

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

October-December 2003

www.theraleighmenscenter.org

Vol. 17, No. 4

President's Message

By Doug Jennette

Greetings,

As I write, the winds preceding Hurricane Isabelle are stirring outside my house, and I feel a sense of caution, urgency, and curiosity about what the storm will bring. Just so I feel about the Raleigh Men's Center as we enter the final quarter of 2003 and the end of my tenure as president of the Leadership Council.

The year has seen the strengthening the leadership structure of the Men's Center in preparing to create a sound and sustainable financial base from which to launch new programs. These are not easy times for small nonprofit organizations. Because of statewide and nationwide economic challenges (including the costs of the current U. S.-led occupation of Iraq), as well as time constraints for volunteers, many nonprofits are struggling to survive. The fall retreat for the Leadership Council (September 20) focused on moving the Men's Center into active fundraising and grant requests,

while sustaining its traditional focus on support groups.

The Raleigh Men's Center has been working to broaden the definition of its mission and vision for the future. The mission/vision statement included in this newsletter is broad, yet specific and ambitious. It reflects the Men's Center's desires to be both more present and more effective in the larger community on behalf of men and to enhance the traditions that nurture this vision. Our First Annual Music and Poetry Festival, scheduled for Saturday October 18, speaks to our desire for greater visibility and service to men and their families.

The Raleigh Men's Center has addressed organizational growth in the past, but never with the intent, commitment, and focus of the current leadership. The changes in this country—social, economic, and political—*require* a maturity of the Men's Center. We must step into the larger—and diverse—community with greater clarity and purpose. And we look to our members and supporters for ideas, assistance, and critiques as we move into this challenging period in our history as an organization.

The Silent Land Is Our Homeland

By Michael Meade©

We know that civilizations and empires are born, take shape, and die. Such knowledge is part of being modern. We have Rome to refer to, the pyramids in Egypt, the collapse of the British Raj in India. Empires begin with a 'discovery' of new values, the power of ideas and images newly appearing. The poet Francis Ponge offered that the new values are "always taken directly from the cosmos," then magnified and distorted. "What follows is the elaboration...dogmatization and refinement....Then schisms arise, followed sooner or later by catastrophe."

Whatever the originating values may be, they come to seem undeniable and monumental, presenting as a monotheistic religion, a fixed secular ideology or a mixture of both. Something fixed and seemingly irrefutable compels belief and causes people to feel 'chosen' by history or heritage or god.

(Continued on page 2)

| | October | November | December |
|-----------------------------------|--|---|--|
| RMC e v e n t s | October 7, 7:30-9:00 PM: Durham-Orange Men's Council | November 4, 7:30-9:00 PM: Durham-Orange Men's Council | <u>December 1</u> : Deadline for Submissions for January-February-March RMC News |
| | October 16, 7:30-9:30 PM: Triangle Men's Inquiry Meeting | November 7-9, New Warrior Training Adventure Weekend | December 2, 7:30-9:00 PM: Durham-Orange Men's Council |
| | October 18, 11:00 AM-7:00 PM: RMC Music and Poetry Festival | November 16, 5:00-7:00 PM: Leadership Council Monthly Meeting | December 18, 7:30-9:30 PM: Triangle Men's Inquiry Meeting |
| | October 19, 5:00-7:00 PM: Leadership Council Monthly Meeting | November 20, 7:30-9:30 PM: Triangle Men's Inquiry Meeting | December 21, 5:00-7:00 PM: Leadership Council Monthly Meeting |
| | | | |

RMC Events

Concessions at RBC Arena: Work = A Carnival? Why Not?

By Bill Switzer

The Raleigh Men's Center has been working concessions at the RBC Arena since November 1999, the second month after it opened. We are now the thirteenth longest-lived group still working events there. Concessions has been a valuable fund-raiser for the Men's Center, bringing in just under \$20,000 over the past four years. For me it has also been fun—most of the time.

Usually we work the Carolina Hurricanes hockey games, and, typically, two or three men staff a draft beer cart. As concessionaires, we have little time to pay close attention to a game, but we find it impossible not to get caught up in the excitement. I have never been a big sports fan, but I do enjoy the carnival atmosphere of the hockey games at RBC.

