

Men's Vision

The Church of Today's Men's Group Newsletter

1st Quarter 2002

A Father Comes Home

A classic
Book Review
**The True
Believer**

Surviving Divorce

**Nine Best
Men's Books**

**On Sexual
Addiction**

**Fly Like
a Crow**

This can be downloaded in full color at www.menoftoday.com.

QUICK VISUAL TREATMENT MAY HELP HEAL TRAUMA

BY TED BRAUDE

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MEMO: GOOD FOR YOU

"The magic wand works," said the 30-something client as she walked into my office.

"I feel much better. I'm not anxious and nervous like before. I'm comfortable handling situations at work that used to give me an anxiety attack."

I use the magic wand reference she spoke of when practicing a treatment called EMDR or Eye Movement Desensitization and Reprocessing.

EMDR was developed by Francine Shapiro, PhD, while she was a graduate student at University of California at Berkeley in 1987. Initially applied to people who had suffered severe traumatic stress -- like rape victims and Vietnam War veterans -- it has become a successful methodology for working with people who have experienced a variety of stressful conditions.

EMDR is a sophisticated, non-invasive method of working with people based on a therapy utilizing eye movements. It is practiced only by trained mental health professionals because it can deeply affect psyche. The results can be extraordinary and often are accomplished in a very short period of time.

EYE-MIND CONNECTION

Shapiro's discovery of the therapeutic effects of eye movement was fortuitous. She was walking through a park in 1987 and realized some disturbing thoughts she had had were suddenly gone. When she then purposely brought them back to mind, they still didn't bother her. By paying close attention to herself when she brought the disturbing thoughts to mind, she realized that her eyes began to move back and forth rapidly. And the disturbance disappeared.

Her discovery led to controlled studies with individuals suffering from severe traumatic stress. The results were very successful and the development of EMDR was launched.

Today, more than 12,000 trained clinicians practice world-wide treating people with a variety of conditions.

My client had come to see me because she believed she couldn't deal with the stress of work in a law firm any longer.

Not only were the pressures and practices of a very active legal firm conflicting with some of her life values but life at the firm stressed her uncertainty regarding her confidence and self-worth to the breaking point. She simply felt she was unable to function there.

After meeting for several weeks, we conducted one EMDR session. It was the very next meeting she reported a significant and substantial shift in her stress level. The change appears to be lasting.

"I am comfortable," she reported in our last meeting. "I feel my own personal sense of power, not something I have to earn or prove. Now I can comfortably consider my options: Whether to stay at the firm in a capacity I enjoy, to not work at all or try something else. I don't feel like I have to flee in panic."

She said she was seeing things much more clearly now after the EMDR treatment.

More information on EMDR is available on the Web at www.EMDRIA.org.

TED BRAUDE is director of New Beginnings Counseling Center in Royal Oak. Call him at 248-398-3181.

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Divorce is epidemic and its effects are pervasive in American culture.

Why aren't marriages enduring? How can people survive the devastating impact of divorce and its aftermath and what help is available to them?

Abigail Trafford, in *Crazy Time* (Bantam Books, 1982), refers to divorce as a "savage emotional journey that often begins the day you get married". For many couples, this is all too true. The seeds of divorce are the unrealistic expectations and unrevealed selves we bring to the altar. The inevitable disappointments occur, followed by disillusionment and resentment. Add to the formula poor communication skills and aversion to conflict and the result is growing detachment, deadened emotions, and ultimately, in half of all marriages in this country, divorce.

And then comes the devastation. Many compare divorce to a death. It is, in fact, the death of a relationship, with the attendant losses of in-laws, friends, lifestyle, and security (and for some, the loss of children, home, pets, and more.) It also marks the death of a dream.

How can individuals deal with the changes and losses and shock to the system that accompany divorce and at the same time learn what is necessary to avoid subsequent failed marriages? As a counselor working with many people going through divorce, individually and in groups, my observation is that there are several keys to an effective recovery. Refraining from self-destructive or addictive behaviors and avoiding rebound relationships are two of them. A third is a sense of spirituality; those who have some sort of spiritual belief system seem to recover more easily than others.

Perhaps the most essential key to healing, especially in the early stages of the process of separation and divorce, is support. The people who grow through the experiences and emerge with some peace, hope and happiness are those who reach out to others for support. For some, family members can be helpful, often surprisingly so. One of the positive outcomes I see frequently is people forming stronger bonds with sib-

lings who step closer to help them through the process and then remain close. Good friends can help, too, but often their capacity to be helpful, objective and patient is limited. Friendships can be worn out if overused.

Some people find themselves without good friends at this critical time, usually because they have failed to maintain friendships during their marriage.

This is specially true among men, many of whom, Thoreau said, "lead lives of quiet desperation". This desperation is never more evident than it is when a man is suffering all the losses of divorce, compounding the pain of the loss with the pain of isolation.

The type of support that is most helpful during the process, whether one has the support of family and friends or not, is the kind that those in similar circumstances can provide. Small divorce support groups, where members share their shock, sadness, outrage, and fear, are the best places for the healing to begin. In the privacy of the group setting members offer each other empathy, acceptance, understanding, strength and hope. Members will often exchange phone numbers to be available for mutual support between meetings, as well.

Many, if not most, people also need individual counseling to help them through the process. Divorce is one of the most stressful events one can experience. The recovery process can be eased and the long-term negative impact reduced with the help of a professional counselor.

The final key to healing is the releasing of resentments. Holding a resentment toward an ex-spouse contaminates one's other relationships, especially with one's children and new partner, and robs one of energy that could be given to those relationships. To resent someone usually involves perceiving oneself as a victim. When one is able to drop that self-perception one can regain his or her power, self-esteem and energy and have a fuller and happier life and richer relationships. Though it is an essential step in the recovery process, the releasing of resentment often takes many months and everyone has to do it at his or her own pace. (Cont'd page 4)

Surviving Divorce

By Tom FitzPatrick



What sources of help are available in the area?

A number of therapists offer individual counseling for persons going through divorce. Some also provide counseling for couples who need help with the process of making or carrying out the decision to end their relationship. Several churches, including The Church of Today, and other organizations offer support groups for persons dealing with divorce. A few have support programs for children as well. For information regarding some of these programs, contact Tom FitzPatrick at 248-288-3542.

