

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

NOVEMBER/DECEMBER 2000

www.mens-ctr.interpath.com

Vol. 14, No. 6

The Coordinator's Corner

by Charles Fisher

I am happy to be associated with RMC as the Center Coordinator. This is an exciting group of men, and we have the opportunity to make a positive impact on a variety of issues throughout the area. On the horizon are all of the implications of grant-funded partnership with Triangle Family Services. The skills, talents, and vision developed throughout the fourteen-year history of our organization will become more and more valuable to our community and region.

Obviously, the partnership with TFS and the addition of a paid coordinator signal change in process and impending change for the future. I want to take a moment to discuss two of the changes in place at this time.

The first of these has to do with Support Group assignments. Patrick Knox, Bob Irvine and all the others, who have handled phone inquiries and referrals to support groups, have done a masterful job for some time.

RMC owes them a debt of gratitude for their faithful service and contributions to this important aspect of our work. One of the effects of hiring a coordinator is that phone calls are answered rather than returned. This means the contact is completed when the caller is in the midst of the crisis motivating the call. It is imperative to be able to move from this point to group assignment in the most efficient manner possible. In the future, as the Center Coordinator, I will make those assignments. The Leadership Council is convinced that this will make us more effective in addressing the needs of the community and region.

The second change is the addition of a Drop-In Group. The purpose of this group is NOT specifically to become another one of our groups. Its purpose is to be a long-term sustained effort to provide a point of contact with the Support Group

continued page 5

Why Men's Groups?

by RMC Member Martin Brossman

Why are men meeting in groups? Haven't men gathering together caused many of the world's problems? Shouldn't men be working to ensure the equality and unity of the sexes, not separation? Many men are solitary creatures and don't seem to need much of anything. What's the point of a group for men?

Doesn't the TV ball games, golf game, or poker game serve the same purpose? If a man has a healthy relationship with God, why would he need a men's group?

Sadly, it is true that often throughout history when men have gathered together, it has resulted in bad news. Historically, men have always gathered to deal with problems. The crop was blighted, the villagers were mutinous, or a battle was coming. Men wielded "the power;" therefore, they meant to use it. This societal control perspective, however, ignores the benevolent use of rituals, i.e., the gathering, in the maturation of normal, healthy, adult male humans. Modern society has forgotten these rites of passage. To a large part, Western adult males are left to raise themselves, with varying results. One only has to read the divorce rate and crime statistics to become aware that

continued page 2

rmc

November 2000

December 2000

(Details pages 2-3)

e
v
e
n
t
s

s	m	t	w	t	f	s
			1	2	3	4 "Survivors" Group Leadership Council
5	6	7 Durham/Orange Monthly Meeting 7:30pm	8	9	10	11
12	13	14	15	16	17	18 "Survivors" Support Group
19	20	21 Triad Monthly Meeting 7:30pm	22	23	24	25
SUPPORT GROUPS are also available and meet weekly. For information, please contact Charles Fisher at (919) 832-0509.						
26	27	28	29	30		

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

RMC Events Calendar

November 2000

November 4 & 18

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.

November 4

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

November 7

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.

Volunteers Needed:

Drop-In Support Group
Facilitators

2pm - 4pm on Sundays

Four trained volunteers are needed to help facilitate RMC Drop-In Support Groups. Each volunteer will receive training and have his name added to a permanent roster to be called upon as needed. If you are interested in participating, please contact Charles Fisher at (919) 832-0509. The next scheduled groups are:

Sunday	Nov 5	2-4pm
Sunday	Nov 19	2-4pm
Sunday	Dec 3	2-4pm
Sunday	Dec 17	2-4pm

Men's Groups -

continued from page 1

something is missing.

I was always very suspicious of "men's groups." I thought I had evolved beyond a need for sharing with others. About nine years ago, while driving, I was listening to the audio book version of "Iron John" by Robert Bly, about issues of men maturing. I suddenly found tears running down my face but at the time had no idea why. Iron John is about men's rites of passage. Bly outlines an idea about men gathering together to support each other.

With much apprehension, I began exploring this thing called "men's work."

Men explore questions and share experiences to address issues that are deeply important to them. Men's issues may include: their relationships with their father and/or with their mother; being a father; and dealing with anger and/or emotional pain.

I worked through my nervousness and suspicion by interviewing men who had been involved with men's work for over a year. I asked these men what their partners thought of their involvement in a men's group. Some of the women were suspicious of their first involvement and did not see the real benefit. However, the greatest resistance seemed to come from other men.