In fact, I enjoy working a game there more than I would enjoy attending it. Although my duties at the concessions stand must take priority over all other activities, I often have enough slack time to relate to my fellow Men's Center concessionaires. Since nearly all of us have been in support groups, I have found it easier to relate on a deeper level with my coworkers than I could with men who haven't had support group experience.

If you would like to join us in our regular work-carnivals, or if you just want more information about the Men's Center's volunteerism at RBC Arena, please contact me at bill_switzer@ncsu.edu, or (919) 217-9095 evenings.

The Hurricanes' Home Schedule Through November 29 (at RBC Arena):

| | | |
|-------|--------|--------------|
| Sat | 4 Oct | Washington |
| Sat | 11 Oct | New Jersey |
| Mon | 13 Oct | Florida |
| Tues | 28 Oct | San Jose |
| Sun | 2 Nov | Toronto |
| Thurs | 6 Nov | NY Rangers |
| Sat | 8 Nov | Los Angeles |
| Sun | 9 Nov | Tampa Bay |
| Thurs | 13 Nov | Atlanta |
| Sat | 15 Nov | Washington |
| Tues | 18 Nov | Philadelphia |
| Sun | 23 Nov | Tampa Bay |
| Sat | 29 Nov | Pittsburgh |

("Silent Land," continued from page 1)

It seems the nature of mankind and of history to repeat the cycle again and again; each empire prolonging the 'classical' period of "dogmatization and refinement" as long as possible. Inevitably, the empire becomes 'imperial,' the 'One' standing over and against the many, a monoculture in contrast to the raucous diversity and inferior confusion of the surrounding world, a unique entity standing against the multiplicity of the 'world of things' and the confusion of nature. Meanwhile, catastrophes accumulate on the edges, while the originating values and principles decline within the ruling state.

Knowing that this pattern recurs is part of the cultural anxiety of modern people, an anxiety enhanced by the sense that time has speeded up and everything recycles faster.

Currently, America is the evident empire, democracy the dogma, 'free trade' and capitalism the refinements. "We are Number One" goes the chant: 'the only remaining superpower' able to, even compelled to, stand against the world, defy all limits, and make history our own way. Within the empire, anxiety and the dull weight of collective guilt grow with each apparent victory, with each failure covered over.

The values so brazenly touted to the outside world become impossible to sustain within the boundaries of the state. Despair and emptiness grow within as dominion extends without. The rise-and-fall pattern flashes up as 'dot com' phenomena that streak across the screen, in the sudden fall of seemingly entrenched politicians, in the rattling of all the institutions, and in the faltering of 'the greatest economy in the history of the world.'

As inner resources appear to run out, the only hope seems to be to extend the dominion. The sense of superior values and God-given rights must be levered against the chaos, cowardice, and confusion of the inferior peoples in the shadows beyond the empire. Increasingly, it becomes the One against the many, against the treacherous rabble, the envious evildoers who would take the empire down.

armies and armaments are required to keep the monolith alive and hold off the catastrophes growing at the edges of its influence. Increasingly, humanity gets overshadowed and the world itself seems diminished.

The functions of poetry and art are quite different. The role of poetry and imagination is to nourish the spirit of humanity—directly, "by giving...the cosmos to suckle." The cosmos is what survives the rise and fall of each empire. The cosmos survives as does the spirit of humanity making poetry within it.

Seen poetically, each moment is a momentous birth, a taking shape and a dying off, each moment a mini-empire cresting on the wave of time and disappearing again. Each moment of life is a living genesis of ideas and images that remakes the world, even at the end of an empire or a world.

"In the beginning was the word"; in each beginning the word comes again—not the word carved in stone or fixed in a single book that brooks no free interpretations, be it Bible or Torah or Koran or manifesto or Magna Carta or constitution. In each beginning the word begins again to sound the voice at the bottom of the well of time.

People are diverse instruments of the living word of life just as certainly as they are willing or unwilling citizens of the empire of the moment. The deep language of life keeps forming in the 'secret rivers of the earth' despite the harsh echoes of monoliths that demand a simplicity of belief and try to freeze time into an empire.

