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What's Happening in Men's Work in July?

Hi All,

Welcome to the latest edition of Cecil's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory.

Cecil's Note:-

"This Newsletter has been a very difficult one to write. I wasn't sure I wanted to open up and share what I've been dealing with over the last 6 weeks. I decided I would admit that I've been struggling. I never thought this would happen to me. I've been having really dark thoughts. The last 16 years of my life have been tough. I've been clawing my way back physically and mentally from a traumatic car accident that almost took my life.

I have spent over 2 years and about 1000 hours developing my two websites to help change the lives of as many Men as possible. It's my mission to give back to Men's Work in a meaningful way. This is for all the support I've received since 2012 when I attended my first Men's Gathering.

I've been fooling myself thinking I was 'more machine than Man'. What I've been

through and continue to deal with demands so much of me. I just keep going, but now I've found I've succumbed to the dreaded 'Black Dog.'

I'm dealing with mental anguish coupled with some pretty confronting thoughts. This has forced me to put my passion of raising awareness for Men's issues on the back burner for the last few weeks. I have posted on social media but that's nothing compared to what I'd normally do. I just can't be bothered. I've lost my enthusiasm for life.

Reluctantly I reached out and spoke with members from both my Men's Groups, my GP and I found a Psychologist to connect with. I'm sharing my thoughts about my Family and my World and feeling that they'd all be better off without me. I've had thoughts of being 'a fake and a fraud' for having these feelings. I'm working in the Men's Work space and 'I feel that I should be better than this'.

I've struggled for so long, but somehow I kept finding my inner strength. But now I'm depleted. I just want to feel good about myself. I will attending this Sunday's Island of Men workshop. I'm not giving up but this fight is demanding everything I've got.

So if any Man is reading this and feeling that life is just too challenging, **PLEASE stop wearing the normal 'Male Mask' and speak to a Man close to you, your GP or *Men's Line on 1300 78 99 78, Men's Referral Service 1300 76 64 91 or Beyond Blue 1300 22 46 36.***

I know I will get through this difficult time because I am doing everything I can to help myself. You can too. No matter what you're going through right now, you don't have to go through it alone.

Please reach out to other Men,

with love & respect,

Cecil

Back to this months Newsletter,

It's coming up to the Men's Gathering time of the year again, please check out the bottom of this Newsletter for a brief run down on what Men's Gathering is taking place,

and where? This will be a regular part of each Months Newsletter.

If you know of any Men's Events that are happening and believe that they should be promoted in the Newsletter, then please send me the details to info@CecilsHub.com and I will add it to the Monthly Calendar and Newsletters; a simple URL would suffice, I will extract all the information needed.

If you know of anyone that could benefit from the information in these Newsletters please forward it on to them or get them to [Subscribe](#).

Cecil's Hub ~ Men's Groups Worldwide Directory

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 connect them to Men's Groups on a regular basis.

The Directory (***over 400 Men's Groups already***) will initially cover ***Australia*** with Groups from ***London, UK, Ireland, Canada, Singapore, and now 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](#).

