New Evidence of Happy Teens of Lesbian Parents

© 2011 by DR. TOM WEAVER

I am grateful for being born in Minnesota, for being educated through the U of Minnesota Medical School, a 1970’s pioneer in creating the Program of Human Sexuality, dedicated to research and education of professionals and the public they serve. During my medical education, the SAR program, allowed many of us to learn about the Kinsey studies and how a man’s (and woman’s) sexual identity is a gift from the Creator and often changes over time. Today’s teens of all ages, have life-saving resources such as Program For Sexual Health, TCMC, recovery circles and professionals who model compassion and understanding. Research published in 2010 by Garrell & Bos, Pediatrics, continues the scientific evidence. “17-year-old daughters and sons of lesbian mothers were rated significantly higher in social, school/academic, and total competence and significantly lower in social problems, rule-breaking, aggressive, and externalizing problem behavior than their age-matched counterparts in Achenbach’s normative sample of American youth.” Results at: <www.pediatrics.org>

Recovery Paradigms from Fear
to Unconditional Love and Self Acceptance

Still some of the “traditional” resources are still preaching the hate of the Old Testament, the time before Jesus modeled the teaching of unconditional love and the acceptance. Dr. Paul O, in the 3rd edition of the Big Book of AA, has one of the most inspiring entries for recovering folks. “And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation, some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation is being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God’s world by mistake.”

Finding Trustworthy Sources – LOVE Beyond Fear

“The more I traveled the more I realized that fear makes strangers of people who should be friends.” – Shirley McClaine

Often when we travel we are afraid to reach out to people because of fear, and we filter our connections that could have been friendly. Coming OUT is an act of Courage, often priests and politicians who are the most hateful are closeted, and living in an ungrounded fear-based hell. So have compassion for them.

Today, TCMC and the growing community of LGBTQ resources like Rainbow Health Coalition, Relationship Quest, Lake Calhoun Boys, Men’s Alanon, MKP reflects the growing ground-swell, where men and woman are learning to find safe places, to listen to each others hearts, overcoming our addictions, through an inner journey to power, health and balance. Find that inner compass of balance and wholeness for all men, especially those who are GBTQ.

Shifting Paradigms – From Isolation, Loneliness & Despair
to Peace, Joy Love and Acceptance.

“Back in the day” when I was a teenager in the 60’s, ignorance and the church limited information about sexuality in rural Minnesota. There were no positive images of healthy gayness, even from Hollywood. Think Rock Hudson, who was driven by homophobia, much like the Catholic Church remained in shadow. Don’t notice the man behind the curtain! The shadow is what we repress, deny and hide from the light of truth, and it continues to get humanity in trouble. The Celluloid Closet projected by Hollywood, became as dangerous to youthful victims as the Closeted Clergy, who until recently, hid behind the deceitful cloak of church patriarchy. Money, power and control, and the pillars of fear, keep gay and homophobic politicians in the closet. Think Larry Craig who was led to create laws that are short sighted and hurtful to many of our people.

Today, a new ground-swell and paradigm shift is reflected on YouTube <http://www.youtube.com/watch?v=qGN886ycCaQ> and DVD documentaries such as Celluloid Closet, where Armistead Maupin is interviewed about the toxicity of Hollywood’s closet. Other videos I recommend include: For the Bible Tells Me So, The Lamits Project, Outrage and One Nation Under God. Hopefully, this shift will lead to compassionate laws that include everyone in God’s Creation.

How Far We Have Come in Minnesota

Until the 1970’s homosexuality was listed as a “disease” in medical literature. Only in the early 70’s when I was in Med School, did current research dispel the disease concept as a myth. Now we know, we
Greetings from the Chair

These are exciting times at TCMC. Though we are financially still a shoestring organization, our finances have improved recently due to an increase in membership and an increase in anger management registrations. The increase in membership is due in part to the membership matching program created by Ken Kunz, and has led to many more men becoming aware of and taking advantage of the myriad services TCMC provides. The increase in anger management registration is not as easily explained but is welcome news, both from a fiscal standpoint and from the point of view that more and more men in our community are learning how to express their anger in constructive ways. One consequence of this is that if you are contemplating taking our anger management class, you should contact our anger management coordinator John Hesch immediately to make sure you get into a class that fits your schedule.

