

RMC NEWS

A RESOURCE FOR MEN THROUGHOUT NORTH CAROLINA AND THE REGION

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 MEN'S
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**THIS ISSUE:
 On Fathers
 and Daughters...**

What's different about father/daughter relationships from that of fathers and sons? How do these differences contribute to how boys and girls are socialized -- and who we become as adults?

Having grown up with older siblings -- a brother and two sisters -- I saw first hand how some of these differences played out in my own family. Although we are all close now, I believe there were clear differences in how my father related to my sisters compared to the way he related to my brother and me. Some of these differences persist today.

In this issue of RMC News, we explore this complex, yet often not-talked-about relationship. We begin by sharing one daughter's tribute to her dad.

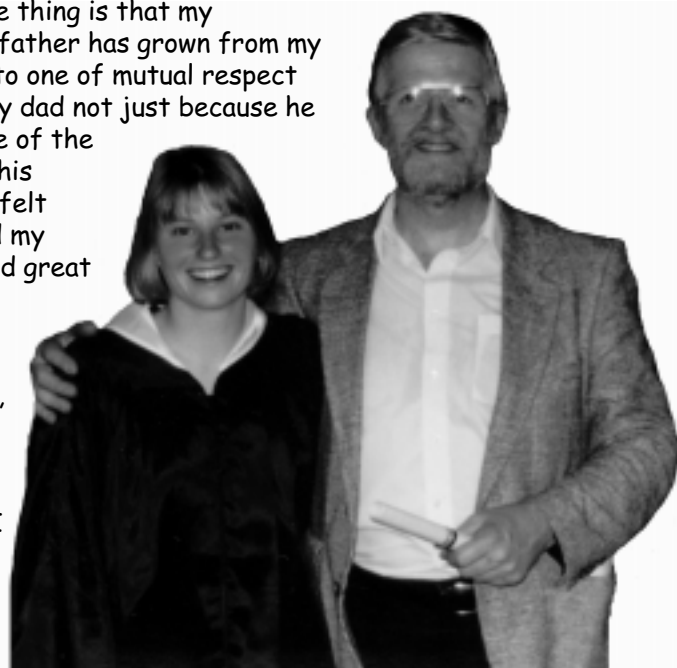
Publisher

"I Am My Father's Daughter"

By Kim Porter, daughter of RMC Member Temple Porter
 12/6/99

I think the remarkable thing is that my relationship with my father has grown from my total admiration of him to one of mutual respect and friendship. I love my dad not just because he is my father but because of the man he has become. As his daughter, I have always felt loved. He has supported my efforts and has expected great things from me. I often feel that his expectations far outweigh my capabilities, yet he never makes me feel inadequate. I am the most fortunate young woman I know as I was raised by both my parents to view obstacles as opportunities from which to learn and grow.

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Kim Porter with her dad, Temple.

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January 2000

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Happy New Year!						
2	3	4 Durham/Orange Monthly Meeting 7:30pm	5	6	7	8 Leadership Council Retreat
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February 2000

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6	7	8 Triad Men Monthly Meeting	9	10	11	12
13	14	15	16	17 RMC Monthly Meeting 7:30pm	18	19
20	21	22	23	24	25	26
27	28	29				

January 2000

JAN 4

Durham/Orange Men's Council

7:30-9pm

Topic: TBA

The Durham/Orange Men's Council meets the 1st Tuesday of every month from 7:30-9pm at Pilgrim United Church of Christ, 3011 Academy Road, Durham, NC. For more information, please call (919) 933-8353.

JAN 8-9

RMC

Leadership Council Retreat

Recompense Retreat Center, Sat - Sun

The Leadership Council normally meets the 1st Thursday of every month at the Raleigh Men's Center, 723 W. Johnson St., Raleigh, NC. If you have agenda items you would like the Council to address, please contact Frederick Whitmeyer, (Leadership Council President) at: whitmeyer@mindspring.com.