The tide of history swings back and forth between the One and the many. What truly opposes and balances the dominance of any one state or nation is the many: the multiple, many-minded, polytheistic, animistic, animated song of the world and the surprise of each soul in it.

Poets of all kinds have the function of singing and painting and carving the 'meanings' which are imbedded into the humblest person and most common object. Each moment, each thing, each person is imbued with meaning; each is

In the classical period of empires, huge

(Continued on page 3)

RMC Events

Durham-Orange Men's Council

All men are invited to attend any of the Durham-Orange Men's Council's monthly meetings. The meetings are held on the first Tuesday of the month, 7:30-9:00 PM. For an indefinite time, the Council will meet at Bennett Myer's home in the Solterra co-housing development off Erwin Road, between Durham and Chapel Hill.

Directions to Bennett's:

From Chapel Hill: Head west on W. Franklin St. After Franklin St. joins 15-501, take a left onto Erwin Rd. Stay on Erwin for about three miles. About a mile past the traffic light at Whitfield Rd., take a right onto Randolph. (The sign for Randolph is on the left side of Erwin). Go one block on Randolph; take a right and then an immediate right. Bennett's house will be on your left, 102 Solterra Way.

From Durham: Take 15-501 South. Take the exit for Cornwallis Rd. At the intersection with Erwin Rd., take a left onto Erwin. Cross the intersection with Mt. Sinai Rd. After the traffic light at Lochнора, take the next left—onto Randolph Rd.—and follow the directions above.

October

On Tuesday, Oct. 7, 7:30-9:00 PM, the Durham-Orange Men's Council will continue to explore the ways we, as men, express our emotions—and how our manner of expression affects our lives and the lives of those around us.

November and December

Program topics to be announced.

If you'd like information about the upcoming programs and the meeting locations for November and December and you'd like to be placed on an e-mail or telephone contact list, call Ken Wahl at (919) 933-8353 or e-mail him at wahlesq@earthlink.net.

("Silent Land," continued from page 2)

a poignant word on the lips of the cosmos.

Despite the busy broadcasting of the monolithic message, the otherworld of many meanings waits quietly nearby. The poet Ponge again: "We have only to lower our standard of dominating nature and raise our standard of participating in it in order to make the reconciliation take place."

The poetic nature of man and of the world constantly offers hints of this reconciliation, moments with 'little redemptions' that break the spells of dominance that distract the soul from its genuine work. Despite all messages to the contrary, redemption is not an aspect of the 'afterlife.' What we find here, we also find there. What we create here awaits us on the other side, only enhanced. A 'little redemption' is always near as are the many meanings and the roots of knowledge that tunnel beyond the tree where good and evil fight in the monolithic struggle over a single apple from a lonely tree.

Genuine hope therefore lies "in a poetry through which the world so invades the spirit of man that he becomes almost speechless and later reinvents a language." Hope begins in a condition of speechlessness, in the knowledge of losses so profound that the only possibility becomes to begin again, to invent language again; to speak in such a way as to break the spell of dominion and give the world voice again.

The role of poets is to remind that each person and thing is resonant with the meanings that sustain life. Poets weave the nets of art and language that can catch the images and ideas that alone can heal the ailments of the soul, the troubles of the age. Poetic speech is the universal language, the one foreign language that everyone must learn.

The function of poetry is not limited to the intricate concerns of human relationships; it also has the many-rooted connections to the cosmos—to the whole spinning, singing thing. Poets must get to the very bottom of the whole thing, where the fructifying waters continue to form new languages. Once there, we must find the necessary

words and carry them back, across the fearful crossroads of the larynx, and coin them again on the lip of time.

Poets must get to the very bottom, for "they are ambassadors of the silent world." Sent to "stammer and murmur, they sink into the darkness of logos—until at last, they reach the level of ROOTS, where things and formulas are one," where ideas and images are one, where the one and the many exchange and life renews itself and new shapes are born.

Beauty is the impossible being invented again and again: the meanings breaking into form, the branching of ideas, the dancing of trees, the bursting of fruits and falling of leaves in the reckless garden of darkness and light. The language of life is always trying to be born in the shadows of empires rising and falling. Each birth is attended by uncertainty and it must be so; life demands it, the presence of death requires it.

A poet already said it: "A false sense of security is the only kind there is."

