

RMC NEWS

A RESOURCE FOR MEN THROUGHOUT NORTH CAROLINA AND THE REGION

PUBLISHED BY THE
RALEIGH
MEN'S
CENTER

(Est. 1986)

723 W. JOHNSON STREET
RALEIGH, NC 27506
(919) 832-0509

SEPTEMBER/OCTOBER 2000

www.mens-ctr.interpath.com

Vol. 14, No. 5

Men's Center Hires First Paid Coordinator

by RMC Member Bill Switzer

For the first time in its 14-year history, the Raleigh Men's Center has a paid coordinator. In a bold move, the Leadership Council has hired Charles Fisher as a part-time Raleigh Men's Center Coordinator. The most immediate and visible effect that Charles will bring is that for the first time, a live person will answer the phone for the Center. Approximately one-third of all calls made to the Center result in a hang-up. The Council has long felt that this hang-up rate probably resulted from having calls answered by a machine. We hope that the Coordinator will often offer an immediate response to the caller.

Another immediate goal of the Coordinator will be to speed the placement of men into support groups. A coordinator alone cannot speed this process; however, the Council has also committed to offer a twice-a-month drop-in support group in which 3 or 4 men will serve as a core group for drop-in members to experience a group until they can

be placed into a permanent group. Earlier this year, the Council made an unsuccessful attempt to offer a drop-in support group, but this attempt failed largely because we were not able to reach a critical mass of members to offer a group experience on any given week. Despite this failure, support group membership has risen to a near-capacity of 70 men at the Center. Our support groups remain the single most successful program that the Center offers. In the interest of building on our strengths, the Coordinator will also explore alternative sites throughout the Triangle for holding support group meetings.

Charles Fisher brings training and experience to the position of Coordinator beyond what the average Center volunteer can offer. Charles describes much of his work in recent years as focused on working with people marginalized in our society. When asked about his greatest strength, Charles responded, "...my

continued page 3



Gentlemen, Mark Your Calendars! Fall Feast

Rejoice, Toast, Drum and Dance with us...

The Raleigh Men's Center
is hosting a Fall Feast.

October 28-29, 2000 Umstead Park

(Interstate 40 side)

3 p.m. on Saturday thru 1 p.m. on Sunday

Potluck dinner on Saturday and Sunday brunch served \$10 for the day or \$15 including overnight stay. Cabins or tent camping available at Whispering Pines campground. Please make checks payable to The Men's Center of Raleigh and Wake County and send to: Hilton Freed, 1401 Maple Ave., Apex, NC 27502. To cover costs and to plan ahead, we would appreciate payment before the event.

Hope to see you there!

rmc

September 2000

(Details pages 2-3)

October 2000

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s	m	t	w	t	f	s
					1	2 "Survivors" Group Leadership Council
3	4	5 Durham/Orange Monthly Meeting 7:30pm	6	7	8	9
10	11	12	13	14	15 MOVIE: "This Is My Father"	16 "Survivors" Support Group
17	18	19 Triad Monthly Meeting 7:30pm	20	21	22	23
24	25	26	27	28	29	30

s	m	t	w	t	f	s
1	2	3	4	5	6	7 "Survivors" Support Group
8	9	10 Durham/Orange Monthly Meeting 7:30pm	11	12	13	14
15	16	17 Triad Monthly Meeting 7:30pm	18	19	20	21 "Survivors" Support Group
22	23	24	25	26	27	28
29	30	31				

SUPPORT GROUPS are also available and meet weekly. For information, please contact Patrick Knox at (919) 870-0765.

September 2000

Sept 2 & 16

Open Support Group

"Survivors of Childhood Abuse"

9:30-11:30am

Raleigh Men's Center

This group meets the 1st & 3rd Saturday of every month from 9:30-11:30am at the Raleigh Men's Center, 723 W. Johnson Street, Raleigh, NC. For more information, please contact Frederick at whitmeyer@mindspring.com.

Sept 2

RMC

Leadership Council Meeting

1:00-3:00pm

The Leadership Council meets on the 1st Saturday 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

Sept 5

Durham/Orange Men's Council

7:30-9:00pm

Topic: TBA

The Durham/Orange Men's Council usually 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.

