



RETURNING TO SPIRIT

VOLUME 1, ISSUE 3 OCTOBER 10, 2008

TRAINER TEAMS SOLO FLIGHTS

It's only been three months since our last newsletter, but much has happened!

The First Nation & Church teams have repeatedly delivered life-changing workshops! While Marc Pizandawac was available for briefing and debriefing on the phone, he was not present for the workshops.

The First Nations team has now delivered 5 solo workshops. The Church team has delivered 2 solo workshops.

The growth in the teams has

been amazing. All team members have stepped up and have truly lived out of their greatness and delivered from that place.

In the past, Marc has served as a security blanket, and the teams always knew that he could and would step in if he thought things were not being handled. Without Marc's presence, all team members (core and support) have stepped into full responsibility for what happens in the training room. When things happen (and

they do!!), team members are very aware that they are the only ones who can clean it up. This responsibility and accountability has contributed greatly to the development of the team as team, and to the development of individual trainers.



AUDIT: THE CREATION OF A BEAUTIFUL THING

As some of you know, this past August, we submitted our financial statements to an independent accounting firm for a financial audit. The audit is part of the requirement for maintaining our non-profit status and also a requirement for our charitable status, for which we have applied. Overall, it demonstrates that RTS is fiscally responsible.

Preparing the financial statements and papers for the audit was an interesting

process. With the help of our bookkeeper (Ellie), we learned a lot about what not to do... and a lot about what to do! We learned that accountants, especially auditors, love paper trails. And much of the summer was spent ensuring that our paper trail was up to snuff. Since a Gall was working on the paper trail... it was a very organized one! We also learned that coloured post-it notes are a God-send. In the end, the financial box we sent to the audi-

tors was a "beautiful thing".

We successfully completed the audit and the auditors only identified three issues (which is unusually low for the audit world). We did remarkably well for our first year audit.

The auditor's recommendations will be implemented in this fiscal year and will help us to create the foundations for fiscal responsibility going forward.

SPECIAL POINTS OF INTEREST:

- *Trainer Teams fly solo*
- *RTS August TDP*
- *Dauphin, MB: Part II*
- *FunD Development*
- *Elders Find Peace in PG*

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RTS BOARD OF DIRECTORS

WHEN WE DO
THE BEST WE
CAN, WE NEVER
KNOW WHAT
MIRACLE IS
WROUGHT IN
OUR LIFE OR IN
THE LIFE OF
ANOTHER.
HELEN KELLER

The role of the RTS Board of Directors is to be stewards for the organization and ensure that the financial foundation of RTS is in place. The Board last met on August 28 & 29 in Edmonton, AB.

The board reviewed the financial status of RTS and addressed funding issues that ensure the short and long term sustainability of RTS. In its discussions, the Board approved retaining Ross Marsh & Associates to aid RTS in hiring a Director of FunD Development and getting our FunD Development program off the ground.

The board also discussed the ongoing issue of recruiting more board members. A strong and influential board is critical to moving forward

powerfully.

The board also discussed the feasibility of developing a compensation package for trainers. At the moment, trainers are paid a flat rate for delivering a workshop. What could this look like, going forward? A yearly contract? A salary? How many workshops per month? If people leave their full-time jobs to become full-time trainers, can we offer compensation that provides a living wage? What is a living wage? The board members will contact the trainers individually and ask them for their feedback on this issue.

The board identified three priorities for trainer development for the remainder of this fiscal year (to end March 2009). These are:

1. To move the two current core teams to deliver Part 1 & Part 2 to rooms of 25-30 participants.
2. Training for delivery of Part 3 (Reconciliation).
3. Identify and train someone to do Seminar Coaching

The board identified three priorities for trainer development for the 2009/2010 fiscal year:

1. Identify 2nd core teams – Part 1 & 2
2. Identify and train a Master Trainer/Team
3. Identify someone to do Workshop Coaching

Finally, Marc Pizandawatc provided a trainer development report to the board. The board continued negotiations regarding his contract.

