



# MTMnews

Message  
from  
Founder

Call for  
Volunteers

Workshops  
and more

men  
transforming  
men

BUILDING  
THE NEXT  
FIVE  
GENERATIONS  
AUSTRALIAN  
MEN

Phone: 07 3376 1120  
Address: Unit 2, 17 Bluestone Circuit,  
Seventeen Mile Rocks, Queensland  
Australia 4073  
Website: [www.mtmaustralia.org.au](http://www.mtmaustralia.org.au)

## MTM's New Community Centre Open Day on April 9th 2011

### *Your Invited to Our Opening!*

You are invited to be part of our official opening of the new MTM Community Centre at Seventeen Mile Rocks on the 9th of April 2011 at 12.00pm. Our new address is Unit 2, 17 Bluestone Circuit, Seventeen Mile Rocks.

Come and meet the elders of MTM and have a look at the great work that has been done by many to make this centre possible. There will be a sausage sizzle and drinks available.

### *A Big Thank You*

MTM is a charitable institution and without the tremendous generosity and hard work of many, this centre would not have been possible. We want to thank and honour the developer and project manager of the complex (who would like to remain anonymous) for their generosity and commitment to the work of men and MTM. Without them this project would never have been possible. Thanks also for the many volunteers who freely gave their time in building the stud walls, electrical and data wiring, and moving us. We also would like to thank Mireo for the donation of a professional computer server and the volunteers who have installed and commissioned the computer network. All this will mean MTM can continue to grow with professional communications and facilities.

### *History of MTM*

MTM started out in a small donated office in Taringa in 2003 and the end



of 2005 we moved to larger rented premises in Swann Road Taringa. The move to Seventeen Mile Rocks in January 2011 marked the transition for MTM to its own permanent home. The new premises will allow MTM to further expand its services, particularly in facilitated group work, counselling and spiritual direction. The new premises also has greatly enhanced our capability to produce, supply and store a wide range of training materials which are available through MTM and online from our web shop. There is now also plenty of parking.

### *MTM is looking for Tenants*

MTM is looking for suitable tenants to rent two large offices NOW. This is a fantastic opportunity for business or ministry partners to have air-conditioned professional offices with possible warehouse storage and also be part of a great working environment. Please call 3376 1120 for more information.

# Message from the Founder of MTM

## **Dear Friends and Supporters,**

We have finally moved into our new Community Centre and are looking forward to another full year of men's ministry. We have much to be thankful for. Many men's lives have been changed for the better and now we have a New Community Centre! This is our eighth year of operation with many ongoing challenges to face:-

- Raising \$60,000 in the next 6 months to complete the funding requirements for the Community Centre. (Currently being covered by a supporter with an interest free loan).
- To continue to expand the volunteer base of MTM.
- To continue with the deployment of men into active service who have been maturing through the Brookfield groups.
- Run additional courses to meet community needs. These will include Anger Management, Father and Son/ Daughter Relationships, Marriage Relationships, the Enneagram and others as needs are made known.
- Continued ongoing specialist support for clergy, pastors and ministers.
- Continue to offer high quality professional counselling for men /women and their families.

In this newsletter I have also included recent stories of individuals who have found MTM helped along the way (names and some details changed). Our opening day will be a wonderful occasion to not only look at the centre but also connect with the many leaders and volunteers who make MTM what it is today. Thank you for taking time to read this newsletter.

Rob Jones MTM



# A Call for Volunteers

MTM is a not for profit charity and therefore relies very heavily on volunteering. As we grow more volunteers are required to help make the ministry work. If you have a few hours a week to spare and would like to be part of the team please give us a call. We need you ! We have immediate need for volunteers in reception, accounts, resources and I.T.



James

## James Vote

Being a Volunteer at MTM has been a real blessing, not only allowing myself to be of service in His work of transformation, but also a deeper understanding of the call on my life. I can certainly recommend becoming a volunteer at MTM.

