

Welcome to Cecil's Men's Hub

The 'Virtual Men's Gathering'

YOUR JOURNEY BEGINS ...



Feedback

Volume 3, Issue 34

\$2

What's Happening in Men's Work in April 2021

The Monthly Comprehensive Newsletter of Cecil's Men's Hub

Hi Guys,

Welcome to the latest edition Newsletter from Cecil's Men's Hub ~ The Virtual Men's Gathering and Worldwide Men's Group Directory.

"Please. remember this is a Comprehensive newsletter and not a brief read."

It includes what is happening within Men's Work in the next month, but also regular events and brief details of every Men's Gathering for the whole year. There are extra details to be found via the links in every event.

Thanks for your time in reading this update, please visit [Cecil's Hub ~ Worldwide Men's Group Directory](#), and [Cecil's Hub ~ The Virtual Men's Gathering](#), please share it with your Networks and encourage all Men and Men's Groups to get involved.

Thanks to [Brendon Giebel](#) for writing the first article in my newsletter.

What's in this Newsletter from Cecil's Men's Hub

- Welcome
- Paid Newsletter Update
- Men's Coaches Article
- Month Specific Events
- Regular Online Events
- Regular Content
- Yearly Men's Gatherings

My Core Values are:

* Purpose * Steady * Growth

*Connect with 10 Million Men, to make a difference in their Health and Lives.
To help them integrate, embody and educate, and raise the overall awareness
of Men's Mental and emotional health..*

PAID NEWSLETTER - UPDATE

I want to thank all of the people that have downloaded a copy of the March Newsletter. Your contribution to my work is deeply humbling.

I'm very pleased to announce that 'Beyond Blue' will get the first monetary amount of 10% from all monthly downloads. You have all supported my purpose and Men's Health.

If you feel that another charity could benefit from this regular donation, please contact me on newsletter@CecilsMensHub.com with your recommendation.

MEN'S COACH ARTICLE



How Do I Be The Man?

A Deep Look Back Through History To Find Out Why Men Are Where We Are Today?

By Brendon W Giebel April 4, 2020

What does it mean to “Be The Man”?

What does it take to be a man?

What is a man?

To start to find this answer, we must go back to the time before the industrial revolution. A few centuries ago, in the late 1800's, this wasn't even a question. If you were a male, you were a man, raised by men. There was no confusion about the meaning of a man, and masculinity was a trait shown to boys at a young age.

For the majority of the society in these times, the way of living occurred with Dad, mum, and children co-creating life together. The masculine and feminine energy was clear as well as being distinct in the roles within the household. The man is the head of the household. The dad would typically wake up early in the morning and head out to work on the farm. No big commute to work, with the farm being the centre of the community. There was someone else who went to work with dad, watching and helping him work every day.

That person was Junior.

Junior would go to work with Dad, be by his side every single day. Junior would see through his only living example of what life was to be a man and how being a man worked. From breakfast to lunch to dinner, little Jack had a role model to look up to. Being educated and taught respect, hard work, responsibility, and connection with family.

EVERY.... SINGLE.... DAY dad was demonstrating to his sons the answer to our question.

“HOW DO I BE A MAN?”

What came next was the Industrial Revolution, which caused a massive shift in the mindset and evolution of man. With this change, came promise and opportunity. An opportunity for more money, more jobs, and a life closer to the city. Although, men going to work at this time, had to make a sacrifice and most of them were willing to pay. This sacrifice, brought along a whole series of new problems that nobody could foresee.

This promise and opportunity were allowing families to move into the city from the farms, not having to worry about bad weather, a starving family due to crops having a bad season, and the backbreaking work that came with farming. All they had to do was leave during the day and head for the factory or office.

For the first time in recorded history, men were required to leave home early and travel a long way to work. A place where little Junior was not allowed to be side by side, working and learning from his male role model, Dad. But this was only the start of the de-evolution for men. The fathers would return home late, exhausted, and fatigued from the daily grind. Only to pass out that evening and wake up and do it all over again. On the odd occasion that Junior hadn't gone to sleep yet, his attempt to fulfil the role of a father was average at best in the exhausted state he was in. In all this time he was away from the family, mum had to take on the role of being both the mother and father. This meant that Junior WASN'T learning how to be a man, BY a man.

That's not all, back on the farm, Men were required to solve problems by using their own initiative and creativity. Constantly finding better ways to do things, becoming more efficient, and better equipped. This was drilled out of a man in the industrial age, as he would have been punished for innovation and creativity. There was a system within these factories to be followed and not be disrupted or change. They were essentially becoming just another cog in the machine. Going to work to bring home the money

Read more ...

For more information on what Advanced Men's Development can offer, please visit <https://www.AdvancedMensDevelopment.com.au/>



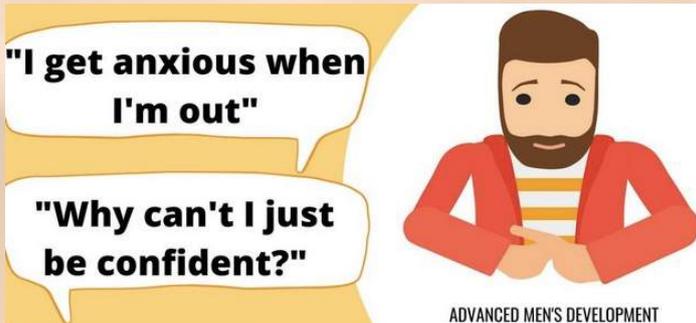
I hope you have enjoyed this article? The above section will be a regular feature of future newsletters

If you know of anyone that could write an appropriate article for the newsletter, then please get in contact with me at newsletter@CecilsMensHub.com.

