

MKP Alberta Newsletter

December 2014

Highlights:

- Plan ahead for the March AGM and May NWTA
- Shame trainings
- Membership Drive coming
- Primary Integration training

2014 MKPI meeting in Cochrane

“I had the privilege to attend the MKP International conference in early October near Cochrane, AB. The man representing the Elder Council at the meeting could not be there and I was asked to represent the Elder Council. Embracing eldership has been difficult for me as I have a challenge in letting go of the physical **“power/strength/virility/ability to protect”** that I associate with me as a younger man. So, representing the Elder Council was a stretch for me and at the same time I welcomed the adventure of the unknown and connecting with powerful men.

The Rocky Mountain foothills is a great location in October that provided some fantastic mountain views with spectacular colors. The MKP International conference included two of the founding members, Chairman, Vice Chairman, Executive Director, CFO, men representing all nine MKP Regions in the world as well as the four MKP Councils of Leader, LKS, Elder, IG Council and Young Warrior.

This was the first time I met most of these men. I am pleased to report that what I saw was a MKPI counsel comprised of a strong group of open hearted, mindful men. We had a

full agenda with a number of contentious items that were resolved through consensus in an open-hearted way.

Overall there was agreement on the theme of “more men, more circles, more regions”. It was also decided to move MKPI from a corporation to a council, embrace the concept of **“making space”** for Young Warriors (with new NWTA protocols focused on Young Warriors), find a balance of keeping what is relevant with the NWTA and enhancing it, development of new trainings such as that for Administration Leaders and lever IT (enhancements to MKP Connect) to reclaim volunteer time. We were given an update on the development of about 12 new regions in other areas of the world such as Costa Rica and Russia. Bill Kauth also provided a Visionary Report along with his ideas on how MKP might be more relevant to the world. Most importantly, men worked thru these items with grace and generosity.

MKPI is now a circle of regions that have agreed to hold each other responsible for using the Intellectual Property (NWTa protocols) in a good way. I was pleased to see the Young Warriors being represented so positively by Chris Thomas who carried Leader energy. It was also good to experience the diversity of the regions.

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I am pleased with the stewardship of the MKPI Leaders and where they are helping take MKP. Stay tuned for more information to follow in 2015 about new MKP Connect features as well as training enhancements”.

And, our fall NWTa is planned for May 22 2015

Regards, Jim





Leader Portrait: Murray Armstrong

Murray was one of our community's founding members in the early 1990's. He served as Centre Director for a few years in the late 1990's, and has been a Primary Integration Leader for 20 years. He has also blessed the community with many trainings that he personally developed over the years—the most recent being the highly -successful Shame workshop. Murray has taught me a lot over the years, and has been a model of consistency, commitment and loving support towards developing leadership in our community (Ed.).

"It is a privilege to be profiled as a Community Leader. I started learning what it really means to be a man when I went through my Initiation Weekend in 1992 in San Diego. It is now 22 years later. I have lots more to learn and what has sustained me is the many wonderful models I have experienced in MKP. I have held most positions in AB MKP but my main passion has been contributing to building Community whether that be behind the scenes or being an active leader such as with the IG Council.. It has been a long, hard road working with shadows and trying to live in my gold. I accept that this work will continue my whole life. What makes it easier to bear is that it really does get easier as I get older. Life experience, aging, and always keeping in mind that anything that upsets me is a teacher to me.

My IG is part of my soul. I have repressed, hidden and denied many parts of me as I have journeyed with my IG for basically 22 years. It has taken time and great courage to really be emotionally vulnerable with my IG brothers. The reward of being in this place is beyond what I could have imagined. I came from an orphanage/ foster home background with adoptive parents who disowned me when I got married. I know a lot about not trusting love or myself.

