



The Men's Center of Los Angeles
Beverly Hills/Woodland Hills

in Association with
Sacred Path Productions

Newsletter for July 2006

Voicemail: (818) 348-9302

Web Site: www.menscenterlosangeles.com

Contact: info@menscenterlosangeles.com

Our Mission:

"Bringing good men together and bringing out the best in them"

Our Approach:

Helping develop a greater sense of purpose and fulfillment for men by fostering vision, passion, authenticity and intimate connection to self and others

Our Services:

Psychotherapy for individuals, families, and groups, as well as our **Sacred Path** and **Call to Adventure** Retreats, Workshops, Seminars, and Monthly Men's Gatherings

HELEN KELLER PARK EVENT A SMASHING SUCCESS!

IN THIS ISSUE:

A Message from the Director

Upcoming Events - Mark Your Calendar

- **July 29 - Ed Munter: *Soul Journey***
- **Ongoing Men's Groups**

Mitch Roth: *Helen Keller Would Be Proud*

Nick Rath: *Good or Bad?*

Yvette Atkinson: *A Letter of Appreciation to Nick Rath*

"Mr. Dad's" New DVD: *Essential Advice for New or Soon-to-Be Dads*

From the Daily Om: *Fathers*

Roger Ebert: *Review of "An Inconvenient Truth"*

Greywolf's Native Spirit Lodge In New Larger Quarters

Men's Teams

Important Web Links

CD's by Sacred Path Members Available

Sacred Path Alumni Yahoo Group

Contribute to the Newsletter

A Message from the Director - Dr. Stephen Johnson



July 3, 2006

Greetings,

On Saturday, June 17th, several of the men, including family members, from the Men's Center/ Sacred Path Community attended The Helen Keller Park pre-father's day event. The day featured entertainment, tasty food, speakers, and a drum circle led by Christo, a story offered by Strongbear, a classic car show and games for the kids.

Cameron and Marvo greeted us with big hugs and an enthusiastic expression of their gratitude for our attention and caring offered to their community. Cameron was thrilled to meet LeVar Burton. He almost couldn't believe his eyes when he saw LeVar step from his car, grab his drum and head in his direction. Cameron extended his hand to LeVar and told him that it was "a dream come true." He went on to say that when he was a youngster he had been bussed to a school outside of South Central and that there was a lot of racial strife. It was during the third episode of the TV saga *Roots* that Cameron made a pledge to himself to make a positive difference in his own life and to one day make a positive difference in the lives of other boys from his community. It was Kunta Kinte that initially taught Cameron what it meant to Man Up to the challenge of manhood.

What does it mean to be a good father? What are the challenges that fathers face these days, and especially what are the issues that African-American men confront that causes 70% of them to leave their families and their children without a father in the home? The men from the Men's Center are honored to support their brothers to be good husbands and fathers and accountable to the responsibilities of being the head of a household. We all need to unite to make a positive difference in the lives of boys seeking to

understand what it means to be a good man... what it means to Man Up. I'm most grateful to all the individuals that came together that day to support the HKP event.

On another note, I had mentioned last month that we would be holding another retreat for men and women in Utah this August. As it turned out, after speaking with Richard Bizzaro and Mike Todd it became apparent to me that most of the Utah men were mostly interested in doing a men's sweat lodge and there was not the impetus to hold a retreat for couples. Since I had spoken with Los Angeles based couples about doing an event and had gotten a positive response, Rich, Mike and I decided it was best to create separate events. So, I will be conducting a couples' workshop or retreat in Los Angeles in August or September. For those of you who are interested, please let me know. And, for those of you interested in what may be transpiring in Utah you can contact Mike Todd at mikestartodd@gmail.com

Our fall retreat (October 21-23) will be upon us before you know it. We'll be sending out brochures in August. Individuals have been pre-registering, so if you want to make your reservation now you can contact us at info@menscenterlosangles.com The fall Sacred Path Retreat is a men's retreat, and we anticipate that more men from South Central, who are invested in mentoring youth, will join our community. We want to focus on the importance of men stepping up to shepherd boys who can benefit from the support of good men in their lives.