They made jokes about men "coming out of the closet," or said they had "gone to something like that once" and did not need it now. I also interviewed men who had been involved with men's work for over a year or more. I wanted to find out what their partners thought of their involvement now. I was amazed how positive the responses were.

Comments ranged from, "She says she likes the man I am becoming" to "she insists I go." After being involved in a men's group myself for a while, I see the benefits first hand and was puzzled why there are not more men involved in such groups. I would like to share a few observations of what may stop men from reaping the benefits of men's groups.

PROTECTOR AND PROVIDER ROLES

We are still highly influenced by the antiquated social role of men as protectors and providers, who are self-sufficient creatures and have all the answers. Our society has implied that self-sufficiency means handling

everything in isolation. A healthier attitude would be that self-sufficiency is the wisdom to seek out and utilize support and resources in one's own environment. As Warren Farrell addressed in his book, Women Can't Hear What Men Don't Say, men in our culture are often viewed as success objects. This viewpoint is as de-humanizing as viewing women as sex objects. Many times, the success object bias does not even break down when both partners bring in equal salaries, especially in a family with children. Men may find it difficult to develop a rich emotional life while focusing on being successful. In this respect, men are not being treated equally either.

MEN'S GROUPS EQUAL OPPRESSION OF WOMEN

Men and women may both be suspicious of men's groups. Many feel that men's work is misogynistic by its very nature. They feel it exists to support men who hate women. Nothing could be further from the truth. Men's work supports men and women living in harmony. It tends to create more balanced and grounded men who can truly honor women as equals.

SILENCE MEANS STRENGTH

Many men have developed the habit of emotionally isolating themselves, especially from other men. A man may develop only superficial or competitive relationships with other men, revolving solely around business or sports. Men's work helps break through this two-dimensional socializing. Conversations involving more personal topics become easier with practice and support.

UNHEALTHY EMOTIONAL DEPENDENCY

Some men don't notice the missing male relationship because they have become overly emotionally dependent on the women in their lives. As a consequence, they are not able to take the risk of being emotionally available to their partner. For these men, this way of living is so familiar they are unconscious of it. Men's work provides a support structure for these men to safely discover and change this dependency. By developing healthy relationships with other men, there is less at stake so they can become more emotionally available to their partners.

HOMOPHOBIA

Homophobia may keep heterosexual men away from men's groups, while a gay man may stay away for fear of persecution. Being gay is not an illness

RMC Events Calendar

or contagious, and not all heterosexual men are threatened by gay men. Men's groups are a place to learn to distinguish between sexuality and intimacy for both heterosexual and gay men. Hashing out sexuality issues is central to living as a healthy adult male.

ONLY THE WEAK NEED SUPPORT

Some men think men's groups are only for men with problems or unsuccessful men. They tend to value success only in relationship to business. A man who can smoothly move through his feelings, instead of suppressing them or being driven by them, is a strong and powerful man.

ALL I NEED IS GOD

Jesus had a 12-man support team. A possible doorway to an enhanced relationship with God may come through relationships with each other. A man who allows other men to contribute to him gives them the opportunity to experience the gift of giving.

OVER-WORKED FATHERS

If you are a father working 40 hours a week or more, you may not have a lot of free time. What harried fathers do not realize is they may truly benefit from an extra-family structure that supports them as men. They become more emotionally available for their partners and children.

Imagine how you could create time for something that costs only a few hours a month in time...something that would profoundly improve the quality and depth of your relationships...and something that would enlighten you and your loved ones. It does take some time, commitment, and courage to get involved with a men's group to reap the real benefits. Yet, this is true for anything worth having in life.

Why is it important that men's work expand its scope? First, men who are more conscious and able to fully experience their emotions tend to live longer. Second, men who have healthy emotional relationships and feel connected to other people tend to be life affirming, compassionate and less violent. Lastly, having more meaningful relationships nourishes a deeper connection to life.

EMOTIONAL ISOLATION

I believe men's work can reduce violence in our society. I grew up in Washington, DC, in the sixties and seventies and attended both public and private schools. From this vantage point I see that violence often comes from emotional isolation. This isolation

creates resentment and anger, which can lead to violence toward self and others. Maybe men need a special type of emotional connection or food from other men. Perhaps men's work offers this need for food that allows us to be more whole and balanced in our lives.

Young boys need healthy models to learn how to be men. What rites of passage are clearly delineated for them? How will they relate to other men without effective models? One can easily see that gangs are just a desperate attempt for young men to initiate themselves into manhood and to connect as a family.

It is an amazing experience when men get together and explore important questions openly and honestly. How does an adult man relate to a woman he loves? How does he handle disappointment, shame, sadness, and anger? Inquiry can enable us to reconnect to both the awareness and the subsistence that fulfills it. Inquiry has a clear purpose, goal, and end point, which is often intrinsically appealing to men because it is focused.