SPECIAL ANNUAL EVENTS

There are no special annual events in April.

MONTH SPECIFIC EVENTS



WHEN: Thursday 8th April
TIME: 18:30 - 20:30
WHERE: Online/Virtual
CONTACT: [Brendon Giebel - AMD Development](mailto:brendon@advancedmensdevelopment.com.au)
WEBSITE: <https://www.advancedmensdevelopment.com.au>
EMAIL: brendon@advancedmensdevelopment.com.au
COST: **FREE**

Why am I shy or socially anxious? How can I become more confident?

Where do shyness and social anxiety come from?

How do I overcome it? How can I rebuild true confidence?

If you have ever asked yourself these questions...?

Break free from the prison of social anxiety and discover how to overcome self-doubt, love and accept yourself as you are, and find the confidence to create the life you truly deserve!

[More information ...](#)



WHEN: Monday 12th April for 8 Weeks
TIME: 19:00 - 21:00
WHERE: Online/Virtual
CONTACT: [Nic tovey +61404850143](tel:+61404850143)
WEBSITE: <http://www.nictovey.com/>
EMAIL: nic@nictovey.com
COST: \$797 (3 x \$280 2 Weekly payments)

Welcoming The Darkness

An archetypal journey for MEN to delve into the depths of your internal world, to sift through the shadows, move beyond distortion and denial, and retrieve the infinite power of your Divine Darkness.

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

♥ Our ascension based spiritual traditions have favoured the heavenward path and forgotten our basic primordial origins. [For more information ...](#)



WHEN: Tuesday 13th April
TIME: 18:30 - 21:00
WHERE: Pulse 149B Glenlyon Road, Brunswick
CONTACT: [Amitayus Syzygy](mailto:amitayus@b-inghuman.com)
WEBSITE: <http://www.b-inghuman.com/>
EMAIL: amitayus@b-inghuman.com
COST \$75.00

Conscious Boundarying

Healthy boundaries are an essential aspect of living a fulfilled life and unfortunately are often an overlooked aspect of the spiritual path. When we do not have the ability or insight to set healthy boundaries we end up divorced from ourselves

This may come about through subtle but powerful Self-forgetting behaviours such as people-pleasing, anxiety about the judgements of others, taking responsibility for others' emotions, over-giving or merely being unable to ask for one's needs to be met, or the inability to say 'no'.

[More information ...](#)



WHEN: Saturday 17th April
TIME: 08:00 - 17:30
WHERE: The Archer Mountain Community
68 Myleema Road, Mount Archer
Queensland 4514
CONTACT: [Felipe Oliveira+61 423 506 011](tel:+61423506011)
WEBSITE: [https://www.counsellingmen
brisbane.com.au/](https://www.counsellingmenbrisbane.com.au/)
EMAIL: authentic@counsellingmen.com
COST \$180.00

Human Transformation

Day Workshop for you (Men) that want to go under your skin, learning about your deepest fears and longings, connect with your Real Potential and with your True Identity. It is a day-workshop based on a powerful Sacred Norwegian Story Lindworm – half serpent and half-human. The transformation into the latter is where the wisdom of the story is.

In this retreat, all the exercises will be through invitation only. Nothing will be forced onto you. The most important matter will be your willingness and intention to challenging what you know about yourself.

1. The Retreat will be based on the old Norwegian Mythic Story of “Lindworm” – a mythical creature that is part human and part snake – (watch the story in this 10 min. video here:
2. The Way of Council (learn more here) around the Lindworm Story;
3. Solitude & Reflective time in Nature;
4. Group Meditation;
5. It is included morning and afternoon tea, lunch, and all the above.

[For more information ...](#)



WHEN: Every Sunday 4, 11, 18, 25th, April
TIME: 10:00 - 10:30 Canadian ET
WHERE: Online/Virtual
CONTACT: [Voice of Men 360](https://www.voiceofmen360.org/)
WEBSITE: <https://www.voiceofmen360.org/>
EMAIL: info@voiceofmen360.org
COST \$75.00

Voice Of Men ~ Addiction & Awareness

Voice of Men 360 is a non-profit organization, founded in 2020 and is based in Toronto, Canada. It is part of International Men's Day which is a global organization. IMD follows 6 Pillars – overall the wellbeing of boys and men.

Men in most cases, don't talk about or discuss their life challenges, situations, struggles with anyone and that becomes more stress and pressure which is not only negatively affects them but also others around them. The intention is to create awareness about our boys' and men's world matters by giving a platform to talk about it.

It is a Live Talk Show where an individual can join and share their life journey, the experiences that they went through – how it impacted their lives negatively and positively, and how did they overcome.

[More Information ...](#)



WHEN: 24th - 24th April 2021
Time: 10:30 - 17:30 WA Time
WHERE: Freemantle, Western Australia
CONTACT: Narrative Yoga, +61402322200
EMAIL: lars@narrativeyoga.com.au
WEBSTE: lars@narrativeyoga.com.au
COST \$395.00

Traditional Wooden Longbow Making in Freemantle, WA

You will come away from the workshop with the knowledge and skills to make your own longbow. You will learn how to make a bowstring that perfectly complements your own bow and understand the art of tillering, the process of carefully removing wood to cause the bows to bend in optimal arcs.

[More Information ...](#)



WHEN: 30th April - 2nd May 2021
Time: 09:00 - 15:00

WHERE: Wildwood Retreat, 645 Pennyroyal
Valley Road Pennyroyal VIC 3235

CONTACT: Kevo Munyambu Scholten

EMAIL:

WEBSTE: <https://www.facebook.com/Kevo.Munyambu>

COST [\\$175.00](#)

The Heart of the Matter – Exploring the Nature of our Nature

A Retreat For Men.

