

The Seeing "I"

Empowerment through storytelling

Vol 2 No 4

December 2005

Don't Give Till It Hurts – GIVE TILL IT FEELS GOOD!

Not every folktale has a happy ending. But as in real life, help comes in the old stories when characters recognize their own power and take control of their lives. The stories help us see ourselves as others see us. And become the people we would like to be.

StoriesWork encourages you to think independently, recognize what you can and can't do, and make sound decisions – for yourself and those depending on you.

As we begin our annual fundraising campaign, we understand that in order to make the decision to support StoriesWork, our donors need to be confident in both the success of our product and the soundness of our financial management.

Here are examples of the tangible results you can support by contributing to StoriesWork:

- An 18-year old young man views the StoriesWork poster exhibit, *Domestic Violence is a Global Concern*. He suddenly recognizes that the domestic abuse he sees at home is nothing to hide, but part of a world-wide epidemic he can help to cure.
- A 72-year-old-woman has endured a violent marriage “for the sake of the children” and now tends her recently paralyzed husband. Listening to a story of a self-sacrificing wife, she startles herself and others by crying out, “*When is it my turn?*”
- At a support group, a thin, pale 21-year-old woman whispers that she only plans to attend this once and will not speak. Instead, she participates fully in a discussion about

continued on next page

All About Money. . .



Years ago in a small town in Russia, a very poor man went to his Rabbi for advice.

“Rabbi,” he said, “the New Year is coming up, and I have no money for holiday food, sacramental wine, clothes for my children, a new dress for my wife, a suit for me. I worry all the time. What shall I do?”

“Don’t worry,” counseled the Rabbi. “Somehow, God will provide.”

“That may be,” sighed the poor man. “But meanwhile, I have so many worries I can’t sleep at night.”

“Well,” said the Rabbi, “I can help you there. Tell me how much each item costs.”

The poor man and the Rabbi figured out the prices for everything. All told, the man needed 52 rubles.

“There you are,” said the Rabbi. “Now at least you don’t have so many worries. You only have one—where to get 52 rubles.”

Let’s look at this story as we do in StoriesWork exercises - asking questions and posing answers.

What was the Rabbi’s problem?

- *He really wasn’t able to help the man.*
- *I think the Rabbi was not a good fundraiser or he would have found a donor.*

continued on next page

"Feels Good"...continued from previous page

a storybook couple, tears running down her cheeks. At the session's end, she asks confidently when the next meeting will be held.

Therapeutic Storytelling offers no solutions to the complex, personal problems these people faced. Yet the participants gained a new perspective that freed them to reassess their perplexing situations.

Our work comes at a cost

We rely on the generous support of financial supporters, staff and volunteers. But as in folktales, there are inevitable complications beyond our control. This past year, the meteorological bad actors Dennis, Ophelia, Katrina, Rita, and Wilma, plus the devastating Asian earthquake, have stretched the resources of non-profits and donors as never before. Yet our need for your generous contributions is ever more critical, as we field opportunities to address issues to aging, obesity, rehabilitation, and HIV-AIDS. Here's what your donations support:

- Ongoing needs: planning new trainings, creating training materials, publishing *The Seeing "I"*, and maintaining our website, www.storieswork.org.
- Pilots for new and experimental training programs.
- Programs that bring our message to schools and colleges and the general public.
- Workshop scholarships for students and others on limited budgets.
- Matching requirements associated with grant-funded special projects.
- Expenses for our dedicated staff of experienced professionals who donate time and valuable talent without monetary compensation.

Rather than sing our own praises, we'd like to share the words of some of those who are familiar with us and with our work. You can find those words on the page opposite.



"About Money"...continued from previous page

What could the man do with the Rabbi's advice?

- *Maybe he would know not to ask the Rabbi again.*
- *Sometimes consolidating or prioritizing worries can be a help.*
- *But where could the man get the money to provide for the holiday?*

How did the man feel about the Rabbi's advice?

