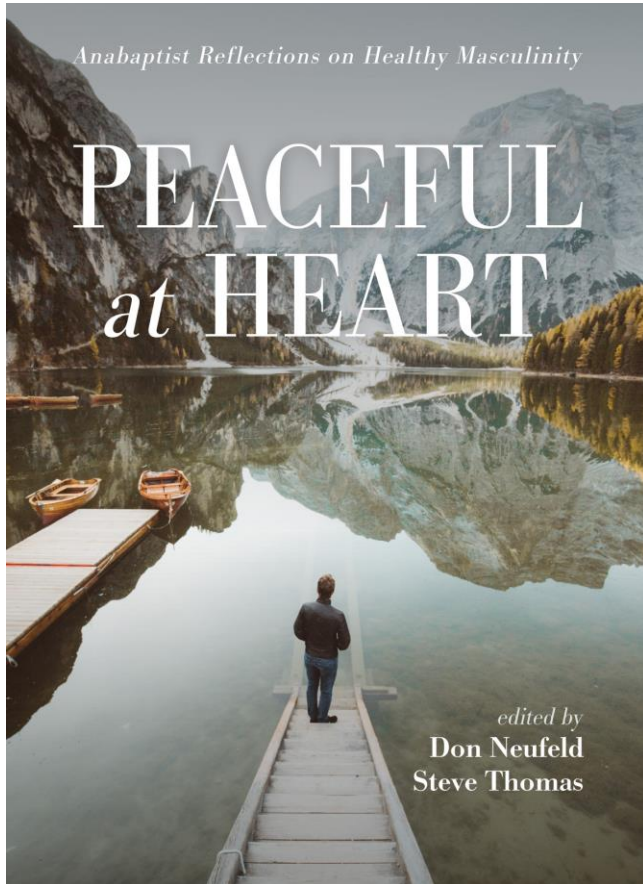


***Peaceful at Heart: Anabaptist Reflections on Healthy Masculinity* recently released**

Here's a book by men for men seeking healthy masculinity. Just off the press, it is produced by Mennonite Men and Institute of Mennonite Studies.



This book comes at a time when men and masculinity are in the spotlight. We see many men behaving badly on the news—abusing power, violating women, and mistreating others. But most men I know aren't like this. In my work as a pastor and with Mennonite Men, I see those seeking to be good men but wondering what that means as we wrestle with issues of gender identity, conventional masculinity, power and privilege, and expectations in the grind of daily living.

Along with many men, I have questions about masculinity. What kind of man am I? What do I wish for my sons as men? How do I want men to relate to my daughter? What does it mean to *be a man*? Who are we as males? Why isn't there more agreement on a description of masculinity? Aren't we just talking biology? How are men essentially different from women (if at all)? Where can we find healthy models of masculinity?

Depending on who we ask, we get different answers to these questions. Leaders in men's work offer various perspectives. Those in the mythopoetic men's movement draw on a rich tradition of stories and rituals, gatherings of men, and psychological archetypes for male formation. Those in the conservative evangelical men's movement reassert traditional male roles and "godly manhood," calling men to take responsibility for how they live. Those more attuned to feminist concerns examine social constructions of masculinity, critique patriarchal systems, question traditional roles, and call men to establish gender equality. Each of these groups have their contributions and some limitations.

In this book we ask what our shared Anabaptist Christian tradition offers for understanding healthy masculinity. The book begins by laying the context for answering this question by looking at masculinity from clinical and historical angles in part 1. Part 2 offers a variety of perspectives on masculinity to demonstrate that there is no singular masculinity but multiple masculinities, socially constructed and remarkably varied, even among Anabaptist men. Part 3 turns to the Bible in fresh ways and Anabaptist touchstones of discipleship, community, and peace as lenses for envisioning healthy masculinity. These chapters call men to follow the way of Jesus in community for God's peace. Part 4 offers practices for the lives of men, focusing on power, race, and peace in our relationships with others and God. Finally, by way of afterwords, three Anabaptist women leaders reflect on what they read in this book by Anabaptist men. We learn from their experiences and perspectives what needs further attention to benefit our lives together.

In our vision of healthy masculinity, we image men who:

- Embrace who they are as beloved sons of God.
- Respect females as beloved daughters of God.
- Follow the way of Jesus, the image of God and model human being.
- Serve the mission of reconciliation for "one new humanity" (Eph. 2:15).
- Work to establish God's love and justice for marginalized people.
- Allow the Spirit to make us "strong, loving and wise" (2 Tim. 1:7).
- Are peaceful in heart and peaceful in life, extending God's shalom.

See inside the book and purchase a copy [here](#).

--Steve Thomas, U.S. Coordinator of Mennonite Men