On the program front, we are about to start a “Healthy Sexual Boundaries East” support group in St. Paul, in cooperation with Project Pathfinder. This will be an official TCMC support group, open to all interested men, and is an exciting addition to our roster of support groups because it allows us to take a support group to a location that has expressed an interest in hosting it. Many thanks to Project Pathfinder for their help getting this off the ground.

June of course means the annual Twin Cities Pride Festival, and as usual, TCMC will have a presence. We encourage you to stop by our booth to learn about our many services for the GBT community, or just to say “Hi!”

While the above may seem like an unconnected list of items, I believe the unifying theme is that of men defining their roles in society. From gay, bi, and transgender men choosing to take pride in their identities, to men looking for better ways to manage their anger, to men seeking help in dealing with difficult sexual boundary issues, to men simply choosing to support an organization that gives them a voice, this is, in my opinion, what TCMC does best: we provide men with the tools to define or redefine ourselves in ways that are healthier and more true to our core identities.

Joe Szurszewski
Board Chair

Happy Teens continued from pg 1

Expanding the Circle for the Next Seven Generations of the People

Reinhold Niebuhr wrote, “God, grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference.” And what he added, “Accepting the world as it is, rather than what we choose it to be.” “It Gets Better” as Dan Savage said, and many of us know from our experience. There are now many safe places forGBTQ men to celebrate who we are. Worldwide, men are discovering the gift of being different, and we are not performing at work as an actor. We must speak our truth and act by raising kind and honest children, and creating our own families of choice. Harvey Milk, Matthew Shepard, James Baldwin, and Stephen Scott, all men who died prematurely in America, model like Jesus did, that many men are martyrs before their times. Especially if their ideas are unpopular and fly in the face of those who “would rather be right, than live in love and peace.” But many indigenous people have long modelled honoring gays as balanced and necessary members of society. For an open exploration, please read: Gay’s Guardians of the Gates, by Malidoma Somé, Dagura teacher and elder, <http://www.menweb.com/somegay.html>.

My want is for more GBTQ men to come out worldwide, serving as examples of productive role models of compassion and beauty, as parents, lovers and business owners. The dominant culture has nothing to fear than fear itself.

Wake up and smell the coffee honey and be fabulous! One day at a time.

Dr. Tom Weaver is grateful for this venue to share his experience, strength and hope about gay health in the 21st Century. Celebrating those men and women, who claim our truth of being GBTQ, gay, bi, transgender, queer, on the healthy continuum of our sexual being.
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**Call us about Anger Management Classes.**

1976—In Our 35th Year of Public Service—2011

Check out our web site: www.tcmc.org
e-mail: tcmc@tcmc.org
phone: 612 / 822-5892
Family Law Clinic

Discussion Leader: Jim Gerhartner
When: Wed, June 1, 7:00-9:00 pm

Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:
- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of $5 is charged for the public. Members of the Men’s Center receive a courtesy discount.

A Circle of Warriors

Presenter: Andy Mickel
When: Wed, June 8, 7:00-9:00 pm

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors “We are an order of men called to reclaim the sacred masculinity provides a model for men to generate and maintain a world in such a way as to include and yet rise above one’s own issues for the betterment of one’s self, one’s own family, tribe, nation and race.”

We are all familiar with a man’s physical tools (a hammer, a sword, a plow,...) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure has changed men’s lives.

“The initiation of men is the hope of the world.” - Don Jones, former chairman, Mankind Project.