## Bet Gaunt

I met Rob and Sharon Jones not long before they started MTM and was drawn to them as the caring people that they are. Coincidentally at about the time I gave up full-time work in 2003 Rob started MTM. Whilst I was interested in what they were doing it wasn't until November 2009 that I volunteered to help in any way that I could and quickly started to enjoy a variety of roles which includes, but not restricted to, reception, helping to put together and despatch resources such as books, DVDs and CDs in addition to providing support to



Bet

Rob, Sharon and the Counselling team in any way that I can. So why did I volunteer and why am I still here? Difficult to put into words, except that for quite a while I had been thinking and feeling I should be involved. Also, I suppose it was because I wanted to be part of a team of dedicated people making a difference in the lives of men, their families and the community. I also so much wanted to be with people who accept others for who they are; people who are open to the truths that are common to us all regardless of our particular faith journey. And that is exactly what I have found and more. Yes, I am a woman helping what is essentially a charity focussing on the needs of men which to some may seem a bit strange, but all I can say is I feel privileged to be involved and would encourage others, women and men, to consider volunteering with this life-changing organisation.

## Testimony



## bill's story

"If it had not been for MTM, I would not be alive today. Words cannot express my gratitude towards those who work at MTM."

Bill's life had come to a complete shut down. Everything he tried to do just ended in failure.

He eventually, through a friend, made his way to MTM for counselling and then onto the small groups. There he slowly began to understand what was happening and that he had many things to learn. Bill often expressed his thankfulness for the love and patience that MTM extended to him. It made all the difference. He looked forward to the weekly groups where he met other men and heard their life stories. The groups provided a wonderful safe place where he was never judged .

Bill said "Somehow I feel completely at ease. Well done MTM."

# Testimony



## tom's story

One day Tom arrived home to find that his wife had left him. He had no idea she was so unhappy. Tom's world just caved in and he fell into a deep depression. He nearly lost his job and he was in a real mess. Someone in his local church mentioned a group of men who help men (MTM). That same bloke in his church went with Tom to the MTM Community Centre. Tom was very anxious about going and he said he found it very hard to admit he needed help. Well what followed was more than he could have imagined.

"As I look back, I have changed so much and I now can share freely with other men about real issues. I wish I had known about MTM earlier. Perhaps I could have saved my marriage".

# The Men's Groups at Brookfield



The MALE's Men's groups at Brookfield are a place for men to hang out with each other and at the same time grow and develop as men. Numbers vary from 30-60 per night with new groups starting up in various locations around Brisbane and Australia. The groups start at 7.30 pm and run till 9.30pm on Monday nights. Cost is \$10 per night. You are most welcome to attend. To know more about what the groups cover log onto [www.mtmaustralia.org.au](http://www.mtmaustralia.org.au) and go to facilitated men's groups. Feel free to ring MTM for more information.

### *Terry speaks about the groups*

I learnt from my father as a very small boy that it is most unwise to show your emotions and feelings to another man. Dad would say "You are not going to cry are you" or "Son just suck it up and move on" So when one of the counsellors at MTM invited me to the groups at Brookfield, it was the last thing on my mind. He said that it was important part of the journey to be with other men and share. I didn't listen to him at first but when I hit the wall again, I came along to the groups. I remember how nervous I was, but I also remember how welcoming the men were to me. As I began to listen to their stories I soon began to understand why I needed to be there. Their lives weren't a lot different from mine and sometimes I realise I am very fortunate. I have made many great friends at the groups and now they are a part of my normal weekly activities. I never realised just how disconnected I was from myself and others. I am thankful to the men who run the groups-what a great bunch of guys!



# Workshops for Men and Women

## ANGER MANAGEMENT

with Dave Formby and Steve Freeman two workshops start in May

This is a six week workshop exploring the feelings that lie beneath anger and to learn ways to manage it better in a positive supportive and safe environment.

Participants will attend one session per week either on Monday afternoons 2pm to 4pm or Tuesday evenings 6pm to 8pm. All participants will need to attend a one on one intake session prior to group commencing.