JAN 20

RMC Monthly Meeting

7:30-9:00pm

The RMC Monthly Meeting meets the 3rd Thursday of every month at Pullen Memorial Baptist Church located at 1801 Hillsborough St., Raleigh, NC. For more information, contact Doug Jennette at (919) 832-6071. **All men welcome!**

Discussion Topic:

Men and Our "Immortality Projects"

As men we long to create a legacy that will last beyond our lifetimes. According to Robert Bly and others, these immortality projects are, among other things, a way to avoid facing the prospect of our own death. The January program will allow participants to explore the benefits and liabilities of our immortality projects and how we can support each other, both in our projects and in the facing of the deeper longings and fears these projects may mask. The evening will have some conversation and experiential time.

Our facilitator, **Doug Jennette** is a founding member of the Raleigh Men's Center and a psychotherapist with a private practice in Raleigh. He has a keen interest in how he and other men may be both valuable contributors to society and impediments to the necessary changes in society by focusing too much on our immortality projects.



The Father-Daughter Relationship

Summarized by RMC President Frederick Whitmeyer

Adapted from a Sid and Julianna Simon's Father-Daughter Workshop

Life is difficult. And the Father-Daughter relationship can be a very challenging and difficult one. It must manage complex gender and generational differences. Clearly, it is different from Mother-Daughter or Father-Son relationships. Daughter will never grow up to be a Father, and Father was never a Daughter. The Father-Daughter relationship can be deeply affected by the quality of other family relationships. For example, when Father and Mother have troubles, the Father-Daughter relationship inevitably absorbs the impact in some way. Broader social norms tend to influence Fathers to be stoic and hardworking and Daughters to be yielding and warm. This special relationship has many possibilities for misunderstanding, violation, and hurt. Yet Daughter and Father can also be profound friends and allies for each other.

The gender conditioning aimed at males and females in our society makes it hard for Fathers to be truly close to their Daughters, despite the deep love that most often exists between them. Our homophobic and sexist education teaches us men from infancy that "Daughter terrain" (and feminine terrain in general) is to be avoided at all costs. Boy babies are given different toys, books and treatment from girl babies. Little boys are mercilessly teased, ostracized, and even beaten up for acting like girls, or for spending too much time with them. The media, parents, teachers and others relentlessly deliver messages steering males toward one set of attitudes and behaviors, and females toward another.

This does not allow for a lot of space or comfort in relating to our Daughters. To form a balanced closeness with our Daughters, Fathers need a clear connection with the integrity of their own maleness. A sense of wholeness and

pride in being a man is not easy in this society. Regardless of race, class, ethnicity, or sexual orientation, many men struggle with deep and internalized feelings of shame, inadequacy, and isolation. Obviously, this can make experiencing intimacy difficult.

The Father-Daughter relationship challenges Fathers to re-visit that long abandoned Daughter terrain. Given the nature and intensity of our gender conditioning, this can be very difficult and quite rare. When Fathers enter this terrain, they must encounter their own vulnerability. They must face their own femininity and receptiveness, their own youth and aging, their own feelings and emotional needs — these and other aspects of themselves which they've been rigorously programmed to scorn, fear and disassociate from. This is not an easy task and there is generally little help or

support for Fathers who attempt it. Yet, the rewards are great, both in terms of a deeper connection with Self, and in terms of greater intimacy with their Daughters and other loved ones.

Because Father terrain — male terrain and adult terrain — is the one that is valued in most contemporary cultures, it is more common that closeness between Fathers and Daughters occurs there. The time Daughters spend with their Fathers is usually time doing "Father-type" and Father-initiated things. Daughters tend to describe following Dad around the house on weekends while he fixes things, plays or watches sports, goes on trips, quietly hanging around while he's visiting with friends, or going to the place where Dad works. To the degree that they are made to feel welcome, Daughters learn to move out into the world of their Fathers and into the world of men through these encounters. This is how

"The gender conditioning aimed at males and females in our society makes it hard for Fathers to be truly close to their Daughters, despite the deep love that most often exists between them."

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The trouble with boys today...

By Kathleen Parker



It's always nice when experts confirm scientifically what we mortals have known empirically.

Parents of boys, for instance, have known that the cards have been stacked against their sons the past two decades. Even semiconscious bystanders may have noticed that boys are in trouble -- socially, emotionally, academically and -- given the high rate of medicinal dosing -- physically.

Across the board, they're failing and faltering at higher rates than girls. Lower grades, higher drop-out rates, reduced enrollments in colleges and graduate schools, higher suicide rates.

