

September 2020

the satir
institute of
the pacific

WISDOM BOX

Newsletter

Inside the Issue

Mission Statement
President's Message
Letter from the Editor
Training Updates

Membership News
Community News & Submissions
Satir Related Resources
Volunteer Opportunities

MISSION STATEMENT

We are a welcoming, intentional community committed to facilitating growth and transformation on a foundation of mutual respect and inclusivity. We are committed to personal responsibility, congruence, and integrity in the development of individual wisdom and leadership. We embody and promote these principles and concepts to achieve a world of harmony, peace and wholeness within, between and among all humanity.

IN VIRGINIA'S WORDS

Submitted by Jennifer Nagel

“The wisdom box is part of your heritage; it’s part of what you came into the world with....This wisdom box is in contact with all the wisdom of the universe – all the wisdom of the past and all that resides within you.

CONTINUED TO P. 03



PRESIDENT'S MESSAGE



My hope is that all of you and your families are safe and well during these times of heightened uncertainty resulting from the Covid 19 pandemic. Uncertainty about our own life and our future health and well being is nothing new but part of being human. Although we often strive in many ways to build a sense of security for ourselves and our families, the pandemic reminds us that life is ephemeral and can change in a moment.

Virginia Satir's frequent use in her meditations and elsewhere of phrases like 'at this moment' or 'in this moment of time' reminds us to be present to every moment of our lives. We are all challenged by the loss of the familiar pattern of our own lives and are developing new ways and, perhaps, values for being in the world and relating to others.

The pandemic has also challenged the Satir Institute to rethink, be creative and develop an awareness of new possibilities to adapt the way it fulfills its Mission in the present moment and beyond while maintaining our values.

The immediate challenges for the Board were financial with almost total loss of income and the cancellation of our in-person programs. At the same time it was deemed expedient for our administrator to remain working and to maintain our office in order to maintain our presence and profile, although these are the Institute's major expenses. Fortunately, we have intentionally over the years built up financial reserves to carry us through lean times and be able to launch new initiatives. We are still hopeful that our application for Federal Government assistance will be successful. I believe our financial future is relatively secure.

At the same time the challenge was to provide some kind of program of connection and support both for our members and those who have trained with SIP presenters here and abroad. We are grateful to Linda Lucas and Jennifer Nagel who stepped up and hosted a weekly meeting on Zoom with a reading, a meditation, a short teaching piece and an opportunity to discuss some topics in trios before ending with some sharing in the large group.

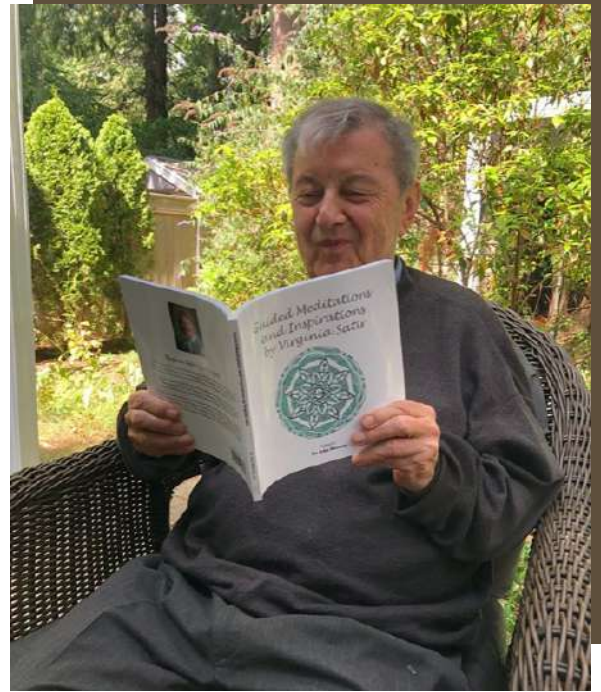
On average about thirty people attended each week from many countries which added to the rich experience. It is intended that these meetings will continue on a monthly schedule with other members gaining experience as hosts. We are pleased to be offering two short programs using Zoom on 'Grief, Loss and Change' in August (completed) and 'Freedom through Forgiveness' in October. This will be followed by 'STST Foundations Part 1' using Zoom, also beginning in September and ending in January 2021. An 'STST Foundations Part 2' is in the planning stage.



