

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

January/February 2002

www.mens-ctr.interpath.com

Vol. 16, No. 1

What Would Rumi Say?

By Doug Jennette

What would Rumi say, watching half-ton bombs decimate
 His Persian place of birth?
 Would undulating earth provoke images
 Of midnight lovemaking and mirth?
 Would the crying sky call forth comparisons
 With ivory ash or burned leaf skeletons
 Spiraling on crisp Fall breezes?
 Would he propose, only half in jest, that those who live underground
 Are of another race or species
 Blind, like moles, but highly prized?
 Would the pain of this season of destruction be too great,
 Even for one buoyed on the breath of the Beloved?
 Would this carnival of terror find meaning
 In his hooded stare and be seen, through a silent tear,
 As the way we break the walls between
 This world and the next?

Hate invites a familiar partner to this rosy dance of death.
 We will not disappoint or shyly turn away.
 What would Rumi say?

This issue of the *RMC News* is dedicated to men's expressions through poetry.

We Are the Mirror

By Rumi (*Translated by Coleman Barks*)

We are the mirror as well as the face in it.
 We are tasting the taste this minute
 of eternity. We are pain
 and what cures pain, both. We are
 the sweet cold water and the jar that pours.

RMC January 2002

e	s	m	t	w	t	f	s
			1	2	3	4	5 <small>Survivors Support Group 9:30 AM Leadership Council 1:00 PM</small>
v	6	7 <small>Durham/Orange 7:30 PM GBQ 7:30 PM</small>	8 <small>CH-Carrboro Group 7:00PM</small>	9 <small>Triad Monthly Meeting 7:30 PM</small>	10 <small>RMC Monthly Meeting 7:30 PM</small>	11	12
e	13	14	15 <small>GBQ 7:30 PM</small>	16 <small>Triangle Men's Inquiry Group 7:30 PM</small>	17	18	19 <small>Survivors Support Group 9:30 AM</small>
n	20 <small>RMC Poetry Group 7:00 PM</small>	21	22 <small>GBQ 7:30 PM CH-Carrboro Group 7:00PM</small>	23	24	25	26
t	27	28	29 <small>GBQ 7:30 PM</small>	30	31		

February 2002

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					1	2 <small>RMC News Submissions Deadline Support Group 9:30 AM Survivors Support Group 9:30 AM Leadership Council 1:00 PM</small>
	3	4	5 <small>GBQ 7:30 PM Durham/Orange 7:30 PM</small>	6	7	8
	9	10	11	12 <small>GBQ 7:30 PM CH-Carrboro Group 7:00 PM</small>	13 <small>Triad Monthly Meeting 7:30 PM</small>	14
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January 2002

January 10

RMC Monthly Meeting

On Thursday, January 10, 7:30-9:15 PM, at Glen Eden Pilot Park, Dr. Mark McClure will facilitate a program entitled "How To Manifest a Magnificent Life." He promises to teach men how to thrive, not just survive, and will outline a program that men can follow to achieve optimal physical, emotional, and spiritual health. He will guide those who attend through a step-by-step program they can incorporate into their daily lives. Then, he will narrow the focus and teach men how they can achieve a magnificent love life. You won't want to miss this opportunity to learn how to become a thriving twenty-first century man.

Dr. Mark McClure is one of the first physicians in the country to integrate conventional and holistic medicine. He writes and lectures extensively on the virtues of complementary medicine. He serves as medical editor for HEALTH AND HEALING, a Research Triangle-based health newspaper. He has also published a book entitled, SMART MEDICINE FOR A HEALTHY PROSTATE, which outlines conventional and complementary therapies for prostate cancer, prostate enlargement, and prostatitis.

For further information about the program, contact Doug Jennette at 919-781-6393 (w) or 919-832-6071 (h).

For directions to the meeting space: contact Charles Fisher at (919) 832-0509 E-mail: raleighmenscenter@hotmail.com

We request a small donation (\$5.00) to cover the rent for the meeting space.

Contrasts

By Sid Harrell

The end of my femur
Adorns our talking stick
It smells a little,
 like a baby
Put some baby powder on it,
 birth; death
Inside; now outside
Like our stuff
Fear, rage, pain, sorrow
Bones of our ancestors,
 future generations
Now there's room for joy
As the tears from my sobbing
Flow from my soul

Mountain High at Buffalo Gap

By Sid Harrell/Golden Dancing Dolphin
11/23/2000

I lay on the deck of the Pavilion
I extend my arms
My fingers stretch farther
And farther and farther
Around the whole world,
I gather all the love
Into a great golden ball
And bring it into my heart.
That huge hole in my soul
Is filled to overflowing,
The love that remains outside,
A golden dome on my chest,
Is my gift back to the world
That always goes before me
Like the sword and shield
Of a mighty warrior.