- *He was probably perplexed and still did not know what to do next.*
- *Maybe the man began to see that his problem was not so overwhelming after all.*
- *The poor man clearly would have to find a solution on his own.*
 - *Perhaps the Rabbi was wise after all.*

What does all of this have to do with StoriesWork? Like the man in the story, we too are looking for money. And like him, we are on our own to find a solution. We don't rely on professional fund raisers, or "angel" donors who make huge contributions, or on large government subsidies. Instead we look to our friends and allies - **we look to you!**

Your donations keep us strong, help us move forward and inspire us to expand. Exciting future plans include developing a cadre of mentors to support our workshop trainees; making our web site even more informative; and co-sponsoring community events with organizations like the Durham Council for Senior Citizens.

To our supporters, new and old: we appreciate every contribution, no matter how large or small— one dollar or a great many dollars. But do send something in the enclosed envelope. It cheers us to hear from you; we need your confidence and encouragement.

In return, we have a gift for you! We will send every contributor an illustrated folk story with questions for tantalizing and challenging your listeners. Stories ignite imagination and offer insights almost anywhere - in conversation, teaching, writing or just thinking about the world around us. We and you benefit from this mutual enterprise as we help each other with money and stories.

We love you and send our heartfelt thanks!

Many Kind Words

Here is what our supporters have said in the past. We would like to add your comments in the future!

I was pleasantly surprised by the honesty of the (StoriesWork) research and approach. I did not expect using negative stories to create a bridge of understanding as a launching pad for thought. That I thought was honest.

Daniel Chapman, Durham, NC

Good cross-section of disciplines - enriched the (grief and loss) conference.

Joel Kettner, chaplain and bereavement coordinator, Jacksonville, NC

I can see the Storieswork technique applied in the field of physical rehabilitation and many other areas. It is a valuable tool in our therapeutic kit and deserves our help. I recommend everyone who can should support this program.

Samuel S. Sverdlik, MD, professor of rehabilitation medicine, NYU School of Medicine

(Therapeutic Storytelling) seems to be a universal technique in any kind of therapy. It is good for initial "loosening up" as well as for later "deep subject" discussion.

Anna Klein, psychologist, Chapel Hill, NC

This workshop (on grief and loss) was very good. This approach is exciting. Thank you for such an innovative approach.

Juanita Allen, information and referral specialist, Durham Council for Senior Citizens

I received a copy of your June 2005 newsletter today. I read it from beginning to end and couldn't put it down. I believe this newsletter should go to high schools or wherever teenagers are.

Lee Ward, past president, Lenox Hill Hospital Auxiliary, New York City

To me, the real power of StoriesWork is not in the stories but in the question-and-answer period afterwards. The stories are the catalyst, but the aftermath is the potion of insight and understanding.

Paul Greenbaum, consultant, South Hero, VT

What wonderful work you are doing! Really remarkable!

Erika Bourguignon, professor emerita, anthropology, Ohio State University, Columbus, Ohio

StoriesWork is doing some creative and positive work. Based on my professional experience, I understand that the success of any project depends on the people involved. StoriesWork has the right team of effective people that are worth supporting.

Joe Colopy, president & CEO, Bronto Software, Inc. Durham, NC

Theater Party Kicks Off Fundraising Campaign



StoriesWork hosted a Fundraising Theater Party on October 14 at Duke University's Reynolds Theater. Featuring the first American staging of *Women's Minyan*, the hit Israeli play by American-born Israeli writer Naomi Ragen, the event included a post-performance discussion of the play and its perceptive portrayal of domestic violence. Set in an ultra-orthodox Jerusalem community, the play reveals universal themes of discordant gender relations shrouded in years of silence and resulting in catastrophe. Most of the audience eagerly stayed for the promised post-performance discussion.