The fall men's retreat is offered for men to work on themselves and to prepare for the spring Call to Adventure retreat that includes the boys as we create a rites of passage experience for them to experience initiation into conscious manhood. Therefore, all men are invited to attend and brush up on your fathering and mentoring skills. In fact, it's a great opportunity to Man Up to your relationship responsibilities to self and others. We will have a variety of breakout sessions on topics of interest, including conflict resolution and anger management, healing your father wound, creating more love and satisfaction in your relationships, yoga, martial arts and meditation, just to name a few.

Wishing you and your family a terrific 4th of July.

In the Spirit of brotherhood,
– *Stephen*

Upcoming Events - Mark Your Calendar

Ed Munter: Songs of the Soul and Soul Journey

Find the Love You've Been Looking For... Look Inside!

Can art save the world? A Christian, A Muslim, and a Jew performing in a revolutionary new musical seem to believe it just might be possible. In this critical time, when mankind seems to be divided into warring factions and we seem to be balanced on the brink of a Holy War, *Soul Journey* presents a completely different perspective that is inspiring and universally accessible. Soul Journey, currently playing at the Earth & Sky Performing Arts Center, plays like a funny and touching spiritual fable of the soul's adventure through the human experience.

As an audience, we are led through a soul-discovery process to the moment of enlightenment that opens up to a joyful celebration of our commonality. This collective discovery cuts through global politics, religious beliefs, doctrine, dogma, spiritual rhetoric and current world conflicts to arrive at a deeper connection within us all.

Join **Ed Munter**, **Christo Pellani**, and **Rashid Lanie** in this revolutionary theatrical experience.

Saturday, July 29, 8 PM

Earth & Sky Performing Arts Center

5521 Grosvenor, Playa Vista

(310) 281-6601

*405 to 90 freeway / Centinela exit / left on
Centinela to Jefferson / right on Jefferson
Tickets are \$20.00 in advance, \$25.00 at the
door*

Weekly Men's Groups are available in Woodland Hills and Beverly Hills. Both Stephen Johnson and Dan Franklin have room available in their weekly therapeutic support groups held in Beverly Hills and Woodland Hills. More information at: info@menscenterlosangeles.com

Mitch Roth: *Helen Keller Would Be Proud*

Blind, deaf and dumb, yet a light unto humanity. The spirit of Helen Keller lives on at a municipal park reclaimed from a modern plant genus, *Gangbangus Fatalis*, a weed sprouting from the seeds of disaffected youth in our inner cities. What is that, you ask? It's a weed, a scourge, that threatens to overrun our common welfare. But, it turns out, that in the light of her spirit, this weed shrinks and shrivels, creating space for beauty.

The *Call to Adventure* retreat in '06 hosted a group from Helen Keller Park. Those boys and men added to the experience for all of us, and, apparently, we had an impact on them. They took "man up" back home and with missionary zeal are busy speaking the concept to those who would respond to the challenge.



A group from the Men's Center attended the first annual *Juneteenth and Father's Day Celebration* at Helen Keller Park. It was a community event infused with the spirit of brotherhood and sisterhood.

A rousing rendition of "America the Beautiful" sung in gospel style by a wonderfully husky-voiced woman began the theme of sound as soul medicine. The drum circle brought by the Men's Center guys continued the theme, spreading a heartbeat of joy and abandon. Then a band of talented musicians took over.

The children at the event, resonating to the rhythms of the village, smiled, laughed and generally had a great time. Smiles mirrored smiles on the faces of the young and old alike. About 50 lovingly restored and maintained classic 50's cars and trucks, modeled the "Zen of motor vehicle maintenance," and became the proof text for the proposition that whatever men bring their love to shines and illuminates. Food was lovingly prepared to satisfy those with appetites.