Sept 15

RMC Movie Series

"This Is My Father"

7:30pm in Chapel Hill

UNC-CH School of Social Work, Tate-Turner-Kuralt Auditorium, 301 Pittsboro Street, Chapel Hill (across from the Credit Union), Free Parking.

Sept 23

Rumi! Celebration of Sufi poet Rumi led by Mohammad Reza Lotti and poet Robert Bly

7:30pm in Durham

Reynolds Theatre, Duke University, Durham, NC, (919) 684-4444, tickets \$8-\$20.

Sept 27-30

Rumi Festival

Sept. 27-28, 7:30pm, ArtsCenter, 300-G E. Main St., Carboro, NC, \$8-\$15.

Sept. 29-30, 8pm, East Chapel Hill High School, (919) 929-2787, \$10-\$20 per night.

Letter to Gloria Steinem

written by RMC Member Martin Brossman

Dear Ms. Gloria Steinem,

I am the man who spoke up at your presentation at the Raleigh Memorial Auditorium on April 6. I am very committed to respecting people as the unique gifts they are, and also to being clear in my communication. I am writing to you because I think my question was not fully understood and answered.

As I stated, I grew up in Washington, DC, during the 60's and 70's, and was a young activist for African-American and women's rights. This gave me a unique perspective. I learned that prejudice and hatred know no color or gender. Whites, African-Americans, men and women can all be perpetrators, as well as victims, of discrimination.

At your presentation, I mentioned that as I become more in touch with my emotions, I noticed that female friends were quite supportive of the process. However, to my surprise, women that I was in a romantic relationship with were less supportive. In romantic relationships with women, they seemed to resent the sharing of my emotions, as though they were responding instinctively to my moving through emotions as a sign of weakness. I therefore asked you, "If we want more emotionally available men, shouldn't we look more carefully at how women respond to such men, especially while they are going through the transition of getting in-touch with their emotions?" I further pointed out that, while we have made great progress in educating people about the dehumanization of women inherent in viewing them as sex objects, we have made little progress in addressing the dehumanization of men inherent in viewing them as success objects.

You responded that my views might result in my living longer, and that it is important to support men who wish to remain at home to raise children. While I agree, I still believe that the core of my question went unanswered. You emphasized the value of role reversal in seeing the larger perspective. I think we need to evaluate the importance of women's responses to real changes in men. For example, what is involved in a woman's support of a man's becoming more emotionally available? Many men suppress their feelings to become more successful in their jobs, believing that

their ultimate role is as a provider. Men who have a long history of suppressing feelings have typically covered up a great deal of pain, loss and shame. When they start to open up, therefore, it is often these feelings that are first expressed. Our culture teaches that this is weakness, especially in a man, and women often reject such men.

Mothers in this culture are more excited when their daughters marry doctors and lawyers than when they wed poets. Just as we need to see women as more than sex objects, we need to see men as more than success or power objects. I believe that men also have a responsibility to work toward such changes in perspective. One powerful way to do this is through men's groups.

I became involved in men's groups out of necessity when my marriage ended. At first I was suspicious, as reportedly were the female partners of many of the other men. Their women typically wondered why the men would need such groups, and often made fun of the gatherings ("Oh, you're going to beat drums in the woods. That's nice."). Even other men were highly resistant to the idea, and made homophobic jokes. After the men had been involved in such groups for a while, however, the women's perspectives often changed to deep support, simply because they liked the men who came home to them. In my own experience in men's groups, I have seen hatred dissolve before my eyes, an experience not replicated elsewhere. I have discovered that the "men in power" were often lacking in freedom and self-expression, and that the groups were a place to develop those things. I met men deprived of contact with their children and wanting desperately to be fathers. One elderly man spoke of his appreciation for being seen as a human being in the group, because the culture at large "just look(ed) through me."

