

Fall 2007

Samaritan

Center of Puget Sound

formerly Presbyterian Counseling Service
Includes annual report for fiscal year 06-07

Providing counseling and other services since 1960 for individuals and families,
church congregations, organizations and businesses throughout the Puget Sound area.

Author Jane Vennard to Speak at Annual Women's Fund Raising Event

by Heather Christensen



Samaritan Center will host its 11th annual Women's Fund luncheon on October, 10th 2007, at the Bellevue Hilton Hotel.

For the past eleven years, supporters of Samaritan Center of Puget Sound/Presbyterian Counseling Service have come together to contribute to a fund that provides counseling specifically for low-income women and their families. Their on-going generosity and faithfulness to this mission has changed many lives over the years, including more than 80 women since last fall's fund-raising luncheon.

When women accept our invitation to Samaritan's annual luncheon, they know they can count on coming away with two gifts: hearing a speaker who knows and cares deeply about women's issues, and meeting a recipient of the Women's Fund who will share her personal story of successful change and spiritual growth.

This year's speaker, Reverend Jane Vennard, is a spiritual director, retreat and workshop leader, and lecturer. She is the author of several publications including

[Praying with Friends and Enemies: Intercessory Prayer](#). She is a graduate of Wellesley College, Stanford

University, and San Francisco Theological Seminary.

In looking forward to the October 10th luncheon and her talk on *The Healing Power of Prayer*, I asked Jane to share a little bit about her thoughts on prayer and how it has become the focal point of her career.

HC: Was there a watershed moment or event in your life that captured your attention and made prayer so important to you?

JV: Although I grew up in a church family, it was not a praying family. I was taught traditional prayers, but was not encouraged in any other form of prayer. However, I feel as if I have been praying my whole life.

In seminary, I had a class on "Styles of Christian Prayer" which opened up the possibility of prayer in new and exciting ways. I also explored prayer forms from other religious traditions which expanded my understanding and experiences of prayer even further. After graduation from seminary I was invited to teach a class at the Iliff School of Theology entitled "The Life of Prayer". This invitation drew me more deeply into prayer as I prepared lessons, learned from my students, and discovered the sacredness of introducing others to a vital prayer life and the possibility of deepening our relationship with God. It has been said that we teach most effectively what we are trying to learn ourselves. I am still learning about prayer. The mystery of prayer, the unanswered questions, the not-knowing keep me intrigued and engaged in the practice of prayer.

(continued on page 8)

The Samaritan Community

Clinical Staff

Kay Abramson, MS
Marti Aitken, PhD
Mark Amundsen, DMin
James Aultman, MSW
William Collins, PhD, MS
Mary Denny, Ph.D
Robert S. Erickson, MS
Steve L. Franks, MA
Sue Freeborn, JD, MA
Beth Geense, MSW
March Gunderson, MDiv, MEd
Dave Hall, MD
Margaret A. (Peggy) Hansen, MS
Marty Hawkins, MEd
Beth Hess, MS, MSW
Mark Houglum, PhD, MDiv
Douglas Johnson, MSW
Colleen King, MC
Ron Kirstein, PhD, MDiv
Joan Krakowiak, MSW
Natividad E. Lamug, MA
Douglas K. LeRoy, MSW
Pat Pedegana, MA
Anne Perry, EdD, MA
Michael E. Rogers, MDiv, MA
Gary O. Steeves, MEd
Beverley Shrumm, MC
Neal Teng, PhD
Lisa Thocher, MS
Lori VanderBilt, MS
David Wells, MDiv, MS
Jinah Yoon, MDiv, MSW

Clinic Providers

Robin Allen, Jodene Glad,
Kathy Heffernan, Bil Kareta,
MaryHelen Lewis, Ada Mak,
Michael Samsel, Karen Smith,
Allison Spiceland, Jennifer Tapley,
Dominique Walmsley, and
Natasha White Marsh

