



JOIN MEN

# RETREATS

Gathering men and promoting their growth

## Healthy Masculinity: On Being a Man

Men and boys are sometimes told “Be a man.” But what does this mean? For too many males, this means being invulnerable, acting tough, and dominating others. Recognizing how this toxic masculinity impacts us all, we need another way of being men. In this gathering, we explore what healthy masculinity looks like and leads to. We examine how we exercise power, embrace our sexuality, and serve our roles. Based on our shared identity as beloved children of God, we reconsider the marks of good men following Jesus and living that matters.

### Sessions

- Sharing our experiences
- Reconstructing healthy masculinity
- Examining our power
- Embracing our sexuality
- Serving our roles



### Leader

Steve Thomas, US coordinator for Mennonite Men, has worked with men for over 30 years as a pastor and retreat leader. He completed the Male Rites of Passage with Richard Rohr (2003), co-founded Indiana-Michigan MALEs of Illuman, and has formed numerous men’s groups. He is co-editor of *Peaceful at Heart: Anabaptist Reflections on Healthy Masculinity* (Institute of Mennonite Studies and Resource Publications, 2019) and co-author of *Living That Matters: Strength, Love, and Wisdom for Men of Faith* (Herald Press, 2023).