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Edition 22

What's Happening in Men's Work in April 2020

Hi All,

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

"Please. remember this is a Comprehensive newsletter and not a brief read."

It includes what is happening within Men's Work in the next month, but also regular events and brief details of every Men's Gathering for the whole year. There are extra details to be found via the links in every event.

"WOW, what an incredible period in all of our lives in Australia and throughout the World, it's not something that I thought that I, my family and loved ones, my extended Men's Work-Family would have to cope with. to have the World as we know it, totally transformed in the space of a few short weeks. Where 1000.s of people have lost their jobs, their businesses have closed, or will be closed or 'mothballed' within the next few weeks or months?"

I personally like to think 'the glass is always half full!' for every trauma or downturn in our lives if we look deep within; we can always find the 'nugget of gold' that we can take and see that we have grown as a person, Community or World, it may take many months or even years to see this revelation"

With COVID-19 changing our lives in so many ways, some of the Men's Gatherings have been cancelled or postponed to a later date to be decided. so please use the links contained within every event, to contact the facilitator to confirm that the event is still taking place?

Island of Men Sydney # 2



Island Of Men Hobart #1 – A Call To Action



Island Of Men Melbourne #6



All Island of Men 'LIVE' events have been postponed for the foreseeable future, due to the Coronavirus Pandemic, please see the video from IOM founder Mikey Lee below for further information.

"The IOM events have been postponed until further notice.

Unfortunately, given the current climate, we felt this was the sensible decision to make for each of our Sydney, Hobart and Melbourne events.

We do not make this decision lightly and understand that we have 80+ committeemen across Australia that have worked tirelessly in creating the IOM magic. I personally thank each of you for the work that has been and continues to be done.

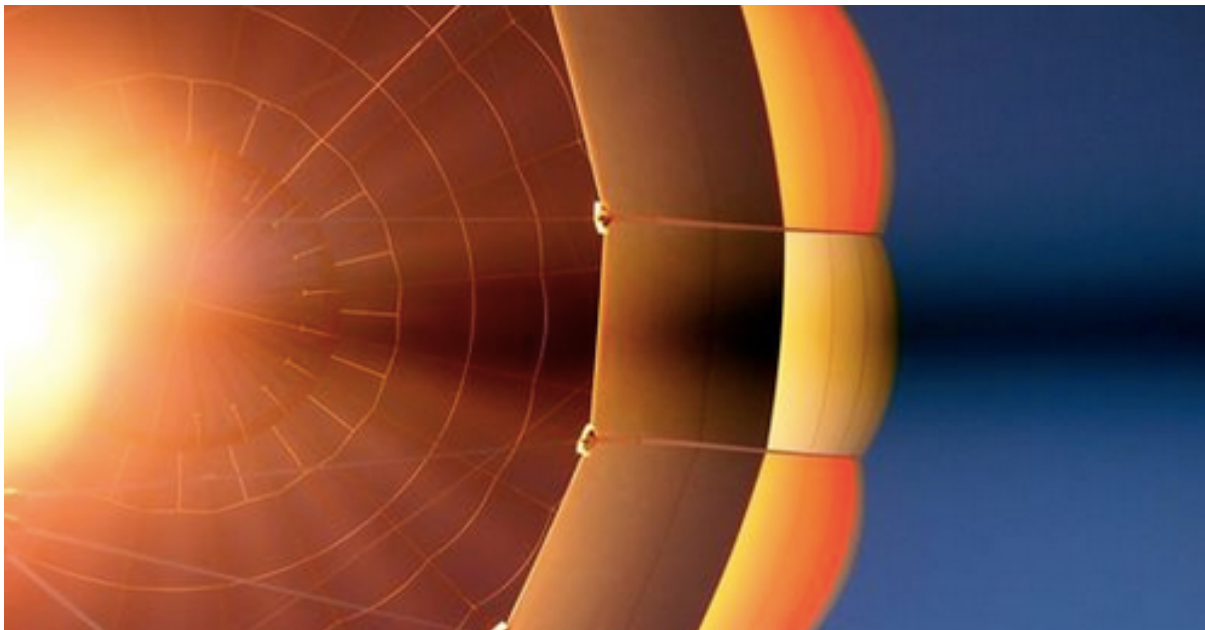
My heart goes out to the hundreds of men that will miss out on the incredible day of connection that I am certain you were each dearly looking forward to.