Blazing a Trail for Boys Bush Adventure



Date: August 4, 2019 @ 3.00 pm – 6.00 pm

Where: Hurtsbridge Victoria

Cost: \$40-\$89

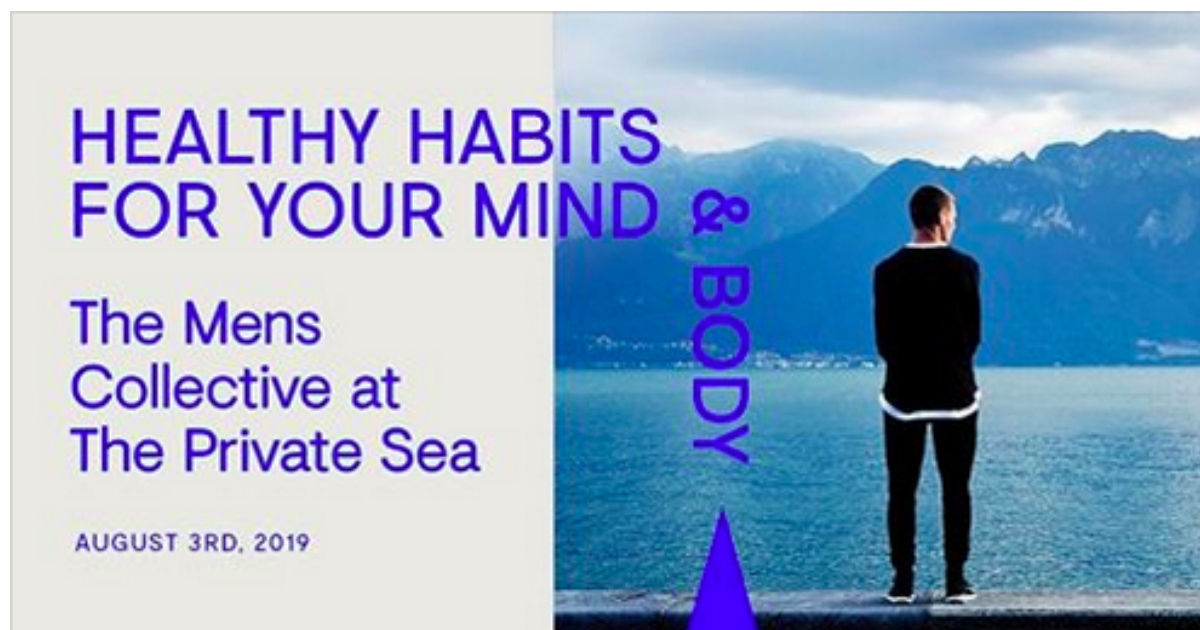
Contact: [Time Travellers Secret](#)

Event Site:

A rich experience in nature for boys 10 years and up with a mentor/father, instilling in boys these values:

- The Treasure of Gratitude
- Courageous Communication
- Heroic Cooperation
- The Power of Respect
- The Adventure and Wonder of Life

Healthy Habits for you Mind & Body



Date: August 3, 2019 @ 5:45 pm – 7:30 pm

Where: The Private Sea Wellness Centre, 3 Satu Way, Mornington VIC 3931

Cost: \$32.74

Contact: The Mens Collective Mornington

[Event website](#)

It's about time we consider mens health!

When was the last time you were in an environment where you felt supported to be your complete self? (If you can even remember, you will realise it's not very often)

On the **1st Saturday** of every month, we're collaborating with the Private Sea Wellness Centre in Mornington to run your monthly Men's workshop. Offering you practical skills as well as a community of men that together, support your mental & physical health.

Each month we introduce new practices that support you being the best version of yourself!

Would you like to feel lighter, more open or a little bit healthier? The Mens Collective aims to help you feel on top of your game, and think better about yourself.

Common Questions:

Why would I go?

Everyone gets something different out of coming to the group, for me personally, it's an opportunity to checkin with myself! And to be amongst other men that allow one another to be their complete self.

How much does it cost?

The cost of a parma and beer – \$30

Who is the Mens Collective?

We are a collective that are committed to supporting individuals to be the best version of themselves! www.themenscollective.com.au

Where do I go?

Arrive at 3 Satu Way, Mornington for a start time of 6pm. Meet inside at the reception area where there'll be a friendly face to welcome you and provide cups of tea or water & introduce you to others.

Why on a Saturday night?

Why not.

Who will be there ?

Other men from the area aged between 25-45, from all walks of life, who've come together for the same thing; to connect, learn & better themselves.

Will I be forced to do anything I don't want to do?

Nope, we'll structure the night so that you feel comfortable – all you need to do is turn up!

Do I need to bring anything?

Nope, we've got you covered.

When do I need to book by?

*Spots are limited to **20** and we expect the event to sell out quickly.*

So get your ticket today!

Community FORUM – Rebirth



Date: August 6th, 2019 @ 6:30 pm – 10:00 pm

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...](#)

Lingam Awakening – Nine Weeks of Activation



When: July 24, 2019 @ 7:00 pm – 10:30 pm

Where: Online

Cost: \$1200 - \$1600

Contact: Matt Small

[Event website](#)

LINGAM AWAKENING™ – NINE WEEKS OF ACTIVATION, ONLINE

A Tantric-Shamanic Empowerment Process For Men™

- Your orgasmic potential is vaster than we've been told.
- Your capacity for deep presence, embodied pleasure and potent leadership is boundless.