The bridges to this community of men that we began to build at the Spring retreat were shown to be standing on sound footings. This was evident in the hugs and embraces offered and received upon leaving the day's festivities. The aqueous nature of life was once again revealed. We can hardly walk upon its surface without causing a ripple effect that spreads out and touches the hearts and lives of others.

– *Mitch Roth*

Nick Rath: *Good or Bad?*

Looking Close to Your Nose Might Not be the Best Idea

There is a Chinese story about good and bad. In the story a man has a son, and the son and father have a small farm. One day the father sends the son to town with a wagon load of vegetables. On the way home the wagon breaks a wheel and falls on the son, breaking his leg. A neighbor calls the father and the son is taken home. The leg is set and for the next few weeks the father has no help on the farm.



"This is bad," the father says.

The next day a group of soldiers comes to the area and conscripts all the able-bodied young men into the army. They don't take the son with the broken leg.

"This is good," the father says.

"Which is it?" the son asks. "Is it bad that I broke my leg or is it good?"

Years ago, when I was young, my father gave me the job of cleaning out the barn. Each day when I came home from school it was my job to shovel the excrement from the cow, the horse, twenty chickens, four pigs, and one rooster from the barn. I was to put it all in a wagon, haul the load out to a certain spot and add it to the pile. It stank and I hated the job. I thought it was a bad job.

One day my Dad took me with him as he worked around the farm. We hooked a device to the back of our tractor and went to the pile. We shoveled from the bottom of the pile into the spreader we had hooked behind the tractor. Then we drove to the family garden and spread a two- or three-inch deep layer of the stuff from the pile. We tilled the stuff and the garden together. My Dad waited until we were done and asked me, "What was the stuff we got from the bottom of the pile?"

"Poop!" I answered.

"Nope. It was poop when you put it in the pile. If we had brought it here directly from the barn it would kill anything we planted. We waited. It changed. When it is poop it is bad for the garden. A couple months later it isn't poop anymore, it's fertilizer. Fertilizer helps whatever we plant to grow. So that stuff you haul out of the barn, is it good or bad?"

"It starts out bad and turns good."

"Remember that," he said.

I guess I did. As a parent I heard kids say things like, "That's bad." "That's good." I was reminded of the two stories. How do we decide good or bad? In the barn I was taking the short view. Poop on the barn floor was bad. It invited flies. It smelled bad. It provided a breeding ground for bacteria and illness. When I added the poop to the pile it began a long term process called composting. The bacteria, water and other stuff in the pile helped the poop to transform into fertilizer. Now it was good for our garden. It fed the tomatoes, peppers, watermelons, corn, string beans, snap peas and whatever else we planted.

Summer is a time of growth. On the farm the crops and the animals mature and grow. This requires three things. They need enough sun, enough water, and enough fertilizer (food). Is the sun good? Enough sun is good. Too much or too little isn't good. Water? Too much and the plants drown. Too little and they parch.

What about families? They need the sun, water, food, nurturing, and a spiritual connection to flourish. Too much isn't good. Too little isn't good. When the balance needed for each person to grow is present the whole family flourishes. Parents are gardeners. We need to be observant to see what the people in our garden need to flourish. We can assist each person to grow.

If you were going to plant a garden and you were 100% serious about having the best possible results you would do certain things. You would write down the needs of each plant (person). How much sunshine, how much water, how much nourishment, how much laughter, how much touch, and how much spirituality? You would create a plan to make sure that each plant (person) got what they needed.

Your family is your garden. Take the long view. Remember, you aren't raising children, you're raising adults.

Yvette Atkinson: A Letter of Appreciation to Nick Rath

Hello Nick,

You don't know me, I am Walter Atkinson's daughter-in-law. I am married to Tom, my son is Benjamin, who has been to some of the retreats with my husband and his uncle Charlie, and I have a 10 year old, Matthew.

Your article in the June newsletter really helped me think on how I should handle some things differently with both of my boys. I am trying to understand where Benjamin is coming from at times. He will be 15 this year and the changes are so difficult some of the time. He is a great boy with a good head on his shoulders, but I wonder where he comes up with these ideas.