The Island Of Men is founded on a premise of CONNECTION; Connection to Self, Connection to Community, Connection to Nature."

[See more ...](#)



TRE ~ Recovery & Resilience Workshop – Canberra



When: April 18, 2020 @ 9:30 am – 4:00 pm Australia/Melbourne Timezone

Where: Pearce Community Centre, Collett PI, Pearce ACT 2607

Cost: \$295 - \$370

Contact: Richmond Heath

[Email](#)

[Event website](#)

This workshop is open to anyone wanting to learn TRE for their ongoing personal

use. Emergency Service Volunteers & People directly impacted by the recent fires are invited to attend this workshop at no cost.

WHO THIS WORKSHOP IS SUITABLE FOR:

This workshop is open to anyone seeking to learn TRE for ongoing personal use including the general public Emergency Service Volunteers are invited to attend this workshop at no cost. Please register below selecting the Emergency Services Volunteer Ticket.

During the workshop, TRE will be taught as a self-regulated technique for people without any major medical or mental health concerns.

If you have any major medical or mental health conditions, have a history of complex or severe trauma, are pregnant or have any concerns about your suitability to learn TRE in a group environment, please contact the workshop facilitator before registering for the workshop.

Attendance at a 2-day TRE workshop is a pre-requisite to application for the 2020 Certification Training Program to learn to teach TRE professionally. As this workshop is only 1 day, an additional 1 on 1 private TRE session will be required before application to the 2020 certification training program.

WHAT YOU WILL LEARN (6 contact hrs):

[More information ...](#)

Traditional Wooden Longbow Making in Fremantle 2, WA



When: April 24, 2020 @ 12:00 pm – April 25, 2020 @ 7:00 pm

Where: Fremantle, Western Australia 6160 Australia

Cost: \$310-\$350

Contact: Lars Richter, +61402322200

[Email](#)

[Event website](#)

TRADITIONAL WOODEN LONGBOW MAKING

Tapping into the wisdom of your ancestors, Awareness: Connection: Focus

2-day workshop:

Make a Traditional Wooden Longbow with Archer, Yoga Teacher, & Holistic Life Coach Lars Richter.

All experience levels welcome.

We acknowledge the traditional custodians of this land and give great thanks and honour to be on this land.

Lars is passionate about making traditional skills accessible to everyone with an interest, and in the practical application of these tools in our 'day to day' life. A bow can be used not just as a sport or a tool to hunt for food, but as a discipline, meditation, or spiritual practice as in the popular 1930s book on zen Buddhism, Zen in the Art of Archery.

[For more information ...](#)

Regular Content

Cecil's Men's Hub ~ Men's Groups Worldwide Directory



Did you know that my [Cecil's Men'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 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](#).

I MISS MY KIDS Men & Dad's Support Group



Date: February 4, 2020 @ 7:30 pm – 8:30 pm

Where: Online via Zoom & Private FB page

Cost: \$25

Contact: Michael Lauria 0481 856 888

[Email](#)

[Event website](#)

It's not easy is it? In fact, most of the time things feel hopeless and we feel helpless in terms of how we can develop a meaningful relationship with our children when we hit roadblock after roadblock.

We are hounded by family court issues, financially overwhelmed by ongoing child support obligations, feel emotionally battered by false allegations against us and are battle weary by the whole process of separation from our children and the ongoing fight to simply be an ongoing and stable positive influence in their little lives.

We also see them struggle with being active observers and sometimes even unwilling participants in a war that should never be fought. Sometimes it all overcomes us on many levels and many of us even choose to end our lives, or at the very least consider suicide as an option having convinced ourselves that our children may even be better off without us

I have been to all these places in the past and now enjoy a positive and close relationship with both of my children from that experience. I have successfully facilitated Men's groups around this in the past and observe a need for one NOW.

Men are suffering on many levels and this is one of them that affects us on very deep levels; the separation from our children and then the difficulty of maintaining connection with them on an ongoing basis.

[More Information ...](#)

Community FORUM – Rebirth



Date: Cancelled until further notice ...

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.

- **6:30 pm – 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**
- **10 pm – 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...](#)

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](#)
- [South Perth, WA](#)
- [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](#)

A Bad Weather Back-Up Location is Always Shown

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 **13 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.