There is no empire that lasts, there is no 'homeland security', no homeland at all except the ground where language reinvents itself and we join our ancestors trying to offer the living word again. Eternally unsettled in our thinking, "the silent land is our homeland. We make use of its possibilities according to the needs of the times."

There is no alternative for the suffering soul, except such a renewal born of silence and despair and a root imagination taking hold again. This is the real battle, the battle for the beauty of the Real trying to break through the spells of the obvious. "Beauty is the impossible which lasts."

This essay was first published in the e-zine Mosaic:

<http://www.mosaicvoices.org>

It is reprinted here by permission of the author.

RMC Unveils New Vision, New Mission

The Leadership Council has composed up-dated Vision and Mission statements to clarify not only the Raleigh Men's Center's current goals but also its future plans in funding and outreach. Below is a draft-in-progress of the statements. The FINAL version of the Vision/Mission will appear in the January - February-March issue. Any feedback? Contact RMC via e-mail: info@theraleighmenscenter.org. Or write to: The Raleigh Men's Center, P. O. Box 6155, Raleigh, NC 27628.

A VISION AND MISSION FOR THE RALEIGH MEN'S CENTER

VISION: TO DEVELOP A VIBRANT AND DIVERSE CULTURE OF HEALTHY MEN

The Men's Center seeks to be an inspiring presence where men can come to know themselves more fully; learn new skills in interpersonal relationships; and feel safe enough to do the work that will move them toward greater wholeness.

MISSION: "HELPING MEN BUILD BETTER LIVES"

The Raleigh Men's Center helps men build better lives by:

- Providing programs which will help men grow, share, connect, and build a community
- Supporting personal growth, healing, and inner work as ways of fostering healthy models and contributing to better relationships with self, others, and the community
- Reaching out to all men in need of support, resources, and inspiration

VALUES:

We strive to serve *all* men in the processes of growth. We believe that deepening our concept of what it is to be a man can aid men in their roles as fathers, husbands, partners, friends, brothers, and citizens.

SERVICES:

1. Support Groups—where men can explore with other men the issues that mean the most to them; where safety can provide opportunities for growth and connection; where men can learn about the diversity of male experience; where men with specific life crises or problem areas can receive help in their struggles.
2. Workshops and short courses on such topics as fathering, men's health, life transitions, anger and assertiveness, inner work, and many others.

3. The Annual North Carolina Men's Gathering at Camp Chestnut Ridge, a spring weekend festival of workshops, music, and community.

4. Information and referral:

- RMC News: a quarterly newsletter focusing on Men's Center activities, upcoming events, articles, personal essays, poetry, and much more
- Information (by telephone, in the newsletter, or in separately mailed flyers) on issues ranging from legal assistance to psychological referrals.

ACTION PLAN:

1. Organizing support groups for men who have graduated from the Domestic Offenders Sentenced to Education (DOSE) program: A MAJOR NEW PROJECT
2. Raising the profile of the Men's Center in the Triangle community
3. Reaching out to students in local universities and high schools, to various minority groups (African-American, Hispanic, Gay/Bisexual/Questioning, and more), and to other men not currently involved in the Center
4. Exploring community needs through meetings with other organizations (for example, The Women's Center, The Human Rights Campaign, Triangle Family Services)
5. Raising funds from the public sector, foundations, and individual supporters
6. Developing a network of volunteers who will donate their expertise to the Center—including lawyers, therapists, artists, doctors, healers, and others.

Raleigh Men's Center Support Groups

A support group is a group of five to ten men committed to sharing the events of their daily lives, the feelings stirred by those events, and the history behind those feelings. Support groups are not a substitute for therapy, but comprise a space where men can be themselves. The only requirement for joining a support group is a genuine desire to join with other men in supporting each other's journey. Most groups meet weekly at the Men's Center offices, 732 W. Johnson Street. Support group dues are required to offset the cost of renting the RMC office space and paying for utilities. Current support group dues are \$10/month paid quarterly in advance. If you are interested in joining a support group or just want to find out further information, contact the Support Groups Coordinator, Kelly Henson, at SFC2001@earthlink.net. Telephone: 919-434-4841.