HEAD START RTS TRAINER DEVELOPMENT PROGRAM

An RTS Trainer Development Program (TDP) was held at Aulneau Renewal Center, August 11-15, 2008. The training was lead by Master Trainer, Marc Pizandawatc, from Calgary, assisted at times by Certified Trainer Dennis Chartrand from Winnipeg. There were 20 participants coming from: Manitoba (Lorette, Lac du Bonnet, St. Theresa Point, Winnipeg, Hollow Water, Waniwigow, Powerview); Saskatchewan (Turtle Ford, Canoe Narrows, Meadow Lake, Waterhen Lake) and Nunavut (Iqaluit).



The training was focused on RTS Seminar Series training and team development. The training was an opportunity for new trainer candidates to begin delivery of the Seminar Series before the January TDP. This was a first, since new trainers are usually introduced to the Trainer Body at the annual TDP held every January in Morley, Alberta. Four new trainers were able to benefit from this session and get a "head start". The training was also an opportunity for trainers to reconnect, to deepen their overall knowledge and skills, and to further team building.

The week's experience was most rewarding! To see the readiness of the new trainers to engage in the process, and the development in the more "seasoned" trainers was truly inspiring! Trainers in attendance will be part of teams delivering Seminar Series in their communities in the Fall 2008 and/or Winter 2009. The purpose of such TDP is always to accelerate the training process towards having a sufficient number of certified trainers to meet the demand for delivery of the RTS Workshops Part I and Part II across Canada.

Olive Halpin MO

RTS ORGANIZATIONAL NEWS

The Organizational Team has been focused on the following areas in the last three months:

- Audit Preparation
- Trainer Development Preparation for Morley
- Coordination of Workshops
- Clarifying roles & responsibilities of all those involved
- Scheduling
- FunD Development
- Newsletter

Deb Muldoon, our administrative assistant in the Calgary office resigned from her position in early July. We wish her the very best in the future.

Elvier Brunel has agreed to be the volunteer coordinator. We will need a lot of dedicated volunteers as we get our FunD Development Program up and running.

We have begun the process of hiring an office manager for the Winnipeg RTS office.

Kateri Tekakwitha Parish has graciously offered us office space. A detailed office manager job description was circulated to the trainer body. We are awaiting submissions. We may also advertise in the newspaper depending on the response that we receive.

We have also circulated a FunD Development job description and are looking for YOUR recommendations for ideal candidates.



ONGOING TRANSFORMATION IN DAUPHIN, MB

One of my priorities in RTS was realized August 11-15 when the RTS team came to the Parkland Deanery—Dauphin, Mb. I would like to thank everyone for making this a reality. There were nine participants: five priests, one religious, and three lay women. The team delivered the workshop as their first solo and once again transformations happened! What an experience to live out the spirit of who I am!

This workshop meant a lot to me as these people were my co-workers and friends and they were aware of my connection with Returning to Spirit. Aware or unaware of the fact that they had supported me in my transformation or had created opportunity for my development and my declaration to make a difference in the Church. Their personal transformations contributed again to

mine. I was inspired and filled with gratitude to all.

My greatest insight was the power of completions. Having the team for dinner and debriefing afterward was also a great opportunity for me to share with them from the spirit of who I am. This helped me reconnect with RTS and experience healing and reconciliation.

Another workshop was held in Dauphin on Sept. 15-19. I am thrilled to share that the second workshop happened with another nine participants who experienced transformation.

Each group is unique and brings forth its own challenges. The team's challenge is to listen and respond creatively to the deeper questions that church participants carry within. My experience as a church member is that we don't like to speak about the

real issues concerning abuse, fundamental beliefs and practices we may be stuck in. We deny reality and are more familiar with coping, fixing and surviving rather than living fully out of the Spirit.

The Church is transforming through this process. Now is the time! We have five international priests among the seven clergy ministering in this deanery. These priests serve the Aboriginal Peoples in the Missions where Residential Schools existed and the impacts are present and experienced.

The next Returning to Spirit workshop will be Nov. 3-7 in Dauphin (Part 1) for the Aboriginal Communities. I am looking forward to seeing as many transformations. Every First Nations and Metis community is invited to send at least one or two people. We are moving forward in the Spirit!
Elvier Brunel

FINISH EACH DAY
AND BE DONE
WITH IT.