Your lingam can connect you to your whole being, to life, your lover, and reveal the divine in all.

Lingam Awakening™ is a ground-breaking transformative approach for men's intimacy and sexual empowerment that integrates ancient wisdom from many cultures with modern scientific knowledge guided by insights from practical experience.

This process will help you open to your depths, activate your embodied powers and instill practices for the unfolding of your Lingam Awakening journey.

Men can have whole body orgasms, be multi-orgasmic and experience long lasting orgasmic states.

Your orgasmic potential as a man is endless!

When the power within your lingam becomes more owned, anchored and filled with your loving consciousness, you will know, feel and access your true sexual power, desire and potential.

WHAT YOU'LL GET...

You will actualise your innate potentials to the degree you are ready and do the practices. Lingam Awakening is here to support you to:

- Claim your sexual power, potency and freedom
- Anchor and empower your Heart Lingam connection
- Activate the pillar of consciousness hidden within your lingam
- Awaken the intelligence, sensitivity and unique powers hidden within your lingam
- Become a better lover, having longer, deeper more connected sex
- Connect more deeply, sensitively and energetically with yourself and your lover
- Heal distorted sexual programming
- Learn techniques for healing erectile dysfunction and premature ejaculation
- Embody your unique erotic sex god within

WHAT YOU'LL EXPERIENCE...

Deep transformation from the inside out at a level appropriate for you.

You will be guided safely by trauma informed facilitation with your personal choice and wellbeing as the top priorities.

Each Lingam Awakening offering includes a unique mix of:

- Guided Meditations
- Emotional Integration
- Karmic Release
- Ritual Magick
- Embodied Activations
- Archetypal Empowerments, and
- Brotherhood Support.

[***Read More ...***](#)

MR.
PERFECT[®]

MENTAL HEALTH'S MATE

Free BBQ's at various locations by Mr Perfect

- [Barton, Canberra, ACT/](#)
- [Benalla, Victoria](#)
- [Brisbane](#)
- [Caboolture, Sunshine Coast](#)
- [Castle Hill, NSW](#)
- [Central Coast](#)
- [Central Sydney, Newlands Park](#)
- [Cronulla, Sydney](#)
- [Echuca, Vic](#)
- [Ferntree Gully](#)
- [Geelong, VIC](#)
- [Gungahlin, Canberra, ACT](#)
- [Parramatta, Western Sydney, NSW](#)
- [Warners Bay, Newcastle, NSW](#)
- [Windsor, NW Sydney](#)
- [Wollstonecraft 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

Yearly Men's Gatherings

What is a Men's Gathering?