No Presentation

When: Wed, June 15, 7:00-9:00
Check our online calendar for updates <http://www.tcmc.org/events2/calendar.html>

No Presentation

When: Wed, June 22, 7:00-9:00
Check our online calendar for updates <http://www.tcmc.org/events2/calendar.html>

No Presentation

When: Wed, June 29, 7:00-9:00
Check our online calendar for updates <http://www.tcmc.org/events2/calendar.html>

Family Law Clinic

Discussion Leader: Linda Wroy
When: Wed, Aug 3, 7:00-9:00 pm
Open to Men and Women

Targeted to the needs of men or women going through or anticipating divorce or dealing with other family law issues, this Clinic will give you an opportunity to discuss your own questions on such topics as:
- Divorce
- Separation
- Paternity
- Property Division
- Custody
- Spousal Maintenance
- Child Support
- Financial Settlements
- Co-habitation

Attorneys will volunteer their time and expertise for the benefit of those who attend. A nominal fee of $5 is charged for the public. Members of the Men’s Center receive a courtesy discount.

No Presentation

When: Wed, July 20, 7:00-9:00
Check our online calendar for updates <http://www.tcmc.org/events2/calendar.html>

No Presentation

When: Wed, July 27, 7:00-9:00
Check our online calendar for updates <http://www.tcmc.org/events2/calendar.html>
SUPPORT GROUPS

“The mission of the Men’s Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH.”

The Men’s Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are open to general discussions and attended as a drop-in basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of $3-$9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

- Minneapolis Location
  3249 Hennepin Ave. S. Suite 55

General Men’s Issues/
Divorce/Uncoupling
Open to Men Only

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays
  12:30 - 2:30 pm

Addiction Busters
Open to Men and Women

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve-step programs? Don’t like feeling powerless? Want to bust your addiction rather than being bust FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays
  7:30- 9:30 pm

Gay Issues
Open to Men Only

Men express feelings about life’s challenges and experiences, and what it means to be gay and male (you don’t have to be gay to attend.) This is the Twin Cities longest running gay support group.

- Tuesdays
  7:30 - 9:30 pm

Transitions
Open to Men and Women

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays
  7:30 - 9:30 pm

Healthy Sexual Boundaries-EAST
Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

The group is open to all men, not just Project Pathfinder clients or former clients. If you are currently in primary treatment at Project Pathfinder, please consult with your therapist before attending this group.

- Wednesdays
  5:30 pm - 7:30 pm
  Project Pathfinder Group Room “B”
  Griggs-Midway Building (Northeast Entrance)
  3rd Floor, Suite N385
  1821 University Ave. W.
  St. Paul, MN 55104

NORTHSIDE General Men’s
Issues / Relationship Issues
Open to Men Only

Men can express thoughts and feelings about the process of life’s challenges and experiences, and what it means to be a man in American culture. The North Metro especially the Northside has unique stressors as under-served, under-resourced area. This is a group to talk about it all on an interpersonal level from the support of other men. Facilitator: Michael Martens, Malik Holt-Shabazz

- First Wednesdays
  6:30 - 8:30 pm

Women Dealing with Sexual
Addiction
Open to Women Only

Sexual addiction affects us all. Its stigma is very shaming and can keep us from finding the support we need. Without judgment or phrases like “being on or off the wagon”, this group will provide education and open discussion on a variety of sexual addiction topics, including: Awareness, stress management, triggers, emotions, obsessive/compulsive behavior, grief and shame. This group is for women who want to learn to set healthy boundaries for themselves in a supportive environment.

- Thursdays
  12:00 - 2:00 pm

General Men’s Issues/
Divorce/Uncoupling
Open to Men Only

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Thursdays
  7:30 - 9:30 pm

Bisexual Men
Open to Men Only

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays
  7:30 - 9:30 pm

Healthy Sexual Boundaries
Open to Men Only

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

Healthy Boundaries welcomes all men who are currently participating in, or who have completed, sex offender treatment. Facilitated by Tommy Jones and Bobby Schauerhamer.

- Sundays
  10:00 am - 12:00 pm

Men Facing Retirement Issues
Open to Men Only

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man’s life.