I began to realize that my youthful war against the "male dominated establishment" harmed women and children by leaving no space for healing to begin. Life was much less complicated as a white-and-black, right-and-wrong activist, but my real

continued next page

Center Coordinator

continued from page 1

ability to foster good relationships across any cultural, social or economic barrier." He currently is the Faith Ministries Coordinator for the Alliance of AIDS Services-Carolina and is Minister of Community Outreach, Union Baptist Church in Durham. He has taught college-level courses, mostly in a prison environment. He has degrees in law enforcement, sociology and theology, as well as graduate training in history, theology and counseling. He also has extensive training in Clinical Pastoral Education. Charles has close ties to both the Baptist and Methodist Churches. When asked about his religious connections, Charles responded, "...my own healing and growth is inexorably bound to my commitment to the healing and growth of others. This is not an altruistic reaching out, but one in which I know that to withdraw is to commit myself to a life of pain and suffering. If this sounds more like Gandhi, Thich Nhat Nanh, or H. H. Dalai Lama than a Christian minister, it is because life has permitted me to grow beyond the restraints of my own cultural and religious upbringing."

The Leadership Council recognizes that the position of Center Coordinator, even a part-time coordinator, requires a financial commitment beyond anything that the Center has attempted before. Our immediate commitment is short-term through the end of the calendar year. We have already submitted a two-year proposal to the Z. Smith Reynolds Foundation. This proposal for this part-time position was submitted jointly with Triangle Family Services. If awarded,

"...my own healing and growth is inexorably bound to my commitment to the healing and growth of others."

the grant would begin in January 2000. In the meantime, Leadership Council members have pledged over one-half of the amount for the position. The rest of the money will come from funds already earned through working concessions at the Raleigh Sports and Entertainment Center and the Durham Bulls this year.

Even if the grant is awarded, this activity will result in a significant financial commitment for the Center since the granting agent requires that the Center continue to support part of the program financially. The Council will keep membership dues at \$30/year and support group dues at \$30/quarter (\$10/month). However, every man can help financially in one of several ways: 1) Join the Center; membership is not required for membership in a support group. 2) Pay all support group and membership dues promptly. 3) Make a tax-deductible donation. The Raleigh Men's Center qualifies as a 501(c)(3) tax exempt, educational organization. If you work for an employer who matches funds, please inquire about matching funds. The Center should qualify in most cases. 4) Volunteer to work concessions. Look elsewhere in this publication or on the RMC web page for information about volunteering.

We hope to use the next several months to explore other ways that a Coordinator can help the Center become a significant resource for men in the community. I am looking forward, along with the rest of the Council, to having a Coordinator to help initiate and maintain programs that foster and support our vision and mission as stated on the back of every issue of this publication.

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Letter - continued

commitment to make a positive difference moved to a new perspective.

I support feminism as the right of women to full self-expression, without invalidating anyone else, including men. When a joke about men was related at the beginning of your presentation, the woman beside me poked me in the ribs for not laughing. To me, that is not feminism, nor was it characteristic of

most of the women there. That was a woman acting out one of the worst aspects of stereotypical masculinity. I will always support feminism, as I have defined it here. I will not, however, support the blaming of others without taking responsibility for one's own part in a situation.

Sincerely,

Martin Brossman

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RMC Events Calendar

October 2000

Durham/Orange Men's Council

7:30-9:00pm

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.

October 7

RMC

Leadership Council Meeting

1:00-3:00pm

The Leadership Council meets on the 1st Saturday 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.

October 7 & 21

Open Support Group

"Survivors of Childhood Abuse"

9:30-11:30am

Raleigh Men's Center

This group meets the 1st & 3rd Saturday of every month from 9:30-11:30am at the Raleigh Men's Center, 723 W. Johnson Street, Raleigh, NC. For more information, please contact Frederick at whitmeyer@mindspring.com.

October 28 & 29

Fall Feast

Umstead Park (Interstate 40 side), 3 pm on Saturday through 1 pm on Sunday. \$10 for the day or \$15 including overnight stay. See details page 1.

Volunteers Needed!

The Raleigh Men's Center will work concessions at the Raleigh Sports and Entertainment Center during the next academic year. For the next two months, we expect to work the following events:

Schedule:

Sept 30	7pm, Saturday, Hurricanes Hockey
Oct 7	7pm, Saturday, Hurricanes Hockey
Oct 27	7pm, Friday, Hurricanes Hockey
Oct 28	3pm, Saturday, NCSU Red & White Basketball Game

The hockey games are all alcohol events and the NCSU basketball game is a non-alcohol event. Exact assignments have not yet been made, but we expect to work a beer cart at the hockey games and a soft drink and food stand for the basketball games. All events require workers report two hours prior to the event start time. We usually finish 3-4 hours after the event begins. If you can help, contact Bill Switzer: bill_switzer@ncsu.edu or 515-2945 (W) 217-9095 (H).