Tom FitzPatrick is a therapist and the Director of Divorce Recovery Services at the Center for Creative Living in Royal Oak. He specializes in men's issues, couples communications skills, and divorce adjustment. He presents lectures and workshops on a variety of topics, including fathering, divorce, creating and maintaining intimate relationships, healing from infidelity, and the transition to manhood.

Tom is an active member of the Men of Today and the New Warriors. His mission is to help men become more focused, empowered, and fulfilled as husbands, fathers, sons, and brothers to one another.

PUBLICATION CREDITS

From the desk of the Senior Editor Kirk Tirakian:

I would like to thank the following individuals for their help in creating this newsletter/magazine.

Scott Worley for graphics assistance, Rachel Scott for typing assistance, all the men who provided their words of wisdom to reprint and, of course, John Lilly for giving me permission to share a part of his life. Included in this are the men who provided financial assistance through donations or for the opportunity to advertise.

Any questions, comments, inquires or items to be included in future editions, call Kirk Tirakian at 248-414-3668 or e-mail at kirkalton@earthlink.net.

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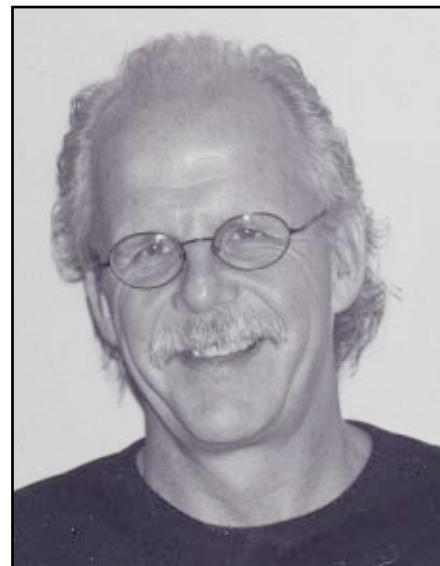
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STRUGGLING TO KEEP EVERYTHING IN BALANCE?

For most of us, it's a constant challenge. The combined stresses of trying to make a living and trying to make a life can be overwhelming.

For confidential assistance with personal, career or relationship problems, contact:

**Thomas C. FitzPatrick, M.A.,
Licensed Professional Counselor
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Working with men to:

- Explore Career Changes
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- Adjust to Divorce and Other Losses
- Alleviate Anxiety & Depression

A Father Comes Home

Journey To An Unexpected Closure

Edited by Kirk Tirakian

In an office in the Church of Today is a picture of a woman whose expression speaks across more than half a century. The picture is from a newspaper clipping from the end of World War Two. The woman is dressed in her Sunday best. The photographer has caught her just as a high ranking officer of the United States army is pinning the medals on her chest her husband earned in combat. At that precise moment she is also looking into the camera lens and the sadness on her face is palpable.

Turn to the year 2001 . . .

He was killed in Germany near the end of the war. They never recovered his body. My mom remarried a couple years later. In all those years I never thought of them finding his remains. It just never crossed my mind. Then one Monday night, this must have been the first of August in '99, I came home to a message on my machine from some woman Army contractor. She said she was looking for the family of John Early, which was my father's name and my name before my mother remarried, and my stepfather adopted me. I figured it was a scam. So Friday night I get home from work to two messages, one from my stepsister in Indiana saying this woman from the Army called about my father and they had talked. The next message was. "I think you're the person I'm looking for and I'll call you back later." I still had no clue what was going on. About three hours later, this woman calls me and tells me the prior September, relic hunters in Dasburg, Germany found my father's remains. He'd been buried for 53 years and it never ever, ever, ever occurred to me that they would ever find him.

Because he was a Veteran and killed in

combat I was able to bury him in Arlington National Cemetery. I had him interred on my birthday because he only saw me the week I was born in September of '43'. I thought it would be a neat present for him and for me. That's kind of like the whole story in a nutshell.

You probably wondered about him right, all your life?

I knew he'd been killed in the war and off and on I thought about it and thought about him. I wondered what my life would be like, wondered who I'd be, wondered what I'd be, all those sort of things, but I never spent a lot of time on it. I've got several of his pictures and I've always shown them to people but it never ever, ever, ever crossed my mind his body would be found.

That week I got the call and I finally got the information is really hard to even describe. I never knew the man and yet I'm part of him. I thought it was kind of interesting though that they found his remains about the same time my stepfather died. He was the last of the family. My mother had already died several years ago in '96 and my stepfather died in '98. I think, as the church teaches, there's no such thing as a coincidence. I believe it all happened that way because I know my mother had grieved for years over my father's death so it would have been tough on her had they found his remains while she was alive. My stepdad didn't need to have that all on him.



John Lilly as a Toddler

You don't know much about that side of the family?

No, they're all gone. When I was a kid, my mother kept in touch with my father's brother for a time,



5

then he disappeared. Talking about my father was not something my mother ever wanted to get involved in so I never really got to know much about him. He didn't have any other family where I grew up in Indianapolis so I never learned much about them. I tried to find my uncle on the Internet and the army tried to find him too but no one could track him down.

rotted out, like his weapons belt, shovel and stuff like that was how they could tell he was an American, but his dog tags were the give away. He had a partial upper plate which was still about 99% intact. It was easy for forensics with dog tags and dental records to positively identify him.

Did they tell you how he died?

Well it was pretty evident he received trauma to the head. You could see that from the photos.

Long lost remains of U.S. servicemen are taken to a laboratory in Hawaii for forensics and identification. They had recovered about 85% of his skeleton, of which I have the pictures, his dog tags, his St. Christopher medal, and a ring. It was just his bones and the parts of his uniform that hadn't rotted away yet. Because of the soil conditions over there, bones and things don't deteriorate, as they would, for example, in the alkali soil of Vietnam. Generally what happened in those times is on either side when a soldier fell and the battle moved on, the villagers would come and cover up the remains to keep scavengers both human and animal from getting to them. Whoever covered his remains either moved on and never came back or were also killed, because he wasn't found for 53 years.



John Lilly's parents:
Sgt. John Early and his Wife Joan

How old was he when he died?

He was 25. He was born in May 1919, killed in February 1945.

So he did get a chance to see you before he died?

He saw me the week that I was born.

He was already in the Army then?

Yes, as a matter of fact, he volunteered and was one of the first to get a serial number when the army started issuing them so his number is one of the lowest.

What was his rank?