- Third Sundays
  5:30 - 7:00 pm

Men’s Retirement Group Schedule Change

The monthly Men’s Retirement Support Group will meet the 4th Sunday of June, June 26th, instead of the usual 3rd Sunday. We will meet as usual on the 3rd Sunday of July, July 17th at 5:30 pm.

The group is for men who are thinking about or have retired, and want an opportunity to discuss feelings about this major life change. Welcome if this sounds like it might help you!

Norm Petrik, Group Facilitator
Upcoming Monthly Men's Sunday Brunches (bring something to share/cook up): June 19th (Father's Day--children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis 55411 (1 block east of Theodore Wirth Parkway and near the Broadway/Lowry Jct), 612-588-8984. July 17th at Stephen Sewell's, 647 Lincoln Ave # F, St. Paul, 55105 (just east of Dale Av) 612-229-6699. Paul Busch co-host, 1523 Laurel Avenue, St. Paul 55104 651-646-4656.


Please join us for an interesting and powerful community event, Thanking the Earth - Abundance Ritual. June 26, 2011, 2 PM - 6:30 PM. Attract ABUNDANCE to your life. Apply the LAW OF ATTRACTION. Show GRATITUDE to Mother Earth, the source. Honor the FLOW OF LIFE, giving and receiving. This ritual is facilitated by TeriLeigh Schmidt, Dagara elder and student of Malidoma Some, West African shaman, author, and diviner. $49 pre-register, $59 at the door. Living Waters Market & Cafe, 12201 Minnetonka Blvd, Minnetonka, MN 55343 To register and more info: www.mnritualhealing.weebly.com/abundance-ritual.html - Dan Gorbunow thunderbird@live.com 612-987-0324


July 17th at Stephen Sewell's, 647 Lincoln Ave # F, St. Paul, 55105 (just east of Dale Av) 612-229-6699. Paul Busch co-host, 1523 Laurel Avenue, St. Paul 55104 651-646-4656.


July 9-16 13th annual Hawkeye Scout advanced training camp for young men, near Cuba, NM. Skills include advanced tracking, stalking, movement and living on the land. Limited to 13 young men. Cost $550.

July 23-30, 16th annual Dreamtracking week-long skills camp for girls, ages 10-16, near Cuba, NM. Offering basic tracking and survival skills, music, story, dance and nature movement training. Limited to 30 girls. Cost $550.

August 5-7 The Art of Seeing, The Way of the Tracker, New Mexico, Joel Glanzberg (teacher of permaculture and landscape design) will join John Stokes for an immersion experience in the art of seeing. Together John and Joel blend the pattern recognition and pattern literacy of permaculture and tracking into a deep exploration of Nature, sustainability and whole systems. Cost: $250.

Sept. 17-24 Tracking in the Southwest, New Mexico. Join us for this southwestern tracking intensive—a hiking, camping and tracking journey to the heart and soul of northern New Mexico. A unique opportunity to learn about animal tracking, survival skills, Native cultures and teh Arts of Life while camping out in the land of the Anasazi. Limited to 25 people. Cost: $950.

FFI: Box 266, Corrales, NM 87048; <thetrackingproject@earthlink.net> 505-898-6967 - John Stokes, 2011-04-01

The next ManKind Project-Minnesota New Warrior Training Adventure will be held Sept 30 - Oct 2, 2011 at Eagle Lake Camp near Brainerd, Minnesota. The cost is $595, with many payment plans and partial scholarships available. To learn more, attend an Open Circle event: Observe, Ask Questions (or Participate if you like) in a safe container with a group of men who are practicing authenticity and connection to feeling at Open Circle of Warriors events at the Men's Center every 2nd Wednesday, 7-9 p.m. Contact Andy Mickel with any questions 612-279-6416 or for Open I-Group dates/times, see: <http://minnesota.mkp.org/>. - Andy Mickel, 2011-05-08.

A Mythodrama workshop for men over 50
The Elder has identified not only his strengths and weaknesses, but he has also dipped into the deeper well of wisdom that is only available to the man willing to do what is necessary to discover the well! MYTHODRAMA is a new form of experiential learning which draws on the power of theatre and story, the riches of poetry, and the symbolism of deep ritual. This workshop will help you personally experience the Initiatory Myth of Parcival in Search of the Holy Grail. You will uncover the hidden paradox of your own aging and discover the passage to a spirited elderhood.