David Formby



Steve Freeman

## THE ENNEAGRAM AND SPIRITUALITY

with Patrick Oliver starts Tuesday 24th May (Men and women welcome)

The Enneagram has been found by many to be valuable in helping them understanding themselves and their motivations and also relate more genuinely with those they cherish. It can help to cut through to the essence of why we are who we are, and why we see as we see. The Enneagram can be of great assistance for people in relationship, for it can help each of them to name more quickly and accurately what is going on in them.

## DREAMS AND PRAYER

with Patrick Oliver starts Saturday 30th July. (Men and women welcome)

Dreams can be like a lighthouse, beaconing, and beckoning us through those times when perhaps everything else has seemed to turn to night. We may think we have simply "crazy" or "stupid" dreams - yet it is often the most stupid or crazy scenarios in dreams that can give us clues as to the ways through when we get stuck in our one-sided perceptions.



Patrick Oliver

## FALLING UPWARDS- A SPIRITUALITY FOR THE TWO HALVES OF LIFE

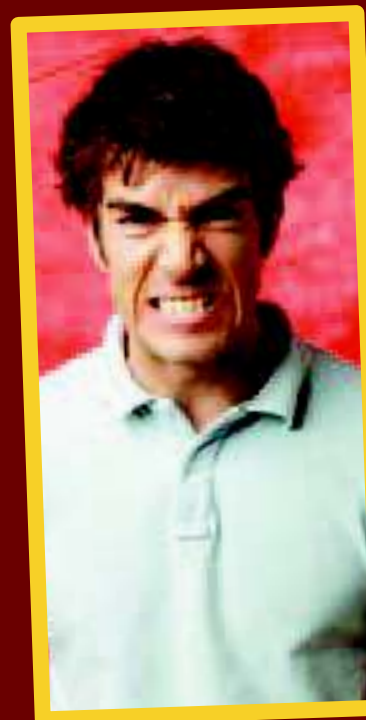
with Rob Jones starts 11th May (Men and women welcome)

A couples workshop based on Richard Rohr's latest book called Falling Upwards will be run by Rob Jones at MTM in May. Sometimes we can feel that our partners are no longer on the same journey as we are, which can lead to unnecessary conflict. This will be a wonderful opportunity for couples to explore where they are on their individual journey of life and find ways to encourage each other along the way.



Rob Jones

## Testimony



### barry's story

Barry said he had been an angry person most of his life. His dad used to beat him as a kid. He too was an angry man. Barry has a wife and three children and one day she said if he didn't seek help with his anger she would leave him. Barry didn't pay attention to her- "after all she said she loves me". One day he lost his temper again and she went. That day was the biggest wakeup call of his life. In the days that followed he found on the kitchen counter a note from his wife saying why she left and attached was a business card for MTM. "I guess she had been trying to help me for ages but I was just not listening"

The next day he made an appointment with a counsellor at MTM. That was two years ago. Barry can now see just how much pain and grief he was carrying. He is back with "his Mrs" and things are much better .

# Testimony



## Simon and Sally's story

Our marriage of 5 years was in a real mess. We fought constantly. There just seemed to be nowhere we could talk things out without everything blowing up. I hated coming home – home to another fight.

Things got really bad one night and Sally took off to her parents. I remember going to work the next day like death warmed up. Surely there was more to life than this. Something just snapped in me. I thought of suicide many times but something deep within me prevented that.

In desperation I went to my GP and he mentioned an organisation called MTM that could help me. That night I went onto the internet and looked up MTM and was surprised to find a group near me. I got in the car and went to the group. I remember feeling very nervous and awkward. That night was the beginning of a long journey that has changed my life. Sally and I now go to counselling. I hope one day that we can get back together again.

# Why MTM Counselling?

## Safety, Love and Acceptance

When your life is in strife, it can be a very scary and lonely place. Who do I turn to, I feel so vulnerable? Where can I go as a man and be accepted? Who will hear my story without judging, fixing or critiquing me?