Thanks to the generosity of Dr. John Banmen we are pleased to be able to publish a new book of Meditations and Inspirations of Virginia Satir which is now available from our office.

The Board is excited about the new possibilities that have emerged to fulfill our Mission and are determined to continue to make a difference by bringing 'Peace within, Peace between and Peace among' particularly during this time of global uncertainty.

Michael Callaghan, President



LETTER FROM THE EDITOR

Dear Satir Institute of the Pacific (SIP) Community of Support,

As we strive to keep our members up-to-date on the activities of SIP and the greater Satir community we are always looking for effective ways to stay connected. This edition of the Wisdom Box is a new format; partly due to having a new 'temporary' editor and partly due to SIP's increased utilization of social media platforms to update our members. That said, we are looking for your input and ideas, as well as volunteers who would be interested in helping us envision the Wisdom Box. Please checkout- *Volunteer Opportunities* for more information.

Shyann Vosper, Editor of this Issue

CONTINUED FROM P. 01

IN VIRGINIA'S WORDS *Submitted by Jennifer Nagel*

It is that part which you sense sometimes giving direction, sometimes called the still small voice. It is that part deep inside that knows and tries to give directions. Like a thought or a feeling, it is that part of us, when we are cleared of all our defenses and all our fears, in which we can hear the stirrings of our growth and our wisdom. Perhaps our greatest job in life is to remove all that stands between ourselves and our wisdom, and then to recognize that all human beings have a wisdom box. It needs only to be tapped."

- Virginia Satir

WISDOM BOX



Holds the knowledge of your inner resources

MEMBERSHIP NEWS

We are 125 members strong and growing! Not only is membership an important source of income for SIP, as a member, it is a way to participate in activities, connect with others who share similar values and receive membership rates for our training opportunities.

Annual Membership Fees:

Clinical Members- \$75 (CAD)

Professional Members- \$50 (CAD)

Affiliate Members- \$25 (CAD)

For more information on membership:

Visit: satirpacific.org

Contact: Shyann- shyann.vosper@gmail.com

Cindi- admin@satirpacific.org

One of the ways in which the Satir Institute has stayed connected with members in the past was through our local fireside chats. These are informal gatherings of members to share their thoughts and work with others; providing support and encouragement to each other as friends, peers and colleagues.

If you are interested in joining one of SIP's fireside chats there are two communities currently hosting meetings. Vancouver Island (contact: Anne Morrison at annemorrison@shaw.ca and Wendy Lum at welum@shaw.ca and Fort Langely, BC (contact: Tricia Antoniuk at tricia@antoniukcounselling.ca.)

If you are interested in hosting your own gathering with other SIP members, please contact Shyann Vosper, Director of Membership at shyann.vosper@gmail.com or Cindi Mueller, Administrative Assistant, at admin@satirpacific.org

VANCOUVER ISLAND SATIR NETWORK UPDATE

Anne Morrison and Wendy Lum co-hosted the first COVID-time zoom gathering of our Vancouver Island Satir-ites. We had a wonderful gathering with a focus on where we each were at personally and professionally, with the Stages of Change in this current climate. Everyone shared from their hearts and we were all deeply touched by the sharing and also how similar many of our journeys are!

The stage was set for heartfelt sharing by an opening meditation by Wendy, who guided us through a beautiful spiritual journey of experiencing our own Star Selves and then how our stars connect with others on earth and then moving out to the galaxy of stars and beyond. Such a ONENESS was experienced by all of us; thank you Wendy!

Our zoom gatherings are approximately 1.5 hours in length and any Islander who relates to the Satir Model is welcome to attend! Once again we will have a theme to guide our sharing after another beautiful opening meditation from Wendy. We might be able to take a screen shot of our Zoom gathering to offer to our next Wisdom Box!