Once again, the Therapeutic Storytelling technique proved its value in encouraging spirited comments, insight, understanding, and respect for a variety of opinions and ideas. Comments included,

- *People generally do not want to talk about domestic violence and don't know what to do about it*
- *A young woman in our family suffered for ten years before revealing the abuse she tolerated. The whole family is still in shock.*
- *Women do not fall in love with an abuser. They choose a man who has great qualities and the violence appears later.*
- *Women can be abusers too.*
- *Many cultures conspire against women and even their families force them to remain with their abuser.*
- *How can we bring light and understanding to this dreadful issue?*
- *We need to devote the same time and effort we use about eradicating breast cancer, drunk driv-*

ing, HIV-AIDS, and other human problems to this universal widespread scourge.

Said StoriesWork executive director, Lenora Ucko. "We were pleased with the turnout, the play and the successful discussion afterwards. We are tempted to do another theater party fund-raiser in the near future." Ticket sale proceeds from *Women's Minyan* will be added to the StoriesWork general operating fund for 2006.

Grief and Loss Workshop— a Success!

With the November 10 workshop on grief and loss, our venture into the field of aging convinced us to continue expanding our activities. This well-attended workshop attracted participants not only from the Triangle but from such distances as Charlotte, Greensboro, Jacksonville, and even Portland, Oregon. Our co-sponsor, Durham Council for Senior Citizens, made us feel most welcome and comfortable with their spacious facilities and unstinting cooperation. We extend to the Council, to executive director Nancy Love and to information and referral specialist Juanita Allen, our heartfelt thanks for their gracious hospitality.

Workshop participants, many of whom had years of experience leading grief and loss support sessions and counseling survivors and caretakers, were intrigued with the possibilities offered by the Therapeutic Storytelling technique, which they eagerly embraced.

To continue our sought-after work in both domestic violence and aging issues, and to expand to other areas as well, we need all the financial and moral support we can get. Please join in our ground-breaking efforts. Be a regular contributor for a magical future!



A Painless Plea: Please Donate Today

“You should always feel good about supporting a good cause,” says James Martin, Development and Communications Manager of the Adolescent Pregnancy Prevention Coalition of North Carolina.

Empowerment: There Is No Better Gift

*Celebrate the
Holiday Season—
Advance the
StoriesWork Cause*



Contribute to
StoriesWork using
the enclosed self-addressed
envelope.

We will send every donor the illustrated folk story, *The Cloth of the Dragon* with stimulating questions to puzzle over. This unique gift challenges the imagination and lasts a lifetime.



*Folk stories are
never out of fashion!*

Word Gets Around—Both the Tennessee and the Louisiana Coalitions against Domestic Violence invited us to speak at their annual state conferences. We have also been asked to hold a

parenting workshop at the Durham Department of Social Services, scheduled for January 11, 2006. For more information, please email info@storieswork.org

The Seeing "I"

is a publication of StoriesWork

Executive Editor	Lenora Ucko
Graphic Designer	Lance Kozlowski
Copy Editor	Diane Lennox
Contributing Writer	Chas Schmidt

Board of Directors

Margie Rose (chair), Raquel Dominguez,
David Greenbaum, Diane Lennox,
Kay Phillips, Laura Price, Lenora Ucko

Advisory Board

Esther Flashner, Shayne Goodrum, Felicia Grant, Enid Handler, Dan Hudgins, Lance Kozlowski, Sally Peterson, Frances Presma

The Seeing "I" is published by StoriesWork,
PO Box 51693, Durham, NC 27717.

info@storieswork.org • www.storieswork.org
Copyright 2005

Join the honor roll of StoriesWork Supporters

Capitol Broadcasting Company
Merrill Lynch
SAS Institute
Duke University
John Hope Franklin Center
Women's Center
International House
Elizabeth Wade Grant Foundation
Mary Duke Biddle Foundation
North Carolina Humanities Council
Triangle Community Foundation
Z. Smith Reynolds Foundation
North Carolina Coalition Against Domestic Violence
Target Stores
Harris Teeter
Guglhupf Bakery
Starbucks
One World Market

StoriesWork
PO Box 51693
Durham, NC 27717

**NONPROFIT
ORGANIZATION
U.S.POSTAGE PAID
Durham, North Carolina
Permit No. 360**

Dated Material



All About Money