

BREAKTHROUGH

ALUMNI NEWSLETTER JULY 2024

MEET A BROTHER: PATRICK TREGENZA



Q: What did you like to do as a boy?

A: My parents bought me a drum set when I was 9 years old and I was allowed to practice as much as I wanted as long as it was between 9 a.m. and 9 p.m. I spent hours listening to the radio with headphones and trying to keep up with whatever song would come on. It was a lot of fun but also great ear training.

Q: What was the most significant change for you as a result of Breakthrough?

A: The program was a huge leap in understanding how my childhood affected my decisions and actions (almost always for the worst) and how healing those buried wounds was the key to living a more fulfilled life.

I've learned over the years that there's no finish line for this work (at least in this lifetime) and that the journey is the point.

Q: What are you doing with your life and what are you doing in community and/or what's new and good?

A: Last October I invited Breakthrough to share business space with me in my studio. I enjoy working alongside Breakthrough and having the opportunity to share "Breakthrough Moments" at work.

Q: Who was your presenter when you took the workshop and what would you say to him about the workshop if you had the chance?

A: I did Breakthrough in 1998 with Lee Garland as presenter along with Tom Lee in a support role. Lee, Tom, the allies, and fellow Breakthrough brothers were a huge part of that, and I'll always be in their debt.

You can see Patrick's photography at: ptfoto.com, and you can hear him play those drums with his band "Along Came Betty" at many local venues.

BREAKTHROUGH

HEADLINES

Welcome New Graduates!



On May 29th Breakthrough welcomed 18 men into our community of Alumni. These men were part of the first all in-person class since 2020 and COVID.

This in-person class has energized our community. For the first time we utilized a group of various of Presenters to teach the class and a rotation of other team members. This allowed the class to get to know 27 different men from our community as team members while also allowing flexibility for more men to experience the rewards of serving on a workshop team.

Breakthrough Needs You!

Have you served on a workshop team? The rewards of being on a team are priceless. To quote one team member from this year:

“I am re-learning so much in my current role as a [team member]. I am seeing how and what I incorporated into my life from being a participant [when I took the workshop]. Incredible value!!”



There are two workshops starting soon: an In-Person workshop on Thursdays starting October 3rd, and an Online workshop on Tuesdays starting November 5th. Team members are needed for both classes.

We make it so easy! You can choose which workshop to support, and our new scheduling format means you have the flexibility to participate while allowing your life to unfold.

Did you know that active Team Members receive up to **20% DISCOUNT** on all Breakthrough events such as the Summer Retreat and Fall Dinner Dance.

Now is your time to join the Breakthrough Brothers who have served as Team Members. **Call 831-375-5441 or Email info@breakthroughformen.org today to join a team now!**

BREAKTHROUGH

BREAKTHROUGH SUMMER RETREAT 2024!

August 23-25, 2024, we return to the St. Francis Center to gather again under the oaks for connection, community and healing. Registration is open NOW! visit breakthroughformen.org to sign up.



This year's theme: Receiving in Love. We will explore the A of Acceptance in the context of our ongoing practice and through the lens of Rumi's [guest house poem](#).

Friday evening we have a special Keynote Address by Victories! a Chicago based men's group. We welcome these friends from the east as they share lessons from their 30 years of supporting men as Breakthrough does in their home of Chicago.

Discounts available:

- Special Pricing for all current InTouch Community Members (Extra 5% Discount)
- 10% New Grad discount if you completed Breakthrough in 2023 or 2024
- 15% Discount if you attended the Retreat in 2023
- 20% Discount if you served on a Workshop Team in 2023 or 2024
- **35% Discount if you Served on a Workshop Team AND attended the Retreat in 2023**



MORE SUMMER EVENTS



2024 Annual Volunteer Appreciation BBQ!
Sunday, July 28, 2024 @ 1-4pm

Location: Carmel Valley Community Park
77 West Carmel Valley Road, Carmel Valley
93924

FREE for everyone - donations gladly accepted.

Deadline to RSVP is July 21st.

For registration and more details visit

breakthroughformen.org/annualbbq-2024

[WWW.BREAKTHROUGHFORMEN.ORG](https://www.breakthroughformen.org)

BREAKTHROUGH

Volunteer at the Obon Festival



Join together with the Breakthrough community and friends to help support the Obon Festival with preparations, set-up, delivery, and clean-up. Have a great time and get fed on volunteer days, THEN receive vouchers for food and drinks during the Festival!

Event Overview: The Obon Festival is an annual event that the Monterey Peninsula Buddhist Temple holds for the local community. It includes food, dancing, Japanese cultural demonstrations such as bonsai and tea ceremony, and introductory talks and discussions of Buddhism.

Approximately 4,000 community members typically attend this free, community event.

Sign up for the dates and times that work for you; bring your family and friends too, everyone is welcome!

