



## A Sacred Time

“The Ten Happenings” article (that follows) lists the events that’ll take place October 16th. This article reaches for something less visible. As MMG’s President, Muncie McLeod, wrote last month, “men have said our gatherings are a special time—a time out of normal time, some even say a sacred time.”

Why? There’re probably as many reasons as there are men. But there’s an important fact hidden in that reality: An MMG gathering recognizes no one definition of masculinity. Rather, gatherings create a space in which a man can discover a little bit more of what masculinity means to him.

That’s very different from the messages we hear in the online world. Influencers tell men how their faces should look, how their bodies should look, what clothes they should wear—the list goes on. Even at some men’s weekends, speakers have strong ideas about what masculinity is or isn’t.

MMG believes those are choices you make only for yourself. That belief guides what happens at an MMG Gathering no matter the background you come from. What MMG does do is support you in making such choices. To that end, three things you will find at a gathering are acceptance, exploration, and respect. We think each matters;



let’s get into them:

**Acceptance:** There’s ample diversity among men’s body shapes, sexual orientations, and so forth. All express masculinity. No matter how you express yours, we’ll have a seat waiting for you on the Friday evening of October 16th. We’ll create an Opening Circle where you’ll meet some men who look like you and some who don’t. That’s diversity; please bring yours.

**Exploration:** Opening Circle invites you to share whatever you care to say about your life. (Expect to hear news that’s great, terrible, or a mix that lands somewhere in

### Around The Web: *Men & Sex*

All men face sexual challenges from time-to-time—why go it alone when honest, well-informed discussion can help? Here’re some sources to try (including no less than the Mayo Clinic and the Cleveland Clinic). Pornography’s been easy enough to find, now straight-up talk about sex is, too.



#### • **Article:**

[\*Bringing Intimacy to Sex\*](#)

Many men are conditioned to separate physical sex from deep emotional vulnerability, but combining the two leads to significantly more fulfilling relationships. Bridging this gap involves cultivating emotional intimacy alongside physical touch to build long-term sexual satisfaction and trust.

Read the article on Psych Central

#### • **Video:** [\*Understanding and Remedying Sexual Dysfunctions\*](#)

Sexual dysfunctions like erectile dysfunction (ED) are common, highly treatable, and nothing to carry shame over. Modern medical approaches—ranging from lifestyle changes and oral medications

*continued on next page*

between.) The rest of the gathering invites you to explore where you might go next: Attend a workshop to explore living from your heart during the tougher times of your daily life, read a poem in front of a supportive group at Saturday evening's talent show, get to know the guy who plops down beside you at dinner. Everything opens possibilities, but never prescribes: Sample some of this, none of that, a little bit of the other. Then return home, not exactly changed—more like deepened.

**Respect:** The complement to exploration is respect for boundaries. That's a topic we'll talk over at Opening Circle: Each man's comfort with hugging, with what he says

or doesn't say—all that deserves respect. On a related note, amid brotherhood, there's still individuality: Maybe you like to get up with the sun and take a brisk walk—or sleep in and amble into the dining room midmorning for coffee. A gathering has room for both.

Over the weekend, acceptance, exploration, and respect enable a shift: We arrive on Friday—independent, uncertain, self-reliant. By the time Sunday's closing circle rolls around, we find ourselves interdependent, enjoying our brotherhood, and wondering when the next gathering will happen.

Wonder no more—MMG 75 is coming October 16-18.



## MMG 75: Ten Happenings For Our Gathering

If you haven't attended a gathering lately, the celebration of MMG's 75th Gathering is a great time to touch in again. If you've never attended, there's a lot happening over our weekends, so approach it as you would a self-serve buffet: You choose what to do, shaping everyone's gathering into a retreat that's uniquely yours.

To get started, browse this menu of events:

### 1. Opening Circle:

This is where brotherhood begins, so we strongly encourage you to grab your seat for everyone's check-in, previews of the weekend's events, and the agreements that make for a safe and respectful retreat.

### 2. Workshops & Affinity Groups:

Explore a topic that affects your life (and that of other men) via honest discussion and stimulating exercises. Workshops are our planned events; affinity groups are spur-of-the-moment chats anyone can convene.

### 3. One to One:

Get to know another man better—maybe over a shared love of a 396 Chevy with Cragar mags; maybe sitting by a roaring fireplace, talking deeper than you ever have.

### 4. Walk About/Lie Around:

Breathe deep, stretch your legs, and let your meal settle while circling the pond or strolling the nearby rural roads. Or, catnap in your cabin and awake refreshed for whatever's next.

to advanced therapies—help men navigate these challenges and maintain a thriving sex life.

Explore ED treatment options at Mayo Clinic

• **Article:** [Developing a Healthy Body Image](#)

Body image struggles affect men deeply, often driven by unrealistic societal standards around muscle, weight, and build. “Manosphere” influencers have recently worsened such problems. Building genuine confidence means moving away from harsh self-critique, refocusing on overall physical health, and learning to appreciate what your body can do rather than just how it looks.