Sid comments:

"My mission is to create a healthy and happy world by bringing all the love in the world into my heart." —October, 2000

Fire Man/Fire Woman

By Sid Harrell, Golden Dancing Dolphin 3/18/2001

There she is
 Sitting cross legged on the bed,
 hair, eyes, breasts, belly, pubis, vagina, legs, arms,
The growl starts deep,
 She's frightened at first,
I'm connecting with the primal;
 The breasts of all women,
 Power, allure, illusion,
I connect with my body,
 All of Her history and before
Pours into me through my eyes

The growl widens and gives voice to every part of my body,
I begin to dance and twirl and leap and shake and shout
 I take in every part of her body and soul,
That energy courses and races and crests from part to part
 head to toe
Finally concentrating in the tip of my sword

With a great powerful calm
I lay down beside her and say:
 Take me woman,
Now dance your Fire Woman dance.

Sid comments: "This poem was inspired by "To A Fighter Killed in the Ring," by Lou Lipsitz, and by the Swift Deer/Quodoushka video.



To Share a Note of Thanks....

By Bill Switzer

The Raleigh Men's Center has been working concessions at the Raleigh Sports and Entertainment Center for some time. As part of this activity, we often receive complementary tickets to Hurricane's games. Some of these, we have been donating to the Big Brothers/Big Sisters program at the YMCA. Below is the content of a note from the coordinator of this program:

Dear Mr. Switzer,

Thanks so much for the Hurricanes tickets. Your generosity will allow one of our matches to have a very fun evening with very little expense. I hope you will remember Big Brothers Big Sisters again in the near future.

Regards,

Eva Hobson

February 2002

February 14

RMC Monthly Meeting

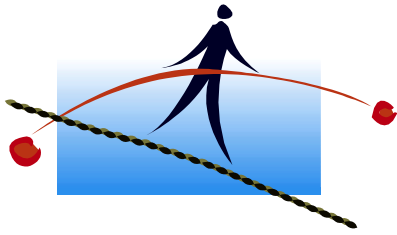
On Thursday, February 14, 7:30-9:15 PM, at Glen Eden Pilot Park, Bennett Myers will facilitate a program on the necessity and benefits of grieving. People neglecting to grieve may miss an opportunity to transform anguish and to grow as persons. In the light of the recent terrorist attacks, this meeting will provide an opportunity to explore the wide range of feelings these events evoke. All losses tend to reawaken feelings about earlier losses and may provide an opportunity to grieve and work through those old losses along with the present ones.

Bennett is a very active long-time member of the Raleigh Men's Center and of the Durham-Orange Men's Council. Besides leading a RMC poetry group on the third Sunday of each month, he also facilitates a support group at the Carrboro Town Hall on the second and fourth Wednesdays.

For further information about the program, contact Doug Jennette at 919-781-6393 (w) or 919-832-6071 (h).

For directions to Glen Eden Pilot Park: contact Charles Fisher at (919) 832-0509 E-mail: raleighmenscenter@hotmail.com.

We request a small donation (\$5.00) to cover the rent for the meeting space.



Shadow City

by Reid Baer

Look at what lies
Between east and west.

What lies
Between the winter and the spring

Lies
Inside the edge of the road.

And lies
Inside the gutter with water and snow.

I don't know what it is,
But I'm stepping into it,

Up to my ankle
Cold and sopping wet,

Soaking my socks
And making my shoes squishy.

I'm stepping into a painful past
In between a fearful future.

Look at what lies
I tell about who I am

What lies
In between the sides.



STOP

By Reid Baer

A fine contentment filled me one autumn afternoon
As I rushed homeward on a remote rural road.
Almost recklessly, and too easily, I tested a tight corner at high speed.
The wheels slid and glided side to side through the brown dirt wave.
All was well under control.
A good mood lingered from a long luncheon with old friends.
The kinship-type connections and conversation still echoed in my head.
I tilted toward the open window.
Chilled air rushed against my brow.
Sunlight splashed my face and fixed the moment in my mind.
In the distance, my eyes caught sight of multi-colored leaves leaping in
the air.
With only a tip of her finger, nature's fantasy had touched the fallen
features and
Whipped up the assortment into a live exhibition of mixed aspirations.
On the ground, and from a completely different side, I was forced to
reset my sights.
The flashing rear lights of a yellow school bus announced their inten-
tions in front of me,
Arresting my high-flying reverie and rudely setting me down.
Nervous reaction hit the brake pedal and halted the forward motion.
The threatened delay developed into an impulse of irritation.
Distraction turned to delight, however, when
Creation gently gestured to me again with her tiny twirling leaves.
Emotion arrived anew with the little Whirling Dervishes
Who seemed to say there was no where else but here, and here was now
And now was the meaning.
From the bosom of the bus, a mechanical arm unfolded, revealing a red
rounded form.
It was a divine sign for me and the line of opposing cars.
Stop.
I watched and waited.
Out of the bus's belly emerged two care-free spirits.
Like small animals, they moved with essential purpose.
For some unknown reason, I gave the moment my full attention.
A school boy and girl showed me the way on a bright ebullient autumn
day.
And in a singular motion of grace, that I still hold in a blessed place,
The young girl performed a perfect cartwheel in the middle of the road.
She moved as if following a flow from a newer age.
Momentum carried her off the lane and onto another path.
She stood, then skipped along the row.
The boy kept his stride a few paces passed.
While anxious motorists made ready to go, I stopped
And found a smile as an unexpected gift
Distilled upon my soul.