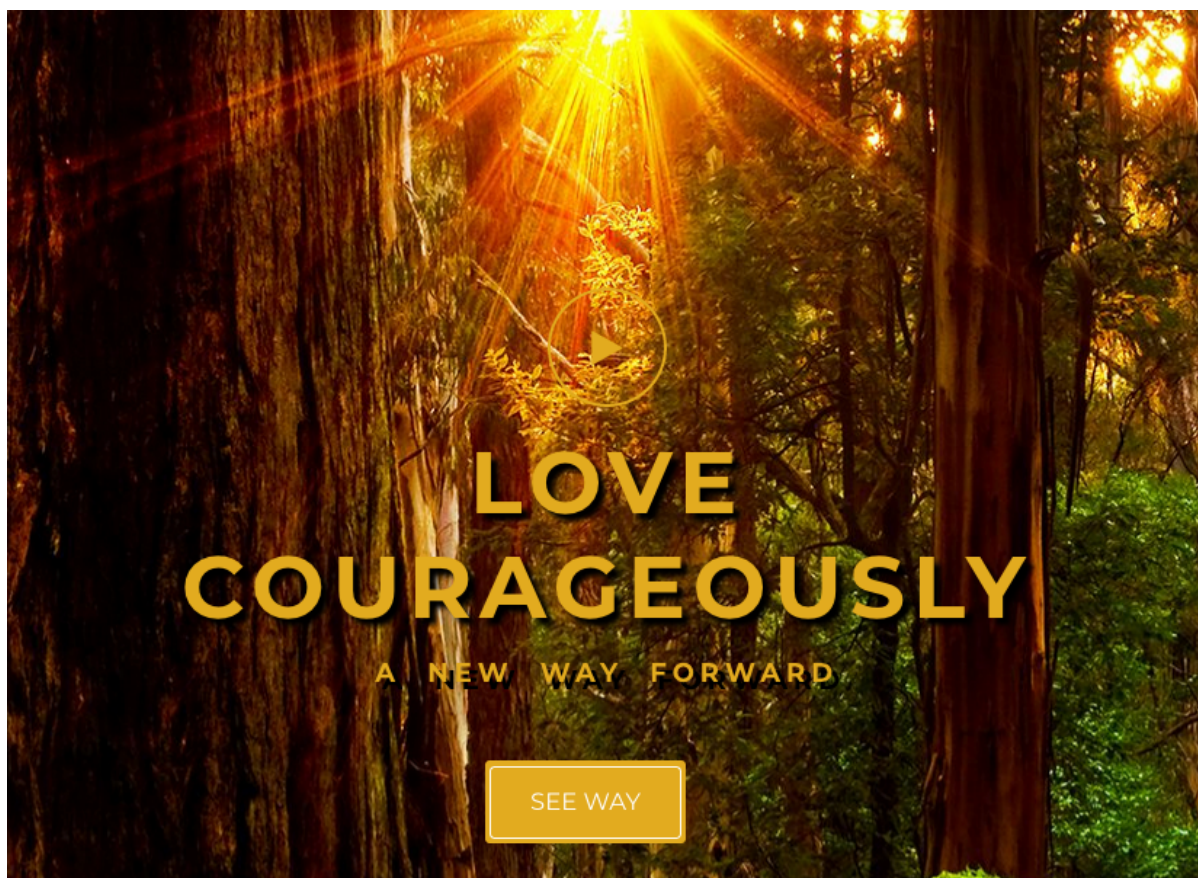
A Men's Gathering is where you can connect with other Men, from all backgrounds, religions, political and sexual persuasions. These gatherings offer a safe, non-judgemental, supportive space where men can explore the connections, modalities, challenges and exercises that facilitate real and lasting change.

They all offer high-quality workshops from varied Modalities, that you are free to take part in as many or few as you wish.

This is your time, to use as you wish but hey, why not take advantage of the experience?

There are currently **8 Yearly Men's Gatherings** as part of Open Ground training per year in Australia, plus others that are not part of the Common Ground training, and one in New Zealand.

March



Island of Men

Four per year, March, July and November, ?

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with self, community and nature. We are excited to announce that this event will be unlike any island before. We have an incredible new location, new facilitators and a brand new program.

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IOM is a unique experience that provides something different for each individual.

For some men, it is a welcome reprieve from the pressures of life, a lifting of the weight of expectation that has been placed on them by work, family and society.

For others, it is a place to realise and release limiting stories, unhealthy relationships & behaviours that no longer serve.

(From IOM <https://islandofmen.site123.me/>)



TasMen

We have been crafting our three day gatherings for 21 years. We create a mixture, of drama, experience, workshops, small group work, laughter, fun and friendship, to help you make the next step in your journey.

Why? It benefits you, your family, friends and workmates. It's a rare opportunity, make the decision,

(From <https://tasmen.org.au/tasmanian-mens-gathering/>)

May



Manshine

Manshine 2019 is a Journey into the Heart – an opportunity for men feeling fragmented or isolated to connect with their true essence and move to a greater integration. Maybe you feel as though you are just drifting in life or asleep at the wheel or life may be great.

Manshine provides opportunities for all men to enhance your life and your relationships. At Mens Wellbeing we pride ourselves on supporting men through whatever they are going through, whether they are flourishing and looking to enrich their lives or they have hit a crisis and are reaching out for help.