If the first part of my life was love scarce. I have been blessed to have an incredible wife, daughters, son-in-laws and grand children who have taught me about this ever changing kaleidoscope called love. As a professional therapist, I have been an untiring student learning the science and art of healing ourselves. I am fortunate that my career and my passion for healing have synchronized so well. But I am even more fortunate that I found in my wife someone who has an understanding of life and a love for me that has guided, challenged and sometimes frustrated me into the Murray I am today. So I truly stand on the shoulders of many people, both men and women to whom there are no words to express my gratitude.

I will always be part of the AB MKP Community. AHOJ

*Murray Armstrong
Flying Gorilla"*

Still required: a Treasurer for Alberta MKP! This position does *not* need accounting skills. The person filling the position could, but does not have to be, on the MKP-AB board. Duties include:

- Stewards the financial resources of the MKP-AB Community.
- Collects and disburses payments and reports on the state of the Community's financial health.
- Prepares financial reports for MKPC, provides information to our outside Auditor for yearly audited reports.
- Provides a yearly budget to the MKP-AB board.

Time commitment: 6hrs/month for 8 months; 12hrs/month for other 4 months.

This position is critical to our community's financial health... contact Jim Stephens if you can help.

Coming Events

for details visit <http://mkpcommunity.ca/events>

December through March

Saturday Dec. 16—**Sweat Lodge** at Corey Lee's in Sherwood Park. Partners welcome. If interested contact Corey to reserve a spot or for further details. chinbopper@gmail.com or 780-721-4585 (call or text).

Friday December 19—**Christmas Hamper packing** for the Edmonton Christmas Bureau. This will be our 17th year running as an act of service to the community. Working the 8:00-10:30 shift again. Contact brian.matheson@shaw.ca to sign up.

Saturday March 22 —**Alberta MKP Annual General Meeting** in the morning (tentative). Contact Jim for more info.

Membership

Men, it is that time again that we look inward to ourselves and outward to our organization for the Annual MKP Membership dues. As an organization reaching out to “one man at a time” we reach out to **you** as individuals to not only support but stand up for our organization. As we go forward into 2015 we are looking at better and more innovative ways to “building our community” with such items as our Canada and Alberta Website, Newsletter, I-Group council and support meetings, as well as the many other initiatives like the fall Renewal Weekend and of course other MKP initiatives and special MKP programs and guest speakers.

All of this for 50 dollars or less than 5 dollars per month! If you are an active or even inactive warrior but feel that MKP is an important membership to be a part of than please send in your membership fee by PAYPAL or check to the website below. If you feel so inclined to donate “extra” funds beyond the 50 dollars to your community than that too would be greatly appreciated. Please don't forget about the important tasks and processes that the local MKP community is providing. Without your financial support and membership we would not be able to continue on striving to help build our local community of connection with men.

*Best Wishes, In service,
Rick Thomas for The Warrior Community of Alberta*

Reflections

I-Group Council

Murray has stepped down as leader, and Brian Sawyer stepped in as interim leader until March AGM. Feedback from I-Groups is that they already feel adequately supported, so the Council is considering other options to support the community. Manitoba and Saskatchewan communities have been invited to attend as satellite communities.

Members: Murray Armstrong, Ron Rurka, Rick Thomas, Mark Constable, Brian Forrestal, Len Robinson, Johnny Ezekiel, John McLaughlin, Will Petriko (Manitoba), Brian Sawyer

Leader Council

Last met in August. Warrior Renewal and Mother's Pillow trainings successfully delivered, as was the MKP-I in Cochrane. NWT on the Maskwacis Reserve is being considered for Sept, 2015. Likely a first nations only training. Joe Dolan working on details.

Members: Joe Dolan, Ken Fearnley, Jim Stephens, Chris Framarin, Mark Lenyk, Phil Lyall, Noel McNaughton, Woody Forrieter

Primary Integration Training Council

Woody and Brian delivered a successful PIT to seven men in November. The PIT Council will meet FTF in January to discuss future plans and directions.