I love reading your articles. They remind me of Walter in a lot of ways. It is hard to believe he will be gone 2 years this year. I really miss calling him and talking to him about the boys and life. A lot of times we don't realize what we have till we lose it. I just wanted to thank you for your wonderful words.

Thank you,
Yvette Atkinson

[In a further letter to Sacred Path concerning publishing her message to Nick in our newsletter]

Hi Rich,

I talked with Benjamin and Matthew and asked them if it would be okay to publish this and they said sure. I wanted to ask my boys since it did talk about them a little. I was very skeptical about this whole boy-to-manhood retreat thing. I had no idea what it was or any understanding about it, but I have seen a great change in Benjamin since he did the retreat with Walter, Tom and Charlie. Benjamin was almost 13 at the time, and I knew in my heart this was Walter's last retreat. I knew if Benjamin did not go to that retreat he never would have been able to share that experience with Walter, and it meant a great deal to both of them. I am so glad that he was able to experience this. He has turned into a wonderful young man, and I have to

think that the retreat made a difference in his outlook in life. I just wish Matthew could have shared this with Walter also.

Thank you for all you do with helping these young men.

Sincerely,
Yvette

"Mr. Dad's" New DVD: *Essential Advice for New or Soon-to-Be Dads*

[Ed. Note: This information came to our attention recently, and it seemed to be so chock full of good advice that we decided to print it in its original form for the benefit of those brothers who are about to become fathers or those who have just attained fatherhood.]

Armin Brott, known worldwide as Mr. Dad, has earned his reputation as America's most trusted dad. His six best selling books cover every stage of fatherhood. Now, just in time for Father's Day, Brott offers his begin-at-the beginning guidance for fathers on DVD. Because babies don't come with instructions, Brott's new DVD, "Toolbox for New Dads," is a must-have for every new and expectant father.

"Toolbox for New Dads" covers everything dad needs to know, from feeding, crying, diapers and sleeping, to his critical role in breast feeding. This unique DVD also acknowledges that many new fathers experience changing emotions, fears, and anxieties; they may even share their partner's post-partum depression. "Toolbox for New Dads" helps fathers make sense of this.

"Becoming a father has a real impact on men," said Brott. "But there just isn't much out there that provides solid information and practical advice that a first-time father can use to jump-start a successful parent/child relationship."

In the San Francisco Bay Area and a few select US cities, many new and soon to be dads have had the opportunity to work with Armin by attending his "Expectant Fathers Only" workshops. In his "Toolbox for New Dads" DVD, fathers nationwide can sit in with Brott as he walks them through pregnancy, their child's first year, and beyond. Not simply a childbirth class, "Toolbox for New Dads" includes conversations with actual new and expectant fathers, question and answer sessions, engaging visuals, and interviews with Brott discussing the issues that most concern fathers.

Hailed by *Time* Magazine as "the superdad's superdad," Armin Brott has helped millions of men around the world become the fathers they want to be. His six best-selling books, including *The Expectant Father*, provide tips and advice for every phase of fatherhood. He reaches millions more concerned parents – fathers and mothers – each week with his nationally syndicated newspaper column (Ask Mr. Dad), syndicated radio show (Positive Parenting), and daily podcast (The DaddyCast).

With his well-earned credibility and lively advice, Armin has been a guest expert on fathering on hundreds of television and radio shows as diverse as "The Today Show," "Politically Incorrect" and the "O'Reilly Factor." The father of three, Brott lives with his family in Oakland, California.