Visit HeadsUpGuys

• **Article:** [Using Popular Toys to Enhance Sex](#)

Integrating sex toys—such as vibrators and strokers—into the bedroom isn't a sign of inadequacy (a third of adults use them); it's a tool for shared adventure. Open communication, water-based lubricants, and framing toy play around mutual pleasure can expand sensation and bring new excitement to partnered sex.

Read the guide on Hims

• **Article:** [Masturbation and Men's Health](#)

Solo self-pleasure is a completely normal, healthy component of male sexuality. Far from being just a physical release, regular masturbation helps lower stress, improves sleep quality, releases feel-good neurochemicals like oxytocin and dopamine, and fosters greater body awareness. Discover the health benefits at Cleveland Clinic



## 5. Communal Meals:

Eat, drink, and be merry while catching up with someone you haven't seen since your last gathering—or getting to know a man you've never met.

## 6. Kitchen Crew:

Sign up for a meal's volunteer team, meet your teammates, then loosen up and rock it out together as you get our kitchen ship-shape.

## 7. Angel Walk:

Feel trust & transformation as you walk, eyes closed, between two lines of men offering you safe, gentle support (some find this their weekend's most powerful moment).

## 8. Talent Show:

Whether it's your first time at the mic or your fiftieth, feel what it's like to try singing, reciting, or regaling

in front of a highly supportive group of men—or just cheer on someone else.

## 9. Dance to the Music:

If you're not tired on Saturday evening, come shake your booty until you are.

## 10. Closing Circle:

Our closing circle pays homage to our shared experience, and there's good reason to put it on your must attend list: Share an insight you'll be taking with you, and hear those of your assembled brothers—you may find yourself taking home even more.

Each event offers a doorway into something to explore at whatever depth suits you. Step into any of these events at MMG 75, October 16-18. Registration is open now at this [link here](https://massmensgathering.org/mmg75). Or go to: <https://massmensgathering.org/mmg75>



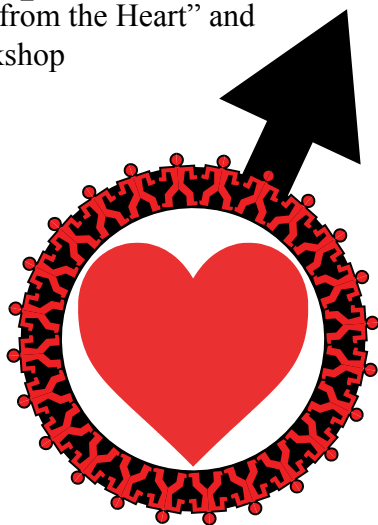
# The Men & Sex Workshop

Along with “Living from the Heart” and “Elderhood”, the workshop “Men & Sex” will be offered for the first time at MMG 75.

Whether your sentence starts with “The problem I’m having” or “The thing I’m curious about”, join us for a safe, respectful discussion meant to explore our sexual frontiers.

No medical advice, mind you—just frank talk about topics like sexual differences between partners, what’s working well (or isn’t) in the bedroom, sex with sexual dysfunction, making your needs known to a partner, and enhancing pleasure with sex toys. Expect to leave with ideas to try in your own bedroom—or simply feeling freer discussing your sexuality with whoever you want to share it with.

Dick Ridington, the workshop’s facilitator, has co-led men’s groups in Connecticut, co-taught courses on sexuality for prostate-cancer survivors at UCSF and Marin General Hospital in California, and facilitated business groups in the U.S. and Europe.



# Your Seat in the Circle

## Registration for MMG 75 is Open!

We’re excited to announce: Registration for October 16th’s MMG 75 is officially open. As we look forward to October’s Opening Circle, we want to share an update for how registration will work and introduce you to MMG’s new, streamlined price schedule. Let’s begin there:

### A Simple, Trust-Based Approach to Pricing

Over the years, MMG’s relied on a multi-tiered sliding scale linked to income levels. To make joining opening circle as simple as possible, we’re adopting the “Three-Tier Choice” model that’s gotten popular with other retreat centers. We’ve retired the income-level approach in favor of offering you three registration-rate preferences:

- **Supported Rate (\$195):** For students, younger men, or anyone navigating a financial tight spot. Because your presence matters to us more than your wallet, if things are tight, our community backs you with no paperwork and no questions asked (and if that rate’s unaffordable, the FAQ’s below offer a further option).
- **Standard Rate (\$285):** For men with a stable budget. The standard rate covers your share of the weekend’s expenses—including facility rental, communal meals, and overhead for things like our insurance.

• **Sustaining Rate (\$315):** For those doing well financially, or who want to invest in our community. This tier covers your costs, and contributes \$30 to the MMG Scholarship & Sustainability Fund, helping fund a Supported ticket for a brother in need.

On the registration page, there's a "Pass the Hat" optional contribution. This option enables you to make an additional contribution above your registration fee, or, if not attending, to generously help support the gathering. This contribution will go directly into our MMG Scholarship & Sustainability Fund.