Members: Murray Armstrong, Woody Forrieter, Mark Constable, Ken Fearnley, Chris Framarin, Brian Sawyer

MKP-Alberta contacts

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MKP Alberta Board Meetings

Jim Stephens was honoured for stepping up to serve as elder and contributor to the MKPI meeting. **Brian Forrestal** was honoured for stepping up to join the Board. **Murray Armstrong** was honoured for the effort he has put into preparing and presenting the Shame workshop.

MKP-I meeting organized by Ken Fearnley had nine of ten world regions represented. The topic was decentralization from a U.S.-centric organization to empower regional development. 'Young warriors' are now a recognized constituency (along with elders and LKS). There will be efforts to develop new administrative trainings, and update the IT infrastructure.

The next NWTA is set for May 22-24 at the same camp as last year. The Calgary I-Group has stepped up to be the group Weekend Coordinator. Ron Rurka will again serve as Registrar.

Maskwacis Training is supported in principle by the Board, with the hope that potential staff gain experience by staffing the May NWTA and PIT training. Tye Rhino has stepped up to be the point man, and will work with Brian Sawyer to coordinate any support required from the Board.

Membership dues and database. Rick Thomas is planning a call-out to active men early in the New Year.

Grant Application. Wilf Vielguth is preparing an application to a GOA grant program.

Lawyer assistance with Registry filing. Bill and Brian F. will discuss whether this expense is necessary.

Members: Jim Stephens, Bill Tchir, Rick Thomas, Wilf Vielguth, Brian Forrestal, Brian Sawyer

More Reflecting...

The Shame workshops

It takes courage to face our shame. As Brené Brown says, shame is the ‘Silent Epidemic’ because of all the emotions, shame is the emotion least talked about. For many people, it is the emotion least in their awareness. In MKP, we are more inclined to look at our emotions. However, shame is no less easy for us to look at because shame is such a painful emotion that we do want to hide, repress, and deny it to varying degrees. The three workshops I have led on Shame in MKP-AB, clearly show that even the most emotionally hardworking and self-aware of us benefit greatly in seeing how shame still impact our lives.

From the literature that I have read regarding shame, **it appears that the antidote to shame is being willing to share our shame stories** with people who we trust and know care about the suffering we have endured for years because of our shame. The deeper and more vulnerable we can be with these shame stories, the greater is the healing. The main reason for this is because shame is the emotion that most isolates us from others as well as from ourselves. When we can reconnect to ourselves and others, we not only can let go of the shame story but we may even be able to someday give the shame back to the shamer where it belonged in the first place. I-groups are wonderful place for us to do conscious work around shame because if we really listen to a man’s check-in for example, shame is probably a part of many check-ins. Experiment with listening for a man’s shame during your I-groups and take a risk to check it out with a man to see if your perception is accurate. How often does the word shame come up in your I-group and how is it dealt with when it does?

Murray Armstrong
Flying Gorilla

The Primary Integration Training

I had the pleasure to support Woody Forrieter in leading this year’s PIT in Edmonton November 7-9. Seven men attended, and this compressed weekend version of the training was very effective, according to the attendees, and from what I experienced. We started with a series of progressively deeper check-ins to set the container, and the Fear process (Samurai sword) really set the intention for a powerful weekend. On Saturday we covered warrior communication, projections, accountability and clearings—all critical aspects of successful I-Group facilitation. On Sunday we looked at Shame and ‘bucketing’, followed by group feedback from/for everyone.

For me, the depth of the feedback we shared/received at the end was indicative of the trust that was built, and the intentions set, right from the beginning. The processes ran smoothly from one to another, and participants came away with many new tools to practice in their own I-Groups. The success of the PIT was not only due to Woody’s calm and thoughtful leadership and presentation, but also to the significant planning effort put in by Woody and Murray over the years to refine this training. Well done, gentlemen, it was logically laid out, and offered men tools they can starting using right away in I-Group. I observed that many men came away with a renewed sense of their own power, an awareness of their own leadership potential and a commitment to share their learnings...

Brian Sawyer
Hawk Ascending