Please explore the following questions for men.

Q: Do you have close male friends who you can truly confide in about your joys, passions, fears and desires?

Q: Do you turn to men, women, or do you emotionally isolate yourself from more emotional pain during a crisis?

Q: Do meaningful relationships with other men allow you to be more emotionally available to your partner, children and yourself?

My personal vision is that by men nurturing and emotionally supporting each other, we will have stronger men available to stand up the challenges of creating a more peaceful world. Men's groups fully support men to allow us to experience the unique gifts we are.

By Martin Brossman, a personal coach and founder of "The Triangle Men's Inquiry Meeting." For more information about "The Triangle Men's Inquiry Meeting," go to our web site at: <http://www.toinquire.com> or e-mail: to-inquire@mindspring.com, or call Martin at 919.847.4757



December 2000

December 4

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.

December 9

RMC

Leadership Council Retreat

Location: TBA

The Leadership Council normally 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.

December 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.

Volunteers Needed!

Fun, Fun, Fun!!!

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:

Nov 4	7:30pm, Saturday, Interhoop*
Nov 10	7pm, Friday, Hurricanes
Nov 18	7pm, Saturday, CoSida Classic*
Nov 30	7pm, Thursday, Hurricanes
Dec 15	7pm, Friday, Hurricanes
Dec 16	2pm, Saturday, New Hampshire*
Dec 30	2pm, Saturday, Cal Poly*

*NC State basketball events which are non-alcoholic.

The hockey games are all alcohol events, and the NCSU basketball games are non-alcohol events. 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).

Finding the Man Within -- The Warrior Archetype

by RMC President Frederick Whitmeyer

"A warrior knows what he wants, and how to get it. He knows what aggressiveness is appropriate under the circumstances. He knows this through clarity of thinking, through discernment. The warrior is always alert and always awake. He is a strategist and a tactician. The warrior energy is concerned with skill, power and accuracy, and with control, both inner and outer, psychological and physical. And, he doesn't talk too much." by Robert Moore & Douglas Gillette

THE WARRIOR ENERGY.

People are generally uncomfortable with the Warrior form of masculine energy... and for some good reasons. Women especially are uncomfortable with this energy because they have often been the most direct victims of it in its shadow forms, especially the sadist. Radical feminists tend to raise loud and hostile voices against this Warrior energy. However, like all repressed archetypes, if it is forced to go underground, it will eventually resurface in the form of emotional and physical violence. The Warrior energy is indeed universally present in men and in the civilizations that men create, defend and extend.

THE WARRIOR IN HIS FULLNESS.

The characteristics of the Warrior in his fullness amount to a total way of life... a spiritual path through life. The Japanese warrior tradition claimed that there is only one direction: forward. The warrior has an unconquerable spirit, great courage and fearlessness. He takes responsibility for his own actions and he has self-discipline.

The warrior energy also shows transpersonal commitment. His loyalty is to something bigger than himself - a cause, a god, a people, a task, a nation - larger than individuals. This transpersonal commitment

reveals other characteristics of the Warrior energy. It tends to make all personal relationships relative, that is, it makes them less central than this vital transpersonal commitment. Thus, the psyche of the man who is adequately accessing his Warrior energy is organized around his central commitment.

The warrior essence is not to gratify his own personal needs and wishes, or his own physical appetites, but, clearly, the warrior lives to hone himself into an efficient spiritual machine. The man who is a warrior is devoted to his cause, his God, and his civilization, even unto death.

THE CONNECTED WARRIOR.

When the Warrior energy is connected with the other mature masculine energies, something splendid emerges. For example, when the Warrior is connected with the King, his decisive actions, clarity of thinking, discipline and courage are, in fact, creative and generative. The Warrior's interface with the Magician is what enables him to achieve such master and control over himself and his "weapons." The lover energy gives the Warrior compassion and a sense of connectedness with all things...at the same time that he is accomplishing his goals.

If we men are accessing the Warrior appropriately, we will be

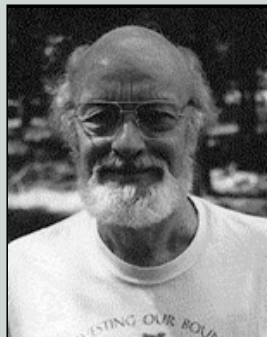
energetic, decisive, courageous, enduring, persevering, and loyal to some greater good beyond our own personal gain. At the same time, we need to be balancing the Warrior with the energies of the other mature masculine forms: the King, the Magician and the Lover. If we are accessing the Warrior in the right way, we will be warm, compassionate, appreciative and generative. We will care for ourselves and others. We will stand fast to make the world a better and more fulfilling place for everyone and everything. Our energies will be for the creation of the new, the just and the free.