## Frequently Asked Questions

### *Why are rates changing?*

While we're volunteer-operated, service, and intangibles (insurance, web hosting, Zoom) are rising. Our new rates keep our nonprofit budget shipshape at rates marginally below those of our peers.

### *What if even the Supported Rate is out of reach?*

We've never turned a man away for financial rea-

sons. If things are tight, before registering, contact our registrar: [registrar@massmensgathering.org](mailto:registrar@massmensgathering.org) and he'll work out an arrangement so we can continue that tradition.

### *Is there still a discount for newcomers?*

Yes! First-time attendees are welcome to enter the "NEW20" promo code (available at checkout) for a 20% discount off their selected tier.

### *Why register early?*

At MMG 74, a wave of last-minute registrations filled every available bunk. The camp needs a week to ready an extra cabin for us, so your early registration ensures we'll have the beds we need (not to mention the breakfasts, lunches, and dinners!).

### *How else can I support MMG?*

Word of mouth is the most effective way to reach men who'd enjoy MMG, but don't know about it. You can forward this newsletter to a friend, or print and post our flier (available as a download from the MMG website) in libraries and community centers (with permission, of course).

Thanks for registering early!



**Join Us For This Major Milestone Event!**

**October 16-18, 2026**



**Massachusetts  
Men's Gathering**

Find Details At: [MassMensGathering.org](https://MassMensGathering.org)



~ MMG 75 ~

# A Call for Workshops



Got an idea, a passion, or a life experience you'd like to share? Your MMG Organizing Committee invites you to submit a workshop topic for our upcoming gathering—and we'd love to hear from you now rather than waiting until October!

Why the early call? We want to feature a preview of upcoming workshops in next month's newsletter to give men a taste of what's in store for **October 16th**.

**“What if I have an idea, but I've never led a workshop?”**

That's a very common hesitation, but here's the good news: *at MMG, a workshop is really just a deeper conversation guided with a bit of structure.* You don't need to be an “expert.” You just need a topic you care about and a willingness to share from your own lived experience.

To give you an idea, past and potential topics include:

- *Drumming (for absolute beginners or experienced men)*
- *Developing meaningful new friendships later in life*
- *Fathers and sons: navigating the unspoken*
- *Landscape Drawing*
- *Sex and intimacy after physical changes or dysfunction*

## A Simple 5-Step Structure To Get You Started

If you're wondering how to structure your time, here's a reliable flow that works well:

- 1. Set the Stage:** Introduce your topic, why it matters to you, and what the group will explore together.
- 2. Spark the Experience:** Offer

a brief prompt to get men thinking—a short meditation, a writing exercise, or a provocative question for men to discuss in pairs.

**3. Open the Floor:** Invite participants to share their thoughts, feelings, and insights with the larger group.

**4. Reflect & Summarize:** Gather the common themes that emerged, and check in on how everyone is feeling before wrapping up.

**5. Offer Next Steps (Optional):** Suggest a book, a practice, or a takeaway for men who want to keep exploring the topic after the retreat.

**Pro-Tip:** You don't have to do it alone! Teaming up with a co-leader is a great way to share the mic, bounce ideas back and forth, and make the whole experience feel more relaxed and collaborative.

## How to Submit

Send your workshop ideas or draft topics to the Organizing Committee at:

[info@massmensgathering.org](mailto:info@massmensgathering.org).

We can't wait to see what you bring to the circle!

**P.S. Looking for something even simpler? Host an Affinity Group!**

If structured workshops feel like too much heavy lifting, consider hosting an **Affinity Group**. These are casual, drop-in conversations that can happen around a dining hall table or at a picnic bench outdoors. Men can pop in and out as they like.

You can announce an Affinity Group topic during the Opening Circle, or write it down with a time and meeting place and hand it to **Wayne Williams**, our Workshop Coordinator.

## Help Us Spread the Word

To grab a copy of the flyer, just head over to the [MMG Website](http://MMG Website) and click the flyer download button on the main page. Once printed, feel free to post it (with permission, of course!) in places like local libraries, therapists' waiting rooms, or community bulletin boards. You can also download a JPEG version to share on social media. Spreading the word is the best way to help MMG grow and reach guys who are looking for genuine connection, community, and authenticity.



# Join Our 75th Weekend Retreat with the **Massachusetts Men's Gathering** **CONNECT • RECHARGE • BELONG**



## **FIND TRUE COMMUNITY & BROTHERHOOD**

Build meaningful  
connections  
beyond the everyday.



## **LEAD, LEARN & GROW**

Explore interests,  
share skills and  
discover new passions.



## **RECHARGE & REFLECT**

Unplug, rediscover  
yourself and gain  
perspective.



## **CELEBRATE OUR 75th EVENT**

A landmark celebration  
of lasting bonds.

**SCAN ME**



Or Go To:  
[massmensgathering.org](http://massmensgathering.org)

**October 16-18, 2026  
The Barton Center  
North Oxford, MA**