Purpose: To embrace personal growth as a Spirit journey and sow the seeds of personal-transformation. Discover what makes your soul shine and create your life as a wonderful experience and expression of what really matters to you.

Presented by The Grounded Men's Collective.

This retreat- The Heart of the Matter- is dedicated to Truth and creating a passage, so that your innermost core functions fully and finds expression in the world. This core, we are defining as Heart, what truly matters to you.

Self-transformation is not just about changing ourselves. What it means is shifting ourselves to a new dimension of perception and expression. It involves the ability to move beyond physiological compulsion and psychological demand that contribute to the drama of our lives.

Our longings for more are not really for more at all, not more money, career, love, people, places and things etc. Because as you have probably discovered, there will always be more.

Our true longing is for the ALL, for Boundlessness, The Heart of the Matter.

[More Information ...](#)



WHEN: 30th April - 2nd May 2021
Time: 18:00 - 15:00

WHERE: Camp Eureka, 100 Tarrango Rd
Yarra Junction, Vic 3797

CONTACT: Murray Goodchild

WEBSTE: <https://www.facebook.com/Everyman-Yarra-Valley-115004409880415>.

COST \$77.00

Everyman Yarra Valley

A few of us blokes wanted to keep the fire burning from Menergy and other men's group events. The intention was to create smaller events in the Yarra Valley, sending out ripples of Men's Health and making it more affordable and accessible.

"Everyman" this successful event is on again at Camp Eureka. Join us over three days to reconnect with yourself, others and nature. The intention for Everyman Gatherings is to co-create a space where men, having the desire to share themselves deeply and authentically, can connect, support and challenge one another towards greater self-empowerment, intention, self-awareness and self-responsibility, whilst nurturing deeper respect and connection to nature and each other.

When- Unfortunately, the November 2020 event has been postponed until May 2021 due to COVID. The correct date in May will be advertised here.

This will be the 5th Everyman event in the Yarra Valley. Those who've attended previous gatherings know what a great opportunity these events are to meet and enjoy the company of other blokes who are up for being real, dropping the bravado and experiencing the gift of each other's presence.

What you can expect this weekend is plenty of laughs, some great workshops (anyone is free to offer a workshop), music, heart sharing, new perspectives, plenty of time to relax and reflect without the distraction of technology.

This is an opportunity to concentrate on yourself, as a man, without fear of judgement.

[More Information ...](#)

[Book Now](#)

REGULAR AND ONLINE EVENTS ...



WHEN: Tuesday 6th, 13th, 20th, 27th April
TIME: 20:00 - 21:30
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/PrimalManProject>
EMAIL: jason@bluett.org
COST **FREE**

Primal Man Project – Virtual Men’s Circle

- ISOLATED?
- DISCONNECTED?
- CHALLENGED?
- LOOKING FOR A GROUP OF GOOD MEN?

There was a time when we sat around the fire to share what was going on in our lives. Share the challenges, the triumphs, and just be men. We’ve lost that.

The modern man needs a circle of brothers, to hear him out, challenge him and hold him accountable to the best version of himself.

Join us ONLINE each week AND sit in VIRTUAL CIRCLE

[For more information ...](#)



WHEN: Tuesday 6th (First Tuesday of Month)
TIME: 19:00 - 20:30
WHERE: Online/Virtual
CONTACT: <https://www.facebook.com/PrimalManProject>
WEBSITE: <https://gatheringmen.org/>
EMAIL: connect@gatheringmen.org
COST **FREE**

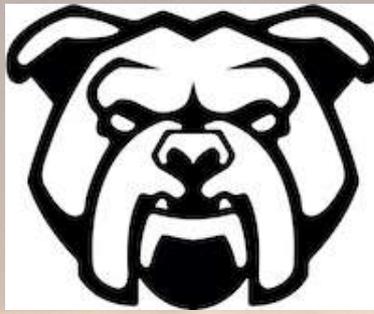
Gathering Men • On-Line Gathering

WHY

We believe Australian men need connection now more than ever before. So we’ve created a safe place for Men to do just that. This gathering is open to all men 21 years and over. The invitation extends to regulars & new men. Please share this invitation with a man you feel would benefit from the experience. Numbers are limited to ensure our gatherings remain intimate

WHAT

In this circle, men are invited to express themselves freely, courageously & without judgment. To help reconnect. To self. To each other. To our families, friends & community. Come & spend quality time with a bunch of great men and share what’s actually going on for you. [For more information ...](#)



Mongrels Men Meet Up

- WHEN:** Monday 5th, 12th, 19th, 26th April 06:15 - 07:30 Weekly
WHEN: Wednesday 7th, 14th, 21st, 28th April 06:15 - 07:30 Weekly
WHEN: Friday 2nd, 9th, 16th, 23rd, 30th April 06:15 - 07:30 Weekly
WHERE: Dee Why Beach, NSW, Australia
CONTACT: Instagram @ Facebook @mongrelsmen
EMAIL: mongrelsmen@gmail.com
WEBSTE: <http://www.mongrelsmen.com>
COST **FREE**

Come join us for a sunrise walk, run, swim, surf, coffee & chit chat every Monday, Wednesday & Friday. Meet us at Dee Why Beach Steps at 6.15 am.



Men with Spirit Men's Group

- WHEN:** Monday 5th, 12th, 19th, 26th April 19:00 - 31:00 Weekly
WHERE: 52 Kars St, Frankston VIC 3199, Australia
CONTACT: Peter Anthony - 0419 440 665 Steve Angel - 0418 143 969
EMAIL: connect@menwithspirit.com.au
WEBSTE: <http://www.menwithspirit.com.au/>
COST **1st Group FREE - \$20 After**

A different style of Men's Group ... Men helping Men thrive.