Available volunteer dates:

- Sunday, July 7, 9am - 12 pm: Construction of the main stage; fairly light work, but may require lifting boards/plywood that weigh as much as 30 lbs.
- Saturday, July 13, 9 am - ~5 pm : Booth set-up: Construction of food and activity booths; Setting up dining areas (fifty 8' tables and 200 chairs); Posting signage; Other various tasks of similar nature.
- Sunday, July 14, 9 am - 6 pm: Obon Festival: Help with various tasks (parking lot, welcome table, trash collection, tea service, etc.).
- Monday, July 15, 10 am - ~5 pm: Clean-up: De-construction of the main stage, food and activity booths, dining areas; Taking down signage; Other various tasks of similar nature.

More info and Registration at:

breakthroughformen.org/2024-obon-festival-volunteers

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Breakthrough Workshop Ally Training

Learning to be an Ally

Date: Saturday August 10, 2024

Time: 8:30am - 4:30pm

Where: 248 Pearl St.,
Monterey, CA 93940
(The Breakthrough Office)

Cost: \$50 per person

This is an experiential leadership training for any Breakthrough graduate

interested in joining a future Breakthrough workshop as a leadership team member. You will work directly with other men as you build skill, confidence and connection.

BREAKTHROUGH WORKSHOP ALLY

Learn skills you will use as an Ally in the Workshop

WHAT THIS IS

- An introduction to workshop team participation
- Mentoring and support as you build skills to be an effective Ally

WHO THIS IS FOR

- Any Breakthrough Workshop Graduate interested in serving on Workshop Teams

Register now at: breakthroughformen.org/allytraining

Your Money And Your Life - Get Started With Retirement Planning

Breakthrough Presents an Informational Panel Discussion:



- THURSDAY, AUGUST 1, 2024, 6:00 – 7:30 PM
- 248 PEARL ST., MONTEREY, CA
- (BREAKTHROUGH OFFICE)
- COST: FREE
- REGISTER AT:
- breakthroughformen.org/retirement-panel-discussion

Retirement planning often brings up so many feelings that we turn away and avoid important investigation and decisions. But here you can discuss retirement planning with others who can give you a sympathetic ear. We will be talking dollars and cents, planning, savings, distributions, and making sense of unavoidable government programs and legalisms. But we will do it in a way that includes our full humanity. We are not “retirement objects” but human beings with hopes, desires and needs.

WHO SHOULD ATTEND?

Those approaching retirement age and looking for information.

Those who have reached retirement age and are wondering about income, distributions, and charitable giving.

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MAKE A DIFFERENCE

Think of that moment...you know the one. When you realized something was happening, when you felt new possibilities, when you felt a stirring inside when you had your first “Breakthrough Moment”.

Now is your chance to share that with another man who deserves the chance to live as his whole self.



Refer a man to one of the upcoming, workshops today!