A True Warrior

by Rodney Bryant

Upon my approach,
The small green turtle slipped,
Into its muddy orange pond.
Seeking safety in the dank pool of the known.
Rather than meeting the risk of the unknown,
Shadow befalling it.
Am I not similar to this timid creature,
Retreating from my own Shadows,
To the maelstrom of my safe, numb mind?
Do I dare to lift my eyes upward,
Out of my darkness, into the light?
To face my fears and shame,
Embrace them, and begin battle,
As only a true warrior can?
Taking back that which is rightfully mine,
Slaying my once-Shadowed self,
And returning to my rightful place?
Man of the Sun, godhead of my soul,
Regaling the world in the brilliance of my energy,
And magnificence of my manhood.

Cedar Tree

by Rodney Bryant

The lone greenness of life silently stood,
In a shattered web of graying trees.
Brought to fruition by one which flew,
Upon completion of its daily
Digestive processes.
Does the cedar know of its humble beginning?
It matters not to this vibrant tree,
Of the Great Spirit's intent of display.
But for man, in his busy, lonesome world,
It holds the promise of another better life.
A portrait painted by our Father,
Spawned from our Mother,
Made especially for us to enjoy.
These little endearments from our Parents,
Ask us only to believe that the energy is alive,
Surrounding us daily,
If we would but stop to appreciate,
The gentle loving They have provided.

Letter to the Editor

by Grady Bennett Myers, Jr.

Dear Newsletter
You have been a long time
Your mind is mine
I feel your grit
Sometimes piercing to the quick
Your pages have never been clean green
They have been littered
With the bloody nakedness of men
Your wont is to become flesh
Hard calluses bloody knuckles
Hairy places that shout and groan
These are the odors of men
And the night of the dark poet goes on.
Listen to him.



The Standing Tree

by Grady Bennett Myers, Jr.

Bennett writes: "Poems come to me from things I experience. This poem came out 'heavy' spiritual work I had done during a meeting of the Ritual Group to which I belong."

It's a flourish of tears
That's what opens the gawking cavity
Hard times have sealed over
Like a gnarl on a standing oak.

I have no words
The flesh has no words
That utter for such deep wounds
A code I have yet to break
And the bark keeps trying to cover.

Gay, Bisexual and Questioning Men' Support Group

The Raleigh Men's Center is sponsoring a weekly support group for gay, bisexual, and questioning men. In response to numerous requests from a broad variety of men, RMC is pleased to be able to sponsor this important new group. A nominal charge of \$5.00 per meeting will help defray the cost of renting the meeting space. The group will not meet at RMC offices so that confidentiality might better be protected. GBQ is not intended to be a substitute for therapy for those who require therapy related to their sexuality. This group will provide a place where men can come together and share their stories, supporting one another in identifying and coping with issues related to their sexuality, families, careers, and spirits. If this sounds like the right group for you, come join with other men who feel the same way. The group meets Tuesdays 7:30-9:00 PM. For the name of the meeting space and directions to it, and for further information about GBQ, call Charles Fisher at 832-0509 or e-mail him at raleighmenscenter@hotmail.com

Survivors' Support Group

The Survivors' Support Group meets on first and third Saturday mornings, 9:30 to 11:30, in the Raleigh Men's Center offices, 723 W. Johnson Street. This is an open, drop-in group for men who experienced physical, sexual, or emotional abuse as children or adolescents, as well as for men who may be experiencing such abuse now. Dues for this group are \$5 per meeting or \$30 per quarter. For further information, contact Charles Fisher at 832-0509 or e-mail him at raleighmenscenter@hotmail.com.

January February Programs for Durham-Orange Men's Council

On Tuesday, January 8, 2002, 7:30-9:00 PM, Tom Harris, will facilitate a program entitled "Male Initiation" Tom is an attorney and a long-time member of the Durham-Orange Men's Council. NOTE: The Council will meet Tuesday, January 8 rather than its usual first Tuesday, January 1.