Men with Spirit is a weekly group for men who are looking for deeper meaning in their lives. We help men get out of their heads and into their hearts. We help men connect to their feelings and learn how to express honestly and openly. We are guided by a set of personal and non-religious spiritual values that promote equality, honesty and expression without judgement.

These small group gatherings are aimed at men of any age who are ... [More Information](#)
Those interested visit here to [register](#):



Men's Leadership ALLIANCE

WHEN: Mondays 5, 12, 19 & 26th, Thursdays 1, 8, 15, 22, 29 Fridays 2, 9, 16, 23, 30 April

WHERE: Online - Times Vary

CONTACT: Teddy Churchill 970-618-3376

EMAIL: tchurchill@mensleadershipalliance.org

WEBSTE: <https://www.mensleadershipalliance.org/us/>

COST **FREE** Donations are Welcome

The Men's Leadership Alliance is committed to helping men achieve greatness in their lives. In a circle of trust, courage, and power, we challenge men to live fully in their maturity, with the support of their brothers. We help men meet the demands of their lives by aiding men in defining a healthy masculine self. This redefinition of masculinity cultivates generativity and compassionate strength so men can impact their families, workplaces and communities in positive ways. [All Days Men Ages 18+. More Information...](#)



Menswellbeing ~ Common Ground

WHEN: Monday, Tuesday, Thursday in March 19:00 - 21:00

WHERE: Online and Physical Open Men's Groups

CONTACT: Nicholas Dob +61424 146 005

WEBSTE: <https://menswellbeing.org/omg/>

COST **FREE**

OMG MOMENTS - ...Men...Him...Us...Me...Namaste and good health to you, OMG's are here for your wellbeing and in turn, benefiting others.* BE REWARDED * IT'S EASY * IT'S FREE

What's happening in your life? Come along, connect and reap the benefits of sitting in a circle. You've been there before, you know the benefits, now it time to do it againdon't just say you will! We want to connect with you too. Join our OMG meetings to experience the wholesome opportunity to connect with good men ...More Information: <https://menswellbeing.org/omg/>



Men Talking About Feelings. AGW

WHEN: Tuesday 6th, 20th, 18:30 - 22:30 (Every fortnight)
WHERE: The Good Brew Company, 54 Hope St, Brunswick VIC 3056
CONTACT: Dean O'Callaghan and Men talking about Feelings
COST **FREE**

BYO pizza ingredients. crafty beers, cocktail makings, table tennis bats.. or just yourself. pizza, kombucha and table tennis provided.



Kulin Open Group for Men

WHEN: Tuesday 6th, 13th, 20th, 27th April - 18:30 - 21:00 Weekly
WHERE: Online 13th, 27th April 2-Weekly
WHERE: In-Person - 6th, 20th Ashmore Street, Brunswick VIC
CONTACT: Demian Natakhan 0468 309 863
EMAIL: info@mkpvic.com.au
WEBSTE: <http://mkpvic.com.au>
COST **FREE**

We are open for all Men to come along and take a fresh look at their own lives in a safe, powerful and confidential way with other men on their journey. The purpose of this group is to create a safe AND challenging place for men to find support and solutions in becoming better fathers, son's, husbands, professionals, partners and more. [More Information ...](#)



Melbourne Men's Group

- WHEN:** Tuesdays 6th, 13th, 20th, 27th April 19:30 - 21:30
WHERE: North Fitzroy, Highett, Werribee South, Warrandyte
CONTACT: MMG on 1300 96 7474
WEBSTE: MensGroup.Melbourne
COST **FREE**

A not for profit, volunteer organisation established by men for men in 1998. Open to any man of any age, we support personal growth, well-being and enhanced community. We offer authentic communication and connection, minimising the isolation many men experience through free, open, weekly men's group meetings, mentoring and transformational learning programs. There are no political or religious affiliations and new participants are very welcome. Contributions welcome.

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More Information ... [4 Chapters of Groups across Melbourne: Central, Eastern, Southern and Western](#)



Island of Men - Men's Sharing Circle

- WHEN:** Wednesday 7th April 19:30 - 21:30
WHERE: Online
CONTACT: <https://www.facebook.com/IslandOfMen>
EMAIL: mikey@islandofmen.com
WEBSTE: Islandofmen.com
COST **FREE**

A monthly gathering and heart circle to connect with the IOM brotherhood. A space to check-in, share, be heard and be held in a safe container. Island of Men (IOM) is a not-for-profit organisation dedicated to creating transformational spaces for men. Our belief is simple; men's work to support men, women and the wider community. Zoom link will be emailed to you 30 minutes before the event commences. [More Information ...](#)



Complete Men Group

- WHEN:** 1st, 7th, 8th, 14th, 21st April
WHERE: Online - Thursday 1st, 8th 18:45 - 21:00
WHERE: In-Person - Wednesday 7th, 14th, 21st in Robina 19:00 - 21:00
CONTACT: Tim on 0422 508 533
WEBSTE: www.completemen.org/mens-groups.html
COST **FREE**

MEN SUPPORTING MEN - More and more men are rediscovering joy, connection, and purpose in their lives through the simple practice of sitting in a circle and being real with other Men. To see what other Men have found in these groups, check out <http://www.completemen.org/mens-groups.html> Complete Men have 4 Online Groups every week. Monday, Wednesday & Thursday evenings and Friday lunchtime. Using the Zoom app, we are able to have up to 16 men join a virtual Men's group for 90 minutes.



