

# DRC NEWS

Dispute Resolution Center  
of Thurston County  
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www.mediatethurston.org

June 2010, Vol 10, Issue 2

## Forgiveness

By Oriana Noël Lewis, DRC Training Manager

We tell stories. Stories about people in our lives including our family, our friends, our children and our lovers. Sometimes the stories we tell celebrate the thoughtfulness of our sweetheart doing the dishes for us, or the good advice are anchored in complaining how house chores are never done, offering judgment about our fathers, or criticizing our children's neediness. We rehearse grudges, nurture resentment and tell ourselves we are helpless to change it. This person, who is supposed to love and care for us, has done something hurtful to us, and in an effort to heal the hurt, we tell others the story of what happened. When we tell ache. We twist ourselves in physiological and mental knots trying to relieve the pain we feel. This is where a "forgiveness practice" can come in and make the story, and our bodies, be different.

*"The more I know, the less I understand.  
All the things I thought I knew, I'm learning  
again. I've been tryin' to get down to the heart  
of the matter, but my will gets weak and my  
thoughts seem to scatter, but I think it's about...  
forgiveness" – Don Henley*

At the 17<sup>th</sup> Annual Alternative Dispute Resolution Conference in Seattle this year, Dr. Fred Luskin offered a presentation on "Forgiveness". He initially came to this work as a medical doctor seeking ways to heal heart conditions. I went to his presentation looking for a way to handle my own pain after a divorce this past winter. I believe that as a Family Mediator, I need to attend to my own wounds and be able to not have my hurt get in the way of mediating for others. And, if and when possible, it is always helpful to bring in new tools into mediation sessions.

What Dr. Luskin found in his research was that human beings have an amazing capacity to heal ourselves through how we believe, think and act. We all know that rehearsing a grudge creates stress. If I think about how my ex didn't return a phone call when he knows I have something important to talk about, I can feel my heart start to pound harder. The sweat on my palms starts to gather and my brow begins to furrow. I tell myself a story that he knows that I hate it when he is evasive and he's just doing it to irk me, that I deserve better treatment to engage our minds and bodies in a forgiveness practice that I am now working with daily to counter my own heart conditions - medical and otherwise:

- 1. Quiet Yourself Down.** Breathe. Relax your muscles and calm that furrowed physiology that cultivates peace and calm; stretch, practice yoga, go running, take a walk and breathe some more.

## DRC Mission Statement

We value empowering people to resolve their resolution services and by training community members

## Honorary Board

Steve Cooper	Bob Jacobs
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Exec. Director:	Evan Ferber
Volunteer Mgr:	Joan Swanson
Case Mgr:	Sydne Cogburn
Training Mgr:	Oriana Noël Lewis
Asst. Training Mgr:	Margie Schubert
Development Mgr:	Anna Shelton
Editor:	Terrance Wagner
U-, &^iP[ ~i•k	9:00 am – 4:30 p.m. Monday thru Friday

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# Training Calendar for 2010 and Early 2011

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Jun 28 – Jul 2, 2010	Mon – Fri	8:00 – 5:00	40–Hour Professional Mediation Training <sup>1,5</sup>	\$625 general
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Nov 12, 2010	Fri	TBA	Restore, Refresh, Rejuvenate <sup>2,4</sup>	\$TBA
Nov 18 – 20, 2010 "	Thursday Htk" ( "Ucv"	5:00 – 9:00 : <52"ó"7<52"	Family Mediation Training <sup>2,3,6</sup> "	\$315 general/ \$155 volunteer
Dec 1 – 3, 2010 "	Wednesday Vjw" ( "Htk"	1:00 – 5:00 : <22"ó"7<22"	Multi-Party Mediation Training <sup>2,4,6</sup> "	\$315 general/ \$155 volunteer
Jan 24 – 28, 2011	Mon – Fri	8:00 – 5:00	40–Hour Professional Mediation Training <sup>1,5</sup>	\$625 general

Note 1 37.5 CLE/5.25 ethics credits included  
 Note 2 40–Hour Professional Mediation Training is prerequisite  
 Note 3 17.5 CLE/3 ethics credits included  
 Note 4 Offered only once per year  
 Note 5 **Teens take 40-hour Mediation Training for only \$315!**  
 Note 6 \$270 for other DRC's

## Forgiveness (Continued)

**2. Change the Story.** Recognize that each person has their own part in what is going on AND believe that everyone is doing the best they can with what they have. Qhhgt" {qwtugnh"eq"o"rcuukqp."cpf"y"jgp" {qw"ecp."qhht"kv" to the other person, too. Be open and willing to hear the other person's truth. Recognize you *choose* to be in connection with this other person. Keep breathing.