YOU HAVE DONE
WHAT YOU
COULD.

SOME BLUNDERS
AND ABSURDITIES
HAVE CREPT IN;
FORGET THEM AS
SOON AS YOU
CAN.

TOMORROW IS A
NEW DAY.

YOU SHALL
BEGIN IT
SERENELY AND
WITH TOO HIGH
A SPIRIT TO BE
ENCUMBERED
WITH YOUR OLD
NONSENSE.

RALPH WALDO
EMMERSON

A TRAINER'S JOURNEY AS RTS MAKES HISTORY

THE ROAD OF
LIFE TWISTS AND
TURNS AND NO
TWO
DIRECTIONS ARE
EVER THE SAME.
YET OUR
LESSONS COME
FROM THE
JOURNEY, NOT
THE
DESTINATION.
DON WILLIAMS JR

This summer was a time of growth for Returning to Spirit. In August and September, the Church Core Team delivered two RTS workshops on their own (i.e. without Marc Pizandawatc's presence).

Likewise, the First Nations Core Team also delivered five RTS workshops on their own from July to September. In September, both teams were delivering the same week in two different provinces.

In the past year, Returning to Spirit has been endeavoring to train as many trainers as possible as there is a great demand for workshops. We are seeing the fruits of that endeavor. It is energizing to be part of that history making!

What did it take for this to happen? This is my personal experience of this past year as I moved forward, developing to a level of being able to be part of a team delivering the workshop without Marc's presence.

Becoming a RTS trainer involves development in three basic areas: knowledge, communication and process.

It is the knowledge of the distinctions brought forward and the links between them.

It is the capacity to be able to communicate in a clear potent way these distinctions.

It is being able to interact with the participants so as to bring them forward and make a difference in their lives as

they experientially grasp the distinctions and gain insights. This all takes a certain amount of effort, time, practice and experience on the part of the trainer.

There is another fundamental element that is required: integrating all of this into my daily life. It is living my life from the spirit of who I am. This means concretely shifting on a continuous basis out of what is in front of the spirit of who I am with all that entails. It is being aware of when I slip into my story, my fundamental question, my way of survival and my practices, i.e. when I am in a breakdown. Once I am aware I am in my "stuff", it is up to me to make the choice to shift out of it, thereby creating a breakthrough.

As I moved forward in my development as a trainer, I came face to face with my core issues: that which is at the core of my story. As this was happening, I had to reconnect with that which in my spirit called me to be a RTS trainer. For me, it was making a difference through healing and reconciliation. It is something that has always been there coloring my ministry.

When I operated from that space within me, it is then that I made the most difference and I was the most alive. It is from that space that I was able in the last two RTS workshops to facilitate the workshop beyond any thing I

have ever before experienced. It allowed me to be grounded, to be energized and to create whatever needed to be delivered, as I was delivering the workshop!

Overcoming my core issues called me to move from declaration to declaration. It called me to make completions. It called me to accept and let go. It called me to take risks. It called me to pay attention to my conversations. It called me to be responsible and to make choices.

There are two moments that I believe were important in my breaking through to where I am today. One was a major completion last April with a person who has been part of my life journey from boarding school days to my present life as an Oblate of Mary Immaculate. The other was a declaration made at the end of the July RTS workshop as we were discerning whether the Core Team could deliver the August workshop without Marc's presence. It was a declaration of getting the job done. It was speaking forth the future from the spirit of who I am. It was a declaration to move forward with intentionality.

Trainers or trainees, the challenge is there for you. What will it be? I can tell you that it is worth the journey! Are you with me for the ride? It is a great day to be alive!

François Paradis omi



RTS PART II: DAUPHIN, MB

In August, a Returning to Spirit, Part II Workshop was held in Dauphin for the Parkland Deanery of the Archdiocese of Winnipeg. Five priests, one religious sister and four lay persons attended. Only three priests from the deanery were missing. It was followed by another workshop in September with one priest and eight lay persons.