Manshine allows men of all ages and walks of life to connect with an inclusive, tolerant and confidential environment. Feel what it is to be part of a solid and open community of men. Share with other men what it means to be a man navigating manhood in the world today. Be yourself, open your heart and participate in workshops where you can share the good, the bad and the ugly. Manshine is a place for self-reflection, growth, fun and laughter. (from Manshine.org.au)



EveryMan Men's Gathering

Twice per year, May and November

Every man is Welcome. Every man is responsible for co-creating the Gathering

Every man is responsible for his own experience, food, water and shelter. Every man is responsible for packing down and taking his rubbish.

The intention for Everyman Gatherings is to co-create a space where men, having the desire to share themselves deeply and authentically, can connect, support and challenge one another towards greater self-empowerment, self-awareness and self-responsibility, whilst nurturing deeper respect and connection to nature and each other.

(from [Everyman Men's Gathering](#))

June



Sydney National Men's Gathering

'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').

(From <https://nswmen.org.au/mens-gathering>)



West Australian Men's Gathering

The West Australian Men's Gathering provides a opportunity for men to meet together in an environment that encourages honesty, trust, and the true expression of feelings.

The Gathering offers you an opportunity to explore what it means to be a man in the company of other men in search of deeper clarity. This is done through a number of activities and facilitated sessions that stimulate and encourage men to explore their current wellbeing, may this be physical or psychological. The WA Men's Gathering uses structured ways and protocols to ensure safety and confidentiality. The Gathering offers a range of self management opportunities that men can learn about and engage in, which are generated by the shared experience and stories of the men attending. There is also plenty of time to connect, share a meal or a cuppa and laugh or go for a walk. (from <https://www.wamensgathering.org.au>)

August



Essentially Men

Get more out of life

Whether your life is working well or you have some things to sort out, you will find that attending an Essentially Men workshop will provide you with powerful resources for your journey of personal discovery and growth.

Renewal, change, understanding...freedom

Thousands of men from all over New Zealand and all walks of life have found this outstanding programme a powerful catalyst for renewal and change.

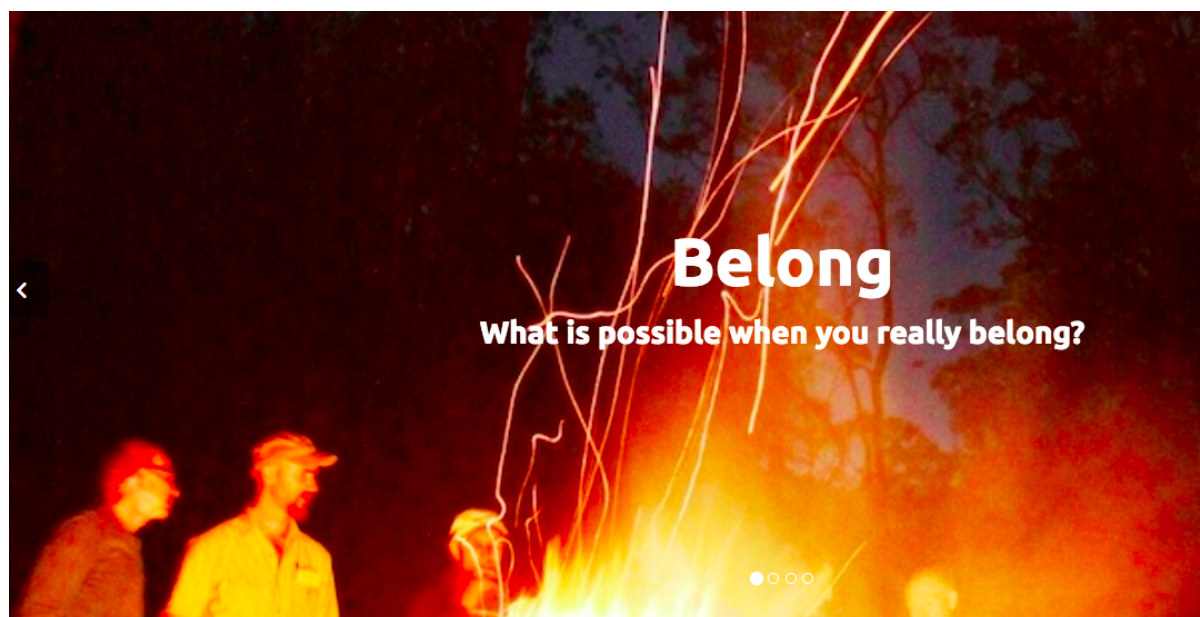
So will you. You will build trust and feel safe. You will get a deeper understanding of yourself and will leave with the freedom to be the authentic you. These are not just talking workshops – they are potent experiences that will wake you up, give you skills, and change your life.

