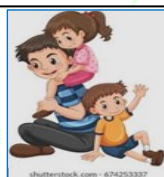
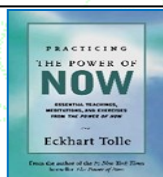




MISTER



Mostly Men's Matters. Monthly Networking Men's Groups and Communities in Australia (and beyond).



Book: Practising the Power of Now, by Eckhart Tolle. About *Negative Emotions*. "Recurring negative emotions do sometimes contain a message, as do illnesses. But any change you that make, whether they have to do with your work, your relationships, or your surroundings, are ultimately cosmetic unless they arise out of a change in your level of consciousness. And as far as that is concerned, it can mean only one thing: becoming more present. When you have reached a certain degree of presence, you don't need negativity anymore to tell you what is needed in your life situation. As long as negativity is there, use it. Use it as a kind of signal that reminds you to be more present as a voice saying: "Attention. Be present." Site: bit.ly/2ACX6eQ to preview 32 pages of the book, click: bit.ly/2vTfaxM then keep scrolling down. Well worth checking out.



What every man should know. Mental health matters. Latest mail on men. January 2022 issue. Check all contents and links on:

www.healthymale.org.au

Subscribe free: bit.ly/2Mwpibj

A lot of great useful information for all men in January issue., for example: *Useful websites and support groups*. I sincerely recommend this publication. Great for men. Ed.

For background to many topics:

www.ronsreflections.com.au

has reference categories and recommended books with summaries of information for guidance. Make good use of it. Great Book-lets. Check *Elf-Help* list. & others.

www.misternewsletter.com.au

Click on *Newsletters*.

See the great variety of useful links: bit.ly/2VVrcT2

Hey Dads, Step Dads: Check the vast array of websites for help and support: bit.ly/3BDbzob Three chosen as examples: **Dads Group** includes "Digital Dads Groups in 7 time slots over the week. For the average new Dad, his world has just been turned upside-down he's also feeling overwhelmed." : www.dadsgroup.org **Parents Beyond Breakup** is a charity that supports parents experiencing trauma related to family breakdown and separation. Every child deserves the best start in life and that is why we work so hard to keep separated parents alive and in their children's lives. See: bit.ly/3JzJSPO

Support for Fathers talked to dads, families and support services across Australia and asked them what they would like to learn more about in relation to fatherhood and how to support men as dads. Whether you are thinking about becoming a dad, on your way to being a dad, already a dad or just want to learn more about dads & fatherhood, all here for you": bit.ly/354YHLr

Rotary Youth Leadership Awards (RYLA) events organized locally by Rotary clubs for participants, ages 14-30 years. Your community might even host a RYLA event: bit.ly/2EeEy8Q Now, see all about Rotaract Australia: bit.ly/3M8psQf (Also find a club near you.)

The Fathering Project positively impacts fathering behaviour and fathers' engagement with children through evidence-rich programs and resources that engage, equip and support fathers, families, schools, employers and community organisations. It's not only about dads. Stronger families and communities mean brighter futures for our children. See the full site: thefatheringproject.org

How to help our young people: www.raise.org.au "Young people across Australia are experiencing an increasing number of challenges that impact their well-being. In **Raise** we do one thing, and we do it really well – youth mentoring! Based in high schools across Australia, we provide young people with a caring, independent volunteer mentor who shows up each week, just for them. With the time to listen, one-to-one support with a mentor empowers young people to talk through life's challenges and help them cope better. You'll be fully trained and equipped to support a year 8 student in a school near you – all you need is the passion to make a difference. For just 2 hours a week of your time, you can make a difference that lasts a lifetime for a young person. To see the full list of programs across Australia and their availability, please visit : raise.org.au/program-locations.

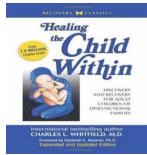
What can be done to help young people to have meaningful lives? How to make a life, as well as a living? This is an important topic with numerous websites to check out: bit.ly/3uT5vqq I really hope this information is of great use. Ed.

Hey, hey, singalong here with Annie Lennox & Al Green: "Put A Little Love In Your Heart." "Think of your fellow man, lend him a helping hand Put a little love in your heart You see, it's getting late, oh, please don't hesitate Put a little love in your heart And the world will be a better place for you and me." Join in: bit.ly/3IlfVTz

www.misternewsletter.com.au

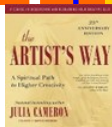
Click on *Newsletters*.