Letter to the Editor

Women Not Only Victims of Domestic Violence

I'm delighted to receive the RMC newsletter - it's inspirational to me that you have "carried the torch" for so long and are doing so much to reach men. I remember fondly the RMC men I nunked with oh, so long ago, at the Wingspan Conference in Indiana and am delighted to promote RMC on MenWeb.

I must confess, however, I'm confused about the last issue. It seems to perpetrate the gender-polarization of family violence as a women issue, not a people issue. Your newsletter Websites for Family Violence lists Men Stopping Violence, focusing only on family violence against women, and the Commission on Family Violence, which also perpetrates myths about domestic violence. I urge you to check out MenWeb's section on battered men, <http://www.vix.com/menmag/battered.htm>. The National Survey of Violence Against Women, sponsored by the National Institute of Justice and the Centers for Disease Control, estimates that each year 1.3 million women **and 835,000 men** are the victims of domestic violence. This study by a women's policy research center belies the myth that 95% of the domestic violence is by men against women.

Why does this myth continue? In large part because of the silence of men. In Wisdom Circles men tell their stories - speak their truths. Do men at your gathering feel free to speak **this** painful truth about their lives? Can they share their stories?

Your "men against violence" bumper sticker emphasizes that men should be concerned about violence by men - and suggests men need not be concerned about men being subjected to violence.

What is the Raleigh Men's Center doing to support men who are subjected to domestic violence?

With love and respect,

Bert H. Hoff, RMC Member

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LETTERS TO THE EDITOR

Have something on your mind? Want to share it with other men or initiate a public discussion? If so, then

Send your letters to:

RMC News

c/o Daniel Lebold
304 Oak Tree Drive
Chapel Hill, NC 27514

or email to:
[dalebold@email.unc.edu](mailto:dalebald@email.unc.edu)

Letters will be printed as deemed appropriate and as space permits.

Poem

The Invitation

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the imitations of being human.

It doesn't interest me if the story you are telling is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty, even when it's not pretty, every day, and if you can source your own life from its presence.

I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

I want to know if you can be alone with yourself and if your truly like the company you keep in the empty moments.

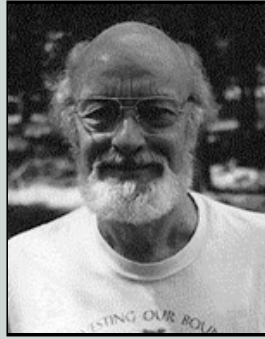
*From The Invitation by Oriah Mountain Dreamer
copyright 1999 by Oriah Mountain Dreamer*

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RMC President's Message

*"It doesn't interest me what you do for a living.
I want to know what you ache for,
and if you dare to dream of meeting your heart's longing.
It doesn't interest me how old you are.
I want to know if you will risk looking like a fool,
for love, for your dream, for the adventure of being alive."*

From "The Invitation" by Oriah Mountain Dreamer



Frederick Whitmeyer

I don't know many men that even know what their heart's longing is, much less dare to dream of meeting it. Most are too busy making money to support their family. So what has happened to that "ache" in the body? We have suppressed it and repressed it. And what man wants to risk looking like a fool, when we all know how painful it is to be called one? Men are not validated for expressing their feelings, for being vulnerable. So, obviously we learn to not be in touch with our feelings. We are challenged to unlearn this.

The work of the Raleigh Men's Center is about creating a safe space for men to do just that. To get in touch with those deep feelings and heal that hidden grief. Our Center telephone is the first step on this journey for many men. Our support groups have literally changed the lives of many men. Still, we feel we could do a much better job of supporting men in our community. One of our biggest concerns over the years has been the number of hang-ups from callers to the Center. Talking to a machine doesn't feel very supportive to the man in pain.

As noted elsewhere in this newsletter, the Men's Center now has a live person to answer the phone and provide immediate support where necessary. I welcome Charles Fisher as our first paid Center Coordinator. We are no longer an all-volunteer organization. This work with men has been, and continues to be, one of my longings. Having a paid coordinator to better serve the men in our community has been a desire/dream of several of us for the last three years. Now, we will see where this experiment will lead us.