## More than Counsellors

MTM was born out of these need to assist men and their families. Each of our counsellors are not only professionally trained, accredited and supervised, but also have been mentored and are fully involved with other aspects of men's ministry. These could include group facilitation, Men's Rites of Passage and retreat work. Each man is here because they are called to this work. This is what makes the difference in what we do.

## Individual or Couples Counselling

The counsellors at MTM work with both males 60% and females 40% and offer individual and couples counselling. It is most important that you are comfortable with your counsellor.

## The MTM counsellors...



# What is Spiritual Direction?

**Spiritual** direction is the process of accompanying people on a spiritual journey. Spiritual direction exists in a context that emphasizes growing closer to God.

Spiritual direction is the contemplative practice of helping another person or group to awaken to the mystery called God in all of life, and to respond to that discovery in a growing relationship of freedom and commitment.

Spiritual direction is a time-honoured term for a conversation, ordinarily between two persons, in which one person consults another, more spiritually experienced person about the ways in which

God may be touching her or his life, directly or indirectly. In our postmodern age, many people dislike the term "spiritual direction" because it sounds like one person giving directions, or orders, to another. They prefer "spiritual companionship," "tending the holy," or some other nomenclature. What we call it doesn't make any real difference. The reality remains conversations about life in the light of faith.

MTM offers Spiritual Direction for both men and women. MTM currently directs people from all walks of life especially clergy, chaplains and others in full time ministry work.



Conversations  
about life in the  
light of faith.

## Testimony



### rosemary and tom's story

I came to MTM from a referral of a friend. I was desperate to find help and wasn't sure going to a men's organisation was going to be helpful for me, particularly with a violent husband. The counsellor at MTM made me feel completely at ease and I felt free to tell my story. He seemed to understand where I was and it was not long before my husband and I were both attending MTM together. A few months later Tom began attending the men's groups at Brookfield. Tom soon had good friends in the group and I noticed a big change in his actions particularly his temper and the need to control me. Tom also took part in the Men's Rites of Passage. Several years on and we are still progressing. We still attend regular counselling and it's hard work. I am personally thankful for the dedication of the staff and volunteers of MTM.

# a JOURNEY INTO MANHOOD



Men today are facing enormous challenges in a world that is constantly on the move and changing. Men feel pressured and even unsure what to do next. Many men are asking the big questions:-

**“Who am I?”- “Where am I going?”  
“Is this all there is to life?”**

This retreat is about finding Hope and a way forward. It's a time to reflect on your journey into Christian manhood and not only identify where you are now, but also prepare yourself for the future.

**This weekend will be transformational and is a must for your 2011 diary.**

“I am so glad I made the time to come to this retreat - I'm back on track after spending years in the wilderness - thanks guys for helping me” *Bill Qld.*

**DATE:** Friday 3rd – Sunday 3th June 2011

**TIMES:** Friday 6pm to 9pm, Saturday 8am to 4pm and Sunday 8am to 1pm

**COST:** \$120 includes morning teas and lunch on Saturday.

**LOCATION:** Brookfield Centre 139 Brookfield Rd Kenmore Hills

**REFUND:** Cancellations on or before the 27/5/11 incur \$20 Processing fee. No refunds after 27/5/11 but delegate name change acceptable.

**WHAT TO BRING:** Bible, pen and paper and a friend or colleague

**PLEASE NOTE:** This is a day time retreat and participants will not be provided with sleeping accomodation or evening meals

## theSPEAKERS

### Philip Harback

Philip in answer to God's call, started teaching and sharing his life in a relaxed atmosphere, within small groups. Philip has a passion to help men in their churches, workplace and communities on their journey of discovery. Out of this desire to see change statewide, Directions Tas was born, where men help other men search for significance.



### Rob Jones

Rob is the Founder and CEO of MTM Australia and comes from a corporate / ministry background. Rob's real passion is to see men and their families be all they were created to be. MTM is based in Brisbane and operates a community centre and a training school for men.