He was a Technical Sergeant and a paratrooper (82nd & 17th Airborne).

Interestingly enough, my step-dad was also a paratrooper and a Technical Sergeant (101st Airborne). There were originally only two airborne divisions and they were each in one. Both were named John, both were Technical Sergeants and both were about the same stature. It was like my mother tried to remarry my father.

You have pictures of his remains?

Yes. They took pictures of the bones and the skeleton.

So they found his dog tags and they knew right away he was an American soldier?

Yes, from what was left of his uniform that hadn't

But she would never really talk about him?

No. She never would talk about him. I was told all the basic circumstances when I was a young kid. I brought it up a couple times later but it was not something she wanted to talk about so I never brought it up again. Family members who had met him said that he was a likeable, easygoing, fun guy.



The records I've gotten, reports of things from the service say he was a pretty efficient soldier.

It would be interesting to know exactly what was his mission at that time. Did they write anything about that?

No. This was at the end of the Battle of the Bulge and near the end of the war in Europe. From what reports I can figure out, it appears he was on a scouting patrol.

[John Lilly gave the editor the privilege of looking at the file he has on his birth father. I rediscovered a letter dated 15 October 1945 to his mother Joan describing the actions for which her husband received posthumously the Silver Star Medal. It reads "For gallantry in action against the enemy at Dasburg, Germany, on 7 February 1945. With complete disregard for his personal safety and despite warnings of his comrades, Technical Sergeant Early exposed himself to the full fury of the enemy's devastating firepower to cross 800 yards of open terrain and bring aid to six of his men who had been seriously wounded. Under constant observation by the enemy, he moved through a hail of small arms and artillery fire, without once faltering to reach his destination and return with aid. Upon attaining his own position he was killed by a direct hit of an artillery round. His action was in keeping with the highest standards of Military Service"]

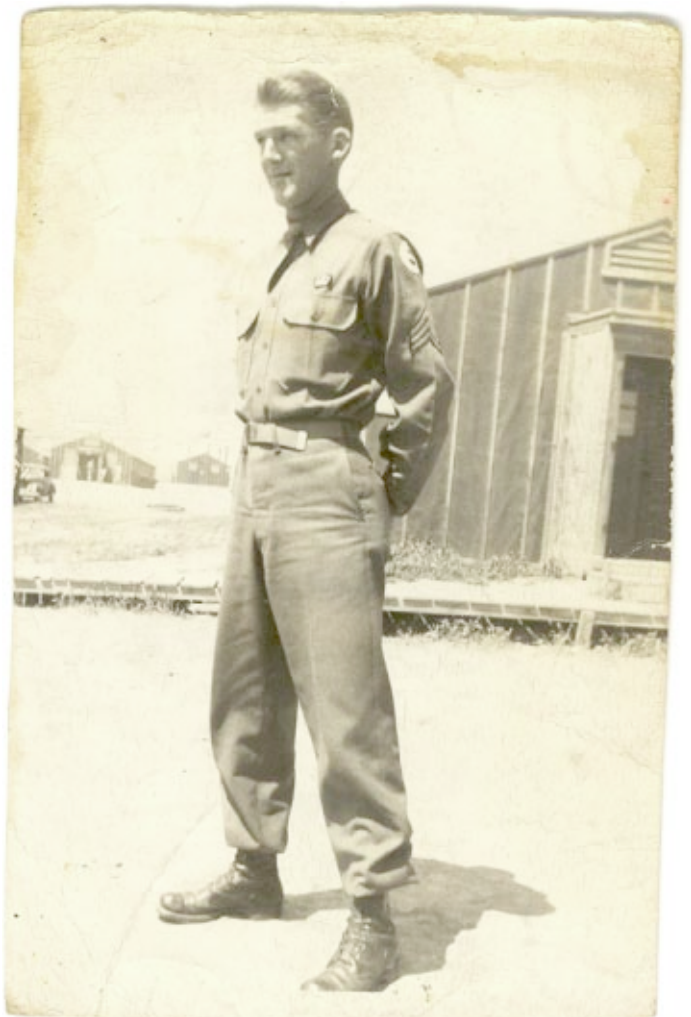
The war ended in May of '45 in Europe and one can only wonder what again might have been different.

Was there any kind of grief or other emotion when you were doing all this or burying him?

I thought going there I would cry a lot but I didn't. I felt some remorse that I never knew him. He was basically just a picture to me all these years. When I went to Arlington for the day of the internment, I felt some sadness and I also felt a great amount of peace and happiness that I was able to give him that gift on my birthday. I've had some sad moments reflecting back and thinking that I never got to know him but they don't last very long because I had no contact with him.

I probably had the most emotions the night I was told they found his remains. I was sort of like dumbfounded sitting there listening to the woman

just dump all this information on me. She had a challenge finding me because my mom remarried and my last name is changed so she was really good at digging through files and records. I live in another state now and



Sergeant John Early "At Ease" somewhere state-side. Picture is dated June 5, 1943. One year later he would be parachuting at night into the darkness of occupied France for the decisive D-Day operations.

everybody in my family, my mom and my step-dad are dead and she managed to track me down. I'm glad it's a part of my life that came back to have an answer to a question I never asked or thought about asking and never knew that I needed closure on after all these years. It was a gift for him and a gift for me and I've smiled about it off and on in the last couple of years.

So I'm most glad that it came about, for him, but especially for me. We both got some closure on it. He got to be found, brought home, and given a hero's burial and I got to basically give it to him, which was way cool.

Are you proud of anything besides being able to



do that?

That's an interesting question. I guess I don't really know what there is to be proud of except I'm his son. But I've also been blessed with another life. I was born John William Early and then when my mom remarried William was dropped and my last name was made my middle name so I'm now John Early Lilly. Off and on through the years, I thought about changing my name back to John William Early, but yet for so many years I've been John Lilly going back to John Early felt strange to even think about. I mean I thought about it. There were times when I thought it would be cool to do but it just, it never came together to be the thing to go ahead and do so I never went ahead and did it. I just stayed John Lilly and had the Early so I guess what I'm proud of is I'm able to have Early and Lilly both. I have my father's St. Christopher medal, which is sterling silver and was buried in the ground for 53 years. It's probably 60 or 70 years old now, and my stepfather, when he died, I took his wedding ring and resized it to fit me so I have a part of them both I carry all the time. I'm proud I have all that. If there's something else I need to know about or need to do I don't know what it is yet. It's like when I first came to the church, first started listening and hearing Jack Boland [founder of Church of Today], I didn't know I needed to hear what Jack was saying until I started hearing it and then it was just like, wow. started hearing it and like, wow!