One place this will take us to is fundraising. Your contributions will enable us to be successful with this experiment. We set a goal of raising \$6,000 two months ago. We are at the halfway mark. The leadership council alone pledged \$2,000. A number of you have already generously responded to our request. Thank you for your support. If you can send \$100, \$50, \$25, or some other amount, please do so today. This work will enable us to expand our services in the Research Triangle community. This is what men supporting men is all about.

Representing the Men's Center, I recently attended a planning committee meeting at the Wake County Human Services (WCHS) in Raleigh. I am pleased to share with you that WCHS will be sponsoring a 2001 Wide-A-Wake Forum on March 13, 2001, at the McKimmon Center in Raleigh. The topic will be "Men in Their Roles in Family and Community." Previous Wide-A-Wake forums have focused on partnerships, substance abuse, and youth. Between 350 and 400 people have participated in past forums, representing community groups, faith groups, businesses, government agencies, foundations, and more. It excites me that a government agency is taking an interest in men's issues. It gives me hope.

There is some real motivation. Government spends a lot of money building prisons and locking our important male energy inside those buildings. Did you know that in this country, there are more men in prison than in college? That bothers me a lot. Something is very wrong. This upcoming Wide-A-Wake forum gives me hope. And I need that.

rmc

Quick Announcements

Drop-In Support Group

Wanted: Volunteers to participate in a Drop-In Support Group. The Raleigh Men's Center is looking for 4-6 men who will comprise the "core" group and who see themselves as providing a service to new men who need timely group contact/support while awaiting assignment to an ongoing group. The group will meet on the first and third Sunday of each month from 2-4pm at the Men's Center. Each volunteer would meet one Sunday per month. Call Charles Walker at (919) 834-2591 to volunteer or for more details about this opportunity for service and fellowship.

RMC Sponsors Visit With Robert Bly

The Raleigh Men's Center plans to sponsor an informal visit with poet Robert Bly during his time in the Triangle as part of the Rumi Festival, Sunday afternoon, September 24 at a time and place yet to be determined. We are planning for a couple of hours of poetry from Bly and conversation between him and participants. Contributions will be collected to cover Bly's cost. Watch RMC emails and web page for details, or contact David Potorti at reepo@earthlink.net or (919) 461-2336.

Coming in September

The Raleigh Men's Center Presents:

This is My Father



Starring Aidan Quinn, James Caan,
and Stephen Rea. Directed by Quinn Paul.

**Friday,
September 15, 2000**

Tate-Turner-Kuralt Auditorium
301 Pittsboro Street, Chapel Hill
(across from the Credit Union)

7:30 p.m., Free Parking

Caan portrays a disillusioned Chicago high-school teacher who decides to make a pilgrimage to Ireland to learn the truth about his father, whom he never met. He takes along his troubled nephew, who spends his days falling in love with a local school girl. The film shifts between the present and the past, as we learn the story of what happened to Caan's father. A Quinn Brothers trifecta (Paul wrote and directed, Aidan acted, and Declan photographed), this is a personal - though not autobiographical - tale that rises above cliché due to the subtle, heartwarming performances.



More information, call
(919) 962-6467

Local Community Resources

Triangle Family Services

Programs:

Family Violence
Intervention Services
Individual and Family Counseling
Consumer Credit Counseling Services

401 Hillsborough Street
Raleigh, NC 27603
Phone (919) 821-0790
Fax (919) 821-1893

Male Emotions Support Group

Facilitators:

Gayle Gonzalez-Johnson
Vincent Genna

Focus:

expression of feelings
enhancing communication
exploring intimacy issues
improving relationships
coping with stress
managing anger

Beginning this Fall in Chapel Hill
7:30pm - 9:00pm
every other Wednesday
\$60 per group session (negotiable)
More information call:
Gayle at (919) 816-0009
Vincent at (919) 387-4976

Mark Smith-Soto's New Poetry Collection

Mark Smith-Soto's poetry collection, *Green Mango Collage*, winner of the North Carolina Writers' Network's Persephone Publication Award 2000, has just been released. Copies of the 24-poem chapbook are available directly from Mark. If interested, send \$15 to Mark Smith-Soto, Department of Romance Languages, UNC-G, Greensboro, NC 27402-6170.