**3. Practice Gratitude.** Be grateful for what you do have. Mentally list all the things that are going right in your relationship with this person. Think about what is going well for you and how appreciative you are of what you have. Recognize that the connections you are grateful for are *why* you choose to be connected with this person.

**4. Address Your Entitlement.** Tgeq"ipk"lg"vjcv"yg"ctg"gswn"kp" needing kind and loving interactions, support and caring. Practice believing that we are all sacred and all deserve respectful communication. Then, approach the other person from this place of respect. Breathe some more.

Luskin suggests that some pain is too fresh for forgiveness. We may need to go through other stages of a grief process before jumping ahead to forgiveness (see Kübler-Ross chart). This process is meant to be used in conjunction with other important tasks, including asking for compensation, achieving justice and addressing harm. He reiterates again and again that we are not to tolerate abuse,

so remove yourself from relationships wherein you are being abused. However, don't perpetuate the harm you have experienced, by hurting yourself.

**A** forgiveness practice is meant to maximize your own ability to become whole and heal yourself. In doing so, we can become skilled in showing our pain to others without expecting them to alleviate it. We can heal our own wounds. Forgiveness is not something we do for other people, we do it for ourselves, get well and move on to more living. So, I breathe. I think about how I sometimes don't answer

### Kübler-Ross Grief Cycle

- **Shock stage:** Initial paralysis at hearing the bad news.
- **Denial stage:** Trying to avoid the inevitable.
- **Anger stage:** Frustrated outpouring of bottled-up emotion
- **Bargaining stage:** Seeking in vain for a way out.
- **Depression stage:** Final realization of the inevitable.
- **Testing stage:** Seeking realistic solutions.
- **Acceptance stage:** Hkpcnn" { "Lp"fkpi"vjg"yc" { "hqt"yctf0

my phone, because I'm just not up for hearing his voice, and maybe he needs some understanding from me about that, too. I breathe and remember how grateful I was for the twelve chocolate cakes he made for our commitment ceremony and how he cleaned the whole kitchen

himself afterwards. I breathe, a couple tears come to my eyes, and I remember that he is probably hurting, too. I hold on to the idea that the ability to remain at peace when I do not get what I want, is forgiveness, and whether or not I remain at peace is up to me. Before I pick up the phone, I breathe and hold on to who I want to be. And, then next time I'm at the mediation table, I can work to be more mindful of how I can bring more forgiveness to the table. What are you practicing?

For more info on Dr. Fred Luskin's work, see [www.learningtoforgive.com](http://www.learningtoforgive.com) or check out his book "Forgive for Love: The Missing Ingredient for a Healthy and Lasting Relationship" from the DRC library.

## Farewell from Adrienne

By Adrienne Stuart, President, DRC Board of Directors

I don't know about you, but I'm not good at saying good-bye to people who are near and dear to my heart. Sure, there is the occasional phone call or email; if you're a Gen-Xer or younger, you may have grown accustomed to text messaging as an atrocious tool many of us have grown reliant upon to perfunctorily stay connected. But it just isn't the same as living a few blocks away.

Organization that has and will continue to enrich many lives. It has been an honor to be a part of a tremendous group in a jurisdiction with a local DRC. The community mediation state-wide leadership is working on marketing our services to state residents so they think in an emergency and learning to think when they need social services. I'm so impressed with the competence and dedication of the state DRC group. This state is very fortunate.

As a mediator, you may not ever get to know the children waiting at home while their parents hash things out enough to co-parent. You may not ever know that you had a hand in keeping enough stability in a young girl's world for her to take a few minutes each day to dream of her future possibilities. That same girl might grow up not being able to thank you personally, but in turn decide to reciprocate that gift to another stranger, knowing that there really are no degrees of separation between us.