This then was a kind of a closure you didn't know you

needed or that would help you?

Yes, or didn't know that I could even have.

You had a good relationship with your stepfather too?

No, no, I didn't. Not as a kid growing up. My stepfather grew up in an orphanage and everything in his world was black and white and I was a gray kid. I was in more trouble; most of my young life than you can shake a stick at. We got close, in later years, but when I was a kid growing up, my main goal was to get out of there. I think that's one of those things kids run into when they don't have happy childhoods. My step-dad did the best he could. When he married my mother, he got me. I don't know how much of that he was really prepared to handle. I always knew in my heart that no matter how much difficulty he and I were having, he was doing the absolute best he could. We learned that from being at the church. At any given time a person's doing the best they can with the information, the knowledge, the awareness, the where-with-all they have at that moment. If a person could do anything different, be anything better, they would if they were open to it.

You always knew that even as a kid? That he was doing the best he could?

Yes, even though I didn't appreciate the way life was with him, I still knew that he was doing the best that he could and I think that kept me from doing things some kids

Timothy D. Batdorf, J.D., LL.M.

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would do like run away and get into further trouble. I guess there isn't a way that I could know for sure but that's what I'd like to believe happened. That is the way it all was so that's the way I look at it. If that's not right that's too bad because I don't know how else to. It wouldn't make any sense to look at it any other way.

It's not going to change anything.

No, absolutely not.

How long have you been with the Church of Today?

Starting my 17th year. Most of that has been as an Usher.

Your official title there now is?

I think if you look at the television, I'm listed as the program director but it covers much more than that because I basically sort of oversee everything. I'm responsible to make sure everything runs right on Sunday and on special events. Bottom line is if something's not hitting right in the building supposed to know about it and make sure it gets fixed. The neat part is there's a great staff here at the Church of Today so my job is that much easier because of them.

Editor's notes: John has spent the better part of seventeen years at the Church of Today volunteering as Head

Usher. His volunteering also includes teaching in Children's Church and the singles group. He recently became the Volunteer Services Director and continues to help coordinate activities on Sundays.

John W. Early was among the first of a new kind of combat soldier and the forerunner of men who would come to be known as Green Berets and Special Forces. He was

part of what newscaster Tom Brokaw called *The Greatest Generation* in his book by the same name. A generation of American men and women, toughened by the Great Depression and then faced with a world at war. This is an attempt to honor the courage and sacrifice they made for us.

John's father was attached to the 82nd and then the 17th Airborne divisions as part of the 2nd battalion, 507th infantry. Searching the Internet with this information will give a perspective of his activities in the war.



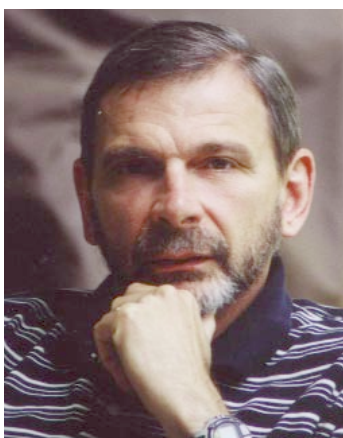
John Lilly

FLY LIKE A CROW BY RICH TOSI

Last spring a family of crows settled into the woods in back of my house. It was fascinating to watch the parents teach their "teenagers" how to fly. While cawing loudly, the parents repeatedly flew from the tree limb, attempting to get their youngsters to fly with them.

And then, one of the young crows bravely took to the air. The flight was short and awkward, but it did fly. Witnessing one of nature's small miracles, I began to wonder just how the parents taught that young crow to fly. They certainly would not have had any success teaching a young squirrel to fly. No matter how hard they tried.

And then it hit me. Crows already know how to fly. They know long before they actually fly. They simply need to be reminded that they know. Part of



being a crow is the potential of flying. The potential only needs to be actualized. What is required is an appropriate, safe environment and encouraging role models. Imagine these teenage crows having the unfortunate circumstances of being raised in a small, closed room without parental guidance. They might never discover the joy of flying. Not because they didn't already know how, but because they didn't have the right environment or the right role models.

So it is with being a man. A man cannot be taught to be a man. He already knows. It is inherent in his nature. He simply needs to be reminded that he knows. Just as every crow already knows how to fly, every man already knows how to be a man. A crow is not taught to fly. It is reminded that it already knows. (cont'd on page 13)



Sexual addiction and compulsion are a problem—and comprise a touchy subject that isn't talked about. All men—gay, bi and straight alike—can suffer from this disorder. Patrick Carnes, Ph.D., has written extensively on the subject. In his landmark book, *Out of the Shadows*, he coined the term *sexual addiction*. My own working definition of *addiction* is any behavior or activity that interferes in one's life in some way, but which one continues, despite negative consequences. Along with behaviors are other factors and dynamics, like loss of control.

If a man has tried to stop or cut down his cruising behavior, with no success, that signals a problem. Addictive behavior often displays progressive increase in tolerance. The person needs ever-stronger "hits." This syndrome explains heroin overdoses: The previous level of the drug wasn't satisfying enough, so the frustrated addict "promotes" himself to a higher, lethal dose—beyond what his body can handle.

Similarly, the sex addict needs more and more of whatever behavior satisfied him in the past. Because this progression occurs over time, it's not always obvious. Initially, masturbation with fantasy was enough to satiate his sexual appetite. Later, he needs to view pornography while masturbating. This then becomes not enough, and he feels the need to actually meet someone. Suddenly, he realizes he's cruising at a bar or sex club, or going online more often than he wants to be.

These behaviors, in and of themselves, don't necessarily constitute addiction. Problems arise when they interfere with being able to be completely present with one's self and one's partner and enjoy the sexual act—in addition to the fantasy.

People with addictions continue their behavior in spite of negative consequences, which they deny or do not perceive. When the man becomes accountable for his own behavior, no

Joe Kort ON SEXUAL ADDICTION

longer blaming it on others, only then can treatment begin.

Most people don't know that during any addictive behavior, biological chemicals are released, making these actions even more compelling.