RMC Bulletin Board

RMC Membership Email List Needed

As membership chairman, I would like to compile an E-mail address list for the RMC to use for newsletter distribution and notices of events, meetings -- and activities -- just for general communication. I think this address book would be impossible to keep confidential since every message sent would have all addressee's addresses listed at the top. If that is not the case, please, someone more skilled with this medium tell me and show me how to send without showing the addresses. In any case, for now, anyone willing to give up your E-mail address for these transparent purposes, please send your address to me at haverstock@schoolink.net with a word about general permission to use it. Any update about more confidentiality will be published at a later date.

Thanks, John Haverstock

Websites for Family Violence

Men Stopping Violence (MSV) (menstoppingviolence.org/)

Men Stopping Violence is an organization dedicated to ending violence against women. Our focus is to stop battering, and it is our intention to work toward ending rape and incest.

Commission on Domestic Violence

(abanet.org/domviol/mrdv/home.html)

This website provides resources for victims, as well as information about statistics, myths about domestic violence, and educational and teaching materials. Also contains links to other sites.

Websites for Fathers

Fathering Magazine (fathermag.com)

Website dedicated to strengthening the valuable roles that men play as fathers to their children. Featured sections include Men's Health, Parenting Issues, Fathers & Sons, Fathers & Daughters, Custody and Divorce, Second Wives, Second Families, Book Reviews, Domestic Violence & Abuse, Short Stories, Discussion Groups.

American Coalition for Fathers and Children (ACFC) (acfc.org)

This is primarily a political advocacy resource promoting positive father-inclusive policies in government. The site provides informational links to a wide range of issues including: Fathers' Access and Visitation, Child Abuse - False Allegations, Child Development, Importance of Fathers' Involvement, Joint Custody, Gender Bias in Courts and Government, Child Support, Education, Child Welfare, and Post Traumatic Stress Disorder.

Domestic Rights Coalition (home.earthlink.net/~proadvocate/)

The Domestic Rights Coalition specializes in courtroom advocacy. Issues addressed include: Domestic Abuse -- "Male Victims," Custody, Visitation, Child Support, Divorce and Paternity, and Orders of Protection. Includes many additional weblinks to other related sites.

Raleigh Men's Center T-Shirts for Sale! \$10

Designed by RMC Member 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 Dr.
Chapel Hill, NC 27514



The ManKind Project Presents

THE NEW WARRIOR TRAINING ADVENTURE WEEKEND

November 3-5, 2000

Reidsville, NC

(near Greensboro)

This intense men's training invites you to make the journey from head to heart. The program challenges you to look at all aspects of your life to see which are effective and which are not, and then to create new, more powerful and joyful ways of living.

Leadership ● Fatherhood ● Manhood ● Empowerment
Community Service ● Integrity ● Accountability
Authenticity ● Spirituality

For more information about the New Warrior Training Adventure,
call Kevin Hedeem at (919) 518-2906 or John Miller at (919) 465-0807.
(or email us at tcayote@ipass.net)



detach here

RALEIGH MEN'S CENTER MEMBERSHIP APPLICATION FORM

Yes, I want to support the Raleigh Men's Center.

Please send me information about support groups.

Name/Organization _____ Phone(h) _____ (w) _____

Address _____ City _____ State _____ Zip _____

Email _____

I wish to make the following contribution to support the Part-time Center Coordinator

_____ \$1,000 _____ \$500

_____ \$250 _____ \$100

_____ \$50 _____ \$25

_____ \$15

_____ Other gift amount: \$ _____

Please make checks payable to
The Raleigh Men's Center
Mail this form with your check to:
Ray Schuh, 4705 Baybridge Crossing, Apt. 1319
Raleigh, NC 27604

Total enclosed: \$ _____

Thank You!

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

www.mens-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 Daniel, 304 Oak Tree Drive, Chapel Hill, NC 27514. Calendar items will be included as appropriate and as space permits. Deadline for the next issue: **October 1**.

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THE RALEIGH MEN'S CENTER

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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.