January



Sydney Men's Festival

The **Sydney Men's Festival** is a chance to talk, relax, participate in and run workshops with other men.

The Festival is an annual event held at the end of January each year on the second last full week of the school holidays.

The Festival is open to all men regardless of colour, creed, religion, sexuality, profession or employment status.

Affinity Groups

At the previous festivals, we have formed small groups to provide support and companionship. These affinity groups have provided a focus for each of us to share our experiences throughout the Festival. The groups take turns in preparing meals, washing-up and cleaning.

Workshops

Anyone at the Festival can present a workshop. In previous years, workshops have explored such issues as men's health, love, fear, shame and guilt, spirituality, anger, wild man, meditation, community, initiation, parenting, touch, sexuality and sensuality, wrestling, singing, massage.

Food

The first meal of the festival will be served at dinnertime on Sunday. For cost and health, meals are mainly vegetarian, sometimes with meat options, and are

organised by the affinity groups with the help of the food coordinator. You are welcome to make arrangements if you have a special diet.

Activities

The camp is in bushland overlooking the Georges River, so there is plenty of opportunity for swimming and bushwalks. A cabaret is normally held on Saturday night.

Accommodation

Only a limited number of bunks with a mattress are available in dormitories or cabins, so please bring your own sheets and pillow. Also as a backup, please bring a tent, sleeping bag, pillow and mattress.

Child Care

The Sydney Men's Festival welcomes children (boys all ages and girls under 7). Fathers are responsible for the wellbeing and behaviour of their children. A father's group is encouraged to meet once a day to discuss and coordinate children's issues and activities.

[Read more ...](#)

March



Island of Men ~ Melbourne

Four per year, March, July and November, December

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.

The IOM experience can be somewhat difficult to describe, so rather than trying to hammer a point home, have a read of what past attendees have said about their Island experience.

"What a day! A fantastic experience to be surrounded by so many amazing hu-men. The workshops were great, the love felt by all, the power of the Sacred Heart circle. This is a much-needed facility in a time where I, as a man, realise it's on me to create the change I want for myself and my surroundings. And to spread that change to all men around me. A powerful tool to claim back our masculinity."

"What an amazing day. Very full and heavy heart by the end, in a very good way!"

"Truly powerful and inspirational work behind the guys that brought this beautiful space together. What an Honour it was to be apart of this event !! An absolute must for Men - Please do more."

"A great day organised by great people, I went in hungover and came out inspired!"

What to bring:

- We ask that each man bring a plate or dish of food which will be shared by all the men in attendance for lunch.
- Plenty of water
- Appropriate clothing

- Grab yourself a ticket - and if you want to do something nice for a man, friend or family member, if you want to strengthen a bond you have with a best mate or a brother, bring them along. You'll both be thankful for it.

(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/>)

April



Island of Men ~ Hobart

Once per year, April.

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 our upcoming event, '**IOM - This is Me**' will be occurring on December the 7th at Cataract Scout Park.

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

See the above **IOM ~ Melbourne** for more details...

There will be updates and instructions on the IOM Facebook page (facebook.com/islandofmen) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at '**Island of Men - This is Me**'

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



Island of Men ~ Sydney

Two per year, April and December

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 our upcoming event, '**IOM - This is Me**' will be occurring on December the 7th at Cataract Scout Park.

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

See the above **IOM ~ Melbourne** for more details...

There will be updates and instructions on the IOM Facebook page (facebook.com/islandofmen) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at '**Island of Men - This is Me**'

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

May



Manshine

Manshine 2020 is 'Heart Fire'

Are you living life with aliveness and passion that allows you to support yourself, your family and your wider community?

Having 'Heart Fire' is to live a courageous and purposeful life true to yourself.

The workshops at Manshine will support you in this. Wherever you are in your life, we invite you to stoke your fire, tend your flame and shine your greatest light on the world.

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. You will find men from many different backgrounds and experiences all coming together for the long weekend in May to help support one another along the journey.

[Read more ...](#)



EveryMan Men's Gathering

Twice per year, May and November

When: See dates and times in specific months events.

Where: Camp Eureka 100 Tarrango Rd Yarra Junction, Vic 3797 Australia

“Everyman” this successful event is on again at Camp Eureka.