"Toolbox for New Dads" is \$29.95, and is available now at www.mrdad.com/dvd/

From the Daily Om: *Fathers*

The idea of fatherhood is both personal and universal. We all have ideal concepts surrounding fatherhood, and we also have our real fathers – fathers who were there or not there for us, fathers who provided financial support for our families or failed to do so, fathers who loved or neglected us, fathers who were our role models or gave us someone to rebel against. Our father may have been there for us sometimes and not there for us at other times. The process of reconciling the ideal father that resides in our minds with the father that we actually have is a fertile one that can teach us a great deal about ourselves

Our relationship with our father will often affect our relationships with the other men who will come into our lives. You may have learned to behave and think in certain ways because those were the ways that your father acted and thought. Certain talents that you possess may have been passed down to you by your father. There also may be personal issues that you inherited by virtue of who your father is. Understanding how your relationship with your father has influenced you can help you better understand yourself and the life that you have created.

In a time when mothers, the sacred feminine, and female energy are being honored, it is important not to forget the importance of fathers. Father energy and mother energy are the two complementary energies necessary to bring a healthy human being to fruition in the world. Many of the ideas

surrounding fathers are changing in the wake of more modern parenting styles and the more egalitarian roles that are evolving between the sexes. More men are embodying the mother energy these days, and a woman can provide father energy for her children. Either way, we can all benefit from thinking about our fathers and how they have influenced who we've become and the ways that we walk through this world. Let us remember to honor our fathers.

Roger Ebert: *Review of "An Inconvenient Truth"*

Rich Manners' note: I was so moved by viewing Al Gore's revelatory film on global warming that I felt it was imperative to write a review in which I begged every man who cares about the survival of his family and the planet as a whole to see it. This is not an easy film to watch, but the facts must be seen, heard, and embraced if we are going to prevent an inevitable planet-wide catastrophe. We humans have a wonderful ostrich-like ability to bury our heads in the sand and pretend that what we don't want to hear doesn't exist. We hope that if we hide from it long enough it will go away. This situation will not go away; it is a ticking time bomb.

After reading Roger Ebert's review of the movie, I felt that it far outshines anything I could have written. It is not so much a review as it is a plea for us to sit up, take notice, and do something to prevent the culmination of a process that has already begun. Here is what Mr. Ebert has to say:

I want to write this review so every reader will begin it and finish it. I am a liberal, but I do not intend this as a review reflecting any kind of politics. It reflects the truth as I understand it, and it represents, I believe, agreement among the world's experts.

Global warming is real.

It is caused by human activity.

Mankind and its governments must begin immediate action to halt and reverse it. If we do nothing, in about 10 years the planet may reach a "tipping point" and begin a slide toward destruction of our civilization and most of the other species on this planet.

After that point is reached, it would be too late for any action.

These facts are stated by Al Gore in the documentary "An Inconvenient Truth." Forget he ever ran for office. Consider him a concerned man speaking out on the approaching crisis. "There is no controversy about these facts," he says in the film. "Out of 925 recent articles in peer-review

scientific journals about global warming, there was no disagreement. Zero."

He stands on a stage before a vast screen, in front of an audience. The documentary is based on a speech he has been developing for six years, and is supported by dramatic visuals. He shows the famous photograph "Earthrise," taken from space by the first American astronauts. Then he shows a series of later space photographs, clearly indicating that glaciers and lakes are shrinking, snows are melting, shorelines are retreating.

He provides statistics: The 10 warmest years in history were in the last 14 years. Last year South America experienced its first hurricane. Japan and the Pacific are setting records for typhoons. Hurricane Katrina passed over Florida, doubled back over the Gulf, picked up strength from unusually warm Gulf waters, and went from Category 3 to Category 5. There are changes in the Gulf Stream and the jet stream. Cores of polar ice show that carbon dioxide is much, much higher than ever before in a quarter of a million years. It was once thought that such things went in cycles. Gore stands in front of a graph showing the ups and downs of carbon dioxide over the centuries. Yes, there is a cyclical pattern. Then, in recent years, the graph turns up and keeps going up, higher and higher, off the chart.

The primary man-made cause of global warming is the burning of fossil fuels. We are taking energy stored over hundreds of millions of years in the form of coal, gas and oil, and releasing it suddenly. This causes global warming, and there is a pass-along effect. Since glaciers and snow reflect sunlight but sea water absorbs it, the more the ice melts, the more of the sun's energy is retained by the sea.