Natural chemicals such as endorphins and adrenaline give the addict their "high." The sex addict's behavior causes chemical changes in his brain, which promote a mood- and mind-altering experience. Then there's a natural drug in our bodies called phenylethylamine or PEA for short. It's an essential chemical for those who are addicted to inherently risky behaviors like gambling, shoplifting, bungee jumping, and sex. PEA's molecular structure parallels amphetamine, and is

strongest when first released. This explains why so many people with addictions say they're always seeking the feeling they had during their first high, and want to re-experience it over and over.

Of course, sexual impulses are the spice of life, reminding us that we're biological beings! But in sexual addiction, these feelings become intrusive.

A number of signs exist of sexual addiction. One is *a pattern of sexual behavior that's out of control*. Of course, sexual impulses are the spice of life, reminding us that we're biological beings! But in sexual addiction, these feelings become intrusive. An impulse comes, followed by a strong need to act on that urge *immediately*, to get relief. This pattern begins to occur with some regularity.

Another warning sign: *Severe consequences due to one's sexual behavior, such as being arrested, compulsive masturbation resulting in abrasions and sores, contracting a sexually transmitted disease, or having a loving relationship end when one partner catches the other cheating.*

Another warning sign: *Ongoing desire or efforts to limit sexual behavior with failed attempts to stop or cut down the behavior.*

Sex addicts viewing the world through a sexual filter. In an attempt to cope with stress, sexual



obsession/preoccupation and fantasy become primary strategies. The sex addict will allow his thought to focus on sexual fantasies and sexualize most of his experiences, to relieve himself of the tension he is experiencing.

A sex addict will use fantasy and behavior to modify his mood state. That's the essence of any addiction: an attempt to reduce anxiety, depression and other unwanted feelings and thoughts. The psychological self-soothing hit of PEA and other internal chemicals lets the sex addict feel temporary relief. His mood will elevate. But when the sexual behavior is over, he will drop into shame, despair, depression, remorse and guilt for having engaged in his obsessions and compulsions.

"Sexual acting out" (or SAO, for short) behaviors are a way of acting out our feelings—about whoever we're with, and about ourselves. For the sex addict, the goal is to identify the difference between what behavior's healthy, and what's not.

That's what defines these repetitive, unhealthy behaviors. A man within normal limits, —briefly, or at times of stress or crisis—might find himself driven to overindulging in sexual behavior.

Some SAO behaviors include:

Compulsive masturbation

There's no normative frequency. As the old joke

has it, a father tells his son that if he masturbates, he'll go blind. The kid responds, "Can I do it until I need glasses?"

But seriously, the sex addict does this chronically until his penis is sore or abraded, until there is no more semen to ejaculate. Or he may masturbate in his car, or in a park or restroom with the hope of being seen. He prefers masturbation over sex with a partner.

Indulging in pornography

Again, using porn to assist in any kind of sex is no problem. It is, however, when photos are preferable to a flesh-and-blood partner; when it's necessary for stimulation and ejaculation; and when any other form of lovemaking isn't as satisfying.

Exhibitionism

Exhibitionism is the desire to show one's body or body parts to another for self-arousal. An exhibitionist's thrill depends on reactions from his onlooker. The flasher gets a high from exposing himself and shocking men and/or women—the equivalent of visual rape.

Anonymous sex and dangerous sexual practices

Voyeurism

This is where one is seeking sexual thrill and (cont'd page 13 column 2)

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ROBERT PASICK: 100 WAYS TO STAY AWAKE!!



100 WAYS TO STAY AWAKE

1. Restore balance in your life.
2. Keep track daily of the abundances in your life.
3. On your daily calendar record TGCOY. What you do each day to take good care of Yourself (jog, meditate, write in journal, etc.).
4. Develop a spiritual Practice.
5. Call at least one friend weekly.
6. Join a men's group.
7. Read women's literature to try to better understand the women's movement.
8. Learn a new sport that you can do even into old age.
9. Plan a trip for your family.
10. Plan a trip with men friends.
11. Get involved in a project to improve life on earth.
12. Set up regular times to do things one-on-one with your children.
13. Set daily goals that have nothing to do with work.
14. Set up regular lunch times with a friend.
15. Take daily walks with your wife.
16. Get a dog.
17. Start a small garden.
18. Have lunch out with each of your children at least once a month.
19. Find a barber you like, and get to know him or her well.
20. Thank God (or someone) for the blessings of each day.
21. Be more positive with everyone.
22. Give yourself a break.
23. Plan some solitude. Go away by yourself at least one weekend a year.
24. Do something you're afraid of.
25. Make fanciful lists.
26. Read biographies of people you admire (not just great ones).
27. Watch sunrises and sunsets.
28. Learn to cook one great thing for each meal of the day.
29. Buy nice blank cards and send them out routinely.
30. Stretch daily.
31. Give yourself credit for not losing your temper.
32. Identify all your subpersonalities (or parts of self).
33. Memorize a poem.
34. Become an expert on something.
35. Stand up to someone you're afraid of.
36. Learn to dance.
37. Call people up to congratulate them on their successes.
38. Develop a good relationship with a doctor. Get to know the doctor well enough so you're not afraid to talk about your health.
39. Get away with your wife for a couple's weekend.
40. Admit that you are powerless over certain things or people in your life. Appreciate them for teaching you humility.
41. Celebrate the arrival of each new season.
42. Tell the people who help you regularly how much you appreciate them.
43. Learn to live more in the moment.
44. Let your kids beat you in games.
45. Tell your kids you're sorry when you make a mistake.
46. Talk it out with someone you've been upset with.
47. Be loving. Don't take love for granted.
48. Ditto for health.
49. Do something nice for a neighbor.
50. Reconnect with relatives you haven't seen in years.
51. Frame some favorite pictures.
52. Write your own words on note cards instead of relying on Hallmark poets.
53. Teach your kids about nature by going out in it.
54. Listen to the stories in country music.
55. Teach yourself to meditate or relax in quietude.
56. Ask people about their family histories.
57. Love yourself just the way you are.
58. Find a mechanic you trust.
59. Count your blessings.
60. Feel the fear-and do whatever it is you're afraid of.
61. Try eating without reading.
62. Limit TV to the weekends.
63. When you're happy, enjoy it.
64. Let go of trying to control others.
65. Learn from your arguments.



