are aching to be heard, aching to be loved.

After the Oklahoma Bombing, Guy Lynch said, "Empowered people don't need guns and bombs in order to be heard."... I think we need to start listening, and start empowering.

I don't believe in Satan or Evil, but someone or something listened to Harris and Klebold. Someone or something took their pain, their angst, and their powerlessness, and transformed it into hate and rage. That same kind of rage is in our post offices, our homes, and our roads.....

I don't know what the answer is, I pray that someone has it. But I believe that part of it has to do with sitting in a circle and listening to each other. To listen without condemnation is one of the most powerful tools to empowerment there is. It is one of the cornerstones to AA, the "Men's Movement", and when added to the skills of mirroring and validation, it is the glue that holds many relationships together.

I've talked in the past about the need for mentorship programs, and the need for Rites of Passage Rituals in our society, I think I'm wrong.

Both those things are wonderful, and have their place, but they are too complex to plan, and too narrow in their scope. Even if every adult mentored a single child there would still be too many children left out of the equation. I think we need to explore how we can take the notion of sitting in a circle with young people and give them the chance to hear and be heard. To take what we've gotten, from

Men's groups, and from AA, and apply it to connecting with these kids on a deep, heart level.

We also need to bring with us the skills that we've learned in anger and grief groups to these circles, to facilitate safe containers for these emotions. We need to model conflict resolution, and reconciliation. We need to teach them to affirm themselves and each other, as they stretch and grow, much like we do in our Dale Carnegie groups. And, I believe we need to bring with us such truths as abundance, joy, and the spirit of cooperation.

I believe that we all have put a great deal of work and effort in our personal healing, our recovery, and our connection with what is divine in all of us. On this sacred journey we've learned quite a lot of wonderful skills and powerful truths that have kept us from having our own private "Littletons". I believe that we must get beyond the rhetoric about the causes of tragedies like this, and with God's help start applying what we have learned to saving our children....

--Namaste.

P.S. I am exploring just how to take the principles and gifts that I've received through recovery and Men's work into our schools. Maybe just to sit in circle with these kids. If Littleton has moved you to action, too, please contact me at the E-mail address below or (313) 823-5627. Perhaps we can come up with a solution.

--Michael F. Copado

1102 Wayburn,

Grosse Pte. MI 48230

(313) 823-5627

Mcopado@netscape.net

(President's Message, continued from page 1)

a system we can use for future events.

Eighth, the Council is considering community-oriented projects for the Center that might require a staff member at the Center (full- or part-time).

Ninth, Daniel Lebold and Frederick Whitmeyer (there he is again!) have undertaken a long-overdue shot at amending our by-laws in order to bring them up-to-date, and more in line with our current realities.

Tenth, we have printed an improved Men's Center brochure.

Eleventh, Sid Harrell has volunteered to take on the job of Facilities Manager.

Twelfth, there are several men who labor behind the scenes to keep us going: Ray Schuh maintains our member database; Patrick Knox is our Support Group Assignments Coordinator; and Charles Walker is our Support Group Fees Coordinator.

In July, the Leadership Council is holding a retreat to assimilate our new members (Sid Harrell, Bill Switzer, and John Haverstock), and consider our future direction. At our August meeting, we will elect officers and launch our twelfth year as our region's only organization dedicated to helping men become themselves.

We appreciate your continued support!

--Temple Porter

The plans for our **Men's Center Yard Sale** have been finalized. The sale will take place on **Saturday, September 11, beginning at 9:00 AM**. Men wishing to donate items for the sale should bring them to the sale site the night before (Friday, September 10). Please contact me, **Tom Weber, at (919) 380-7993**, for the location of the sale and for directions. The proceeds will be used to aid individuals in support groups who have hardships that affect their ability to pay quarterly dues.

July Monthly Meeting

Suicide: Its Myths and Realities

Suicide is not something that most of us are comfortable discussing, but it is something that occurs whether or not we are willing to acknowledge its existence. Only by talking about suicide can we hope to prevent it. Please join us on Thursday, July 15th, at 7:30 PM, as we discuss the myths and the realities of suicide, the actions to take, the places to turn, and the feelings of those whose lives are touched by this decision. Dave Davenport will host the meeting where there will be a discussion and time for sharing and processing as well as poetry and movement. Amy VanDeCar from Hopeline Inc. will be on hand to lead the discussion and to answer questions. This meeting is open to everyone. Women are welcome.

Meet for Dinner Before July Meeting

On Thursday, July 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. *Note: Because of our August picnic on August 19, 6:00-9:00 PM, there will no before-meeting dinner at Joe's.*



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.

August Monthly Meeting

Men's Center Annual Picnic

When: Thursday August 19, 6:00-9:00 PM

Where: Fletcher Park (between Glenwood Avenue and St. Mary's Street in Raleigh—see directions below.)

What to bring: a dish for yourself and three other men .

Come early to play volleyball, stroll the rolling grounds, etc.

We'll start feasting around 7 o'clock.

The Men's Center will provide drinks, plates, utensils--and the volleyball and net.

THIS IS A MEN-ONLY EVENT.

Directions:

From Chapel Hill and Durham: take I-40 to Wade Avenue Extension. WAE becomes Wade Avenue. Stay on Wade Avenue and go through stoplight of intersection with St. Mary's Street. Then take Exit for Glenwood Avenue and turn right onto Glenwood. Take 2nd right, which is Washington Street. This street overlooks Fletcher Park, on your left. Park on Washington and walk down to the picnic shelter.

From Raleigh (north, south, east, or west): get on Glenwood Avenue—the section between Five Points and Peace Street. From the direction of Peace Street, Washington is on your left, before the Wade Avenue intersection. From the direction of Five Points, Washington is on your right, past the Wade Avenue intersection.

For more information, call Doug Jennette at 832-6071.

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 September-October issue: August 12**

Staff

Editor:	Lee Elliott	286-2357
Acquisitions:	Richard Yell	304-3632.
Layout/Design:	Bert Singer	556-7556
Labels:	Ray Schuh	876-4321

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
723 West Johnson Street
P.O. Box 6155
Raleigh, NC 27628
(919) 832-0509

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.