Gore says that although there is "100 percent agreement" among scientists, a database search of newspaper and magazine articles shows that 57 percent question the fact of global warming, while 43 percent support it. These figures are the result, he says, of a disinformation campaign started in the 1990s by the energy industries to "reposition global warming as a debate." It is the same strategy used for years by the defenders of tobacco. My father was a Luckys smoker who died of lung cancer in 1960, and 20 years later it was still "debatable" that there was a link between smoking and lung cancer. Now we are talking about the death of the future, starting in the lives of those now living.

"The world won't 'end' overnight in 10 years," Gore says. "But a point will have been passed, and there will be an irreversible slide into destruction."

In England, Sir James Lovelock, the scientist who proposed the Gaia hypothesis (that the planet functions like a living organism), has published a new book saying that in 100 years mankind will be reduced to "a few breeding couples at the Poles." Gore thinks "that's too pessimistic. We can turn this around just as we reversed the hole in the ozone layer. But it takes action right now, and politicians in every nation must have the courage to do what is necessary. It is not a political issue. It is a moral issue."

When I said I was going to a press screening of "An Inconvenient Truth," a friend said, "Al Gore talking about the environment! Bor...ing!" This is not a boring film. The director, Davis Guggenheim, uses words, images and Gore's concise litany of facts to build a film that is fascinating and relentless. In 39 years, I have never written these words in a movie review, but here they are: You owe it to yourself to see this film. If you do not, and you have grandchildren, you should explain to them why you decided not to.

Am I acting as an advocate in this review? Yes, I am. I believe that to be "impartial" and "balanced" on global warming means one must take a position like Gore's. There is no other view that can be defended. Sen. James Inhofe (R-Okla.), Chairman of the Senate Environment Committee, has said, "Global warming is the greatest hoax ever perpetrated on the American people." [*Ed. Note: This is the same enlightened individual who, during last month's Senate hearings on a constitutional amendment barring homosexual marriage, showed a large picture of his family and said, "I'm proud to state that my family has had not one divorce or one homosexual!"*] I hope he takes his job seriously enough to see this film. I think he has a responsibility to do that.

What can we do? Switch to and encourage the development of alternative energy sources: Solar, wind, tidal, and, yes, nuclear. Move quickly toward hybrid and electric cars. Pour money into public transit, and subsidize the fares. Save energy in our houses. I did a funny thing when I came home after seeing "An Inconvenient Truth." I went around the house turning off the lights.

Men's Teams

A new group will be forming in the Venice/Pacific Palisades area. For more info on joining and meeting times, contact Nick Rath at (310) 454-2965, or e-mail him at: nrath@adelphia.net

The West Hills Group is now filled to capacity. For those interested in adding their names to the wait list, contact Mitch Cohen at (818) 631-4175, or e-mail him at freehand@earthlink.net

The West Side Men's Group meets every first Thursday of the month in addition to our required monthly gathering on the third Thursday of the month. In July, the West Side Men's Gathering will get together again on Thursday, July 6th as well as Thursday, the 20th, location to be determined. For more information or to join the group, call Mark Kreher at (310)581-6616 or e-mail him at: mark.kreher@verizon.net. You can also contact David Sacks at (323) 650-8239, or e-mail him at: dasacks@yahoo.com,

The Thousand Oaks/Calabasas Men's Circle is currently meeting monthly. If you live near this geographic area and have an interest in participating in a men's group, contact Matthew at (818)774-1000, or e-mail him at: matthewburke@singerburke.com for more information.

David "Stongbear" Myers is heading up a team in the San Gabriel Valley. If you're interested in joining, talk to Strongbear at (818)541-9499, or e-mail him at: dj0814myers@earthlink.net.

Important Web Links

ALBERT MARREWA, counselor, instructor of martial arts, consultant, lecturer, and workshop facilitator. Access Albert's web site at www.albertmarrewa.com for biographical information, lists of services, and calendar of events, or e-mail Albert directly at albertmarrewa@aol.com.