66. Raise your kids as well as you possibly can.
67. Find women with whom you can be friends without being sexual.
68. How important is it to keep trying to earn more money?
69. Plan a career change.
70. Enjoy daily pleasures.
71. Talk to your mate about sex.
72. Enjoy yourself.
73. You can't change solely on your own.
74. You can get by with a little help from your friends.
75. Learn to take care of the world we live in.
76. Learn to take care of the body you live in.
77. Find an outlet for your creative spirit.
78. Learn to cry.
79. Be willing to terminate friendships that are a constant drag.
80. Tell people you appreciate them.
81. Realize that the journey is both within and with out.
82. Hug someone in front of your kids.
83. Share your pain with someone you trust.
84. Unhitch yourself from the pursuit of money.
85. Learn to leave work stress at the office.
86. Slow down. Try to make the morning last.
87. Ask yourself, how much is enough?
88. Give yourself permission to be imperfect.
89. Learn to let go of outcome.
90. Work for political change that will make the workplace a healthier place for men and women.
91. Help the lost boys (boys without fathers).
92. In a conversation, ask a question and listen to the answer.
93. Initiate, plan, and carry through a social activity with your wife, including calling a babysitter.
94. Stay in the room when your mate starts to cry.
95. It's OK to say "I don't know."
96. Honor the teacher in you that will guide the next generation.
97. Teach your daughter how to use a power drill.
98. Trust your intuition.
99. Show a little tenderness.
100. Be a volunteer.

pleasure from viewing others either while they know or don't know they are being watched.

Compulsive cybersex

Before the invention of caller ID, men would call others and engage in sexual conversation against their will. Nowadays, this happens on the Internet where someone instant-messages another and attempts sex talk. If that person says no and the instigator persists, this is a violation.

The sex addict prefers to be online over sex with a partner—or to even having a partner at all. He'll spend hours on end online, viewing Internet porn, looking at personal ads and frequenting chat rooms. A man's family or partner can be watching television, while he's in the same room, enjoying cybersex on his laptop. The others have no idea what's going on. This doesn't have to be associated with masturbation. The chase and the hunt are more exciting than the catch.

For the sex addict, this activity can consume an entire afternoon, interrupting his life. He may even leave work early to engage in these behaviors.

Sexual addiction blocks its sufferers from having deep connecting relationships. This is why it is greatly important to have to relate to another human being on nonsexual levels. Time and again, studies show that the sexual addict who engages in individual, group, and 12-step groups—all three together—is helped most effectively. Placed in proximity to others, they're forced to examine their issues of intimacy and relational skills with others.*****

FLY LIKE A CROW (cont'd)

A man simply needs to be reminded that he is already a man.

Metaphorically, many men have been raised in small, closed rooms without role models. They have not had enough room to spread their wings in a safe environment. The way out of this predicament is to remind him that he already knows how to be a man. So our role as men is to remind each other of what we have forgotten and to help one another rediscover the manhood within each of us. It is the birthright of every crow to discover it can fly. It is the birthright of every man to discover his manhood. No one can teach another man how to be a man. He needs a safe environment and good role models. He then spreads his wings and discovers the joy of being a man.*****

CLASSIC BOOK REVIEW

The True Believer:

Thoughts on the Nature of Mass Movements

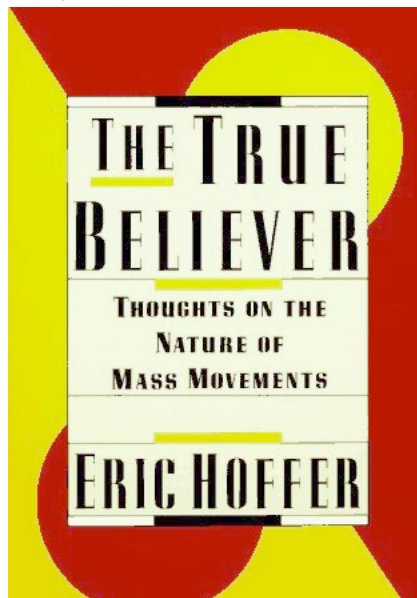
Review of a Book by Eric Hoffer

Eric Hoffer was an American social philosopher. He was born in 1902 and died in 1983, after writing nine books and winning the Presidential Medal of Freedom. His first book, *The True Believer*, published in 1951, was widely recognized as a classic. This book, which he considered his best, established his reputation, and he remained a successful writer for most of his remaining years.

At age seven for unknown reasons, Hoffer went blind. His eyesight inexplicably returned when he was fifteen. Fearing he would again go blind, he seized upon the opportunity to read as much as he could for as long as he could. His eyesight remained, but Hoffer never abandoned his habit of voracious reading. He was completely self-educated.

[Editor's note: *What is amazing is that he spent a good portion of his working life as a migrant worker and then as a longshoreman. This is not a career path normally conducive to an educated enlightened viewpoint.*

When reading Hoffer it is not hard to imagine it as the work of a



professor with ten Ph.D's. He is a testament to the idea that a man is what he wants to be not what society expects him to be and perhaps a well worn library card.]

Hoffer's work was not only original, it was completely out of step with dominant academic trends. In particular, it was completely non-Freudian, at a time when almost all American psychology was confined to the Freudian paradigm. In avoiding the

academic mainstream, Hoffer managed to avoid the straightjacket of established thought.

Hoffer was among the first to recognize the central importance of self-esteem to psychological well-being. While most recent writers focus on the benefits of a positive self-esteem, Hoffer focused on the consequences of a lack of self-esteem. He finds in self-hatred, self-doubt, and insecurity the roots of fanaticism and self-righteousness. He finds that a passionate obsession with the outside world or with the private lives of other people is merely a craven attempt to compensate for a lack of meaning in one's own life.

[Editor's note: *In this book, one can learn about what motivates the terrorist and to our own day to day motivations for the actions we take in our lives.*

I consider it one of the first self help books I read. This was a book President Eisenhower was passing out to his staff.]

Here are some quotes and comments from the Internet:

"The American is much better than his words. In other civilizations it is legitimate to assume that what people profess is on a higher level than what they practice. With the mass of people in America it is the other way around: Their acts are more sensitive and original than their professed opinions."

