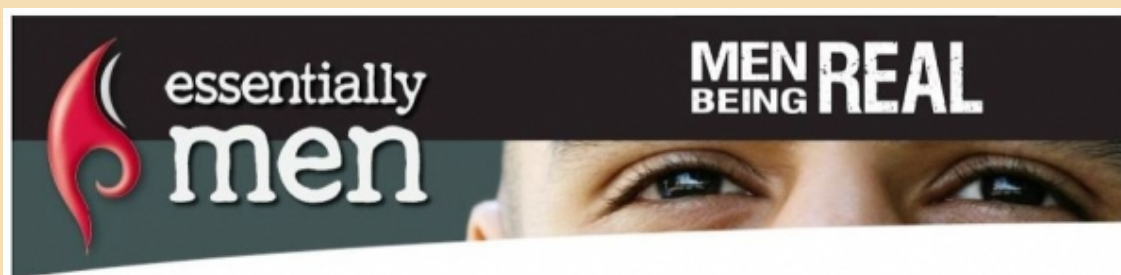


## Bryan Spondre

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**From:** Mark Bradman <mark=essentiallymen.net@mail186.atl61.mcsv.net> on behalf of Mark Bradman <mark@essentiallymen.net>  
**Sent:** Monday, 31 August 2015 7:28 PM  
**To:** Bryan  
**Subject:** Emerging from Winter's Isolation

### Staying Connected



Greetings Bryan

While for many of us the Essentially Men / Men Being Real weekend workshop was a life changing experience, the greatest legacy for me has been the on-going connection with likeminded men.

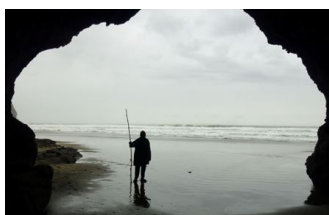
Here are a couple of ways of awakening from the solitude of winter:



#### **Men's Group Development**

**Day - Saturday, September 12**

Men's Groups are one of the best places to find support, companionship, connection... But how do you keep them vibrant and alive? And how do you find one if you're not in one? Come join a fun day sharing ideas that work, exploring issues and building skills. [\(more...\)](#)



#### **Essence of Men - September 22-27**

What the Essentially Men / Men Being Real weekend starts, Essence of men continues - a Journey into the

Soul to retrieve the 'real' you from under the wounds we accumulated along our way... [\(more...\)](#)

## **Men's Group Development Day - September 12, 2015**

### **Resources for Men's Groups**

*Are you in a men's group? Do you want to be in a men's group? Is your group going well and making a meaningful contribution to your life? Does it need a gentle push or pull into more passion, more inspiration, more fun or adventure, deeper insights and challenge? Do you want your men's group to be richer, more vibrant, or inspirational for your life?*

If this resonates with you, [book your place now!](#)

Our annual **Men's Group Development Day** is a chance to reflect on what's going well in your Men's Group and to revitalise it with new ideas.

Many men talk about the importance of being part of a vibrant, supporting, awareness building group of men to maintain the insights and developments they experienced in their EM weekend. But some groups feel isolated or become routine, and some fold, leaving members seeking a new group to join. Maybe you're not in a group currently, or your group is looking for more members?

The Men's Group Development Day is a fun day intended to share ideas that work, explore issues and build skills. It is also a time for men to check out groups seeking to add members, or groups to meet men wanting to join, and network among groups. Bring your whole men's group, a few mates, or come on your own, all are welcome!

**WHEN:** Saturday, September 12, 2015

**TIME:** Arrive by 9:45am for a 10am start & 4pm finish

**WHERE:** Blockhouse Boat Club, 91 Endeavour Street, Blockhouse Bay

**COST:** \$10 (to help cover venue costs)

**CONTACT:** Mark at the Hub on 09-376 2386 or [mark@essentiallymen.net](mailto:mark@essentiallymen.net)

**REGISTER:** Click links for a [Flyer](#) and/or to [Register Now](#).



## Essence of Men - September 22-27

One of the most unforgettable moments of my EM weekend was waking up in the House of the Fathers in the company of a roomful of great men I'd come to recognize over the weekend as My Brothers.

I knew something deep inside me had 'switched'. It might have occurred subconsciously during my slumber, but I knew I would not be 'returning to Kansas', at least not as I once knew it.

It's from this point that the **Essence of Men** adventure begins. With the mattress thumping and cushion crunching behind us, we embark on the courageous exploration of our shadows, described by Robert Bly as the 'bag' into which we hid away the parts of ourselves that were unacceptable to others (our parents, teachers, peer groups, etc) in the hope of becoming the men that was expected of us.

Having 'cracked the egg shell' to my emotional world with new insights, new understanding, and new ways of being, Essence of Men helped me embark on the journey to retrieve the 'real' me:

### ***"Who am I in this brave new world?"***

Sometimes referred to as the "Journey of The Soul", this five-day residential retreat in the rugged hills of Auckland's West Coast gently guides us into deeper relationship with ourselves - the dreams we carried when we were young, the longings of our souls, and images of who we could be.

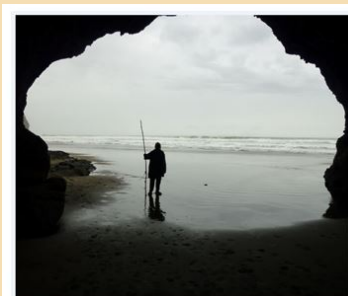
**When:** Tuesday, 22nd September (6pm) - Sunday 27th September (5pm)

**Where:** Karanga Camp (set on 25 acres of native bush in the Waitakere Ranges)

**Cost:** \$1195 per person \*

**Contact:** The Hub on 09-376 2386 or [mark@essentiallymen.net](mailto:mark@essentiallymen.net).

**Register:** Click links for a [Brochure](#) and/or to [Register Online](#).



*\* Recognising men have differing financial circumstances, contact us if money is a problem and you'd like to talk about a payment plan.*

Hope you can make it to be with us. One of the most unforgettable moments of my EM weekend was waking up in the House of the Fathers in the company of a roomful of great men I'd come to recognize over the weekend as My Brothers.

Hope you can make it to be with us.

[Return](#)



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