Locations

Seattle

Main Office (Greenlake)
Beacon Hill Presbyterian
First Presbyterian
Woodland Park Presbyterian
West Seattle

South

Family of Grace Lutheran (Auburn)
Wabash Presbyterian (Auburn)
Lake Burien Presbyterian
Steel Lake Presbyterian (Federal Way)
Washington Baptist Convention (Kent)
Renton First Presbyterian
First Presbyterian (Puyallup)
Immanuel Presbyterian (Tacoma)

North (Shoreline)

Trinity Presbyterian
St. Luke Parish

West

Rolling Bay Presbyterian
(Bainbridge Island)

East

First Presbyterian of Bellevue
Trinity Lutheran College (Issaquah)
Congregational Church (Mercer Island)
St. Andrews Lutheran (Bellevue)
Overlake Park Presbyterian (Bellevue)
Redmond Presbyterian (Redmond)

Administrative Staff

Beverley Shrumm, President
Bill Collins, VP/Training & Operations
Michael Rogers, Clinical Director
Gerry Barney, VP/Finance
Linus Tumbleson, VP/Development
Peggy Hansen, Community Relations
Donna Bellingier, Office Administrator
Gale Kennedy, Receptionist
Louise Witt, Bookkeeper
Jesse Dobner, A/R & Billing
Heather Christensen, A/R & Billing
Mary Hanson-Spofford, A/R & Billing

Board of Directors

Tom Fox, Chair
Rev. Michael Jackson, Vice Chair
Peter Benson, Treasurer
Susan Stockdale, Secretary
Lynn Coleman
Rev. Dick Erickson
Ron Poindexter
Stan Saltzberg
Rev. Leland (Lee) Seese
John Shrader
Rev. Bob Vaughn
Dr. Meridale Vaught

Director Emeritus

Rev. Dr. Neal A. Kuyper

Christian Communities

Providing Ongoing Financial Support

Evergreen Baptist Association
First Presbyterian of Bellevue
First Presbyterian of Kent
Lake Burien Presbyterian
Lake Washington Methodist Women
Maple Valley Presbyterian
Maplewood Presbyterian
Mt. Baker Park Presbyterian
Newport Presbyterian
Northminster Presbyterian
Overlake Park Presbyterian
Presbytery of Seattle
Rolling Bay Presbyterian
Southminster Presbyterian
University Presbyterian
Wedgwood Presbyterian
Woodland Park Presbyterian

The main office of Samaritan Center of Puget Sound is located at 564 NE Ravenna Blvd, Seattle WA 98115. We can be reached by phone at (206) 527-2266. For more information about Samaritan therapists or programs, please go to our website: www.samaritanps.org.

President's Message

Beverley Shrumm, MC, LMHC

We face so much change, on every front: Life brings each of us painful challenges, somewhat regularly, it seems to me.

I wonder about personal resilience; courageous and creative initiative and response; personal and corporate transformation; grief, despair, trust and hope. One of my favorite authors is Joan Chittister. I am presently reading her book, *Scarred by Struggle, Transformed by Hope*. "Life is not one road," she says. "It is many roads, the walking of which provides the raw material out of which we find hope in the midst of despair. Every dimension of the process of struggle is a call to draw from a well of new understandings. It is in these understandings that hope dwells. It is that wisdom that carries us beyond the dark night of struggle to the dawn of new wisdom and new strength."



More than thirteen years ago, I learned a practice of prayer meditation. Since then it has been my primary means of spiritual, mental and emotional healing and nurture, challenging and sustaining me through intense personal struggle. I think meditation has been good for my physical well-being also.

Another theologian and author I respect is Jane Vennard, who has taught and written extensively on Christian prayer. She speaks of both "intention" and "attention." "Attention is similar to the Eastern practice called mindfulness, which is being fully present to the moment," she says. "In Christian practice, attention is being fully present to God in the moment. Cooking a meal with our hearts centered on God is more of a prayer than the rote repetition of a standard prayer with our mind centered on what we will do when the prayer time is over."