I am so proud of all of the things our board and staff has current capable and enthusiastic leaders will carry on its vision and create exciting opportunities for the future. In joining the Dispute Resolution Center, I wanted to make I wanted to make this organization and its efforts known and accessible to anyone and everyone, and while I'm leaving this town, I'm not abandoning that goal. It will be with me always, and I hope the same is true for you.

She says, "thank you."



Adrienne Stuart (DRC Outgoing Board President) and friends celebrate her acceptance to law school and time in Olympia.

Back row left to right: Jim Bamberger, Lisa Brodoff, Former Judge Donald Horowitz, Adrienne Stuart, Lynne Stockwell, Former Rep. Pat Lantz, Front Row: Anna Shelton, Evan Ferber, Joan Swanson

Photo by: Lynn Grotzky

## Director's Report

By Evan Ferber, DRC Executive Director

I just returned from the state-wide DRC director's annual retreat, and I'm happy to tell you that community mediation is alive and well across our



Evan Ferber, DRC Executive Director

The community mediation state-wide leadership is working on marketing our services to state residents so they think in a jurisdiction with a local DRC. The community mediation state-wide leadership is working on marketing our services to state residents so they think in an emergency and learning to think when they need social services. I'm so impressed with the competence and dedication of the state DRC group. This state is very fortunate.

It was this state-wide network that helped secure funding for DRCs in the current state budget. Locally, we've us to perform outreach to youth, the LGBTQ community, businesses, and other underserved parts of the wider community.

Our board leadership has recently gone through some changes. Adrienne Stuart, our Board President, got accepted into law school in Seattle and stepped down after almost two years of a highly successful and inspiring presidency. We all wish her all the best in her new life in Seattle. I'm so grateful that Charley Barron and Mary Ann Strickler have stepped up to serve as interim President and Vice President until elections in the fall.

We had the most successful and celebratory to date Toast to Chocolate, Celebrating Community helped put it on. Next year will be the DRC's 20th anniversary and we're already planning for an even grander Toast in 2011.

I'm planning on perfectly sunny weather on July 28th when we'll celebrate our wonderful volunteers at the Volunteer Recognition Picnic at Priest Point Park Rose Garden. I trust we'll all be dried out by then and ready to have a great time as we always do, rain or shine.



## New Mediator

Dedication, commitment and hard work are mediator practicum. Please join us in welcoming **Melinda Posner!**

# A Toast to Chocolate 2010: Celebrating Community Mediation

## Thank you for your support!

**T**hese individuals and organizations **contributed over \$40,000** to community mediation. **Over 300 people** attended the event. **Five eloquent speakers** shared their experiences working with the DRC, and **56 volunteers** helped the event run smoothly. **wonderful sponsors and vendors** who made the event a success.



### Heavenly Sponsor:

The Confederated Tribes of the Chehalis

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 Hoodspout Winery  
 Madsen Family Cellars  
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 Weatherwax Cellars Winery  
 Blue Heron Bakery  
 Chehalis Mints  
 Costco  
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 Popinjay  
 San Francisco Street Bakery

## DRC Wish List

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- Blank cards with envelopes
- I khv"ectfu"vq"rwtejcug"qhLeglvtckkpi l xgpn" supplies
- PC computer for volunteer use (< 3 yrs old)
- Donated printing of our mediation brochures
- Flip chart stand/easel
- Stamps
- Mkve jgp"vqy gnu"/" t whh{"="pqv" y jkv g
- Qr rqtwpkkgu"vq"urgcm"vq" i tqwru"cdqww"v jg" FTE
- Rcrgt"ewwgtlrcrgt"vtk o ogt" hqt"qhLeg" wug
- Ballpoint pens

- Toast to Chocolate 2010 Recap
- Farewell from the President of the Board
- Forgiveness

## In This Issue

Save a Tree!  
 Want to read our newsletter online instead? Let us know, email [ashelton@mediatethurston.org](mailto:ashelton@mediatethurston.org) or call 360 956-1155

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