And of course the growing number of tragically infamous gun-toters are boys, not girls. Only now that boys have started "crying bullets," as one psychologist put it, have we bothered to wonder what's wrong.

Recently experts in child behavior and boy development met to pool their research, looking for clues to the puzzle of lost boys. They concluded that boys have fallen victim to "emotional miseducation," which is a nice way of saying we've abandoned boys to the jungle -- without affectionate parental guidance or societal support.

If girls once were considered second-class citizens, boys today are Third World street urchins. Mostly absent parents still enforce the "boys are tough" message. Schools continue to insist that boys conform to girl-behavior (sit still and be quiet), despite overwhelming research predicting failure.

Most young boys are incapable of sitting still for long periods, yet they're expected to and punished (or drugged)

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"Bad boys aren't born. Meanness isn't a male trait. Emotional detachment isn't genetic."

Father's Daughter - continued from page 1

Whenever I meet a challenge in my life, giving up is not an option. As a young woman, I feel competent and prepared to meet life's undeniable challenges. I was raised with the understanding that life is not always perfect; obstacles teach us to be stronger and more prepared for life's journey into the unknown, unpredictable future.

My father taught me that I was capable and would succeed at anything if I tried hard enough. When I was four years old and my brother was three, my dad taught us to play chess. He let us "help" him stain furniture he made, and we collected nightcrawlers from the compost and sold them for a penny apiece. My dad built a dictionary stand and had each of his three children look up a new word in the dictionary every night before dinner. We did not go to church as my father swore he was a "devout atheist", but he required that we always go on a special family outing every Sunday. These consisted of us three children following behind my parents on long nature hikes or visiting museums or such places. We complained, but to no avail. As I grew older, my father encouraged me to go to church

with my friends, but I always had to come home in the afternoons for our family time. I now look back at those outings spent together as the most favorable times of my life.

One of the gifts my father has given me is permission to challenge the status quo and to discover my own truths. My father gave me books often and encouraged me to read and to figure things out for myself. His influence is undeniable. As I have grown older, I realize that my father raised me to express the emotions that he, as a man, was not capable of expressing. I have always seen my father as a caring, loving person, but I feel that he is learning to express these parts of himself to others through his contact with the Men's Center. Like all of us, my father is influenced by the society in which he was raised. He was taught to be tough, strong, and unyielding. I am thankful that he is now reaching out to others and is more comfortable expressing his own feelings. I think he realizes his worth is not measured in material wealth but instead by the way he chooses to live.



RMC Events Calendar

February 2000

FEB 1 Durham/Orange Men's Council

7:30-9pm

Topic: TBA

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FEB 3 RMC Leadership Council Meeting

7:00-9:00pm

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FEB 17 RMC Monthly Meeting

7:30-9:00pm

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Discussion Topic: An Open Meeting

This month's meeting will focus on an assessment of what new things men want in the future from the Raleigh Men's Center. A few of the members of the Leadership Council will be present to clarify changes and new directions in the Men's Center.

About The Evening with Robert Bly

by RMC Member Gregory Blaine

It was truly an enlightening experience to witness the spirit of Robert Bly. His poetry evoked many meaningful and thought-provoking images in my mind. Couple this with a no-nonsense sort of common sense, a very imposing physical stature and a structured yet helter-skelter delivery of word. One cannot help being glued to wherever one is sitting or standing and at the same time be drawn to this wild and wise teacher. I found myself feeling sadness when he said, "I've got to leave you now."

Bly does not sit you down and hold you captive with his words: he stands and walks around, pointing to individuals in a soft yet demanding way. He urges you to speak what is in your heart. I came away from his day-long conference with an inspired need to dig deeper, to purge more even when I had assumed I'd reached my limit.

Thank you, Men's Center, and thank you, Robert Bly.





Robert Bly and RMC Member Gregory Blaine. Bly is signing one of the T-Shirts designed by Gregory for the Bly Event.



RMC Member Lou Lipsitz and Robert Bly



(l-r)
RMC President Frederick Whitmeyer, Robert Bly, and RMC co-founder and current Leadership Council Member, Doug Lester.

Reading Poetry to Ninety Men "...sudden brothers...."

