

Man-Up is a unique Evangelistic, and a Service focused Ministry Movement that starts by addressing the “**Root**” of Violence, “**Soul Trauma.**”



It is **evangelistic** in that it will minister to, and bring healing to the hurts and the traumatized souls of our men to see their lives transformed and healed from the deeply buried soul wounds.

It is **service** oriented in that we encourage men to be more present

and engaged in the inner workings in our neighborhoods, our communities and our cities to take a stand against any and all violence and oppression.

Once healed and transformed, our men will feel good about themselves, will be positive role models and influencers in the cities where they live. The results will be healthier and safer families, homes, neighborhoods, communities and cities.

Man-Up is a unique ministry movement that will address tough topics, and provide a place to have those difficult but needed conversations. The Holy Spirit and the Word of God will then be engaged to heal those wounds of the soul.

Man-Up will help men establish their new-normal after their transformation, that results in changed attitudes, different life choices and new perceptions about life.

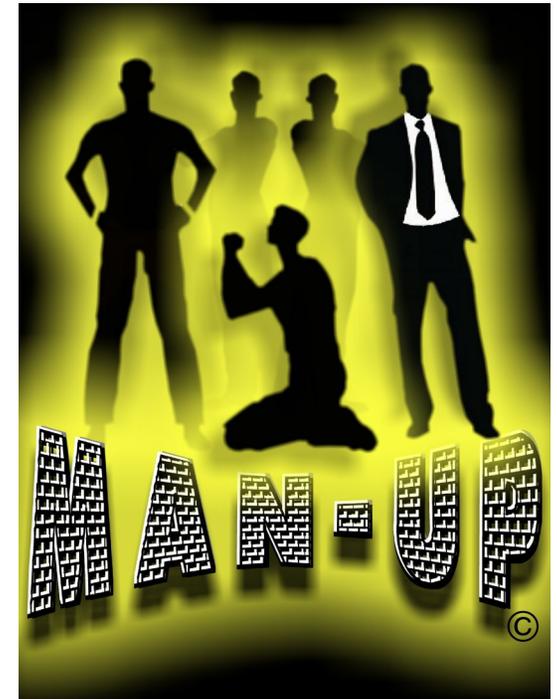
We appeal to people from all across America to get involved in this **Man-Up Movement** as both protégés and as mentors. There is strength in numbers. The more men the more effective the movement. From the “Huddles,” champions or “Quarterbacks” will emerge to champion the **Man-Up Movement**.

Let us reverse this epidemic onslaught of violence as we **Man-Up** against all violence and oppression, and walk with pride and dignity, making our world a better place, present and future. Men, the time has come to **Man-Up** for change.

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Man-Up: A Team Oriented Urban Missions Project



We include everyone

... and exclude no one

Man-Up is A Team Oriented, Urban Missions Project

Mission: Men empowering men to achieve their full potential

Theme: *Love Ourselves, Love Our City, Love Our God*

Purpose: To heal the internal soul hurts and wounds in men so that they can truly love themselves, then become accountable to other men by being a loving, caring, positive contributor to their neighborhoods, communities, and cities to stand up and speak out against violence, and to have an inexhaustible love for God.

Men who are truly healed will love themselves with a wholesome, healthy and authentic love. They will show love for their city by serving their city to ensure, and make it the safe and livable place God ordained it to be. They will have a love for God that cannot be extinguished, and will demonstrate their love for God by serving as change agents in their city.

The men will serve others through their skills, talents, gifts, voice, presence and finances.

These men will come from all walks of life, ethnicities and backgrounds as businessmen, civic leaders, political leaders, athletes, sports figures, entertainers, artists, spiritual leaders, public servants, educators, and media personalities, etc.