"The frustration of misfits can vary in intensity," Hoffer observes. "There are first the temporary misfits: people who have not found their place in life but still hope to find it. Adolescent youth, unemployed college graduates, veterans, new immigrants and the like are of this category. They are restless, dissatisfied and haunted by the fear that their best years will be wasted before they reach their goal. They are receptive to the preaching of a proselytizing movement and yet do not always make staunch converts. For they are

not irrevocably estranged from the self; they do not see it as irremediably spoiled. It is easy for them to conceive an autonomous existence that is purposeful and hopeful. The slightest evidence of progress and success reconciles them with the world and their selves."

Feeling a little self-estranged? Not to worry. Hoffer's book is available in paperback. Get a copy, read it, purge thyself of any persistent remnants of true-believerism...and get on with things!

Hoffer on achievement.....versus a good alibi

"There are many who find a good alibi far more attractive than an achievement. For an achievement does not settle anything permanently. We still have to prove our worth anew each day: we have to prove that we are as good today as we were yesterday. But when we have a valid alibi for not achieving anything we are fixed, so to speak, for life. Moreover, when we have an alibi for not writing a book, painting a picture, and so on, we have an alibi for not writing the greatest book and not painting the greatest picture. Small wonder that the effort expended and the punishment endured in obtaining a good alibi often exceed the effort and grief requisite for the attainment of a most marked achievement."

"When the Greeks said, "Whom the gods love die young," they probably meant, as Lord Sankey suggested, that those favored by the gods stay young till the day they die; young and playful."

"People unfit for freedom - who cannot do much with it - are hungry for power. The desire for freedom is an attribute of a "have" type of self. It says: leave me alone and I shall grow, learn, and realize my capacities. The desire for power is basically an attribute of a "have not" type of self."

"The basic test of freedom is perhaps less in what we are free to do than in what we are free not to do."

"The aspiration toward freedom is the most essentially human of all human manifestations."

"What are we when we are alone? Some, when they are alone, cease to exist."

"You can discover what your enemy fears most by observing the means he uses to frighten you."

"The opposite of the religious fanatic is not the fanatical atheist but the gentle cynic who cares not whether there is a god or not."

"To know a person's religion we need not listen to his profession of faith but must find his brand of intolerance."

"Take man's most fantastic invention- God. Man invents God in the image of his longings, in the image of what he wants to be, then proceeds to imitate that image, vie with it, and strive to overcome it."

"The remarkable thing is that we really love our neighbors as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant of others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves."

"Passionate hatred can give meaning and purpose to an empty life. Thus people haunted by the purposelessness of their lives try to find a new content not only by dedicating themselves to a holy cause but also by nursing a fanatical grievance. A mass movement offers them unlimited opportunities for both."

"It is not love of self but hatred of self which is at the root of the troubles that afflict our world."

"We do not usually look for allies when we love. Indeed, we often look on those who love with us as rivals and trespassers. But we always look for allies when we hate."

"It is easier to love humanity than to love your neighbor."

"How much easier is self-sacrifice than self-realization."

"All mass movements avail themselves of action as a means of unification. The conflicts a mass movement seeks and incites serve not only to down its enemies but also to strip its followers of their distinct individuality and render them more soluble in the collective medium."

"The savior who wants to turn men into angels is as much a hater of human nature as the totalitarian despot who wants to turn them into puppets."

"No one is truly literate who cannot read his own heart."

"No one has a right to happiness."

[Editor:There are dozens more. His language may be a little too college professorish but I like the matter of fact way he says things. If you don't mind the language, you could learn alot.

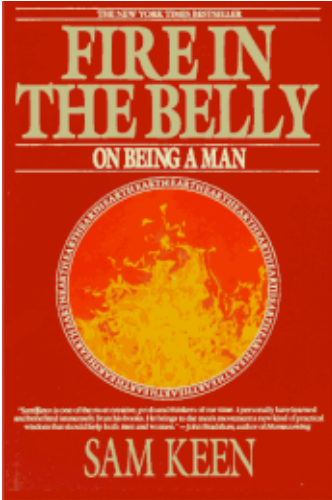


[Most of the biographical intro was taken from the Internet and not written by me.] -Kirk Tirakian

THE 9 BEST MEN'S BOOKS

By Jay Houghton

To order books come to the Store at the Church of Today or on-line at www.churchoftoday.com



Fire in the Belly: On Being a Man

Sam Keen 1992

A guide to establishing new personal ideals of heroism, strength, and potency for a fuller life. Keen examines the stereotypes, myths, and evolving roles of contemporary men, presenting an alternative vision of virtue and virility.



Gillette identify and define the four mature male archetypes—the King, the Warrior, the Magician, and the Lover—as well as the four immature patterns or negative, shadow aspects.



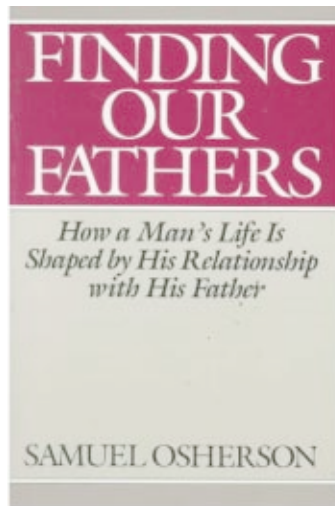
Women Can't Hear What Men Don't Say,

Destroying Myths, Creating Love

Warren Farrell, Ph.D. 1999

The best-selling author shows couples how to break through the unseen barriers to male communication constructed by society, families, and our culture. Therapist and relationship expert

Warren Farrell takes couples step-by-step through the environment of the home, media, educational system, and other institutions to carefully reveal unseen mechanisms each of us encounter daily that disrupt male-female communication and obscure men's own feelings.