By Michael Meade

We've been together two days
and it shows.

Tired, emotionally
torn open, having
gone down
stumbling together
into forbidden territory,
it's not the same group
that came Friday night
with our sleeping bags, drums and
trepidation to be
among so many men.
Something's happened
and it's still happening.

As I look out on their faces,
I see Amnon in the second row,
struggling with his tears.
He's not the only one.

If you've lived forty
or fifty years and begin paying
attention to your life,
then come together
with other men looking deeper,
something happens.

Maybe we can say that
the layers of the heart
begin to glow and tremble
like illuminated pages

of a medieval book.
No one believes at first this kind
of beauty exists.

We're men after all!

The first night, one man brought
a medieval broadsword to
our group altar.
He told us he had
spent his life
as a "destructive warrior"
energy captured
by the shadow side.
Now, two days later, he stands
before the group and
tells us he is offering
the sword as a gift to
the one man
in the room he feared all weekend:
-a young, blondcurly-headed, slender
flowerchildseeming boyish fellow -
and this man/boy receives
the sword and weeps -
as astonished
as the rest of us.

Men's discovered feeling!
Not archeology, but the living tribe,
turbulent and wary. This,
the drum we sought,

the flute, the rhythm.

I've been asked to read
some poems. Now,
it's time and

I open my book and
begin to read aloud -
a poem about
a jazz clarinetist who was poor,
his teeth crumbled, the instrument
broke.

For years, he couldn't play
and then with help
he started again
and the music was still in him,
startling and vital.
And suddenly I realize

I'm talking about myself,
years of loss, inner music, and
I see Amnon, tears on his cheeks, and
I cannot read another line.
I weep in front of ninety men.

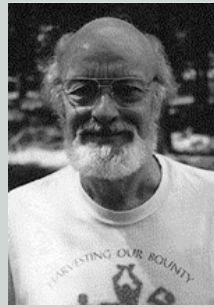
In the presence of my brothers,
I stop and lower my head.
I feel their affection and I weep.



RMC

President's Message

I feel a lot of excitement right now. I feel a lot of sadness, too. Maybe it is the time of year. Maybe it is just all my "stuff". Maybe it has something to do with where the Raleigh Men's Center is right now. I don't know. One thing that I am sure of is that I enjoyed our hosting Robert Bly in November (a special "Thank You" to Doug Lester for all his leadership and energy in making this event a great success). It was certainly special for me to get to know Robert personally at the Saturday Gathering of Men in Chapel Hill. I was deeply touched by this man's realness, vulnerability, and wisdom.



Frederick Whitmeyer

It has been ten years since I first watched the video entitled "A Gathering of Men" with Bill Moyers interviewing Robert - exploring how men think about themselves, their fathers, their sons, and their roles in society. My life took a new direction after that experience. I have been through many, many changes since then. The Raleigh Men's Center has been an important part of those changes in the last five years.

As I struggled over the years resisting making the changes in me that were necessary to have healthy intimacy in my relationships with men and women, the RMC has struggled in its own way moving from "inner work" only to a new world view that includes "outer work", community outreach. After many months of discussion, at our November 4, 1999, board meeting, the members of the Leadership Council courageously and unanimously voted to pursue a joint venture with Triangle Family Services of Raleigh to seek funding for and establish the staff position of Volunteer Coordinator.

This Volunteer Coordinator will be available to the Raleigh Men's Center for twenty hours a week. Our objectives for hiring a part-time staff person are to 1) provide professional leadership when responding to individuals who contact the RMC seeking help, particularly those dealing with an immediate crisis; 2) help us develop two specialized support groups: one for men who are dealing with anger and aggression, the other for men who are dealing with a legal separation, divorce, or custody dispute; and 3) coordinate the efforts of volunteers who are responsible for the core functions of the RMC. We believe that this will enable us to offer our services to more men in the community.

The Leadership Council also voted to establish an Open Support Group for men who are waiting to be placed in an established group. Presently, it might take several months (or more) before a man needing help can be placed in one of the closed support groups meeting at the RMC offices. We will begin working out the details for this new support group at our Leadership Council retreat in January. In addition, I am personally offering to facilitate a closed Support Group for male survivors of childhood emotional, physical, or sexual abuse.

