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Cecil's Hub ~ Men's Groups Worldwide Directory

Hey Men,

Did you know that my [Cecil's Hub ~ Men's Groups Worldwide Directory](#) is ready and available, please visit to see how this platform can help change Men's lives and Men's Groups to connect on a regular basis.

The Directory (***over 400 Men's Groups already***) will initially cover ***Australia*** with Groups from ***London, UK, Ireland, Canada*** and ***Singapore***. **Coming soon North America.**

* Some of the Groups are under a '***Claims Listing***', this will enable existing Men's Groups that find their Group to 'Claim' it as their own as a '***FREE***' Basic Group or upgrade to a 'Paid' Plan & gain extra benefits/features.

What's Available?

The Directory will allow Men to search for their nearest Men's Group to their location ***FREE*** of charge!

It will enable any existing ***Men's Groups Worldwide*** to register a ***FREE*** to join and get a '***Basic***' listing, they get listed in seconds, this will be give them a low priority

'**GoogleMaps @ Pin**' search result, and this will be under 1 particular Association.

Some Men when searching for a **Men's Group**, have heard of a particular **Men's Group** type or Association. It's for this reason that I have created Categories for each of the Common ones to be used in the Search Bar, this will 'Auto-Fill' as the user types.

Currently, there are **13 Associations** that each **Men's Group** can be listed under, depending on their style of facilitation/origin that they follow.

These include:-

- **Australian Men's Shed Association**
- **Complete Men**
- **Canadian Men's Shed Association**
- **Individual Group**
- **Mankind Project (MKP) - Australia/UK/Canada**
- **Men's Wellbeing ~ Common Ground Trained**
- **Melbourne Men's Groups**
- **Menergy Men's Group Network**
- **MensSpeak Men's Groups (UK)**
- **Men's Team**
- **OM:NI (Older Men:New Ideas)**
- **The Male Journey Ltd**
- **UK/Ireland Men's Shed Association**

Please read the full version of the launch document [here](#).

Men's Sweat Lodge



Date: June 3, 2019 @ 6:00 pm – 9:00 pm

Where: African Village @ CERES Community Environment Park,
8 Lee St, Brunswick East VIC 3057

Cost: \$20

Contact: Teena (0405-447-093) or Greg (0407-683-465)

Event: (03) 9729-6106

What is a ‘Sweat Lodge’

The sweat lodge is a sacred purification ceremony most often associated with Native American traditions. However, there are many such practices throughout the world... in South America and Europe, Scandinavia, Russia, Siberia, Japan, Africa and Australia.

In all these cultures, the central action is the same: heated rocks are placed in an enclosed space. Water is then poured on the rocks to produce intense waves of heat. Sometimes herbs are burned or crushed in the lodge or added to the water to produce a soothing fragrance. Some ceremonies include specific healing procedures and rituals.

The lodge is often built out of pliable saplings, which are bent into a dome-like shape. The frame is covered with skins, tarpaulins or blankets, and then sealed around the bottom. Some sweat lodges are more permanent structures built of stone/mud.

Details

If you have sweated previously, please book into a sweat lodge by phoning the SOTEMS Sweat lodge booking line on (03) 9729-6106 before the day of the sweatlodge.

If you are sweating for the first time, please phone Teena (0405-447-093) or Greg (0407-683-465) before the day of the sweatlodge to discuss how to prepare and what to expect. Please do not phone on the day of the ceremony.

What to bring with you

Towel, sarong/loose shorts, bandana; water and/or isotonic drinks such as Gatorade, Powerade or coconut water to hydrate and replenish electrolytes after the the ceremony.

If you are sweating in NSW, SA or VIC a plate of food to share after the sweat. (excluding Byron bay Sweatlodge – Northern Rivers).

Please leave valuables at home.

Sydney Men's Gathering



Date: 7th - 10th June

Where: [Karuna Sanctuary](#), Saywell Road, Katoomba, NSW 2780

Cost: \$450

Contact: David Williams 0417 317246 david@tier.com.au

UN-BECOMING

From birth, most of us are moulded and groomed to be as others want us to be. We are groomed by parents, grandparents, siblings, teachers, principals, priests, partners and others. They want us to be successful, clever, safe and to honour those who invest in us, setting up our energetic debt (this support sometimes manifesting as 'abuse').

All this is perhaps natural, but, as a result, our true nature can be hidden, suppressed and forgotten - especially by ourselves. This investment in us is to be welcomed and appreciated - while buried inside is a seed of greatness and worth waiting for a germination that may never come - as it lies in the soil of a garden dominated by choking overgrowth, moisture-theft and light deprivation.

Many of these behaviours, attitudes, conditioning, beliefs, philosophies, plans and endeavours have brought us here but might not have much value in our potentially more meaningful future. We can be in the habit of 'take on, take on and take on' as per our conditioned approach, whereas developing a habit of 'let go, let go and let

go' frees up space and potential for our true nature and self to show ourselves and others who we really are – way beyond the trappings of 'doing' and 'having'.

UN-BECOMING starts a process of progressive letting go of conditioning, information, rationalisation and beliefs that no longer serve us – opening a space of potentiality in which our true selves can begin to dance our original fulfilling purpose.

The (R)Evolutionary Man – 8 week Initiatory Program



Date: June 1, 2019 @ 6:00 pm – 9:00 pm

Where: Online

Cost: \$550

Contact: Nic Tovey 0404 850143

[Email](#)

[Event website](#)

Men, we are living in a really exciting time in the human story. The world of manhood has never looked the way it does today.