This first workshop, and consequently the second, held a special interest for me. Firstly, the Parkland Deanery is the first area where I began to minister (many years ago) as an Oblate of Mary Immaculate among the aboriginals. Secondly, I am most anxious of bringing healing and reconciliation between the “church” and the First

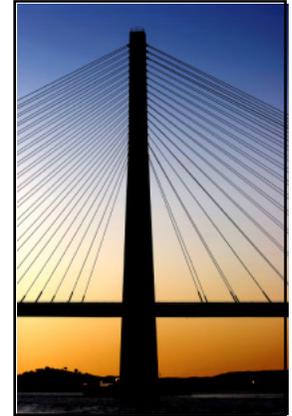
Nations, especially around the Indian Residential School legacy. Thirdly, I am very interested that a new partnership be built between the communities of the dominant society and of the First Nations. Fourthly, I know that RTS can bring forth a whole new way of relating to each other that is empowering to persons and through them ministries. Fifthly, all the parishes and communities need the healing, reconciliation and empowerment that RTS can bring forward.

The first Dauphin workshop carried that hope for me. The second Dauphin workshop came about because of the impact of the first and the desire of many to continue to make a difference for their

communities. The change seen in their pastors and fellow parishioners created the space for others to take the risk of attending a workshop. I know that other workshops will be held in the Parkland area. Soon, a Returning to Spirit, Part I, will be held in Dauphin. Then a Part III will need to be organized. Wow! I can taste the difference it will make in the Parkland area. A difference at the community, parish, health care facility and organizational level!

It all started with two people who wanted to make a difference in their area: Elvier Brunel and Barbara Sutherland. Bravo! Keep the flames burning brightly!

François Paradis omi



I was going through life struggling, making several attempts, to deal with the past, but with no real success. This workshop has opened my eyes to new possibilities. I discovered the model of forgiveness I had learned and lived by all my life did not exist. How do you achieve something that does not exist, this workshop has provided me with new possibilities and most importantly, the ability to forgive.

I would recommend the workshop to: School Principals, Foster Parents, Social Workers

Dennis Kuyp Waterhen, MB

(Dauphin Part 2—Sept 08)

I have felt a transformation slowly take place within me. Best way to describe it would be like peeling the skins off of an onion bit by bit until you get to the part of the onion that makes you cry—or makes you real-- Yes it has made a difference for me in how I will see myself and become more aware of my falling back into the past and dragging it with me. Becoming aware of that I feel I will be able to move more easily ahead. I am leaving here today feeling very good about myself and anxious to move more easily ahead. I am leaving here today feeling very good about myself and anxious to move ahead knowing I have the support of a coach going with me on my journey.

I would recommend the workshop to friends, to young adults.

Marilyn Delaurier, Ste Rose du Lac, MB

(Dauphin Part 2—Sept 08)

A LIFETIME MAY
NOT BE LONG
ENOUGH TO
ATTUNE
OURSELVES FULLY
TO THE
HARMONY OF
THE UNIVERSE.
BUT JUST TO
BECOME AWARE
THAT WE CAN
RESONATE WITH
IT -- THAT ALONE
CAN BE LIKE
WAKING UP
FROM A DREAM.

DAVID STEINDL-
RAST

WHERE WE ARE AT & WHERE WE ARE GOING

WHEN WE BEGIN
TO BELIEVE THAT
THERE IS
GREATER JOY IN
WORKING WITH
AND FOR
OTHERS, RATHER
THAN JUST FOR
OURSELVES, THEN
OUR SOCIETY
WILL TRULY
BECOME A PLACE
OF CELEBRATION.

JEAN VANIER

In the last six months of 2008, our core teams will deliver almost twice as many workshops as were delivered in all of 2007! Our core teams are moving forward in huge leaps and bounds! Two more Part 2 workshops are scheduled for 2008.

Nov 3-7 Victoria, BC

Contact: Olive Halpin
204-235-7408

Location: Queenswood Re-
treat Centre

Dec 1-5 Saskatoon, SK

Contact: Margaret Schmidt
306-242-1925

Location: Queen's House
Retreat Centre

Three more Part 1 workshops are scheduled for 2008.