Location: Villa Maria Retreat Center, Frontenac MN. Total cost (includes Tuition, transportation from Minneapolis Int. Airport, meals and accommodation): $695 Details at: http://www.midlife-men.com/elder_and_the_grail.html

In partnership with Project Pathfinder, The Twin Cities Men's Center is proud to announce:

Choosing Healthy Sexual Boundaries (East)
Wednesdays, Starting June 1, 5:30 - 7:30 pm
Project Pathfinder Group Room “B”

- Do you have concerns about your sexual behavior?
- Are you receiving negative feedback about your sexual choices?
- Have you worries about excessive, compulsive or obsessive sexual activities?
- Too much pornography in your life?
- Too many strip clubs?
- Ever feel like a sex addict?
- Feeling uncomfortable about inappropriate fantasies/thoughts/urges?
- Hurting or disappointing someone you love?

Project Pathfinder
Giggs-Midway Building (Northeast Entrance)
3rd Floor, Suite N385
1821 University Ave. W. (University & Fairview)

You do not need to call or sign up – this is an open group. Free parking is available. Please note: The support group will begin promptly; please allow extra time due to light rail construction on University Avenue. The group is free, but a donation of $3 - $10 helps keep the program operational. The Twin Cities Men's Center also offers this group on Saturdays in Minneapolis.
Twin Cities Men’s Center

Men’s Center members are entitled to: participate in our annual & monthly Board meetings, receive Men Talk, use the reference library, and enjoy reduced fees to Men's Center-sponsored events such as Wed presentations.

☐ I want to sustain the activities of The Men's Center by becoming a “20 x 12 Honor Roll Member.”

☐ Please ENTER/RENEW my membership at The Men’s Center for the next 12 months:

Enclosed please find $________ [ ] $20 (Regular) [ ] $40 (Patron).

☐ I want to make an additional, tax-deductible gift of $________. (Thanks much!)

☐ My new correct address/phone is printed below.

☐ Please remove me from The Men’s Center mailing list; the pre-addressed gummed mailing label is attached.

☐ I have these feelings, thoughts, opinions, ideas, news items for The Twin Cities Men’s Center / Men Talk

DATE: ___________________________
FROM Name: _________________________
Mailing Address: _______________________
_____________________________________
_____________________________________
Home Phone: _________________________
Work/Other Phone: _____________________
E-mail Address: _______________________

Please support our Men Talk advertisers!

Anger Management Program
The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger. Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:
12 consecutive weeks

Number of Participants:
Limited to 12 men per class

Cost: $215 for TCMC Members ($225 for Non-Members)

Starting Dates: Classes are filled on a first come, first served basis. Currently, there is one on Mondays and Thursdays. The next class starts May 25 on Wednesday nights.

Please call TCMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or if you need further details, call our Anger Management coordinator, John Hesch, on the Anger Management phone 612-229-3102.

UPTOWN AREA SPACE TO RENT

The Men’s Center,
3249 Hennepin Ave S

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<th>Non-Profit</th>
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<td>Hourly</td>
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42 Years of Pride and 35 years of the Twin Cities Men’s Center

The Stonewall Rebellion happened in June of 1969 in New York City, and was the turning point for Gay Liberation in America. The TCMC was founded in 1976 and continued to be a centerplace for Men’s Liberation in Minnesota.

2011 Twin Cities Pride is Approaching: Sat & Sun, June 25 & 26

Please join the Twin Cities Men’s Center, as we will be pitching our tent at this year’s Twin Cities Pride Festival. This has been a long-term tradition, going for 35+ years. Come by our tent to see If We Have A Group 4 U. We will be having a raffle of a Beautiful Hand Made Quilt donated by North East Community Lutheran Church Quilting Club, and fun games for other prizes.

Please check out our website at www.tcmc.org for updates.