In these times of covid and political unrest, our common yearning is for heartfelt connection. We all have had to find new ways to feel that energetic oneness and these Island gatherings offer a lovely way to experience our Selves and then to experience the beautiful spiritual connection with all of the other Selves on our Island and beyond. It is wonderful to have such rich connections offer comfort and love through the isolation that many of us are now experiencing. Our best wishes to all! - Anne and Wendy



TRAINING UPDATES

Upcoming Courses:

Freedom Through Forgiveness- Offered online

October 1, 8 & 15, 2020

with Anne Morrison, MSW, RSW & Linda Lucas, LCPC

Foundations Part 1- Offered online

September 25 & 26, 2020

October 23 & 24, 2020

November 20 & 21, 2020

January 15 & 16, 2121

with Jennifer Nagel, MA, RCC & Linda Lucas, LCPC

The Musical Iceberg of Loss, Pain, and Grief- Notes of Fleeting Thoughts- Offered online

October 26, 2020

November 2, 9, 16, 23 & 30, 2020

with Beth Nemesh, PHD, MT-BC, LMFT

Introduction to STST- Offered online

October 16, 2020

with Jennifer Nagel, MA, RCC



For program descriptions visit:
satirpacific.org

SATIR RELATED RESOURCES

Visit:

<https://satirpacific.org/online-links/>

Meditations



Interviews



Teachings



**IHLRN Zoom Conference 2020
November 14-15, 2020**



**"Now More Than Ever...
Peace Within, Peace Between, Peace Among"**

Virginia Satir started the International Human Learning Resources Network 51 years ago and we have been meeting every year since.

Our conference this year will be a Zoom experience,
something new for IHLRN
AND
an opportunity for YOU to attend IHLRN's Conference.

**We invite you to join us for two days
of connecting, learning and sharing**

*Interested in
submitting a Workshop
Proposal?*

There is still space for a couple more workshops. The deadline for workshop proposal submission is September 15th, 2020.

Additional information and the submission form can be found on the IHLRN website:
ihlrn.org

International
Human
Resources
Learning
Network

COMMUNITY NEWS

- Bianca Rucker, PhD is an experienced approved AAMFT supervisor offering supervision for therapists wishing to become clinical members of AAMFT or BCACC. Supervision and consultation is also provided for therapists who would like to improve their effectiveness. Special expertise is offered in the area of sexual and relationship therapy. Fee is \$150/hour for supervision. Inquire about reduced fees for certain circumstances. Supervision available at Cambie and Broadway, and also at Boundary Road and Marine Drive. Contact Bianca Rucker at: Bianca Rucker and Associates Inc., #400, 601 W. Broadway, Vancouver, BC V5Z 4C2 Tel: 604-731-4466 Email: br@biancarucker.com Visit: www.biancarucker.com

COMMUNITY NEWS

- Wendy Lum, MA, Registered Clinical Counsellor and Registered Marriage and Family Therapist is an approved AAMFT Supervisor. She is offering supervision for therapists and counsellors. She has been a practicum supervisor for UVic Counselling Services practicum counselling program since 2007. Wendy's focus is on use of self and increasing personal presence and congruence in order for greater impact on Client's growth and change. Location: Victoria, BC. Tel: 250-920-9228 Email: innerchange@shaw.ca Visit www.innerchange.ca
- Dr. John Banmen, R.Psych, RMFT is reopening his private practice in Delta for counselling and supervision after spending most of his last 10 years in Asia. For more information and appointments please call 604-591-9269

VOLUNTEER OPPORTUNITIES

- The SIP Director of Membership, Shyann Vosper, is searching for individuals interested in volunteering their time to form a Membership Committee to help build SIP membership and create opportunities for engagement. If you are curious to learn more about this opportunity, please email: Shyann at shyann.vosper@gmail.com
- SIP is looking for someone to take on the role of Wisdom Box Editor. If you are interested in learning more about this opportunity please email: Cindi at admin@satirpacific.com

ADVERTISING OPPORTUNITIES

We want to let you know members can advertise for free in this newsletter. This includes professional related items such as office rentals, items for sale, equipment needs, supervision etc. That said, we do reserve the right to not publish any article or advertisement that is not in keeping with the tenets of the Satir Model. Please forward any brief personal advertisements via e-mail attachment (in Word for Windows format) to admin@satirpacific.org

The Wisdom Box is also accepting classified ads and regular display advertising from nonmembers. However, the Satir Institute of the Pacific reserves the right to reject advertisements which do not meet the general purpose of the organization. Please send all copies, payments and inquiries to Cindi at admin@satirpacific.org

If possible, please forward information, articles and display advertisements via e-mail attachment (in Word for Windows format), camera ready according to the dimensions below.

Display advertising rates:

- Full page — \$50 (Dimensions)
- Half page — \$25 (Dimensions)
- Quarter page — \$12 (Dimensions)