*Adapted from King Warrior Magician Lover
by Robert Moore & Douglas Gillette*

rmc

RMC President's Message

"There is a law in psychology that if you form a picture in your mind of what you would like to be, and you keep and hold that picture there long enough, you will soon become exactly as you have been thinking."
-- William James



Frederick Whitmeyer

We have all heard the saying, "be careful what you wish for; you just might get it." Well, I have a vision of the Raleigh Men's Center that I would like to share with you. If this vision makes a picture that you can see and desire, then we all move closer to the picture becoming reality (assuming William James is right).

I like to work first with the final picture in my mind and then move backwards to the 'how' to get there, the 'when' to do it and the 'where' to do it. These last three parts of the process are just the details of the picture (the 'what'). These details are challenging details, mind you, but still just details. The 'what' is the key. The 'what' for me is the Raleigh Men's Center being a formidable energetic force in the community. The picture is a piece of land with a building on it. The building houses an administrative staff and a variety of programs for men and youth. These programs stress cooperation and creativity through personal growth and community team building. The land that the building is on is owned by the Raleigh Men's Center. The building is owned by the Raleigh Men's Center.

I have a T-shirt with the following quote by Margaret Meade on the back:

"Never doubt that a small group of thoughtful committed people can change the world. Indeed, it's the only thing that ever has."

These words have always been an inspiration to me. It does not take a large group of people to accomplish a great task. It only takes a small group of people with a large commitment to succeed. Others will follow. When we become believable through our own patience and persistence, we also become safe for others to support us. So, how does this small group become inspired?

I am inspired by brother Gregory Blaine's music. When he plays his flute, I feel that man's spirit moving to reach out and be heard, be seen and be felt. I am moved. I am inspired by Bill Switzer's gifts of time and energy to the Men's Center and to recruiting volunteers from the membership to give their time to fundraising activities. I am inspired by the creative energy of people like Kevin Hedeem who can organize activities that bring men together at the soul level. I am inspired by the many men of strength who have answered the Men's Center phone to the anguishes of callers in pain and done so with love and compassion, by the men who continuously help start new support groups and by men who do the tasks necessary to keep us all together as a Men's Center.

It requires a lot of commitment and energy to do these things. And, fortunately, commitment generates energy. So, it is not difficult to do something if we truly value it. I am moved by the fact that about half of our membership has responded to the call to volunteer at the athletic event concessions that Bill Switzer coordinates. That speaks loudly of the thoughtful, committed members that we have.

Now, I would like to see us continue on our path of growth... a growth measured not by numbers in our membership, but by numbers that our membership touches in our community. We start by touching men in ways that create peace and harmony among men of all backgrounds. We continue by offering programs that touch our youth. In doing so, we also work with other community organizations in supporting the work that women are doing to heal their space in this world. We become mediators of peace and harmony in our community, our world. That is my vision. Can it be done? Of course! We just have to allow ourselves to become inspired, make the commitment and work out the details.

Frederick Whitmeyer

rmc

Coordinator's Corner

continued from page 1

Program of RMC. The only qualification for the individual man is that he shows up for the group. It is easy to envision a man remaining in this group for months or feeling ready to join a more specialized group after attending the Drop-In a couple of times. The main point is that there will never again be a delay in offering a caller some opportunity to share his story, need or situation with a group. The very least that should be offered the caller is the time and date of the next meeting of the Drop-In Group. That information can be given to every caller, every time.

Now, with that said, I have a favor to ask. At this point only Charles Walker and myself have agreed to be part of the facilitation team. The Leadership Council has indicated their desire to have four facilitators on roster, but have given me permission to start the group before that roster has been completed. If you feel interested or capable of participating, call me at 832-0509. The Drop-In Group meets from 2:00 to 4:00pm on the Sunday FOLLOWING the first and third Saturdays. That works out to the following dates for the year 2000: **22 October, 5 November, 19 November, 3 December, and 17 December.**

I look forward to meeting each of you as we continue to grow together with the Raleigh Men's Center.

Charles Fisher

rmc

SPIRIT — a journey in dance, drums, and song

"Blood flows through so many who don't know who they are."

Spirit will take you on an incredible journey as we learn to experience and find joy in our culture with amazing dancers, gorgeous costumes and heart-stopping rhythmic music.