Join us over three days to reconnect with yourself, others and nature.

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, intention, self-awareness and self-responsibility, whilst nurturing deeper respect and connection to nature and each other.

This will be the 4th Everyman Event in the Yarra Valley. Those who've attended previous gatherings know what a great opportunity these events are to meet and enjoy the company of other blokes who are up for being real, dropping the bravado and experiencing the gift of each other's presence.

What you can expect on this weekend is plenty of laughs, some great workshops (anyone is free to offer a workshop), music, heart sharing, new perspectives, plenty of time to relax and reflect without the distraction of technology. This is an opportunity to concentrate on yourself, as a man, without fear of judgement.

Everyman is:

- Drug and alcohol-free
- Non-religious
- Welcoming of all:
 - Religion
 - Races
 - Gender identification
 - Culture
- Open to men 18 + (not suitable for children)
- Everyman is run under the auspices of Men's Wellbeing Inc.

The official start time is 6 pm but the camp will be open from 3 pm if you wish to arrive earlier.

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>)

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/>)

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](https://www.menergy.org.au))



Man Alive

MAN ALIVE men's gathering is a weekend away just for men - all men. Away from work, family and social commitments you can spend your time being instead of doing. MAN ALIVE open to all men from any background, religious, political or sexual persuasion. We encourage men to be real with themselves and others in a supportive and non-judgemental environment.

You can expect a warm welcome and plentiful conversation and laughter, with many opportunities to get to know yourself and others in a strongly grounded space of respect, growth and trust. We run our gatherings based on the concept of Open Space - where you can offer to host a session, ask for a specific session to be run, or participate where you are called to. This gives us the chance to co-create an agenda for the weekend that suits where we are all at. We also have components of ceremony and home groups, which support us to connect as a whole community and make sense of what we are learning together.

MAN ALIVE is all about choice. You choose what you want to do - be it hosting or attending a session, relaxing, taking quiet time for personal reflection or spending time making new friends. It's totally up to you.

(from <https://manalivenet.weebly.com/>)

November



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 to 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)



Southern Men's Gathering

The Opportunity

The Southern Men's Gathering, November 8 to 10 2019, is a Men's only event created to improve the emotional wellbeing of men.

The theme for our very first gathering is “**Share the Journey**” and as such, participants will share a beautiful weekend of connection, openness, authenticity, depth, support, respect and trust as they experience a range of different exercises and activities designed to allow them to explore their self-concept.

This event will run counter to the often narrow and repressive culture of traditional masculinity, where superficial conversation, competitiveness, disconnection and suppression of emotion tend to rule. Instead, you will connect deeply with other men, form support networks and community, and you will have the opportunity to develop your emotional literacy.

What ‘Share the Journey’ can offer you is the opportunity – to recharge in nature, to connect with like-minded Men, to sit in a space of stillness and safety, and to have some fun.

We invite you to join us in exploring your own unique expression of positive masculinity.

We hope to see you there?

The Southern Men’s Group is a voluntary organisation where men meet regularly to support one another to develop a healthy expression of their masculinity in the Fleurieu community.

SMG, in association with Tasmen and Henley Beach Mankind Project South Australia is now launching an annual gathering, the first of which is a 2-day residential experience in the heart of the beautiful Fleurieu Peninsula.

[Read More ...](#)



West Australian Men's Gathering

In 2019 we celebrate the 25th anniversary of the West Australian Men's Gathering. The WAMG is the longest-running gathering of its kind in Australia.

Our theme this year is 'Contemporary Man'. Together we will explore authenticity, respect, sexuality and what this means to us as contemporary men.

This year we will have three price points. We have decided to introduce a 'double' ticket in addition to the Earlybird and standard single tickets. We would like to encourage men to bring along another man important to them. It could be anyone from a father to the best mate to a curious colleague. All men are welcome and we look forward to seeing you there.

The ticket price includes accommodation, all meals, activities and lots of good men to get talking to. Presenters will be announced in due course. We intend to email all participants regarding event times and details and other important information approximately two weeks prior to the event. (from <https://www.wamensgathering.org.au>)

December



Island of Men ~ Sydney

Two per year, April and December

See April Details...

Thanks for your time in reading this update, please visit [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

E&OA



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