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An Turas

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In Other News:

Journeying Together

Dear {First Name},
Welcome to the "Male Journey" – April 2017. Here are some thoughts for you to ponder... and maybe to go out and live, if it resonates with you...

Releasing

Continuing our Journey of Illumination, this month we will take a closer look at Releasing which is the fourth touchstone.

As our website states the word "release" has its root in the Latin word relaxare which means "to stretch out again, to slacken." This is the opposite of "to brace." Many of us live with a braced approach to life; the brakes are on and we wonder why we are not moving forward! So by releasing our brakes we can live a fuller life.

Have you ever noticed that you were holding your breath or that you had your hands clenched or you had a frown for a long period? At these time maybe you were holding onto something that needed to be released. Some thought or behaviour or indeed even some desire.

In order for these things to be released we need to be aware that we are doing these things in the first place. One good way to bring about



**Do you have time for
Meditation or Yoga?**

Anam Wellness Centre
(run by John O'Flynn)
hold daily and weekly
yoga and meditation
sessions at their centre in
Tallaght.

For more details visit
anamwellnesscentre.com

M.A.L.E.s Kildare

M.A.L.E.s Kildare
continue to meet on the
last Tuesday of the month
in Ballycane Church in
Naas. The next meeting is
on the 25th April. Doors
open at 7:15pm. For
further information email
Gerry at

maleskildare@gmail.com

Circle of men - Belfast

The Circle of Men -
Belfast continue to meet
in the Pathfinder Hut,
Ardnally outdoor

that awareness is to have a timer that goes off randomly and periodically throughout the day. When this timer goes off take a moment to check in with yourself and see if there is anything going on. Check to see if you were holding your breath or any of the things stated earlier and then try to see why.

This is a simple exercise but it really does work and the more you practice it the more effective it becomes.

We hope that you can join us on this journey!

Reflection:



Even in the bitter cold Winter of our lives the Sun releases it's rays of light and heat to show us the way and provide us with warmth and to ultimately promise us that our Winter will not last indefinitely and to take heart that Spring is on the way

Monthly Marley Meeting - Saturday 15th Apr.

centre. For more information email Jonny at misterjonny@aol.com

Our regular gathering takes place on the 3rd Saturday of each month (starting at 10am with a cuppa and biscuits) and is open to all men. Men are invited to join us in this space to sit and share their stories with other men in a safe, confidential and supportive environment.



All men are welcome. Men of faith and no faith, married or single and of any sexual orientation.

Why not join us!

Follow this link for directions; [Monthly Marley Meeting](#)

Upcoming Events:

Day for Men - Glenree



M.A.L.E.s are holding a Day for Men and Men making a Difference on Sunday the 7th May 2017 at the Glenree Centre for Reconciliation Co Wicklow.

The day begins at 9:30am and finishes at 4:30pm.

You can book through the events page on the website or [click here](#)

The focus of the day is on service. This is in keeping with our theme for the year "The journey of Illumination"

All men are very welcome

Recent Events:

European SoulArise 2017 was a great success with 28 men attending from nine nations across Europe and two from the US. Six initiated men from Ireland were present. You will have received an email with their short testimonies on the 30th March



If you have any upcoming events that you would like us to place here email info@malejourney.ie



To stay informed on issues affecting men and to share inspirational ideas, why not follow us on Facebook?

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www.MaleJourney.ie