

WHOLEMAN

BROTHERHOOD CALL - WHAT TO EXPECT

A free and open gathering of men committed to remembering, reclaiming, and embodying Wholeness.

OUR INTENTION

We are not here because something is wrong with us. We are here to BE - with presence, awareness, authenticity, courage, curiosity, consciousness, creativity, and openness. You do not have to become anything to belong here.

1. ARRIVAL - COME INTO THE ROOM

Room opens 5 minutes early. Please arrive ready to settle in. We begin with a brief grounding: feet on the floor, notice your body, notice your breath, and notice what you brought into the room.

Please remain muted when you are not speaking. An administrator may mute you if needed.

2. THE CONTAINER

Freedom requires a container. These agreements protect the integrity and dignity of the Brotherhood.

CONFIDENTIALITY	What is said here stays here. Share your own experience freely, but never another man's story, identity, struggle, or vulnerability without permission.
PRESENCE	Video is optional. If your camera is on, be present and undistracted. Give the man speaking the dignity of your attention.
OWNERSHIP	Your life is your responsibility. We support one another; we do not rescue or fix one another.
VULNERABILITY	Bring what is actually happening: victories, fear, grief, confusion, desire, questions, beauty, and bullshit.

NO UNREQUESTED FIXING - W.O.R.C.

When a man shares, he can tell the room what kind of response he wants. Advice is offered only when explicitly requested.

W - Witness me Listen. No advice. No fixing.	O - Offer perspective Share experience, wisdom, or ideas that may serve.
R - Reflect me Tell me what you heard or noticed.	C - Challenge me Ask the question I may be avoiding or offer a practical challenge.

RESPECT THE ROOM

Disagreement is welcome. Disrespect is not. Intensity is welcome. Dehumanization is not.
Challenge is welcome. Humiliation is not. Curiosity is welcome. Shame is not.

WholeMan facilitators may redirect conversation or mute/remove a participant when necessary to protect the mission, integrity, and dignity of the space.

CORE VALUES

Authenticity: No need to perform masculinity or impress anyone. **Honesty:** You do not need to have your shit together.
Ownership: Support without fixing. **Vulnerability:** Bring what is real.

CONNECTION OUTSIDE THE BROTHERHOOD

Brotherhood is not meant to exist only inside the meeting. At times, men may be invited to share contact information so relationships can continue outside the group. **Sharing is always optional. Connection is encouraged; access is never assumed.**

COME AS YOU ARE. BRING YOUR PRESENCE. HONOR THE ROOM.