More about change. Our last few regular monthly meetings at Pullen Baptist Church have been some of the best that I have ever attended. Unfortunately, this is just one person's opinion. Attendance at these meetings and over the last couple of years has averaged only about ten persons, and each time at least two or three persons were new. It is clear that our monthly meetings are not what our membership of over 100 men wants. So some of us on the Leadership Council are discussing discontinuing our monthly meetings in favor of quarterly meetings occasionally open to the public. Quarterly meetings open to the public (that's men and women) excites me. Maybe that will happen. Ending our monthly meetings saddens me. Change always challenges me.

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Special Appreciation to Quixote Group

The Raleigh Men's Center would like to pay special tribute to the members of **Quixote Group** for all the time, expertise, guidance, and promotional services their staff have provided us over the past several months. We especially appreciate all the help we received in preparation for the Robert Bly event we hosted in November. Their efforts were instrumental in making the Bly Weekend a huge success. Thank you!

For more information about the Quixote Group, please see the display ad on page 6.



Robert Bly and Frederick Whitmeyer

Father/Daughter Relationship

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Daughters develop many of their perceptions of that male/Father world and their strategies for dealing with it. This is also how Daughters gain a sense of their own place in that world, which, unfortunately, can sometimes be quite marginal.

Clearly, there are tough challenges for Daughters who want to be truly close to their Fathers. One of these challenges involves dealing with their own feelings of powerlessness, confusion, inadequacy, awe, fear and anger which are often internalized in response to the dynamics of the Father terrain. Another challenge is recognizing the importance of Daughter terrain — that means the terrain of woman and of child — exploring, reclaiming, and embracing it, and feeling the feelings that come up in that process. If these challenges are left unaddressed, they, too, can keep her disconnected from the depths of her own love and power, and from the nourishment that Daughter terrain has to offer her.

Fathers and Daughters injure or invalidate each other only as a result of their own unresolved hurts. The possibilities for mutual healing are abundant once Fathers and Daughters move beyond blame and denial. As Daughter and Father become friends and allies, an authentic Father-Daughter bond can develop that fosters qualities of love, truth, wisdom, courage and compassion.

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Michael

The Wake

by Grady Bennett Myers, Jr.

Across the room. Across a life.
Beard as red as his ancient Irish roots
But a lost son of the house of Ireland
A Doolan superimposed on this English family
The son of a Jockey riding a strange horse.

I saw Michael's hands
And they were white and fair
Looked soft and tender
But with big boned knuckles
Of a carpet layer.

Reminded me of the
Abandonment of his gnarled mind
The aborted product of
Parents sold into slavery
Of alcohol and illness mental.

Granny's wake is where I am
And Michael across the room
Between us her coffin
And banks of flowers to her memory
The family lined up to receive the mourners.

Michael sees Letha and goes to her embrace
But it is his fair hand I see
Giving her the back-pat of a love of years
The two will never know.

Michael's life will never know
He's just the edge of the Irish
The outer edge of the English
The shattered edge of nature's family
The tenuous edge of a family adoptive

Only on the edge of love
And now all he has left
Is the edge of life.

Bennett writes: This poem came from my mother-in-law's wake. She died November 19 and was Michael's adoptive mother.

Boys Today

continued from page 3

when they can't. Most boys lag behind girls in reading and writing, yet these are the first skills students are expected to master.

Quickly boys learn they're inferior to girls, a message steadily reinforced throughout their school days, beginning with their first lesson in opposite-sex privilege: Take Our Daughters to Work Day.

Meanwhile, the hypermasculine media message to boys is: Terminate, Die Hard, Payback.

I recently watched a televised prison interview with one of the young boys who last year opened fire on his Arkansas classmates, killing four students and a teacher. Now 12, the boy said he was sad because he lost his friends -- the ones he killed. He was mystified by the

events leading up to the shootings and detached from his own involvement. At the end of the bloody day, he was still a child.

His mother also was mystified. Her son was normal in every way, she said. I don't doubt her words or the heartfelt sentiment that shone through her pained eyes. But normalcy must be redefined if we're to raise better boys and stop the insanity of male violence.

