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An Turas

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In Other News:

Journeying Together

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

Connecting

Continuing our Journey of Illumination, this month we will take a closer look at Connecting.

Brothers, Our Journey of Illumination is a set of practices that enable us to live a more conscious and connected life.

A More Conscious, A More Aware Life.

We live in an addicted society that tries to exploit our needs and offers false promises. We are all addicts to this. The Journey of Illumination begins when we **WAKEN UP** to this reality.

Connection is the 3rd touchstone on the Journey.



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

Two new groups set up

Two new groups have been set up recently. One in Belfast Co Antrim and one in Naas Co Kildare. See the [upcoming](#) and [recent](#) events section for further details.

M.A.L.E.s goes to the European Soularise

Five members from M.A.L.E.s Ireland will attend the International gathering of initiated men from across Europe from 24th - 26th March. The theme of this gathering is

Vulnerability

Vulnerability

Connection

At our Meetings of Men we gather to connect and share. To risk connection asks for faith in my brothers. They are good men who admit struggles, disappointments. This is the bread that feeds and enables us to risk sharing to connect. At our gatherings I recognise that I am everyman there in some way or other. All of us have parts that we are willing to risk but also Shadows, Fears, Losses and mistakes. We experience Listening from the heart and no judgement, only ACCEPTANCE. To repress strong feelings helps to numb all feelings.

Illustration

Through connecting we recognise that **we are brothers on The Way.**

Our eyes are opened

In Alcoholics Anonymous members are advised to find a Sponsor? A Mentor, someone who has 'walked the walk'. And meet up with him and ask him to guide us. Some of us will need to find a Spiritual Director or get help from counselling. It is only men of courage that can do this. The Power Greater than Ourselves will not fail us.

"From the desert of the heart let the healing fountain start".

Beneath all of us there is a life spring waiting to gush forth.

Standing Shoulder to Shoulder by connecting we are Answering the Other Men's Call.

We hope that you can join us on this journey!

Reflection:

*Brothers without
Borders*



Everything in the universe and beyond is connected by an intricate web of thought, action, and presence - This connection is outside time and space and yet encompasses both - Through this web we connect to the *Great Mystery*, each other and to ourselves

Monthly Marley Meeting - Saturday 18th Mar.

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:

Circle of Men - Belfast



Jonny Watson has started a new group in Belfast. The next meeting of the Men's Circle is on Thursday the 30th March in the Pathfinder Hut in Ardnaval Outdoor Centre at 7:30pm. Tea and coffee from 7pm. The theme for this gathering is **"When life gets hard"** All men are welcome and there is no cost. For further information please email Jonny at misterjonny@aol.com

Thresholds: Navigating the Difficult Transitions of Life

Poet, author and philosopher David Whyte has been bringing his own and others' poetry to large audiences around the world for over 25 years, using a unique combination of poetry, deep insight and humor to illuminate what it means to be fully here and fully human.



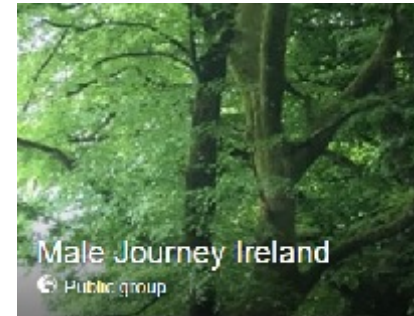
Venue: The Rotunda Hospital, Pillar Room

Date/Time: 16th March 8-9:30pm

Booking Details: <http://www.brownpapertickets.com/event/2819949>

Recent Events:

A new group has set up in Naas. The inaugural meeting was held on the 28th February in Ballycane Church Hall at 7:30pm. The next meeting is on Tuesday the 28th March at 7:30pm in the same venue. All Men are welcome. For further information please email Gerry at maleskildare@gmail.com



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