Build a Brotherhood - Men's Group

- WHEN:** 1st and 3rd Thursdays of the Month 18:30 - 20:00
WHERE: Mooroolbark Eastern Suburbs, Melbourne
EMAIL: Build a Brotherhood admin@buildabrotherhood.com
WEBSTE: <http://BuildaBrotherhood.com>
COST **FREE**

The facilitator lost their brother to suicide which made me realise the lack of support for men's mental health. We are trying to build a brotherhood to help put an end to men suffering in silence.

We welcome all Men to come to join us for our Brotherhood meet up. Men come for support, to share their experiences or to listen. Bring a chair, snacks and soft drink. [More Information...](#)

Mankind Project - iGroups Online

- WHEN:** All days except Saturdays in March - Times Vary
WHERE: Online Open Men's Groups
CONTACT: 1300 948 947 Various Facilitators
EMAIL: info@mankindproject.org.au
WEBSTE: <https://mankindproject.org.au/>
COST **FREE**

Face-to-face MKP Men' circles, or iGroups, have been suspended for the duration of the coronavirus health and safety restrictions. However, many groups are now meeting online, using the Zoom platform. To join a meeting, find the group, click to open and identify the group coordinator, and phone or text him for group conditions and how to access their Zoom number.



Men's Group Online

- WHEN:** 15 Men's Group per Month
WHERE: Online
CONTACT: Craig Wyld 03 8658 4080
EMAIL: craig.w@mensgrouponline.com.au
WEBSTE: MensGroupOnline.com.au
COST **FREE FOR 2 WEEKS** then Charges Apply \$47 per month

Men's Group Online is a social enterprise that supports an online membership community (tribe) of men. It's a safe, non-judgemental space for you to connect, share and find support. As a member, you will meet via Zoom online video in small groups (max 12 men).

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Current Men's Group Online Schedule: Every Sunday 5:00 pm Brisbane Time

Welcome to MGO - Induction Session - 60 Mins Every Sunday 6:45 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins Every Tuesday 6:45 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins Every Thursday 1:15 pm Brisbane Time

Men's Group Online (MGO) Session - 120 Mins [More Information...](#)



Online MenCheck-in ~ Mini-Men's Groups

- WHEN:** Lunchtime every day in March - Times Vary
WHERE: Online Open Men's Groups
CONTACT: Email Below
EMAIL: info@mensgroups.co.uk
WEBSTE: <https://mensgroups.co.uk>
COST **FREE** Donations are Welcome

MenCheck-in was launched in response to the Coronavirus pandemic. It is currently running online every weekday at lunchtime by donation. This mini-men's group is a great space to share whatever's on your mind, release some pressure and connect with others. Up to nine men per group, though we split into smaller groups led by different facilitators if numbers are high. **FREE** Quickstart Guide for those who wish to start their own men's groups <https://mensgroups.co.uk/quick-start-guide/>



MenSpeak Men's Groups (Online)

- WHEN:** Daily Check-ins every day in March - Times Vary
WHERE: MenCheck-In
CONTACT: Email Below
EMAIL: info@mensgroups.co.uk
WEBSTE: <https://mensgroups.co.uk>
COST **FREE** Donations are Welcome

A MenCheck-In is a great space to share whatever's on your mind, release some pressure and connect with others in a confidential and non-clinical space. MenCheck-In was launched in early 2020, in response to the Coronavirus (COVID-19) pandemic and lockdowns around the world. It's one hour, mini-men's group currently running online every day, Mon-Sat 12.30 pm-1.30 pm, Sun 10.30 am-11.30 am. We start with two minutes of silence, followed by brief introductions, including how you're feeling at this moment. (You are under no pressure to share and can say "pass" at any time.) [More Information ...](#)



Free BBQ's now online

- WHEN:** Saturdays and Sundays in March varied times (Please Check)
- WHERE:** BBQ's for Community & Connection
- CONTACT:** Terry Cornick
- WEBSTE:** <https://mrperfect.org.au/>
- COST** **FREE**

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there was something missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle. Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection. BBQ's subject to change, check the site before attending. [More Information...](#)

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- ACT** Barton, Canberra, Gungahlin, Canberra.
 - NSW** Bathurst, Castle Hill, Central Coast, Coogee Beach, Cronulla, Sydney, Maitland, Hunter Region, Manly, Newcastle, Newtown, Inner West Sydney, Narellan, Western Sydney, Parramatta, Western Sydney, NSW, Surry Hills, Central Sydney, Taree, Windsor, NW Sydney, Wollstonecraft Sydney.
 - QLD** Burleigh Heads, Gold Coast, Caboolture, Sunshine Coast, New Farm, Brisbane, Paddington, Brisbane City, Townsville.
 - TAS** Ulverstone.
 - VIC** Benalla, Victoria, Echuca, Vic, Lilydale
 - WA** South Perth, WA
-

REGULAR CONTENT ...

Cecil's Men's Hub ~ Men's Groups Worldwide Directory



Did you know that my Cecil's Men's Hub ~ Men's Groups Worldwide Directory is ready and available, please visit to see how this platform can help change Men's lives and connect them to Men's Groups on a regular basis.

The Directory (over **450+** Men's Groups already) will initially cover Australia with Groups from London, UK, Ireland, Canada, Singapore, Austria and North America.

* Some of the Groups are under a **'Claims Listing'**, this will enable existing Men's Groups that find their Group to 'Claim' it as their own as a **'FREE'**

Basic Group or upgrade to a 'Paid' Plan & gain extra benefits/features.

WHAT'S AVAILABLE?

The Directory will allow Men to search for their nearest Men's Group to their location **FREE** of charge!