Finding Our Fathers, *How a Man's Life is Shaped by His Relationship With His Father.*

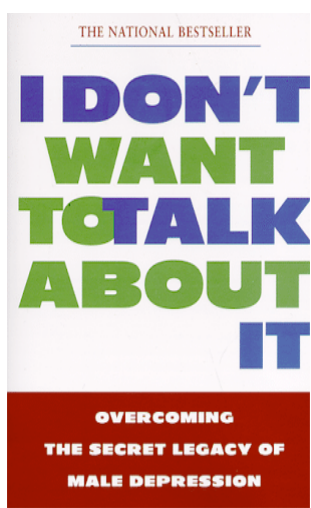
Samuel Osherson 2001

In this ground-breaking book, Harvard psychologist Samuel Osherson shows how a man's unreconciled childhood images of his father affects his relationships with his wife, children, friends, and boss—and how it can lead to a profound sense of loneliness, vulnerability, and rage. Osherson shows how every man can resolve the inner conflict of the father-son relationship and begin to develop a new sense of strength and purpose in his family life and career. (

King, Warrior, Magician, Lover: *Rediscovering the Archetypes of the Mature Masculine.* Robert Moore and Douglas Gillette, 1992

Arguing that mature masculinity is not abusive or domineering, but generative, creative, and empowering of the self and others, Moore and

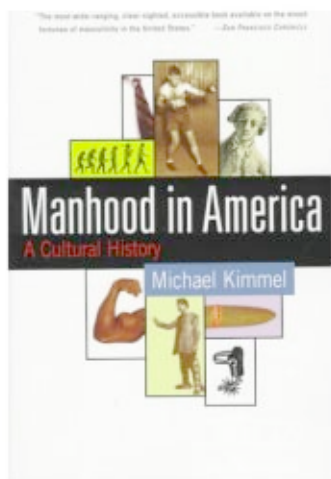
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I Don't Want To Talk About It, *Overcoming the Secret Legacy of Male Depression*
 Terrence Real
 1998

Terrence Real believes that conventional wisdom is wrong, that there has been a great cultural cover-up of depression in men. Real is convinced of the existence of a mental illness that is passed from fathers to sons

in the form of rage, workaholism, distanced relationships from loved ones, and self-destructive behaviors ranging from stupid choices at work and in love to drug and alcohol abuse. Men will probably recognize themselves in every chapter, while women will recognize their partners.



Manhood in America: A Cultural History
 Michael Kimmel, 1997

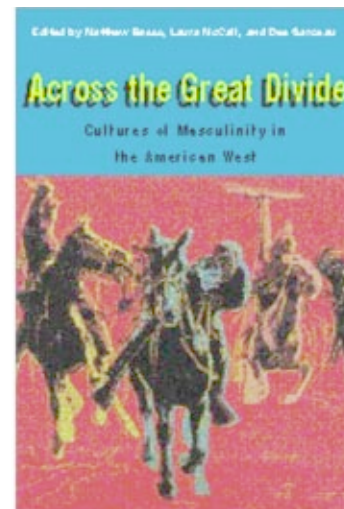
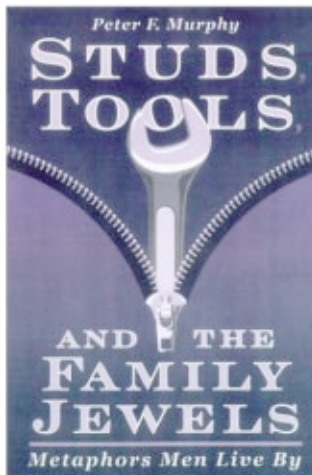
This is a prodigiously researched and exceptionally well-written history of manhood in America — something every man should read, given the author's engaging, accessible writing style. After reading the wealth of information contained in it and the author's wide-

ranging understanding of American history, culture and popular culture you will come away with a new sense of how you got where you are.

Studs, Tools, and the Family Jewels: Metaphors Men Live by Peter F. Murphy, 2001

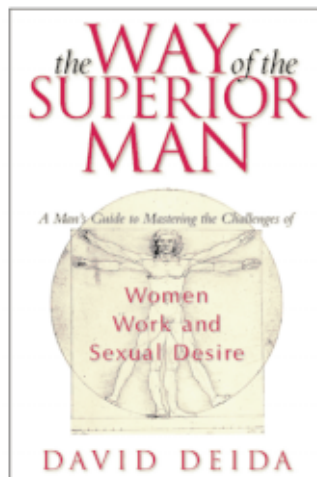
Peter F. Murphy's purpose in this book is not to shock but rather to educate, provoke discussion, and engender change. Looking at the sexual metaphors that are so pervasive in American culture he argues that men are trapped and damaged by language that constantly intertwines sexuality and friendship with images of war, machinery, sports, and work. "How we talk about ourselves as men can alter the way

we live as men."



Across the Great Divide: Cultures of Manhood in the American West
 Matthew Basso, 2001

From Custer and Geronimo to John Wayne and the Marlboro Man, American notions of masculinity have been deeply interwoven with our ideas about the West. But there's more to the relationship between manhood and the frontier than a simple tale of cowboys and Indians, ruggedness and civilization. Intriguing, provocative, and important, *Across the Great Divide* makes us rethink easy assumptions about the nature of American masculinity.



The Way of the Superior Man, *A Spiritual Guide to Mastering the Challenges of Women, Work and Sexual Desire.*
 David Deida, 1997

With uncommon honesty and unparalleled insight into the deepest desires of the masculine heart, David Deida explores the most challenging and

important issues in men's lives. Covering everything from work and career, to dealing with sex, women, and love, to finding purpose in an increasingly superficial and mechanical world, Dieda reveals how a man can live a life of fulfillment without compromise.

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CALENDAR OF EVENTS

The MOT is organized around three main topics, social, community and men's activities. The second Saturday of every month is reserved for the MOT Breakfast which features a complete buffet breakfast followed by a program of interest to men. This program often consists of Table Topics, but also features speakers and workshops of particular interest to better understanding the male experience.

The MOT will also be hosting additional activities such as sailing, kayaking, ropes course, volunteer work at COT, guest speakers and is considering sponsoring a dance. Stay tuned and check for further details at the MOT table and the new Church of Today (Renaissance Unity) website with its link to the Men of Today website!

Mission Statement:

To heal all men in a safe, loving environment that empowers all to their highest God potential.

MEN *of* TODAY IS HOLY BOLDNESS IN ACTION!!!

Breakfast Saturday Feb. 9: Only Your Shadow Knows with Joe Kort

Breakfast Saturday, March 9: King, Warrior, Magician, Lover with Mike Deguire

Father/Daughter Workshop with Carol Eisenberg Supported by MOT: April 19 & 20

Remembering Your Manhood with Rich Tosi & Steve Finn: April 26 & 27

Renaissance Unity Summer Picnic sponsored by MOT: Sunday, August 18

Summer Solstice Sailing Special/Longest Day Party Thursday, June 20, p.m.

St. Clair Marsh's Kayaking: July

Keep an eye on the Men's Table, www.menoftoday.com and www.churchoftoday.com for new developments, and information updates.