Nov 3-7 Dauphin, MB

Contact: Barb Sutherland
204-638-4423

Location: St. Viator's Parish
Nov 17-21 Winnipeg, MB

Contact: Sharon Klyne
204-363-7426

Location: To be confirmed
Dec 1-5 Regina, SK

Contact: Lisa Raven
204-235-7408

Location: To be confirmed

Dec 15-19 Hollow Water, MB

Contact: Sharon Klyne
204-363-7426

Location: Hollow Water,
MB

In addition, we are delivering a Reconciliation in Prince George, BC (Oct 23-29).

Seminar Series are being offered this Fall in Winnipeg (both FN & Church). The Seminar series is also being

planned for Hollow Water, MB, St. Theresa Pt, MB and Meadow Lake, SK.

We are already looking ahead to 2009 and beginning the process of determining core team availability and scheduling workshops for Church and First Nations.

And just a reminder... applications for the January Trainer Development Program at Morley, AB have gone out in the mail. If you haven't received yours yet, let us know! If you have received yours and haven't returned it... this is just a friendly that the deadline is October 15, 2008. That means YOU!!!

Moving forward with intentionality!

FUND DEVELOPMENT

In June, we shared the FunD Development report we had commissioned from Ross Marsh and Associates. One of its recommendations was that we hire a Director of FunD Development.

In further consultation with Ross Marsh & Associates, we are clear that setting up a FunD Development Program is no small feat! It is much more than simply hosting a few fundraising events. Ross Marsh & Associates, submitted a one-year proposal that would shepherd us through the start-up of our FunD Development program. They are very experienced in fund raising and know what

contributes to a successful program.

One of the ways in which they will assist us in drawing up a job description for a Director of FunD Development, advertising the position, assisting us in the interview process and then working with the successful candidate in establishing our FunD Development program. We are seeking funding from several organizations to help cover the costs of hiring a Director.

In addition, Ross Marsh & Associates will help us organize and host two fundraising events (e.g. silent auctions) and begin to

develop a strong foundation for our donor base, a key aspect of any FunD Development Program.

Finally, they will help us develop a direct mail program, another key component in FunD Development. Our FunD Development Program will need a dedicated volunteer base, one that is committed to the vision of RTS and will help us to move that vision forward.

We hope to set all of this in motion in the next month and have the above aspects completed within 10 to 12 months. The long-term sustainability of RTS depends upon this!



ELDERS FIND PEACE IN PRINCE GEORGE, BC

This past month RTS took another step in creating the future powerfully for ourselves and the communities that we contribute to.

In Prince George, BC, Marc Pizandawac along with a team: Dennis Chartrand, Robyn Hall, Lisa Raven and Lillian Seymour delivered the Being at Peace version of the five day workshop to a group of 18 elders from the Fort St. James area of Northern BC.

Being at Peace is a condensed version of the workshop designed in consideration of the physical abilities of the elderly.

What an amazing opportunity it was to be present to the courage and willingness that these elders displayed in transcending 60-70 years of suffering and story and moving to a place of peace and acceptance with life.

The results that were produced were especially powerful because the transformation that we witnessed will have ripple effects in their community for their children, grandchildren, great grandchildren,

and for those in the community that look to them as leaders.

It has been said that as we heal our ancestors also heal. We truly believe that somewhere our great grandparents are at peace as well.

Another first in Prince George, was delivering the workshop to a blind person. As we created the workshop together with this amazing lady, we had an opportunity to witness someone experience the workshop in a way we never imagined. Not only was she actively participating in the workshop but she provided leadership to all the participants and inspiration to the trainers.

The Elders from Ft. St. James discovered how they have tried to forget experiences that impacted their lives. In the large group, one Elder shared, "We never forget any of those things. We just never talk about them and have never had anyone like Marc to help us with this stuff in our days."

The Elders recognized how

pasts hurts, pains, and experiences of suffering continue to be a part of their lives, families and communities. This discovery empowered them to shift that stuff out of the way to create space for their love, joy and greatness as Elders to come forward.

One other highlight was the Elders' discovery of forgiveness. When we express forgiveness to someone and there is still resentment, anger, revenge, hate; then we are simply doing forgiveness, not being forgiveness. The workshop allowed the Elders to free themselves from resentment by accepting and letting go of what they have been remembering and holding onto for so many years. They were able to just laugh, breathe, relax and be at peace, thereby creating space for something new to exist!