Love Ourselves, Love Our City,
Love Our God

Man-Up: an Outreach Ministry of
St. Johns All Nations Church of God in Christ
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To Schedule a Man-Up Huddle, Workshop or Seminar
Go to www.stjohnsallnationscogic.org

Or Call Phone: 360-281-5205

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To Make A Donation: www.stjohnsallnationscogic.org

Too many of our men are falling through the *gaps* in our society. Men have suffered much at the crossroads of oppression. Some men often internalize their experience of oppression. This repressed pain coupled with unhealthy messages and conditioning that are reinforced by society can lead to unhealthy behaviors, including domestic violence.

Each one of these experiences are like vehicles crashing into one another. These crashes always leave wreckage, wreckage that includes more violence, domestic violence, gang violence, fatherlessness, deep anger, addictions, low self-esteem, unemployment, sexual perversion, pornography, incarceration, poor health and poor health habits, early and untimely deaths. It effects our families, causes broken homes, high divorce rate, single parent homes, hopelessness, homelessness, depression, and most importantly, violence against women and children. Man-Up gives men a safe space to finally address these issues and be heard in a culturally specific way.

Our Theme is:

Love Ourselves, Love Our City, Love Our God

Description: This is a men ministering to men ministry. It is a ministry to and for all men. There is a culturally specific focus on African-American Men.

Although this is presented as a "men to men ministry movement," women are also welcome and very much included in this movement. The name "Man-Up" has as much to do with being team oriented as it has to do with being gender specific.

- 1 in 3 African American men will go to prison in their lifetime.¹
- Homicide is the leading cause of African American males ages 12 to 19.²
- Only 1 in 15 African-American women raped, report it.³

Man-Up is a movement that will minister to men and boys. The success of this ministry will carry over and see healing come to the women and children who care about and love these men and boys.

The Man-Up movement is born out of my experience as an African-American male. We all have at one time or another either wondered or questioned what is going on, and why are we losing so many men, young and old, through the gaps. The gaps

include violence, addictions, gangs, poor health and poor health practices, unemployment, incarceration, and pre-mature death.

This movement will engage the conversations that men generally avoid. Often times we act out our pain through our emotions, anger, violence, drugs and alcohol, aggression, depression, lack of concern for our personal health, risky behavior, and many other ways that demonstrate the emptiness, the loneliness, the low self-esteem, the hurt, the depression, and other traumas that we experience through the course of our lives. And as African-American men, we cannot forget about the residuals of slavery, and the results of bigotry and racism that still exist today. This has left many men feeling like they have nowhere to go.

The Man-Up Huddle is where those "sacred ground" conversations will take place. They include the struggles that men "*stuff*" internally but will never admit to having. The darkness on the inside that nags at us, that we gloss over. The deep reservoir of anger from which we act out of, but never address its root cause. The sense of hopelessness and its root that we never talk about. The struggles with our sexuality that we don't talk about. The deep seated fears that we have but often are not willing to own up to. The low self-esteem and loneliness often the result of feelings of abandonment, abuse, violence, negative talk and bad role models. Then there is the full spectrum from the effects of the lack of father or father figures in our lives. And for African-Americans, the racism and the intergenerational and residual effects that slavery has left upon us.

We have become masters at masking over these issues that some of us men deal with every day. Imagine what if we could be freed of just some of these traumas of the soul, let alone all of them. Just imagine what one's life would look like. Even asking some people to imagine this is too much of a stretch, for the hurts and disappointments are so deep, that they will not allow themselves to imagine being healed for fear of yet another failure.

Man-Up will engage these conversations in our Huddles where the healing process begins. We will then see our men being the progressive, productive, and vibrant citizens they are meant to be. These conversations must take place and they will take place in the **Man-Up Huddles** taking place all across America.

1. http://www.alternet.org/drugs/154587/1_in_3_black_men_go_to_prison_the_10_most_disturbing_facts_about_racial_inequality_in_the_u.s._criminal_justice_system?page=entire
2. <http://jacksonville.com/news/crime/2010-05-05/story/study-homicide-leading-cause-death-among-young-black-males#ixzz1vB48s76Y>
3. Bureau of Justice Statistics Special Report. Hart and Rennison. 2003. U.S. Department of Justice