

Resilience, Inc.
P.O. Box 1907
Nevada City, CA 95959
(530) 362-7070



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The Seasons of Resilience

Hello Friends,

We hope you are having a wonderful Fall, wherever you live. Since I've been focusing strongly on the process of resilience, Fall has taken on a new meaning for me. I've been thinking about the seasons of the year as a metaphor for our personal journeys that build resilience. Here's how I've been thinking about it:



Spring is the season when new life appears. The earth starts over with new growth. The colors are rich and bright. Baby birds hatch; little lambs can be seen bouncing around in the field, and there is a spirit of awaking in the air.

In Summer the weather is hot in most places, nurturing the growth of the new life, bringing it to full growth.

Then along comes Fall—time for the energy to return to the earth. Annual plants drop their seeds and return to cover the earth with their spent stems, and perineals drop their leaves, covering the earth with a colorful shroud.

During Winter the earth sleeps and in many places is drenched with moisture that will sustain the next growing season.

Then along come Spring again and life starts anew, each time stronger than the former season – trees are taller, plants come back larger and stronger.

This pattern is similar to the process we go through as we become more resilient. When we take risks and offer our ideas to the world, they are often a little fragile and young. Then those ideas grow as we use them and we gain strength and mastery. Eventually the Fall returns, and this is not a bad thing. It is a

time of clearing so you can rest a bit during the Winter season, and then begin again—not where you left off, but from a stronger place with even more to offer.

Sometimes we can rotate through this seasonal pattern in the course of a day; sometimes it takes years. Either way, each time, we can emerge stronger and more resilient. So this Fall, take courage. Let go of what you've outgrown. Rest and plan your next Spring. Then come to life strong and giving. We can do this together.

Cenpatico, the Regional Behavioral Health Authority in Southern Arizona

A big Shout out for Cenpatico....the Regional Behavioral Health Authority in Southern Arizona!!

We had the distinct Honor of celebrating with Cenpatico as they launched their new contract in Arizona on October 1st.



Chris Martin got to do what he does best – plan lots of fun things throughout the day. Scott Palluck created a Cenpatico song and sang it – it was a big hit. Lori got to talk about Organizational Spirit, and Gene took lots of pictures. But the main event was really the wonderful spirit Terry Stevens – Chief Executive Officer and Jay Grey – Chief Operating Officer created for their new big family of staff. At this energetic summit, they gathered all their staff (100 existing and 200 new) and reviewed the promises made in their contract with the state. Everyone got on board with a commitment to keep their word and to work together as a strong and resilient team. Terry and Jay led the process and reviewed each of the projected system outcomes and the four key contract initiatives. We were especially impressed with the vision that is guiding their implementation – strongly based on the values of recovery and resilience. They are off to a great start with lots of enthusiasm and excitement and we wish them the very best.

A Joyful Spirit on Halloween

Halloween is almost here, and it always brings two things to mind- children and laughter. According to popular tradition, Halloween got its start in the early Middle Ages as a spiritual holiday called *All Saints Day*. So we thought we might bring a little of the spiritual back in as we share with you some of the wonderfully funny things children say about spiritual matters. Others have shared these with us so we thought we would pass them along to you for a smile and a chuckle or two.

"Our Father which aren't in heaven, halloween be thy name..." (Jason: age 5)

"Our Father, Who does art in heaven, Harold is His name. Amen." (Reese: age 3)

"Lead us not into temptation but deliver us some email." (Caitlin: age 3)

"And forgive us our trash baskets as we forgive those who put trash in our baskets." (Kevin aged 4)

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

A father took his five-year-old son to several baseball games where The Star-Spangled Banner was sung before the start of each game. Then the father and son attended Synagogue on a Sabbath shortly before

Independence Day. The congregation sang "*The Star-Spangled Banner*," and after everyone sat down, the little boy suddenly yelled out, "PLAY BALL!!!"

Ask Emily



Hello Folks,

As you can see, I'm getting ready for Halloween – Yes – I know I look like Lady Gaga. I will be finding out if in fact “blondes DO have more fun”. In the meantime, if any of you wish to send your treats to me through the mail, feel free. You still have a couple of weeks to get them in to me, AND I will gladly accept late treats if you want to re-gift anything you got while trick or treating.

This month we have a question from my Friend, Mazi (Mazi is pictured below), who is the guard dog at the Recovery Empowerment Center in Phoenix.

Dear Emily,

I have a new opportunity that I am both excited about and also a little worried about. Our Center is starting a new program for young people (The humans are calling it TAY). I'm looking forward to playing with them but wonder if they will like me. Can you give me some advice on how to make new friends that are sort of young?



Dear Mazi,

It's not always easy to make new friends. I'm not totally good at this myself. I have learned a few things from watching humans make friends with each other. The ones who are good at it seem genuinely interested in those they want to make friends with. They don't seem to be thinking about themselves, but are more interested in the other human. They also take the first step by reaching out to others. They smile a lot and are open minded. I guess the basic advice I have for you is to be interested in the humans you want to make friends with. Look at them quizzically and see if they will open up. Some humans are more comfortable with dogs than they are with each other, so you could offer a lot of comfort and reassurance to the new comers. When they tell you that you are cute and pet you, smile back at them so they know you appreciate their kindness. This seems to work with humans no matter what age they are.

