

[View this email in your browser](#)



Edition 21

What's Happening in Men's Work in March

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.

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

Welcoming the Darkness

(Already started contact Facilitator)



When: January 25, 2020 @ 7:00 pm – 9:00 pm

Where: Online

Cost: \$797

Contact: Nic Tovey 0404 850143

[Event website](#)

Welcoming the Darkness ~ An 8 week Archetypal journey

A Men's Archetypal journey into the depths of our internal world, to sift through the shadows, move beyond distortion and denial, and retrieve the infinite power of our Divine Darkness.

Our world today has demonised the innate dark power that resides at our core, relegating it to the shadows, forcing our gaze upwards, fixed towards the light, denying the existence of our full spectrum humanity.

Our ascension based spiritual traditions have favoured the heavenward path and forgotten our basic primordial origins.

[Read more ...](#)

2 Day TRE Workshop ~ Melbourne & 2 Day TRE Workshop ~ Sydney



Melbourne

When: February 29, 2020 @ 9:30 am – March 1, 2020 @ 4:30 pm

Where: Greensborough Masonic Hall, 23 Ester St, Greensborough VIC 3088

Cost: \$495-\$585

Contact: Richmond Heath, 0409 357 964

[Event website](#)

Sydney

When: March 21, 2020 @ 9:30 am – March 22, 2020 @ 4:30 pm

Where: Crows Nest Centre, 2 Ernest Pl, Crows Nest NSW 2065

Cost: \$495-\$585

Contact: Richmond Heath, 0409 357 964

[Event website](#)

WHO THIS WORKSHOP IS SUITABLE FOR:

This workshop is open to anyone seeking to learn TRE for ongoing personal use including the general public. 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 introductory TRE workshop such as this one counts as the

pre-requisite to application for the 2020 Certification Training Program to learn to teach TRE professionally.

WHAT YOU WILL LEARN (12 contact hrs):

Day 1: Tremors, Trauma & TRE

- morning TRE session – Quickstart TRE invoking tremors simply lying on the floor
- afternoon TRE session – Quickstart TRE
- destigmatising & reframing shakes & tremors as a positive recovery resource
- how traditional cultures have used neurogenic movements for health, healing & spirituality
- poly-vagal theory & our 3 primary autonomic nervous system states
- the role of neurogenic movement in reducing stress, bracing, physical tension & chronic pain
- why neurogenic movement has a deeper effect than general exercise
- why embodiment is a key to building resilience & coping capacity

[Read more ...](#)

Tasmanian Men's Gathering ~ 2020



TasMen

When: March 6, 2020 @ 3:00 pm – March 8, 2020 @ 3:00 pm

Where: Far South Wilderness Camp, 247 Narrows Rd, Strathblane, Tasmania 7109

Cost: \$360-\$460

Contact: [Email](#)

[Event website](#)

CLEAR VISION | AUTHENTIC PATH

Creating the vision of our most authentic self and discovering the path that leads us there.

We have been crafting our three day gatherings for over 20 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,so make the decision, and we will see you there.

This event has SOLD OUT.

Traditional Wooden Longbow Making nr Melbourne & Traditional Wooden Longbow Making in Adelaide Hills



Melbourne

When: March 7, 2020 @ 10:00 am – March 8, 2020 @ 5:00 pm

Where: Freshwater Creek, Victoria 3217 Australia

Cost: \$310-\$350

Contact: Lars Richter, +61402322200

[Email](#)[Event website](#)

Adelaide

When: March 21, 2020 @ 10:30 am – March 22, 2020 @ 5:30 pm

Where: Adelaide Hills, South Australia 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 : 7 – 8 March 2020

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 honouring 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. Our most celebrated quote is, "In the case of archery, the hitter and the hit are no longer two opposing objects, but are one reality." It points to the experience others have since described as "flow" or being "in the zone".

[Read more](#) ,,,

Freedom To Be Breathwork Workshop



When: March 14, 2020 @ 2:00 pm – 5:00 pm Australia/Melbourne Timezone

Where: Shining Light Yoga, Northcote St, Northcote VIC 3070

Cost: \$85.49

Contact: Steven J Todd

[Email](#)

[Event website](#)

Come along for this 3 hour breathwork workshop where we will be going on a journey to heal ourselves with the power of our own breath.

About this Event

Breathwork is a healing modality that is taking the world by storm. Why? Because it is so effective! It allows people to heal themselves through the power of their own breath. Breathwork is a powerful way to release old energies, memories and tensions from the body and mind.

How does it work?

By laying down and relaxing the whole body listening to a soundtrack journey we breathe in a conscious connected rhythm. This breathwork practice is inhaling and exhaling with an open mouth, it is a circular breathing pattern with no pause between the inhale and exhale. Throughout the session you will be guided into a non ordinary state of consciousness using the breath to access parts of yourself that is usually outside of your daily awareness. During the session the sympathetic nervous system will be activated to access those deeper layers of the body and mind to release stuck energy which can lead to more freedom in the body. In this non ordinary state of consciousness the subconscious mind may bring old memories and old beliefs to the surface to be healed which can result in more inner peace and clarity.

[Read more ...](#)

Mythical Man: The Stories We Tell



When: March 14, 2020 @ 10:00 am – 6:00 pm

Where: Vine and Branches Personal Growth Centre, 27 Bonds Rd, Lower Plenty VIC 3093

Cost: \$32.74 – \$127.69

Contact: Asher Packman

[Event website](#)

Warrior Within's "Mythical Man: The Stories We Tell"

Aims at reviving the ancient traditions of brotherhood for the betterment of all men.