Memories, Dreams, Reflections

Poems, Stories, Essays

Coming of Age

By Julian Sereno

In late spring my son turned eighteen and graduated from high school. To celebrate, the two of us went out West for a week. We flew to Salt Lake City and rented a car, a Mustang convertible, and drove five hours up to Jackson Hole, Wyoming, where we stayed at a dude ranch.

We had fun and got along really well. That hasn't always been the case, although our squabbles have never come from our not being close. In fact, our relationship has been quite the opposite. I was a single dad with sole custody of him since his infancy, and until I remarried when he was eleven, it was just the two of us.

Out West, once again, it was just the two of us. After arriving in Salt Lake City and checking into the Airport Hilton, a clean, convenient hotel utterly without charm (but quite inexpensive when booked through the Internet), we cruised the city on a Saturday night.

In his earlier teens, my very existence caused my son excruciating embarrassment. He hated to be seen with me. He begged me never to come to his high school, and I told him I would stay away as long as he didn't get in trouble and kept his grades up. For the most part, he did as I'd asked. During those years, I thought I was permissive, but I soon discovered I was stricter than the parents of most of his friends.

Now he was headed for college at the end of the summer, and I wanted to do something fun for just the two of us. We both enjoy fishing, so I planned we'd go fly fishing in a mountain stream.

Since Wyoming seemed to have lots of liquor stores (the per capita number must be staggering), I bought whiskey and beer and regularly offered it to him. But he declined. He also declined my offer to drive across the Great Salt Desert to Nevada to gamble. However, on a flat wide-open ribbon of blacktop in western Wyoming, he wound the Mustang up to a hundred, faster than I've ever driven or been driven before.

The ranch where we stayed was on the Hoebeck River, which runs into the Snake about five miles downstream. The ranch offered horseback rides, and my son rode a horse for the first, second, and third time in his life. We went on a float ride down the Snake, and we went to a rodeo. We spent a day driving around Yellowstone Park. It was still scarred from the great fire of 1988, and scattered through it were new-growth fir trees fifteen years old but barely three feet tall. When we drove along the Grand Tetons, my son was awed by the physical beauty of the land. I had never seen him so astonished.

The ranch had a fly-fishing instructor, so we took some lessons and practiced in a stocked pond. But my son threw back the fish we caught there, as if they were of no importance. After we had practiced enough, the ranch found us a guide to take us *real* fishing in Willow Creek, which runs into the Hoebeck River upstream from the ranch.

We rode to Willow Creek on horseback, with our rented fly rods and canvas shoes for walking in the water. We climbed down steep escarpments to the creek's edge, where the guide showed us where to cast—upstream of still pools, so our flies would float close to the bank. We would cast our flies in an area and then move downstream. Occasionally we had to climb

over masses of downed logs and through dense brush. The guide assured us that rattlesnakes did not live in this part of Wyoming.

The water was cold and clear, the air warm and dry, and the firs and mountains magnificent. After about four hours, we found ourselves standing with a cliff to our backs and across the creek from a big stand of Douglas Firs, some of which, due to creek erosion, had their entire root systems exposed beneath a thin crust of earth. As I commented on the phenomenon, the wind picked up and a sudden squall headed our way.

The guide, my son, and I looked at each other and realized that if the wind blew those trees over, they would land on us. The speed with which the three of us scrambled up that cliff, carrying fly rods and all, was amazing. At the ledge of the cliff, we all plopped down on the ground, winded and laughing.

We decided to head back to the ranch when we saw lightning. My son had caught two cutthroat trout, which we released. I had two bites, but they both got away. When we arrived at the main building, the squall had passed and we saw a double rainbow.

As I write this, my son has been away at college for two weeks and so far he's done well. My wife and daughter and I will visit him on Parent's Day in midautumn, and he'll probably be home for both Thanksgiving and Christmas.

When I see him, he will have grown and changed. But I'll still remember how much fun we had together out West at the start of the summer. Just thinking about that week makes me happy.

Want to join a powerful and supportive community of men?