Editor: Ron Parnell.
baronpar@hotmail.com



Book: Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families. “Have you ever heard of your inner child? Well, this is the classic book that started it all. In 1987, Charlie Whitfield's breakthrough concept of the child within—that part of us which is truly alive, energetic, creative and fulfilled—launched the inner child movement. Healing the Child Within describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

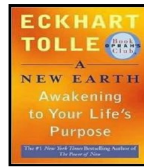
“No matter which concern, problem or life-issue we may want to work on, risking and beginning to talk about it with a safe person or persons is a way out of the unnecessary burden of remaining silent. And when we tell our story from our hearts, bones and guts, we discover the truth about ourselves. Doing so is healing”. A quote from the book with many more here, that will need a lot of your time: bit.ly/2wuNyjo
Book sites: bit.ly/2Pf2M2z See many preview pages: amzn.to/3HNllqj



Book: The Artist's Way, by Julie Cameron. “Recovering a sense of strength. All artists must learn the art of surviving loss: hope; money; face; self-belief. Artistic losses can be turned into artistic gains and strengths, but not in the isolation of the beleaguered artist's brain. As mental health experts are quick to point out, **in order to move through loss and beyond it, we must acknowledge it and share it.** Otherwise, they become artistic scar tissue that blocks artistic growth.”

See: amzn.to/2xSuhLg Click: Read more Further sites: bit.ly/2QNuJ2p

Major issues of Men's Health topics, and lot more, are shown on a collection of websites for convenience: bit.ly/2nlPMN8



Book: A New Earth, by Eckhart Tolle. “The underlying emotion that governs all the activity of the ego is fear. The fear of being nobody, the fear of nonexistence. All its activities are ultimately designed to eliminate this fear, but the most the ego can ever do is to cover up temporarily with an intimate relationship, a new possession, or winning at this or that. Illusion will never satisfy you. Only the truth of who you are, if realized, will set you free. There is always a sense of insecurity around the ego even if on the outside it appears confident.”(P.80) **See pages preview:** bit.ly/2vzajRpv *Our Inherited Dysfunction* is good; scroll down 5 pages after contents. Lot there in preview.

MensLine Australia, phone & online support. Ph:1300 78 99 78 24hrs/7days. A great website for men to become used to finding how to make more sense of any aspect of life. Where to find help: www.mensline.org.au
Also: Register for online chat.

Dads 4 Kids

Recommended site for families: “Our vision is to transform the nation by inspiring fathers to help their children be the best they can be. Data shows that fatherlessness contributes to nearly all the social issues facing our nation today.” Sign up for weekly newsletter. Check all links on: dads4kids.org.au

Phone Lifeline: 13 11 14 or Beyond Blue: 1300 224 636. It is ok to make the call when you identify having problems.

MISTER is monthly. Take time to blend what you find into your life with understanding, renewed awareness and support. (Ed.)

Find your health age-range in **Spanner in the Works?** Website: malehealth.org.au



5 Reasons why not to join a men's group.

“I really wouldn't go to a men's group if they talk about all that touchy-feely stuff and getting all emotional like. People would probably think I'm weak. I'm a guy, I'm supposed to stand tall and be brave and handle anything that comes along. So talking about emotions and feelings is going to do what? They say it's better to express your fears and insecurities, to share why my relationship isn't working. Well that just feels uncomfortable, I think I'm better focussing on something else. Maybe I'll go mow the lawn?” See more: bit.ly/3LwbTKb

Should Children Do Chores? “If you're on the fence, know that research has shown when children do chores, the benefits are enormous. The actual chores are not what is most important here; but rather the huge benefits that come from being given such responsibilities. A small child isn't going to complete the job with the same perfection. It's more convenient as parents to just do it ourselves, but we are missing out on valuable opportunities to help our children gain confidence. It could be the difference between a ‘can-do’ attitude and an ‘I can't do it’ attitude as they grow up.

See, Dr. Martin Rossman from the University of Minnesota who undertook a longitudinal study (subjects were followed up over a period of 20 years) which revealed that one of the best predictors of a child's success is if he or she began helping with household chores at the age of 3 to 4. These children were less likely to use drugs and had better relationships, among many other significant benefits.

Great topic: bit.ly/35fuFou

“The power of being emotionally stuck is greater than the power of reason.” Melody Beattie.

Your internal dialogue establishes your way of seeing the world. Anon.

Content from websites is for education and information purposes only. (Ed.)