



Satir Institute
of the Pacific

The Wisdom Box

The Newsletter of the Satir Institute of the Pacific
connecting members throughout the world

Winter Issue 2015 - Supplemental



Wisdom Box Supplemental



Message from the Editor

While this role is hugely rewarding it does not come without its embarrassing moments when hiding under the covers seems like a really good idea. Alas this remedy is not only undignified, it is unworthy of this caring community dedicated to the advancement of congruency and integrity.

My deepest apologies to Shelley Iberg, Wendy Lum, Anne Morrison, and the rest of the Vancouver Island Satir Network for my oversight of their submission to the Wisdom Box sent well in advance of the deadline. I am exclusively responsible for this oversight and extend my sincerest apologies for any pain my actions caused.

Please enjoy this supplemental to the Winter Edition containing the omitted article chronicling the marvelous work going on in the Vancouver Island Satir Network.

John Paterson M.A.



Island

THE VANCOUVER ISLAND SATIR NETWORK: CONTINUING TO GATHER IN BELOVED COMMUNITY

By Shelley Iberg, R.T., M.A., R.C.C. C.C.C.

Our Vancouver Island "Satirists" continue to gather in beloved community and help each other grow. We have met for two years and gather every three months, alternating between Anne Morrison's home in Chemainus, and Wendy Lum's home in Victoria. Our last meeting in October was held at Brenda Lucas' home in Ladysmith.

We meet for a potluck around 1ish, and finish around 4ish. The numbers have been ranging between 12 and 18 people. Our ritual includes a check-in, followed by a type of learning, and time to process what we each experienced.

During our last meeting, Wendy Lum gifted us with a visualization and a sculpt. Other recent sessions have included teachings on somatic experiences and movement in therapy. We have a fluid agenda which adapts to the energy at the time and provides a beautiful Satir-based community experience! And a special treat are the incredible chair massages that Gail Franklin generously provides for us throughout the afternoon. Talk about moving to "higher ground"! She is expert with massages that allow us to tend to our bodies while processing as a group!



Here are some comments from a few of the Vancouver Island 'Satirists' who attended our last gathering:

"During the visualization I made a connection to part of my development that I had not connected with and began some powerful work that I am continuing to process or integrate. The sculpting exercise gave me some new tools to working with different parts or emotions. I got more out of this than I do in most trainings. I am grateful. "

Albert Seinen, M.A., M. Ed., CCC

"I so appreciated both the guided meditations and the wonderful sculpting experience we all shared in on Saturday. Continual amazing growing and learning opportunities. Thanks to all!"
Alma Jean

"I love connection. I am curious about the meaning it makes and the meaning I make of it. I marvel at how it occurs for me energetically, physically, through my mind's eye, as an observer or an 'interactionist'. I am new to the Satir community here on Vancouver Island though I have been welcomed as if I have always been a part of it. Connection."

Barbara P

"It is wonderful for me to be part of this group. I have such a sense of connection. I am humbled by the openness people have in sharing their learnings. The support between and among people is therapeutic as I continue to challenge myself in this safe learning and sharing environment."

Shelley Iberg

As you can see, each time we gather we are moved and touched through how we each live and use the Satir Model. Our Network is open to anyone who has been exposed to the Satir Model and/or taken any Satir training.

For further information, contact Wendy Lum at welum@shaw.ca or Anne Morrison at annemorrison@shaw.ca.

Our next gathering will take place early in the New Year at Wendy Lum's Victoria home.

"Peace within.... Peace between... Peace among... Peace beyond."

Virginia Satir