SPIRIT tells the journey of a soul divided against itself. A man numbed by the automatic gestures of his daily life and deafened by the blistering cacophony of modern technology suddenly "comes to his senses."

Stripping off professional skins and public masks the EVERYMAN dances around a primordial fire, releasing the last vestiges of pain and anger to prepare himself to cross over the threshold into the spirit world. Once there, he encounters the spirits of the ancestors and of those yet to be born. At journey's end he realizes that he must redeem the past before he can be born into the future. Only then can he fulfillingly make his way among the living.

Introduction by Kevin Costner.

Conceived and Composed by Peter Buffett.

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

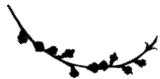
Facilitators:

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

The Triangle Men's Inquiry Meeting

...will be **Thursday, November 9th**, I look forward to seeing you! This month's topic is: "How do we deal with the objectifying of men as a success objective?"

This is an invitation to an inquiry into what it means to be a man and other questions related to our lives.

The men's meeting will be Thursday, November 9th, from 7:30-9:30 PM at 6200 Coldwater Court, Raleigh, NC. Call Martin Brossman 919-847-4757. Respond by e-mail: Toinquire@mindspring.com or access the web page at <http://www.toinquire.com> (Web site has map, directions, and other resources.) Note: the meeting has moved from the 2nd Thursday to the 3rd Thursday, unless otherwise stated.

Bring a favorite beverage or snack.

AND, if you know anyone else who you think would be interested in this meeting, please forward this email on to them. If you would like to be removed from this list, just return with the word "REMOVE" in the comment line. Also, if you are self-employed, bring information about what you do, to share.

"The commitment of this meeting is to support men in the creation and maintenance of relationships with ourselves and others filled with passion and joy"

Thanks! Martin Brossman
919.847.4757
e-mail: To-Inquire@mindspring.com
Web site: <http://www.toinquire.com>

Websites About 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.

The men of the
Triangle Community of The ManKind Project
invite you to:
AN INTRODUCTION TO MULTICULTURAL LEADERSHIP

(Organization and Community Leadership 103)

December 8-10, 2000

WHAT:

A training for those who are interested in building a more multicultural community. You will learn concepts and skills that will be useful in the workplace or in your community.

WHEN:

December 8-10, 2000
(Fri. night at 7-10 PM; Sat. 8:30 AM-4:00 PM, 7:00-10:00 PM; Sun. 8:30 AM-2:00 PM).

WHERE:

Raleigh area (to be announced).

DETAILS:

A 2-day introduction to a comprehensive model of understanding the complexity of Modern -"Isms" as they are playing out in our organizations and culture. Presentation of a common language and common concepts through which to understand cultural group dynamics and conflicts, including issues of race, sexual orientation, class, religion, gender, and more. Opportunity for initial personal assessment and the beginning of applications of concern to participants.

FACULTY: Thomas Griggs, Ph.D., and Wekesa Madzimo who have worked together for over ten years across the US and abroad providing consultation and training in the creation of multicultural environments in corporate, educational, governmental and public organizations.

COST:

\$395. Includes tuition, workshop manual, continental breakfasts, breaks and lunches. (Up to \$50 rebate depending on registration; some scholarship funds may be available).

COMMENTS FROM PREVIOUS ATTENDEES:

"It is my belief, and the belief of others in the Project, that this work will profoundly impact the way we initiate men in the future, the way we interact with the men and women throughout our community. I believe that this work may represent the next natural evolution in our work in the world."

(Joel Ferguson, The ManKind Project)

"There have been a few profoundly life changing experiences in my 53 years. Becoming a father and a grandfather, getting married, getting sober, getting initiated, and doing the OCL 103 last January are the tops."

(Hal Klegman, The ManKind Project/Chicago)

CONTACT INFORMATION:

The workshop is limited to 30 attendees. So, register soon. For more information, or for a registration form, contact:

Thomas S. Griggs, Ph.D.

NSC Group

Tel.1.919.233.1989

tgriggs@nscgroup.com

Jud Lawrie

Triangle Community of The ManKind Project

1.919.518.1075

Jud@Lawrie.com

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: **December 1**.

RMC News Staff

Editor, Acquisitions, Layout/Design	Daniel Lebold	(919) 929-7199
Copy Editor	Anne-Marie Sullivan	
Labels	Ray Schuh	(919) 876-4321

THE RALEIGH MEN'S CENTER

723 WEST JOHNSON STREET
P.O. BOX 6155
RALEIGH, NC 27628
(919) 832-0509

Non-Profit
U.S. Postage
PAID
Raleigh, NC
Permit# 1159

Forwarding Service Requested

rmc

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.