The landscape of gender, sexuality and relationships has dramatically changed over the last 50 years. Many positive changes have been made and yet this can also be a challenging place to navigate.

There has been so much focus on helping women break free of an out dated and limited paradigm to create more empowered and fulfilling lives, and rightly so. And now it is our time to stand with them, side by side, to co-create the future of humanity on this beautiful planet. It is our time to shine men!

We have a powerful opportunity to step up and participate in a revolution of Manhood!

- To examine and challenge the outdated ideas of what it means to “be a man”
- To acknowledge and learn from the goals and the misses of our past
- To authentically express our true masculine and feminine gifts, our strength and our heart
- To explore, embody and express our own unique version of manhood free from the masks we have hidden behind

And to have the courage to stand up and make our life really count

The (R)Evolutionary Man Program is an answer to the call that we’re all feeling as men today. It is an initiatory journey which uses a fusion of online coaching, individual guided processes and group support to equip you with the tools, the self awareness and the motivation to align your life with your own unique expression of manhood.

The (R)Evolutionary Man program is a progressive journey guided by my exclusive model of manhood – the four tiered Pillar of Potency:

- Tier 1 – PRESENCE
- Tier 2 – POWER
- Tier 3 – PASSION
- Tier 4 – PURPOSE

During the **(R)Evolutionary Man** program you will be guided through a process of deep self inquiry and personal leadership, to:

[Read more ...](#)

Community FORUM – Rebirth



Date: June 4, 2019 @ 6:30 pm – 10:00 pm Australia/Melbourne Timezone

Where: Second Story Studios, 222 Johnston St, Collingwood VIC 3066

Cost: Free - \$22

Contact:

Gero and Stacia

Email

Event website

Community FORUM is a monthly space to connect and explore the possibilities of what it means to be human; alone and together.

Through the inspiration of community members and with support from The Art of Relating and Second Story Studios, Community Forum continues as monthly social events where humans can gather, be present, speak, express freely and be heard.

Each month (on the first Tuesday) we will begin with 20-30mins of interactive stimulus as a catalyst for the Forum (more information on the ZEGG Forum process in details below).

The stimulus may be a panel Q&A, video clip, poetry, presentation etc. along with the discussion.

- **6:30pm – 1st Arrival ***, grab a cuppa, chat, connect
- **6:50pm – Stimulus 7:20pm – Break & 2nd Arrival ***
- **7:30pm – Forum (including 10min break) 9:30pm – Harvest & monthly intention**

- **10pm – Close**

* There will be two arrival times. 1st between 6:30 & 6:50 pm when doors will close for the Stimulus 2nd at the break between 7:20 & 7:30 pm when doors will be locked for the evening.

[Read More...](#)

Mountain Men ~ Respectful Relationships



Date: June 18, 2019 @ 7:00 pm – 9:00 pm

Where: Belgrave Community Hub, 1616 Burwood Hwy, Belgrave VIC 3160

Cost: Free

Contact: Mountain Men

[Event website:](#)

Men's Seminars

A series of three seminars will be held at the Belgrave Community Hub, featuring a panel of guest speakers and local experts, to openly discuss a number of topics identified by our members. The seminars will also allow for question time and group discussion after the panel.

Respectful Relationships

Mountain Men Inc. is a community group that supports positive activity, engagement and inclusion of men in Melbourne's Dandenong Ranges. Our aim is to reduce the number of men who are socially disadvantaged, marginalised or isolated to become productive, active members of the local community.

We do this by providing opportunities for Men (18 years+) to come together in open, non-judgemental, safe spaces and participate in a range of social activities that encourage new friendships, normalise help-seeking behaviours and link with local support services.



Free BBQ's at various locations by Mr Perfect

- [Benalla, Victoria](#)
- [Collaroy, Northern Beaches](#)
- [Barton, Canberra, ACT/](#)
- [Gungahlin, Canberra, ACT](#)
- [Central Coast](#)
- [Brisbane](#)
- [Central Sydney, Newlands Park](#)
- [Parramatta, Western Sydney, NSW](#)
- [Sydney, Cronulla](#)

- [Ferntree Gully](#)
- [Free BBQ, Geelong, VIC](#)
- [Wollstonecraft Sydney](#)
- [Caboolture, Sunshine Coast](#)
- [Warners Bay, Newcastle, NSW @ Warners Bay](#)
- [Windsor, NW Sydney *](#)

Mr Perfect holds **FREE** weekly “Meetup” BBQs in various locations across Australia.

They normally run from **10:30 - 12:30**, **please check the individual BBQ for exact details.**

If you are free for a couple of hours for a healthy BBQ (Meat and Vegetarian) come along and meet a bunch of top guys.

We will supply soft drink and water, but please bring your own preference if you wish.

The format is simple, informal and completely inclusive. It is a chance to get out of the house in the sun, socialise and meet some great people and form a supportive community.

Friends, family and pets welcome too!

Mental health is discussed at times and is purely optional.

Please contact Mr Perfect on **0406 641984** or [Email](#) or [Website](#)

Thanks for your time in reading this update, please visit my [Cecil's Hub ~ Worldwide Men's Group Directory](#), and [Cecil's Hub ~ The Virtual Men's Gathering](#) and share it with your Networks and encourage all Men and Men's Groups to get involved.

Thanks,

Cecil



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