It will enable any existing Men's Groups Worldwide to register a **FREE** to join and get a 'Basic' listing, they get listed in seconds, this will give them a low priority **'GoogleMaps ® Pin'** search result, and this will be under 1 particular Association.

Some Men when searching for a Men's Group, have heard of a particular Men's Group type or Association.

It's for this reason that I have created Categories for each of the common ones to be used in the Search Bar, this will 'Auto-Fill' as the user types. Currently, there are 14 Associations that each Men's Group can be listed under, depending on their style of facilitation/origin that they follow.

THESE INCLUDE:

- * Australian Men's Shed Association, * Complete Men
- * Canadian Men's Shed Association, Individual Group,
- * Mankind Project (MKP) - Australia/UK/Canada,
- * Men's Wellbeing ~ Common Ground Trained, * Melbourne Men's Groups,
- * Menergy Men's Group Network, * MensWork Project (Incl),
- * MensSpeak Men's Groups (UK), * Men's Team,
- * OM:NI (Older Men: New Ideas), * The Male Journey Ltd,
- * UK/Ireland Men's Shed Association.

Please read the full version of the launch document [here](#).

YEARLY MEN'S GATHERINGS ...

WHAT IS MEN'S GATHERING?

A Men's Gathering is where you can connect with other Men, from all backgrounds, religions, political and sexual persuasions. These gatherings offer a safe, non-judgmental, supportive space where men can explore the connections, modalities, challenges and exercises that facilitate real and lasting change. They all offer high-quality workshops from varied Modalities, that you are free to take part in as many or few as you wish. This is your time, to use as you wish but hey, why not take advantage of the experience? There are currently 15 Yearly Men's Gatherings as part of Open Ground training per year in Australia, plus others that are not part of the Common Ground training, and one in New Zealand.

MEN'S GATHERING BY MONTH

JANUARY



SYDNEY MEN'S FESTIVAL

The Sydney Men's Festival is a chance to talk, relax, participate in and run workshops with other men. The Festival is an annual event held at the end of January each year on the second last full week of the school holidays. The Festival is open to all men regardless of colour, creed, religion, sexuality, profession or employment status.

Affinity Groups

At the previous festivals, we have formed small groups to provide support and companionship. These affinity groups have provided a focus for each of us to share our experiences throughout the Festival. The groups take turns in preparing meals, washing-up and cleaning.

Workshops

Anyone at the Festival can present a workshop. In previous years, workshops have explored such issues as men's health, love, fear, shame and guilt, spirituality, anger, wild man, meditation, community, initiation, parenting, touch, sexuality and sensuality, wrestling, singing, massage.

Food

The first meal of the festival will be served at dinnertime on Sunday. For cost and health, meals are mainly vegetarian, sometimes with meat options, and are organised by the affinity groups with the help of the food coordinator. You are welcome to make arrangements if you have a special diet.

Activities

The camp is in bushland overlooking the Georges River, so there is plenty of opportunity for swimming and bushwalks. A cabaret is normally held on Saturday night.

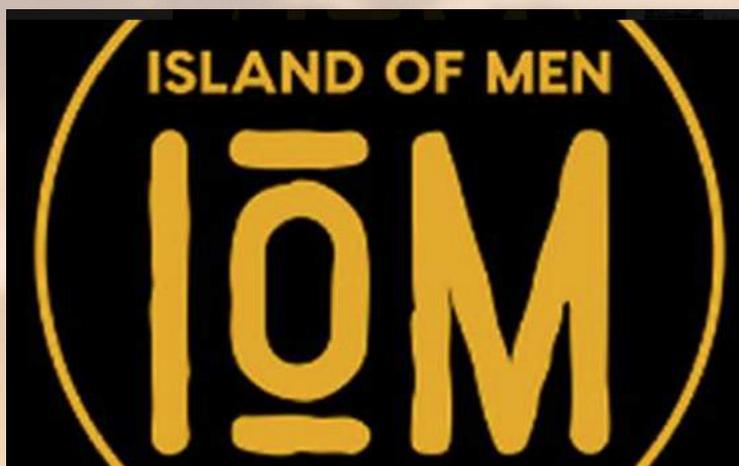
Accommodation

Only a limited number of bunks with the mattress are available in dormitories or cabins, so please bring your own sheets and pillow. Also as a backup, please bring a tent, sleeping bag, pillow and mattress. [Read more...](#)

FEBRUARY

No Gatherings currently ...

MARCH



ISLAND OF MEN ~ MELBOURNE

Four per year, March, July and November, December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with self, community and nature. We are excited to announce that this event will be unlike any island before. We have an incredible new location, new facilitators and a brand new program.

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IOM is a unique experience that provides something different for each individual.

For some men, it is a welcome reprieve from the pressures of life, a lifting of the weight of expectation that has been placed on them by work, family and society.

The IOM experience can be somewhat difficult to describe, so rather than trying to hammer a point home, have a read of what past attendees have said about their Island experience.

"What a day!

A fantastic experience to be surrounded by so many amazing hu-men. The workshops were great, the love felt by all, the power of the Sacred Heart circle. This is a much-needed facility in a time where I, as a man, realise it's on me to create the change I want for myself and my surroundings. And to spread that change to all men around me. A powerful tool to claim back our masculinity.

"What an amazing day. Very full and heavy heart by the end, in a very good way!"

Truly powerful and inspirational work behind the guys that brought this beautiful space together. What an Honour it was to be apart of this event !! An absolute must for Men - Please do more.