We would like to recognize and thank our coaches, Lea Boutin, Anne Thompson and Anne Lewans for helping us during the workshop process!

Lisa Raven
Dennis Chartrand



DIVE DEEPLY
INTO THE
MIRACLE OF LIFE
AND LET THE
TIPS OF YOUR
WINGS BE BURNT
BY THE FLAME,
LET YOUR FEET
BE LACERATED BY
THE THORNS, LET
YOUR HEART BE
STIRRED BY
HUMAN
EMOTION, AND
LET YOUR SOUL
BE LIFTED
BEYOND THE
EARTH.
PIR VILAYAT
INAYAT KHAN

I have been to a lot of workshops and this was the best one I attended. I was able to understand. It was so powerful. I could understand the way Marc explained and it really helped me to see what I was carrying all along. It was good honestly—freely freeing. I didn't realize the burden I was carrying I let it go. I feel free.

Yes, I would like to get together with this group in a potlatch supper in 6 months. I would recommend to all elders, friends and family. I belong to the elder's society in my community. I will be recommending this workshop to them.

Angeline Lee, Fort St. James B.C.

Prince George Part I—Sept 08

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Newsletter articles are welcome!
send to: gjakobs@shawcable.com

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Olive Halpin, Elvier Brunel, François Para-
dis, Gigi Jakobs and Anne Taylor for contri-
butions & photos in this edition.



Returning to Spirit (RTS) is a non-profit organization that designs and delivers workshops and training programs for reconciliation within the context of residential school issues that have negatively impacted First Nations People, Religious communities and Canadian society in general.

Our focus is on moving people forward through the principles of personal empowerment. This defines all our work, including coaching sessions and consulting, which are designed to support individuals, families, organizations and whole communities to move forward in life.

Our work goes beyond healing. It provides conditions for transformation in personal, family, community, and organizational life.

BUILDING THE SHIP... RTS

The quote at right says it all... If we want to build RTS, create the ship called RTS, we need to move beyond tasks and assignments and work details. We need to teach people to long for the endless immensity of... what?

Of the creation of a new world, a new society... a world of reconciliation, a society of healing. That is what we are about! We are about promoting healing and reconciliation between Aboriginal and non-Aboriginal. Even beyond that, we all know that the principles of RTS could be used in all sorts of areas: youth, prisons, parishes, schools. The possibilities are endless... and we are definitely about creating possibilities!

When you think about it... building a ship is very much like building RTS. We want this ship to be sound, to be floatable, to be sailable, to be long-lasting. And... if the truth be told, we have actually set sail while we are still building the ship! We are moving forward with our vision of reconciliation, but at the same time, there is still a lot that needs to be done in making sure that we don't come apart at sea!

Sailing a ship requires more than just a captain and some lieutenants. We need capable sailors. We need people who are willing to work away in the bowels of the ship, making sure that leaks are plugged, that the hull remains secure. We need navigators. We need sail makers.

We need carpenters. All of these roles are necessary... indispensable even.

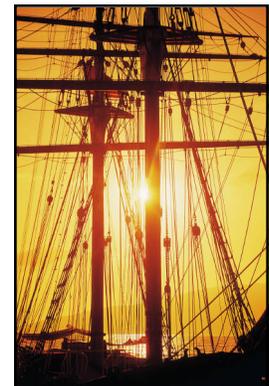
In building the ship RTS, we do need trainers, both core team and support. We do need administrative people. We do need leaders. We do need volunteers.

We need people who long for the endless immensity of the sea, the endless possibility of promoting healing and reconciliation in our world.

Not all are called to be trainers. That does not mean that their role is any less. All are indispensable.

Do you long for the immensity of that sea, the immensity of reconciliation??

How are you helping to build the ship RTS and promote healing & reconciliation.



IF YOU WANT TO
BUILD A SHIP,
DON'T HERD
PEOPLE TOGETHER
TO COLLECT
WOOD AND DON'T
ASSIGN THEM
TASKS AND WORK
BUT RATHER,
TEACH THEM TO
LONG FOR THE
ENDLESS IMMENSITY
OF THE SEA.

ANTOINE DE
SAINT-EXUPERY