

Men of Christ Our Light and Men of the wider
community.....

Come check out our new parish's very own

Men's Group



This is a new group being formed and led by Fr. Tom Newton. It is about each man supporting one another to become a transformed man of God; a better person, husband, father, partner, son, brother, and friend. It is about growing up – spiritually, emotionally and socially. The sessions will last 1 ½ hours and will be conducted in the format of a Council Circle (more on Council Circles will follow in another bulletin).

Open to **All** men age 18 and over

All races, creeds, sexual orientations, and levels of church participation are invited.

The first session will be held on **Saturday, September 23 from 6:00AM until 7:30AM** Sure that's early but there should not be too many conflicts

Subsequent sessions...

October 21	November 25
December 23	January 27
February 24	March 24
April 28	May 26
June 23	

Give it a try. What do you have to lose? Any questions, send Fr. Tom an email to tnewton@christourlight.net



Parish Men's Group

Christ Our Light's newly formed Men's Group (see flyer in this bulletin) will meet once a month in a group setting. This group can be thought of as a Council Circle. This is not a therapy group meant for counseling (notice the different spelling), but rather a circle of men who seek to share and listen to one another's stories.

Each Council Circle will:

- Sit in a circle - all on the same level, non-hierarchical
- Have a center for the circle (usually a cloth, candle, talking stick, etc.)
- Begin with someone making a dedication (lighting the candle/sounding a chime). Anyone who would like may dedicate the session to someone, or something, as he lights the candle or strikes the chime (more than one dedication is encouraged)

The Council facilitator (Fr. Tom) will read aloud The Four Intentions at each gathering:

1. **Listen from the heart.**
2. **Speak from the heart.**
3. **Be spontaneous and authentic.**
4. **Be lean of expression.**

Guidelines for our Council Circle

1. We will use a talking stick so the speaker is known and recognized. Only the man holding the talking stick is recognized to speak. Don't interrupt.
2. We are not here to fix one another. We are not here to judge, compete, or compare with each other. We gather to listen and receive what is shared.
3. Everyone gets to speak. No one should dominate and/or control the circle. Everyone is invited to speak. No one is forced to speak.
4. **The goal is to talk about your personal story, your feelings rather than giving lectures, sermons, opinions, or talking about ideas; especially about abstract things related to concepts and points of view. Use "I" statements: such as "I am," "I feel" or "I have experienced," etc.**
5. No "cross talk." There is no need to agree, disagree, comment, judge, or critique what anyone says. Receive it as said. This is often called "redemptive listening!"
6. All that is said in the group is CONFIDENTIAL. What is said in the group stays in the group. The Peer Group is meant to be a SAFE place for all. Accept each man in the here and now. Let go of past impressions, past information, or assumptions. We start from "zero" together.

The Way of Council is a communal contemplative practice. It affirms the importance of listening and speaking from the heart within a circle of men. But it also recognizes the circle as being more than the sum of its parts. The Way of Council encourages men to be open to the mystery of the Spirit that arises within the wisdom and discernment of the Council. It recognizes that we run out of words in the presence of something larger than ourselves. This necessarily widens the circumference of the circle, extending our vision to a wider community to which we also have to listen.