Men Being Real – Deep healing and inner authority

When men come together in a group with the agreement to take a journey deeper into themselves it becomes safe to let down our guards. We can drop beneath the surface of feelings in a way not normally allowed for men. We can attend to the healing of memories to do with fathers, mothers and others, which affect the way we relate in our present lives. We can understand the roots of anger and depression and connect with our inner authority.

(from <http://www.essentiallymen.net/>)

September



Man Alive

We all need to belong to something.

A strong sense of belonging is fundamental to our well-being and our ability to show up for ourselves, our families and communities. It creates a foundation on which to build a fulfilling life.

Belonging helps build purpose, self-esteem and connection – it lets us know that we are not alone and that others have our back. It helps us feel settled and “at home”. You are invited to join us at Man Alive 2018, where we will be exploring and experiencing what it means to be truly at home in the world.

The weekend will include fun, conversations, experiential learning, physical activity, personal story – and an opportunity for you to bring your own questions and wisdom to share. Our intention is to co-create with you a safe and enjoyable weekend where men can be authentic and learn together.

This journey of exploration is an ancient one. For thousands of years, men have gathered to seek answers to the fundamental questions – so they may return with wisdom and insight for the betterment of their own lives, their families and communities.

Maybe you want to deepen your sense of belonging. Maybe you don't know what that means for you. If you want a better way to define yourself and live your life join us at Man Alive 2018 and explore what is possible. (from ManAlive.org.au)



Bedrock is a smaller, more intimate Men's Wellbeing gathering held annually at The Rock, limited to just 50 men. Sponsored by our Elders, the weekend flows with ease and grace by being less structured than our larger gatherings.

This also means more opportunities to connect at a deeper level to the land, to the gathered community, and to ourselves.

This year Bedrock will be structured as a 3-day event with the Opening Ceremony 9AM Saturday morning and closing after midday lunch on Monday.

We understand that some men may not be able to stay three days, but we strongly encourage you to make that commitment.

Each morning there will be an all-in Circle. In the afternoon there will be no more than three workshops which will have an organic flavour with topics arising from the morning session. There will be a Saturday night Heart Circle and a Sunday night celebration Concert.

[Book Now](#)

October



Menergy

Menergy is the Victorian arm of a national not-for-profit organisation Mens Wellbeing that has been providing men's events and men's support groups for over 20 years.

Menergy is an all-inclusive 3 day Men's Gathering wilderness retreat that provides workshops and ritual around celebrating masculinity and helps men discover more of themselves in a nurturing, supported and trusted way. The detailed program we run has been developed for over 15 years and has seen thousands of men grow and learn through this process.

At the heart of a Menergy weekend is the opportunity to attend and partake in many of the myriads of workshops that are focused on Men's health and wellbeing. These workshops help men to be empowered in our masculinity through vulnerability, support, and a greater understanding of trusting ourselves and our unique gifts as men.

(from Menergy.org.au)

[Book now](#)



Manhood

Manhood Men's Gathering is a not-for-profit men's community event with facilitated workshops, groups, activities and social time. The theme this year is Explore Healthy Masculinity – where each man is invited to define for himself what it means be a better man in today's world.

The culture is open, accepting, warm and non-judgemental. Every man is welcome and can expect to learn and share equally. Come along and share your story and listen to the stories of other men. Deep respect is asked and given.

The gathering is held at beautiful Camp Bornhoffen, Numinbah Valley in the McPherson Ranges of the Gold Coast Hinterland. Retreat to mountain country, fresh air, a mountain stream with a waterfall, bonfires and spectacular views. (from ManHood.org.au)

[Book Now](#)

E&OA



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