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

(From IOM <https://islandofmen.com/>)



TASMEN MEN'S GATHERING 2021

Friday 5th – Monday 8th March

Connect to your heart in the company of non-judgemental, authentic men. We will be in a beautiful beachside facility called Spring Beach Youth Camp, south of Orford. That means less travel for our 'Interstaters', with plenty of space, privacy and easy access to the beach. These are modern facilities with better showers, easier catering and bunk beds for 100 men. There will be great food and you will meet great blokes. Covid safe procedures will be in place. From 3 pm Fri.

If you have any questions email Barry Fleming, our 2021 Gatekeeper: barryfleming1@gmail.com

(From <https://tasmen.org.au/tasmanian-mens-gathering/>)



Friday 26th – Sunday 8th March

'Men across societies and the ages have always come together to pass on the knowledge, clues, tools and secrets of being vibrant, dynamic Men in the world. We are continuing this tradition.'

It's going to be awesome this event, help Men in your Networks to connect & share, and gain some valuable insights, into themselves and others.

We have many Workshops already confirmed for the first Online Men's Gathering (OMG).

3 Days: Keynotes | Workshops | Sharing Circles | Networking

Cost:

Pay What You Can \$0 - \$10 - \$20 - \$50,

If you can't, come for free. We'd still love to have you!

(From OnlineMensGathering.com/)

APRIL



ISLAND OF MEN ~ HOBART

Once per year, April.

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

We are excited to announce our upcoming event, 'IOM -

This is Me' will be occurring on December the 7th at Cataract Scout Park.

IOM is a unique experience that provides something different for each individual.

See the above IOM ~ Melbourne for more details...

There will be updates and instructions on the IOM Facebook page (facebook.com/islandofmen) leading up to the event so make sure you like the page to ensure you are receiving updates.

Looking forward to seeing you at 'Island of Men - This is Me' (From IOM <https://islandofmen.com/>)



EVERYMAN MEN'S GATHERING

Twice per year, May and November

When: See dates and times in specific months events

Where: Camp Eureka 100 Tarrango Rd Yarra Junction, Vic 3797 Australia

“Everyman” this successful event is on again at Camp Eureka.

Join us over three days to reconnect with yourself, others and nature.

The intention for Everyman Gatherings is to co-create a space where men, having the desire to share themselves deeply and authentically, can connect, support and challenge one another towards greater self-empowerment, intention, self-awareness and self-responsibility, whilst nurturing deeper respect and connection to nature and each other. [More Information ...](#)



ISLAND OF MEN ~ SYDNEY

Two per year, April and December

Island of Men (IOM) is a 1-day event dedicated to helping men find a deeper connection with Self, Community and Nature.

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Looking forward to seeing you at 'Island of Men - This is Me' (From IOM <https://islandofmen.com/>)

MAY



Manshine 2021 is Friday 30th April – Monday 3rd May 2021

When the landscape has been burned and scarred, it may look to be alien, uninviting and desolate. In the natural world, a charred landscape can enable something fresh, new and energetic to emerge. Order can come from chaos.

Our landscape can regenerate.

How is your landscape doing?

Manshine 2021 has workshops to energise, question and explore – all the tools you need to help seed your own regeneration.

At Men's Wellbeing, we pride ourselves on supporting men through whatever they are going through, whether they are flourishing and looking to enrich their lives or they have hit a crisis and are reaching out for help. You will find men from many different backgrounds and experiences all coming together for the long weekend in May to help support one another along the journey. [Read more ...](#)

JUNE



SYDNEY NATIONAL MEN'S GATHERING

11th – 14th June 2021

'Lost' 'In life's journey, how do we know if we're going the right way?'

Even if we keep following all the usual signs will the safe, comfortable, familiar path ever really satisfy us? If we got lost would we find only fear or also help from strangers and from our own unexpected inner strengths.

At "Lost" 2021, we will endeavour to get lost together and to find more of ourselves. [More Information ...](#)

Check-in: from 4 pm to 6 pm on Friday 11th June

Check out: 3 pm Monday 14th June

Cost: \$460

[Book Now](#)

Venue: Bamarang Bush Retreat 145 Bamarang Road, Bamarang, NSW 2540

JULY

BEDROCK

Bedrock is hosted by our Elders Circle. Bedrock is unlike any other Gathering. Bedrock is largely unstructured.

Conversations go where they need to go.

What needs to be discovered and revealed – happens.

We sit in the presence and magic of The Rock, under the towering escarpment and the mysterious gums.

Bedrock is a smaller, more intimate, and unique Men's Wellbeing gathering held annually at The Rock. This invitation is to men of all ages who are open to new learnings and seeking to deepen their maturity, their relationships, and also have fun and dine on exquisite food!

Bedrock is limited to 50 participants and promises to be full of meaningful experiences, frivolity, musical sensation, poetry and shared wisdom. [More Information ...](#)

See Island of Men ~ Melbourne

AUGUST



Get more out of life

Whether your life is working well or you have some things to sort out, you will find that attending an Essentially Men workshop will provide you with powerful resources for your journey of personal discovery and growth.

Renewal, change, understanding...freedom

Thousands of men from all over New Zealand and all walks of life have found this outstanding programme a powerful catalyst for renewal and change.

So will you. You will build trust and feel safe. You will get a deeper understanding of yourself and will leave with the freedom to be the authentic you. These are not just talking workshops – they are potent experiences that will wake you up, give you skills, and change your life.

Men Being Real – Deep healing and inner authority. We can understand the roots of anger and depression and connect with our inner authority. (from <http://www.essentiallymen.net/>)

[More Information ...](#)

SEPTEMBER

No Gatherings currently ...

OCTOBER



MENERGY MEN'S GATHERING

Menergy is the Victorian arm of a national not-for-profit organisation Men's Wellbeing that has been providing men's events and men's support groups for over 20 years.