Left to the constant input of violent imagery -- and absent the counterbalancing of physical and emotional affection from attentive parents -- boys aren't likely to develop into the sympathetic, empathetic creatures we wish our daughters to wed someday. Top that with a daily dose of social and academic failure, and a monster is in the making.

Bad boys aren't born. Meanness isn't a male trait. Emotional detachment isn't

genetic. As the mother of a son, I know this about boys: They're sensitive, fragile, kind, caring, loving, affectionate, loyal, cooperative and dependable. They also cry, hurt, long and endure, often in silence, fearful of being considered weak, unmanly or worst of all, "a baby." Who gave them that idea?

The psychologists made specific recommendations for raising better boys: Encourage schools to be boy-friendly by accommodating their demanding needs for physical expression; encourage parents and teachers to drop the boys-are-tough ruse and be physically comforting; treat them as the sensitive, fragile, affectionate people they really are.

To their list, I'd like to add a thought: Treat them the way we treat girls.



Size XL only.
Sorry! But they'll
shrink, really!

T-Shirts For Sale!

Designed by our own Gregory Blaine, the image commemorates the Raleigh Men's Center and the November 1999 Robert Bly Event.

To order, send your check to:
"Raleigh Men's Center T-Shirt"
c/o Daniel Lebold
304 Oak Tree Drive
Chapel Hill, NC 27514
\$15



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Quixote Group is an integrated marketing and public relations firm that draws its inspiration from the fictional character Don Quixote, who chose to see things as they should be and believed that nothing was impossible. With this spirit, it is the goal of Quixote Group to help clients achieve their impossible dreams, whatever they may be.

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Words for My Daughter

by John Balaban, submitted by RMC Member John Haverstock

About eight of us were nailing up forts in the mulberry grove behind Reds' house when his mother started screeching and all of us froze except Reds -- fourteen, huge as a hippo--who sprang out of the tree so fast the branch nearly bobbed me off. So fast he hit the ground running, hammer in hand, and seconds after he got in the house we heard thumps like someone beating a tire off a rim his dad's howls the screen door banging open Saw Reds barreling out through the tall weeds towards the highway the father stumbling after his fat son who never looked back across the thick swale of teasel and black-eyed Susans until it was safe to yell fuck you at the skinny drunk stamping around barefoot and holding his ribs.

Another time, the Connelly kid came home to find his alcoholic mother getting fucked by the milkman. Bobby broke a milk bottle and jabbed the guy humping on his mom. I think it really happened because none of us would loosely mention that wraith of a woman who slipped around her house and never talked to anyone, not even her kids.

Once a girl ran past my porch With a dart in her back, her mouth open pumping like a guppy's, her eyes wild. Later that summer, or maybe the next, the kids hung her brother from an oak. Before they hoisted him, yowling and heavy on the clothesline, they made him claw the creekbank and eat worms. I don't know why his neck didn't snap. Reds had another nickname you couldn't say Or he'd beat you up: "Honeybun." His dad called him that when Reds was little.

So, these were my playmates. I love them still For their justice and valor and desperate loves twisted in the shape of hammer and shard. I want you to know about their pain And about the pain they could loose on others. If you're reading this, I hope you will think,

Well, my Dad had it rough as a kid, so what? If you're reading this, you can read the news And you know that children suffer worse.

Worse for me is a cloud of memories Still drifting off the South China Sea, Like the nine-year-old boy, naked and lacerated, thrashing in his pee on a steel operating table and yelling "Dau. Dau," while I, trying to translate in the mayhem of Tet for surgeons who didn't know who this boy was or what happened to him, kept asking "Where? Where's the pain?" until a surgeon said "Forget it. His ears are blown."

I remember your first Halloween when I held you on my chest and rocked you, so small your toes didn't touch my lap as I smelled your fragrant peony head and cried because I was so happy and because I heard, in no metaphorical way, the awful chorus of Soeur Anicet's orphans writhing in their cribs. Then the doorbell rang and a tiny Green Beret was saying trick or treat and I thought oh oh but remembered it was Halloween and where I was. I smiled at the evil midget, his map light and night paint, his toy knife for slitting throats, said, "How ya doin', soldier?" and, still holding you asleep in my arms, gave him a Mars bar. To his father waiting outside in fatigues I hissed, "You shit," and saw us, child, in a pose I know too well.