As RMC News goes to press, no program has been determined for February.

The Durham/Orange Men's Council meetings are usually held on the first Tuesday of the month, from 7:30 to 9:00 PM, at Pilgrim United Church of Christ, 3011 Academy Road, in Durham. An optional donation of \$2.00 is requested to cover rent for the meeting space. For directions or other information, contact Ken Wahl at 933-8353 or e-mail him at wahlesq@earthlink.net.

For RMC West, New Support Group Forming

For a long time many men from Chapel Hill, Carrboro, and Durham have expressed a desire to join a Raleigh Men's Center support group but have not been able to come to Raleigh on a regular basis. To serve these men, Bennett Myers has continued to volunteer to facilitate a support group that meets on second and fourth Wednesdays, at 7:00 PM, in the Carrboro Town Hall. For further information about the group and for directions to the meeting space, contact Bennett at 419-8886.

New Warrior Training Adventure

The ManKind Project of the Carolinas is having its next New Warrior Training Adventure on March 22-24. This is a powerful and demanding weekend designed for men to make the journey from "head to heart". The weekend is a safe and challenging experience where a man can address his deepest fears and rediscover his life's personal mission. Many men come away from the experience with a renewed sense of purpose and the power and integrity to transform their relationships. For more information, please contact: Jud Lawrie at 919-518-1075 E-mail: Jud@Lawrie.com

Raleigh Men's Center Leadership Council for 2001-2002:

Coordinator of Support Groups:	Charles Fisher:	raleighmenscenter@hotmail.com
President:		
Vice President:	Tyrone Everett:	tylars@aol.com
Treasurer:	Bill Switzer:	bill_switzer@ncsu.edu
Secretary:	Doug Jennette:	adouglass@ipass.net
Archivist:	Sid Harrell:	Sid.Harrell@ncmail.net
Support Groups:	Charles Walker:	Charlwalkr@aol.com
Special Events:	Gregory Blaine:	gregoryblaine@yahoo.com
Public Relations:	Bill Chestnut:	chestnut@intrex.net
Elder	Frederick Whitmeyer:	whitmeyer@mindspring.com

Raleigh Men's Center Dues Policy

According to a policy enacted by the RMC Leadership Council in 1999, new members joining the Men's Center will be billed as follows:

If they join during the periods of:	Jan 1-Mar 1	Mar 2-May 31	June 1-Aug 31	Sept 1-Dec 31
dues for the current year will be:	\$30	\$22.50	\$15	\$7.50

7th Annual Spring Gathering of Men in North
Carolina

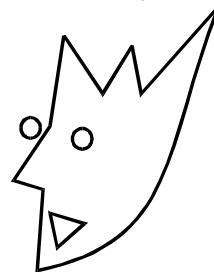


Men and their Voices

expressions of

War and Peace Love and Hate

in Music Dance Story & Poetry



Camp Chestnut Ridge
Efland NC

Fri, Sat. & Sun. April 26-28, 2002

Contact Gregory Blaine if you would like to
lead a workshop or have an idea for one:
919-833-5300 or gregoryblaine@yahoo.com

Contact Jim Stinson for Registration Information
336-275-8144 or stins001@mc.duke.edu

-----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 _____

Membership—\$30 per year—includes a subscription to the newsletter *RMC News*
See page 6 for current dues policy.

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

723 WEST JOHNSON STREET

P.O. BOX 6155

RALEIGH, NC 27628

(919) 832-0509

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RMC

The vision of the Raleigh Men's Center is a world in which people recognize one another for who they are rather than for 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, brother, sister, husband, partner, and citizen. The Men's Center is committed to strengthening the individual, the family, and the community

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. Other men experience the lack of meaningful work in their jobs which carries its own stresses. Added to this our societies 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 feelings and pain, and where they can learn to more effectively deal with the 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 in 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, 27628
Telephone: (919)832-0509

Subscription and Membership Services

Membership—\$30/year—which includes subscription to the newsletter *RMC News*.

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. General support groups meet at the Raleigh Men's Center on the second floor at 723 West Johnson Street in Raleigh. Support group dues are \$30 per member per quarter and help to defray the cost of renting the Men's Center facilities. To learn more about or join a general or special support group, contact Charles Fisher at (919) 832-0509.

Newsletter Contributions

Send all contributions via e-mail at raleighmenscenter@hotmail.com or mail to Raleigh Men's Center, P. O. Box 6155 Raleigh, NC 27628. Calendar items will be included as appropriate and as space permits.
Deadline for March-April Issue: April 1.