HIS SIDE, the weekly radio program on KTIE 940 AM hosted by Glenn Sacks. Go to www.hisside.com to find out about future programs, sign up for the weekly newsletter, listen live via streaming audio at 5 PM every Sunday, and contact Glenn directly.

MEN ALIVE, the web site hosted by Jed Diamond, psychologist, author, and speaker. Jed spoke at our first monthly gathering and again last November, outlining his new book, "The Irritable Male Syndrome: Managing the 4 Key Causes of Male Depression and Aggression". Go to: menalive-on@lists.mcn.org to receive Jed's weekly newsletter online, and contact Jed directly at: jed@menalive.com.

CHRISTO PELLANI, Sacred Path's Master Percussionist. Stay current with events featuring Christo and his friends by logging onto his web site: www.soundformation.com.

ED MUNTER, originator and star performer of **Soul Journey**. Find out about the latest performances of this soul-stirring experience, as well as CD ordering info and more about Ed himself. Log onto www.innerpathproductions.org

INTERFAITH INVENTIONS, an organization dedicated to enriching the lives of children and adults through programs that promote respect and understanding between people of diverse faiths. They are developing a national network of summer camps to bring together Buddhist, Christian, Jewish, Muslim, Native American, and other faiths' children to have fun and to form lasting relationships. The camp experience includes developing a relationship with the natural world around them; sharing family stories, food customs, drumming and music; exploring shared values of compassion, reconciliation and respect for others through sacred texts and stories from their traditions as well as art projects, games, camp fires, and informal play time. The summer program includes following up activities to help forge lasting relationships between the children and their communities. For more info on this highly worthwhile organization, contact Phil Dichter, President of Interfaith Inventions, at: www.interfaithinventions.org

CD's by Sacred Path Members Available

You can purchase the excellent CD's by Sacred Path brothers **Ed Munter**, **Tommy Holmes**, **Christo Pellani**, **Rich Manners** and **Albert Marrewa**.

Ed's CD's, **Tracking Down the Soul** and **Soul Journey**, are available at www.innerpathproductions.org

Tommy's self-titled album can be ordered from www.TommyHolmes.com.

Christo's second album, **Soundscape Pyramids – Resonance Forms**, is available at info@soundformation.com

Rich's CD, **Speechless**, featuring the voices of Mimi Manners, is available at jyngleman@sbcglobal.net

Albert's **Relaxing Into Now** is available at www.albertmarrewa.com

In addition, talks by the Director of the L.A. Men's Center, Dr. Stephen Johnson, are available on the LA Men's Center web site, as well as several CD sets of past retreats. Go to www.menscenterlosangeles.com

Sacred Path Alumni Yahoo Group

What does Sacred Path do to support men after they have completed their retreats? The Sacred Path Alumni Discussion Group is one answer to that query. It provides a means for our community of men to have ongoing e-mail contact and discussions with their fellow Sacred Path Retreat graduates. Membership is restricted to graduates of a Sacred Path retreat. The simplest way to sign up is to send an e-mail (its content is irrelevant) to: Sacred_Path_Alumni-subscribe@Yahoo.groups.com. You can also join from the Sacred Path Alumni's home page: <http://groups.yahoo.com/group/sacredpathalumni>.

Once you have become a member of the discussion group, you can begin using our Sacred Path Alumni Yahoo Group immediately. Members are able to use any or all of the following features:

- Post a message
- Create group polls
- Invite others to join
- Share files and photos
- Create group calendars
- View the archives (past postings)

When you join the group, please remember to use only lower-case letters and numbers in choosing your group ID name. Yahoo doesn't recognize capital letters!

Contribute to the Newsletter



Does your creativity need an outlet? Here's a chance for your unique words to appear on the printed page (or at least a computer screen)! Send us an article, an anecdote, a poem, a joke; whatever tickles your fancy. Please address your e-mails to Rich Manners at: jyngleman@sbcglobal.net. Bribes will be cheerfully

accepted!