## REGISTRATION



I enclose \$120 for the Men's seminar fees. This includes morning tea, lunch and afternoon tea

FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/SUBURB \_\_\_\_\_ POSTCODE \_\_\_\_\_

PHONE \_\_\_\_\_ MOBILE \_\_\_\_\_

EMAIL \_\_\_\_\_

#### METHOD OF PAYMENT

- Cheque made out to MTM Australia
- Visa
- MasterCard

Name on Card \_\_\_\_\_

Credit Card No. \_\_\_\_\_

Signature \_\_\_\_\_ Exp. date \_\_\_\_\_

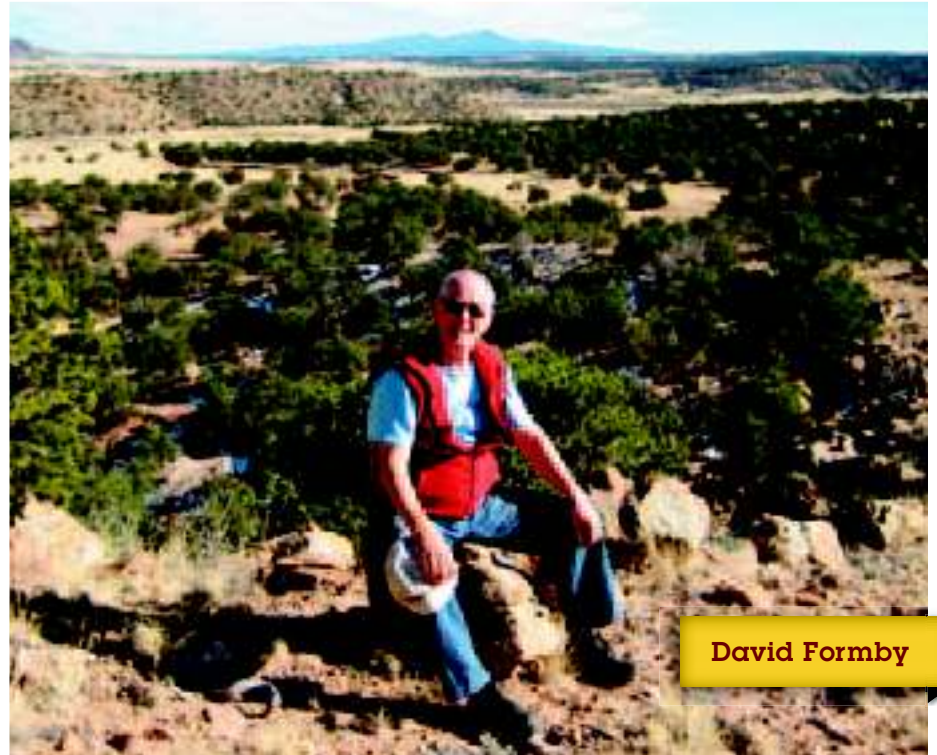
Total Amount \$ \_\_\_\_\_

# Three days in the Arizona Desert

## David Formby's Reflections

It was with a mixture of excitement and trepidation that I set off for the FIRMinG. The excitement was about the new experience of the FIRMinG and meeting all the blokes who would also be participating. The trepidation was about having a 36 hr fast. Sleeping in the wilderness was not a problem, the thought of having no access to food for that time was. I like my comfort food. We arrived in Phoenix with some time to spare and we three Aussies had a chance to get to know each other in a way you cannot just by meeting once a week. The travelling together was a great experience and could be the subject of a whole discourse. However, when we arrived at Arivipa ranch, we were lead through the river and up to the ranch.