Menergy is an all-inclusive 3 day Men's Gathering wilderness retreat that provides workshops and ritual around celebrating masculinity and helps men discover more of themselves in a nurturing, supported and trusted way. The detailed program we run has been developed for over 15 years and has seen thousands of men grow and learn through this process.

At the heart of a Menergy weekend is the opportunity to attend and partake in many of the myriads of workshops that are focused on Men's health and wellbeing. These workshops help men to be empowered in our masculinity through vulnerability, support, and a greater understanding of trusting ourselves and our unique gifts as men. (from Menergy.org.au)



MAN ALIVE

MAN ALIVE Men's gathering is a weekend away just for men - all men. Away from work, family and social commitments you can spend your time being instead of doing. MAN ALIVE open to all men from any background, religious, political or sexual persuasion. We encourage men to be real with themselves and others in a supportive and non-judgemental environment.

You can expect a warm welcome and plentiful conversation and laughter, with many opportunities to get to know yourself and others in a strongly grounded space of respect, growth and trust. We run our gatherings based on the concept of Open Space - where you can offer to host a session, ask for a specific session to be run, or participate where you are called to. This gives us the chance to co-create an agenda for the weekend that suits where we are all at. We also have components of ceremony and home groups, which support us to connect as a whole community and make sense of what we are learning together. [More Information ...](#)



MANHOOD

Manhood Men's Gathering is a not-for-profit men's community event with facilitated workshops, groups, activities and social time. The theme this year is Explore Healthy Masculinity – where each man is invited to define for himself what it means to be a better man in today's world.

The culture is open, accepting, warm and non-judgemental. Every man is welcome and can expect to learn and share equally. Come along and share your story and listen to the stories of other men. Deep respect is asked and given.

The gathering is held at beautiful Camp Bornhoffen, Numinbah Valley in the McPherson Ranges of the Gold Coast Hinterland. Retreat to mountain country, fresh air, a mountain stream with a waterfall, bonfires and spectacular views. (from ManHood.org.au)



SOUTHERN MEN'S GATHERING

The Southern Men's Gathering, October 16th to 18th 2020, is a Men's only event created to improve the emotional wellbeing of men.

The theme for our very first gathering is “Share the Journey” and as such, participants will share a beautiful weekend of connection, openness, authenticity, depth, support, respect and trust as they experience a range of different exercises and activities designed to allow them to explore their self-concept.

We invite you to join us in exploring your own unique expression of positive masculinity.

We hope to see you there?

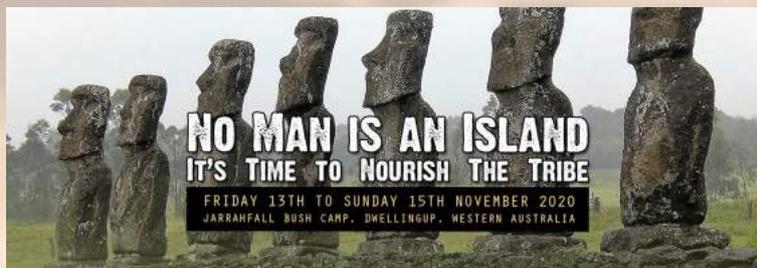
The Southern Men's Group is a voluntary organisation where men meet regularly to support one another to develop a healthy expression of their masculinity in the Fleurieu community.

SMG, in association with Tasmen and Henley Beach Mankind Project South Australia is now launching an annual gathering, the first of which is a 2-day residential experience in the heart of the beautiful Fleurieu Peninsula. [Read More ...](#)

NOVEMBER

See EveryMan Men's Gathering above ...

See Island of Men ~ Melbourne above ...



WEST AUSTRALIAN MEN'S GATHERING

Introducing the WA Men's Gathering 2020

“No Man is an Island: It's Time to Nourish The Tribe”

Well, it's certainly been a year to remember. Or maybe forget? How fortunate are we in WA; by good luck and/or good management, we remain free of community spread. So at this stage, we can confirm that the 2020 WA Men's Gathering will go ahead on November 13th – 15th.

In short, the Gathering is a live-in weekend, organised by every-day blokes, for men only. It provides a safe and supportive environment to explore current issues, tell their story, and have some fun together. It has been held in Perth every year since 1995.

Participants listen to guest speakers, attend experiential Workshops, and share stories in smaller “Affinity” Groups. It is a rare and valuable opportunity for men of all ages and backgrounds to be themselves, enjoy each other's company, and celebrate life as well-rounded blokes.

The 2020 Gathering will be held at Jarrahfall Bush Camp on the outskirts of Dwellingup over the weekend of November 13-15. Think masculine: a bush setting, fire pits, smoke, barbeques, “roughing-it” accommodation with bunk-house, swag and camping options, men's circles, great meals and a no-pressure program, easy on the introspection scale. (from <https://www.wamensgathering.org.au>)

DECEMBER



ISLAND OF MEN ~ SYDNEY

Two per year, April and December

See April Details...



GATHERING MEN

Australian Men are in a perilous place.

The hard facts: 6 of 8 suicides. 7 days a week

Our Men need a time out. A moment to catch their breath. They're calling for a safe space. To let it out. To be open, honest, vulnerable.

A place to rediscover connection, meaning & purpose in their lives. We're listening carefully. Opening our hearts & minds. And crafting such a place.

Welcome to a fresh, new approach to Australian Men's Health & Well Being. Together, we're creating something rather different. Join us as we re-imagine healthy masculinity.

Welcome to our place. To your place. A safe trusted space for men to deeply reconnect.

- To ourselves. Each other.
- To Country.
- To First Nations wisdom.
- To Community.
- And the people we love most in our lives.

Story

[Read more ...](#)