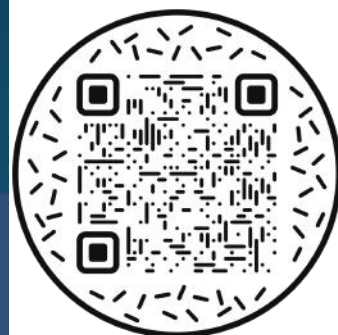
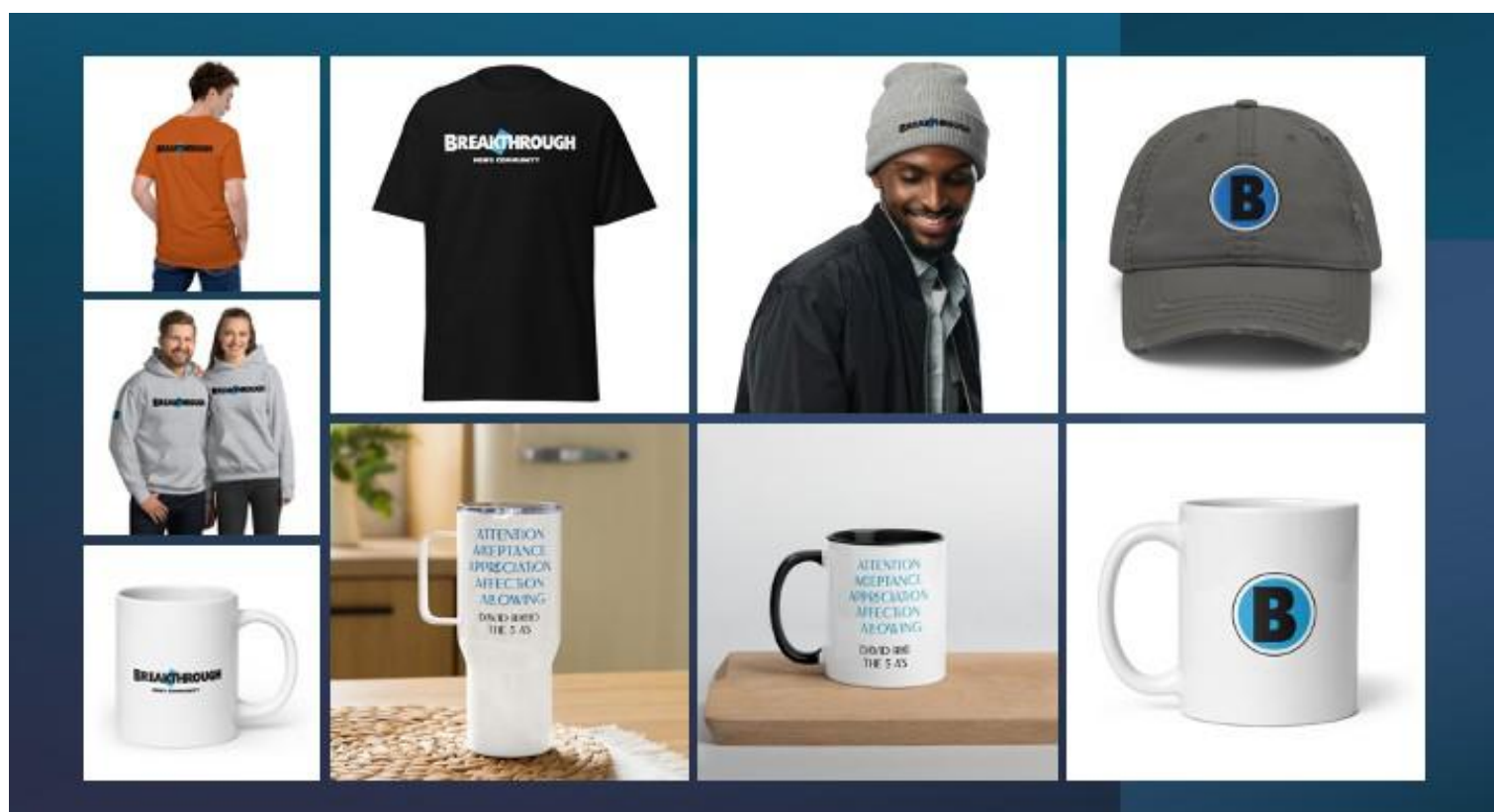
- [**October 2024 – In-Person Workshop**](#)
- [**November 2024 – Online Workshop**](#)

Registration is Open Now

When you refer a man to Breakthrough you open him to the possibility of something more. More than the same story, more than enduring, more than isolation. You offer him aliveness, connection, fulfillment and hope.

LOOK GOOD WITH REAKTHROUGH

Breakthrough now has cool merch on our website. Show your pride and support our mission at the same time. **T-SHIRTS HATS MUGS SWEATSHIRTS PATCHES AND STICKERS! LOTS OF COLORS AND STYLES!**



WWW.BREAKTHROUGHFORMEN.ORG

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FROM THE EXECUTIVE DIRECTOR



Dear Breakthrough community,

Before diving into everything that's happening at Breakthrough right now, I first want to take a moment and thank every volunteer who has contributed their time talent and love Breakthrough in the first half of this year. It is volunteers that make Breakthrough what it is and allow us to bring this valuable work to the men who need it every day. I appreciate and love you all.



We are now at the midpoint of the year. The solstice has just passed, the days are long, the fog has moved into the coast and our valleys are warm and sunny. The summer season inspires thoughts of travel, a little bit more freedom from the day-to-day, and a chance to time to take a breath and consider the six months that have past and prepare for the six months to come. And Oh! what's in store for Breakthrough in the rest of 2024!

Some exciting developments have happened for us since my last message. We have online workshop registration, our InTouch family has exceeded 300 men, our community is alive with special events, we hosted a lecture by David Richo, we graduated the first in person workshop since 2020, we launched our first online workshop of the year, we are creating an exciting new video project for our website, we have launched regular weekly support nights for new graduates, and we are sharing Breakthrough with more and more men every day. Breakthrough is growing.

Looking ahead, I see lots of opportunity for more and more men to experience Breakthrough. It is about the men we serve, who need Breakthrough and the love our community has to offer. This is our north star: To provide every man the tools needed to release destructive patterns of behavior and experience authentic self-esteem. As we love ourselves more, we have more love for the world. For me personally, this is Breakthrough.

You can support this work by [volunteering](#), by making a [financial contribution](#) today, by talking about Breakthrough to family, friends colleagues and strangers, by simply pausing to affirm yourself every day. To find out how you can help contact me at the Breakthrough office: call me at 831-375-5441, email me director@breakthroughformen.org, or stop by 248 Pearl St. in Monterey for a visit. We are creating a bright future for Breakthrough, you can help.

I look forward to more exciting news in our next newsletter.

In Love and the 5A's~

WWW.BREAKTHROUGHFORMEN.ORG

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The Guest House

Mawlana Jalaluddin Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
As an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.