There was a series of rituals based on the betrayal of Esau by Jacob; Jacob's journey to God and wrestling with the Angel of God; and Jacob's reconciliation with Esau. This was turned into the battle we all have with our shadow by the presenters. As always, the rituals were carried out in sacred space and with a sense of the Holy. Before we went on our walk in the wilderness, Richard Rohr talked about our "Golden" shadow. This is when we give our energy away to another such as a



David Formby

hero or star; children do this as a part of the normal fantasy of learning. If we are still giving our energy to a football hero as an adult, then we need to look at what is happening. I commented to Richard that I have never had a hero. I was the child who sees the king has no clothes as in the story of the King and his magic clothes. I see a hero figure and spot their clay feet. Richard suggested I use the time in the wilderness to reflect on my clay feet and how often I have undermined my own

success by not wanting to be a "hero".

Having walked for two and half miles into the canyon, we then had to find a spot for our own personal space. I found a nice flat spot surrounded by Cacti and out of the wind. I set out my sleeping bag and then settled into a mix of walking and sitting prayer. This prayer was about being in the wilderness and noticing God in the natural environment. At night, I slept under stars and the moon. There were no mozzies or creepy-crawlies to worry about. During this prayer time, I also reflected on my past and was able to see how I had undermined myself at different times and settled for the mediocre rather than for excellence. I had developed a near enough is good enough attitude for many areas of my life and found I did not commit the energy to some areas that required it. I am still exploring the why of this but think there is a father wound that has just become a way of life. The time in the wilderness was very enriching and has started me on the journey of discovery.



# Men's Rites of Passage 2011

## August 23-27 intake now open



The Men's Rites of Passage is the culminating event each year where men from all over Australia and abroad come to take part in the rites. MROP is a five day/four night deeply prayerful and soulful experience that builds on the classic patterns of male initiation through simple and moving rituals and teaching. Each day includes group prayer, major teachings on central masculine spirituality themes, quiet time for reflection and sharing in the context of a home group.

Men are asked to come with a willingness to participate from

beginning to end and not as an observer. All participants begin at point zero with no agendas to live up to or down to. All that is required is for a man to come with a "beginners mind" and a readiness of a young novice seeking wisdom. Ultimately, initiation, like life itself, is not a spectator sport.

### ***What Men are saying about MROP.***

Thank you for caring enough to be part of such a life-changing experience. I have come away- not battered or bruised or exhausted, but truly

settled in my whole being- physically, emotionally and within my heart.

"It was so simple and yet profound. I was pushed beyond my level of comfort in many ways and yet the sense of how it was all 'so right' brought me through. I found brothers I never had or felt I deserved and re-embraced my own life I nearly gave up on earlier this year. Last week at Somerset- I began to trust others again. Thank you for caring for me and guiding me to take this step."

To Apply for MROP contact MTM or go on line at [www.mtmaustralia.org.au](http://www.mtmaustralia.org.au) and go to MROP



# MTM WEBSHOP

## LATEST RELEASES

### ***Falling Upward: A Spirituality for the Two Halves of Life***

It's here and ready for delivery-Richard Rohr's latest book. In *Falling Upward: A Spirituality for the Two Halves of Life*, Fr. Richard Rohr helps us to understand the tasks of the two halves of life and teaches us that those who have failed, or gone down are the only ones who can really understand 'up.' Those who have somehow fallen, and fallen well, are the only ones who can grow spiritually and not misuse 'up.' What looks like falling down can largely be experienced as 'falling upward!'  
240 Pages Jossey-Bass



**\$29**

SP-B-05

INCLUDES  
BONUS  
FREE  
CD

WORTH \$12.60  
The Two Tasks of  
the Spiritual Life

### ***Wondrous Encounters: Scripture for Lent***

In this new book, *Wondrous Encounters* Fr. Richard invites us to self-disclosure and to enter the wondrous divine dialogue with clarity, insight - and holy desire! These daily meditations for Lent are his gift to us for our transformation into our original "image and likeness," which is the likeness of God.  
(128 pages) St. Anthony Messenger Press



**\$17**

SC-B-02

### ***On the Threshold of Transformation: Daily Meditations for Men (Book)***

In these short daily meditations Fr. Richard clearly reveals that every man must be willing to descend into his own vulnerabilities if he is ever to be transformed in a way that leads him to his authentic, best self. This letting go is essential to achieving wholeness, holiness, and happiness. With Richard as their guide, the path to male spiritual transformation can be found and followed.