I want you to know the worst and to be free from it. I want you to know the worst and still find good. Day by day, as you play nearby or laugh with the ladies at People's Bank as we go around town and I find myself beaming like a fool, I suspect I am here less for your protection than you are here for mine, as if you were sent to call me back into our helpless tribe.

from *The Rag and Bone Shop of the Heart*,
Robert Bly, James Hillman, and Michael Meade,
editors. Copyright 1991 by John Balaban.
Cooper Canyon Press, P.O. box 71, Port Townsend,
WA 98368

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Fathers' Prayers for Sons and Daughters

A Father's Blessing

Fathers' poems are often called prayers because they carry some blessing, even if hidden. The children are called daughters and sons because they are being held and protected and because a blessing is trying to form around them. "What would you tell your child?" asks William Stafford in the poem to his daughter. Father and daughter are staring at the storming ocean from a dune. The child wants to know, standing in the mutual gaze over the ocean, over time: "How far could you swim, Daddy, in such a storm?" How far will you, the father, go for the child; how far does the father's heart reach out to the world? The child is seven and needs to hear an emotional truth spoken; she needs to hear the shape

of the father's heart. The world has become an "absolute vista" and her father has pulled her up to view the great storms of life. Now her question pulls him into the wave-torn sea. In that moment he knows the answer in his heart:

*"As far as was needed," I said,
and as I talked, I swam.*

The blessing is partly in the father's capacity to hear the real question, partly in the heart-willingness of his answer.

*adapted by Frederick Whitmeyer from:
Robert Bly, James Hillman, and Michael Meade,
The Rag and Bone Shop of the Heart, p 33.

THE RALEIGH MEN'S CENTER

We opened our doors in 1986 as a nonprofit, all-volunteer service organization dedicated to promoting the wholeness and well-being of men.

Many men struggle with the grief associated with separation, divorce, child custody, death, job loss, and other life stresses. Some men endure strained relationships with their spouses, children and parents. Other men experience the lack of meaningful work in their jobs which carries its own stresses. Added to this are society's changing expectations of men, which leaves them further confused, angry or emotionally isolated.

The Men's Center grew from the desire of men in our region to be a part of the healing and growth process for each other. We provide opportunities for self-awareness, friendship, support, joyfulness, and play. We are also a place where it is safe for men to reveal their fears and pain, and where they can learn to more effectively deal with conflict and anger, and grow to feel their inherent power, perhaps for the first time.

The Men's Center is an important part of an expanding, nationwide network of support for men that recognizes the healing power and the wisdom men find as they share their experiences with other men. We support the strengthening of men's roles as friend, son, father, husband, partner, and citizen.

For more information, contact:

The Raleigh Men's Center
P.O. Box 6155, Raleigh, NC 27628
Telephone: (919) 832-0509
email: menscenter@mindspring.com
website: www.men-ctr@interpath.com

Subscription and Membership Services

Full membership -- \$30/year which gives discounts to RMC Events and subscription to the bi-monthly issue of **RMC News**. Subscription to **RMC News** alone is \$15/year. Tax deductible donations are always greatly appreciated. Send your name, address, home and work phone numbers to Ray Schuh, 4705 Baybridge Crossing, Apt. 1319, Raleigh, NC 27604.

Financial Assistance

Members may apply for up to 50% financial assistance for fees to any Men's Center event. Applications are treated confidentially. For more information, contact Doug Jennette at (919) 832-6071.

Support Groups

All men are welcome at the Raleigh 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 per week, Monday through Thursday. Most groups meet at the Raleigh Men's Center on the second floor at 723 West Johnson Street in Raleigh. There is a small charge to help pay the cost of the rent for the Men's Center's facilities. To join, or for more information about general support groups, contact Patrick Knox at (919) 870-0765.

Newsletter Contributions

Send all contributions to Daniel Lebold via email at dalebold@email.unc.edu. 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 the next issue: **February 1**. Topic: "**Men & Violence**."

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The vision of the Raleigh Men's Center is a world in which people recognize one another for 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 the valuable roles men play as friend, son, father, husband, partner, and citizen. The Men's Center is committed to strengthening the individual, the family, and the community.