

Men's Group 'Menifesto'

Purpose.

A group of men gathered for the primary purpose of personal growth and development; sharing feelings, thoughts, challenges and events in our lives. Men's groups can have the following effects in those that participate: -Increased comfort in being a man -Greater competence with emotions and discomfort

-Uncovering and committing to functional values -Shedding obstructions to wellness

We gather to foster and practice the art of connection and knowing others, as well as separation and knowing ourselves. We do this by witnessing and participating. We fortify this community through mutual respect. The 'work' is the group's process. Our gathering provides long-lasting benefits to our community.

Container.

We have learned through various experiences that this process requires a container; a functional, stable vessel to travel the terrain of men's work. To support this container, we recognize the need for shared observances as well as a balance between structure and flexibility. We respect the commitment of time & energy while honoring the variety of experiences and needs as well as the tone of each gathering.

Values. (These are to be amended and ratified by the membership throughout the life of the group, and by signing below)

- We agree to uphold and maintain confidentiality; and to lean towards silence when not clear about how to safeguard others information.
- We work towards our own leadership within the group; regardless of power, volume, rank, experience, socio-economics, spiritual aptitude, and so on; thereby working towards equality within the group.
- Every Member is responsibility for actions of body, speech and mind.
- Members agree to develop skill and kindness in speaking only to their own experience and asking permission before speaking to another's.
- Naming of the group by consensus (may occur early, late, or never in the groups lifetime)

Design.

- Meetings start with 2 minutes of silence. Then the door (and the meeting) is closed.
- Succinct Intentions are stated by members. The Sanctified object is placed (TBD).
- Each member has 2 minutes to 'Check-In', followed by saying, "I'm IN."
- Next is the 'Crucible Check,' to provide time to maintain the container and our performance.
- Open dialogue period where the group discusses an intention, topic or focuses on a member.

This is the 'heart' of the meeting and should take the greatest time and energy most meetings.

- Each member has 1 minute to 'Check-Out', followed by saying, "I'm OUT."
- The sanctified object is removed, thereby the meeting ends.

Crucible Check. (The purpose is ensuring the integrity of the container. This will be elaborated on in person):

~Issues relating primarily to inclusion and safety; also integrity around punctuality or attendance.

~Any outstanding topics must wait until later in the meeting or will be dealt with at the next meeting.

~The beginning of the 'Crucible Check' is open first to people to speak for themselves and their own integrity. Next, people may share about others if something feels unresolved about someone else's integrity or their connection to the group or individuals. The intent here is to be honest and ensure that

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resentment, avoidance, and integrity is well managed. Crucible Check is also open forum for resolving issues about communication. If there is "charge" participants may request, and then must receive, advocates from within the group.

Late Policy and Attendance.

The meetings are expected to commence promptly. All members who are planning to attend should be in the room at that time. Ideally, we should all be not only in the room, but settled (greeted, pisses taken, etc.) and ready to go. If one finds they will be late, and thus not able to attend, he should still try to text the host and thereby inform the group. Therefore, anyone who hasn't arrived five minutes after start should not try to enter. We call this "lockout," and it sounds tight, controlling, inflexible, and it is, and it works.

Attendance is required; we are committing to 13 weeks together. All members agree to make every meeting they can, and commit to that as best they can. Missed meetings detracts for all.

Joining the Group.

The maximum membership of this men's group is set at 9 people.

Each group has a given lifetime of 13 meetings, that the process of formation, transformation and integration has a certain clarity and is known by members.

Leaving the Group.

If it becomes clear that we will leave the group, we must communicate this intention to the group, by email or at a meeting, and let the group know when our last meeting will be. This will allow for closure with all the relationships the group contains; beneficial to all of us.

By Signing below, I agree to abide to the agreements of this group. Particularly I agree to not disclose to anyone information about other members. I understand that any such disclosure could result in civil liabilities from the group.

X-

Group Organizers and Engineers: We are so excited to offer this group to our community.

Fabian has been studying the human experience his whole life; studying Buddhist Arts and Sciences in the Tibetan Tradition, a masters in Body Centered Psychotherapy, raising two kids as a single (supported) father, and counseling individuals and couples through creative transformation. A lifelong love of wellness, meets with a passion for understanding what it means to be a Human, how we can optimize our lives and the methods of that process. Fabian has an undying Love for the unique tensions, strengths and challenges facing Men and Couples in Western Society. He has guided Boys to become Men, Men to become Peaceful Warriors, and brought groups of men to do Men's Work.

Hunter has been keenly aware of the need for a new way of being in the world for much of his life. This started with his wrestling over the Christian tradition he grew up but which he could not reconcile with his experience of the world. This wrestling continued with his work as an engineer addressing environmental degradation and providing humanitarian aid in other countries. It has come to fruition in his life as a regenerative farmer and therapist where he draws people into a new way of being that brings life and nourishment. Hunter loves men's groups for their power in shifting men into this new way of being.