The ManKind Project (a nonprofit educational organization for men) invites you to

The New Warrior Training Adventure Weekend, *an opportunity to create new, more powerful, and more joyful ways of living.*

November 7-9, 2003 Reidsville, NC (near Greensboro)

The weekend challenges you to look at things that may be blocking you from getting what you want in life, encourages you to develop a strong sense of **personal mission** or purpose, and then helps you to evoke the energies you will need to achieve it. It's a journey from **head to heart**, a journey into a deep sense of **mature masculinity**. Afterwards, you will have an opportunity to join a community of men that can support you on your journey.

For information, contact:

| | | | |
|--|---|---|--|
| Reid Baer Reidsville, NC 27320 336.361.0854 bigbadgrizzlybaer@yahoo.com | Frederick Whitmeyer Stokesdale, NC 27357 336.427.2562 whitmeyer@mindspring.com | Jud Lawrie Raleigh, NC 27612 919.518.1075 Jud@Lawrie.com | The ManKind Project www.mkp.org, or The ManKind Project/Greater Carolinas www.mkp.org/thecarolinas |
|--|---|---|--|



"Changing the world one man at a time"

Leadership • Manhood • Fatherhood • Empowerment • Generosity
Service • Integrity • Accountability • Authenticity

**Join us for
The Triangle Men's Inquiry Meeting,
it is a meeting exploring what it means to be
a man & other questions that relate to our lives.**

The meeting is held on the
3rd Thurs. of every month,
7:30PM (sharp) to 9:30 PM
For more information:
web: www.ToInquire.com
To-Inquire@mindspring.com
contact: Martin Brossman
at 919.847.4757



A Man Overboard: New Issue!

Men and Women Alike,

Another issue of *A Man Overboard* is now available at: <http://www.amanoverboard.net>. Check out the Jung-inspired Authentic Movement article by Frederick Whitmeyer and Sydney Hughes-McGee. Also don't miss the interview with Jungian analyst and Webmaster Donald Williams. Michael Kinney is the profiled poet, and there are great articles by Matthew Burton and Mark Payne. Plus, Erick Deckers takes a comic view of mowing the lawn. There's poetry by Alberto Minzer and some inspired writing by Skeeze Whitlow. Thank you all for your support for *A Man Overboard* magazine and for sharing this FREE publication with men and women in your communities. Many Blessings, Reid Baer, Publisher.

The RMC Leadership Council for 2002-2003

| FUNCTION | COUNCIL MEMBER | CONTACT INFORMATION |
|-------------------------------|---------------------|--|
| PRESIDENT | Doug Jennette | adouglas@ipass.net |
| VICE PRESIDENT | Doug Lester | djlester@mindspring.com |
| SECRETARY | Frederick Whitmeyer | whitmeyer@mindspring.com |
| TREASURER | Mike Sollins | msollins@nc.rr.com |
| SUPPORT GROUPS COORDINATOR | Kelly Henson | SFC2001@earthlink.net PHONE: 919-434-4841 |
| | Lou Lipsitz | loulipsitz@earthlink.net |
| | Jud Lawrie | Jud@Lawrie.com |
| | Gregory Blaine | Gregoryblaine@yahoo.com |

The Leadership Council meets on the third Sunday of each month, 5:00-7:00 PM, at the Raleigh Men's Center offices, 723 W. Johnston Street. See Calendar.

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: dues for the current year will be: | Jan 1-Mar 1 \$30 | Mar 2-May 31 \$22.50 | June 1-Aug 31 \$15 | Sept 1-Dec 31 \$7.50 |
|---|---------------------|-------------------------|-----------------------|-------------------------|

-----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 above 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

First Class
Stamp

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 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, 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. In addition, our society is changing its 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 also provide a space where it is safe for men to reveal their feelings and pain and where they can learn to deal more effectively 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 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*.

Newsletter Contributions

Send all contributions via e-mail to Lou Lipsitz: loulipsitz@earthlink.net or P. O. mail hard copy to Lee Elliott, 1019 Iredell St., Durham, NC 27705. Calendar items will be included as appropriate and as space permits. **Deadline for January-February-March Issue: December 1.**

Newsletter Staff

Acquisitions: Lou Lipsitz: loulipsitz@earthlink.net

Editor: Lee Elliott: leetituselliott@earthlink.net

Mailing Labels: Ray Schuh: rshuh@intrex.net

Design/Layout: VOLUNTEER NEEDED!

Advertising: VOLUNTEER NEEDED!