#### **Sample Meditation**

#### *A Few Simple Things*

"In the end, a healthy man's life comes down to a few simple things. If you want others to be more loving to you, choose love first. If you want a peaceful outer world, reconcile your own inner world. If you are tired of cynicism and negativity out there, cultivate hope in here. If you wish to find stillness in the world, find the calm within yourself. Gandhi, of course, put it best of all: 'Be the change you want to see in the world.' Transformed people transform people, and usually only as far as they themselves have been transformed. So the best thing you can do for your family and the world is to keep growing up yourself. What is my work today for love, peace, and stillness?"  
377 pages Loyola Press, Chicago



**\$23**

MW-B-13

### ***The Naked Now (Book)***

Learning to See as the Mystics See

The enlightenment you seek in other religions has been present in Christianity from the beginning. Richard Rohr, a globally recognized teacher, shows you what it means to be spiritually awake.  
187 pages Crossroad Publishing Co.

**Also available as CD & DVD sets.**

**Exploring and Experiencing the Naked Now 3 CD SP-C-35 \$42.45**

**Exploring and Experiencing the Naked Now 2 DVD SP-D-35 \$55**



**\$33**

NN-B-01

#### **POSTAGE & PACKING PRICES:**

Total \$	Within Australia	New Zealand	Asia Pacific
\$0 - \$55	\$8.00	\$21	\$34
\$56-\$120	\$11.00	\$24	\$40
\$121-\$220	\$14.00	\$30	\$47
\$221 +	\$17.00	\$36	\$54

**FOR ORDERS CALL 07 3376 1120 OR GO  
ONLINE TO THE MTM WEBSHOP AT  
[www.mtmaustralia.com.au](http://www.mtmaustralia.com.au)  
AND GO TO RESOURCES**

## donation details

One off donation of \$ .....

Monthly donation of \$ .....

For the MTM Community Centre

[Gifts can also be given online  
at [www.mtmaustralia.org.au](http://www.mtmaustralia.org.au)]

## payment details

Total Donation amount: \$ .....

VIA:  Visa  Mastercard

Card Number:

XXXXXXXXXXXXXXXXXXXX

Signature:

.....

Name on card:

.....

Expiry Date \_\_\_\_ / \_\_\_\_

Please make Cheques payable to  
MTM Australia

### DIRECT DEBT DETAILS

Commonwealth Bank  
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## personal details

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Mrs  Miss  Ms

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State: ..... Postcode: .....

Email: .....

Contact Phone: .....

Please continue to  
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To donate please complete  
this form and return to:  
MTM Australia PO Box 3284,  
Darra Queensland 4076

# MEN TRANSFORMING MEN WORKSHOP

## ANGER MANAGEMENT FOR MEN

Explore the  
feelings that lie  
beneath your  
anger and learn  
ways to manage  
it better.

**DELIVERY TIMES:**  
Monday 2–4pm or  
Tuesday 6–8pm.

**COURSE DURATION:**  
6 weeks  
All participants will also  
need to attend a one  
on one intake session.

**COST:**  
\$180 for course plus  
\$30 intake session.

**LOCATION:**  
MTM Community  
Centre, Unit 2, 17  
Bluestone Circuit,  
Seventeen Mile Rocks.



All MTM courses are run by qualified male facilitators and counsellors.  
For more details contact: Graham, Dave or Steve on 3376 1120  
Apply online at [mtmaustralia.org.au](http://mtmaustralia.org.au) or phone 3376 1120



Unit 2, 17 Bluestone Circuit, Seventeen Mile Rocks.

phone 3376 1120  
[mtmaustralia.org.au](http://mtmaustralia.org.au)