Story is stitched intrinsically into the fabric of our psyche. Our minds are not linear and logical, but narrative. As children, we acquire language to tell the stories we have inside us, and we have forever handed down our culture and our ancestral lineage through myth, story and song. They hold powerful messages for us, both as men and as a human collective.

Warrior Within's one-day retreat "Mythical Man: The Stories We Tell" aims at reviving these ancient traditions of brotherhood. Together, we will delve into myth through spoken word, song, meditation and more, discovering ourselves, and in the process, unlocking effective tools for the hero's journey.

There's an old quote, purportedly by Mark Twain, that says, *"I am an old man and have known a great many troubles, but most of them never happened."*

This one-day retreat is strictly limited to 25 men.

[Read more ...](#)

Rise Of The Masculine

RISE OF THE MASCULINE

A WORKSHOP FOR MEN
TO RECLAIM THEIR FREEDOM FROM WITHIN



SUNDAY MARCH 15TH, 12:30PM
@ NORTH YOGA STUDIO
301 ALBERT STREET
BRUNSWICK

When: March 15, 2020 @ 12:30 pm – 5:30 pm

Where: North Yoga, 301 Albert Street Brunswick, VIC 3056

Cost: \$105.53

Contact: Steven J Todd

[Email](#)

[Event website](#)

A 5 hour workshop for men to step into their true authentic power.

About this Event

There is a great awakening happening with Men on this planet. We are looking around and starting to ask the question. What does it mean to be a man?

From a young age, we Men have been programmed to avoid feeling and expressing our emotions. The conditioning of earlier generations and society told us....

“Harden up you pussy”

“Be a man”

“Only girls cry”

The result of that conditioning is now a lot of us Men are unconsciously holding onto guilt, shame, grief, resentment and rage. We have had no tools or awareness of what to do with our feelings and emotions and end up suffering the consequences through increasing levels of anxiety, depression, chronic stress, tension and pain.

[Read more ...](#)

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 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](#).

I MISS MY KIDS Men & Dad's Support Group



Date: March 3rd 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: March 3rd, 2020 @ 6:45 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...](#)

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 mattress are available in dormitories or cabins, so please bring your own sheets and pillow. Also as a back up, 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

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.

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.

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/>)

April



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.

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.

And for the majority of the IOM attendees, it is just a place to feel at home with other blokes who want to learn, grow and be happy.

This is a day built on radical self reliance, a commitment to owning our own stuff and taking steps to create positive changes where necessary. It's also a day of complete community, a knowing that life can be so much better when we are there for one another.

IOM will be host to an array of talented facilitators running workshops throughout the day, focussed on mission, communication, movement, breathing, purpose, expression, appreciation, self-love, inner child work... and more.

The IOM experience can be a 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 a Honour it was to be apart of this event !! Absolute must for Men - Please do more."

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

Look, if you are considering coming to IOM at this point... just do it... you have nothing to lose and everything to gain.

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.

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 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](https://manshine.org.au))



EveryMan Men's Gathering

Twice per year, May and November

When: Friday 22nd November 6pm – Sunday 24th November 2pm, 2019.

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 6pm but camp will be open from 3pm 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/>)

September



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.

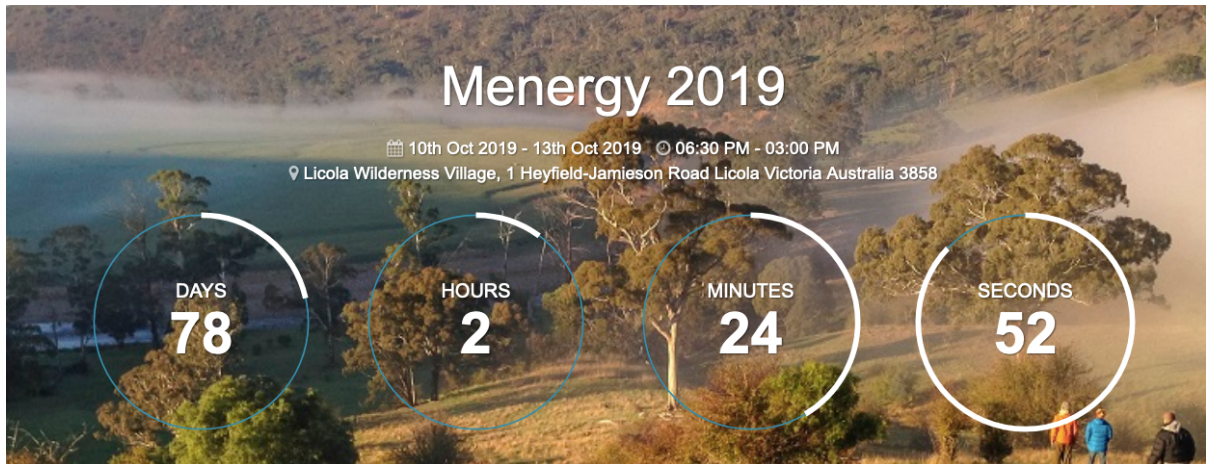
This also means more opportunities to connect at a deeper level to the land, to the gathered community, and to ourselves.

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.

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



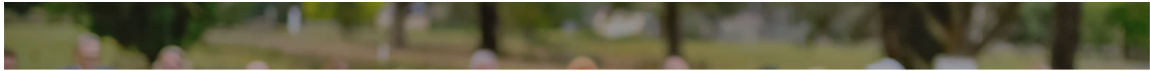
Manhood

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 are 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 a 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...

E&OA



Copyright © 2020 Cecil's Men's Hub, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