Jane will be the speaker at our annual Women's Fund-Raising Luncheon October 10, reflecting with us on "The Healing Power of Prayer." I hope you will join us on that day.

Speaking of Change . . . Goodbye, Donna. . . Hello, Gerry

For people who work every day with change, you would think we'd get really good at it—no problem. The reality is that we grow accustomed to one another's presence and gifts, and we feel the loss when someone who has been an integral part of our mission leaves. At the same time, of course, we're happy about their embarking on a new adventure and grateful for the new willing, capable person stepping into our circle.



Donna DiFiore has been part of PCS/Samaritan Center since 2000, first as a board member and then as Chief Financial Officer. During her seven years with the agency, Donna worked on streamlining many financial processes at the agency as well as creating a greater sense of community among clinical and administrative staff. She emphasized the core values of customer service, unity, respect, and excellence in both her work and the work of others. Her creativity, flexibility, and professionalism created a dynamic work environment focused on serving clients and therapists alike. In leaving Samaritan, she offered these words, "I offer best wishes as Samaritan prepares to enter its next phase of growth, and celebrates almost 50 years of service to the Puget Sound community."

Stepping into the VP/Finance position is Gerry Barney. He worked in business consulting from 1981-91 and for 15 years after that as the CFO for a transportation company. "When I was young," Gerry said, "I was a minister, serving as pastor to three churches that were very different: one a country church, one a small-town church and one in a college town. Coming to Samaritan feels as if I'm coming back to ministry, to participate in a meaningful role in an organization I believe in." Gerry and his wife, Pam (who has a full-time counseling practice in Seattle) have two college age children, Natalie and Luke.



President Beverley Shrumm said, "Donna's gifts to the agency have been many as she served on both our board and staff. We bless her on her journey with grief and gratitude. At the same time, we joyfully welcome Gerry, believing that he is a great fit for this ministry."

Samaritan Center of Puget Sound Donors in 2006-2007 Thank You to All Our Supporters!

Kay Abramson	Donna Donnelly	Nati Lamug	Lorna & Louis Roebke
Julie Aho	Maggie & Bill Dorsey	Donna Gail & Stanley C. Lane	Kristin Roedell
Marti Aitken	Sharon Drivdahl	Joyce Lang	Rebecca Roelle
Inez Allan	Jean (Gigi) Eakins	Cindy & John Larson	Michael Rogers
Dorothy Allen	Jean Ederer	Neoma & Bruce Lawrenson	Noelle Rollins
Mark Amundsen	Marjorie & Vernon Elgin	Doug Leroy	John & Sharon Roos
Jean Armbruster	Nancy Ellingham	MaryHelen & David H. Lewis	Sheila & Ernie Russell
Jim Aultman	Elizabeth & Stephen M. Ellmann	Mary Jo & Ben Lindstrom	Rheta & Robert Rutherford
Cheri Avolio	Dick & Joyce Erickson	Bill & Martha Longbrake	Carol & Chris Ryan
Charlann Bachmier	Joe & Mary Ann Eschbach	Pamela & Gerald E. Lott	Stan & Donna Saltzberg
Pat Baer	Nancy & Tom Escott	Robert & Leila Luedeking	Betty Sanders
Patty Baker	Lois & Almon Fish	Sandra Mabbott	Richard Schaadt
Brodie & Stewart Bain	Betty Jo Fitzgerald	Tessa & Douglas Machle	Gerald & Janette Schauerermann
Sheryl & Steven E. Baker	Peggy & Larry Ford	Sally & Hallie Mackey	Elizabeth & Rodney Schmidt
Christianne Balk	Dale & Donald Forney	Betty Jo MacPhee	Judy & Rev. Gary Schwab
Karen & Terrance Ball	Joan Foster	LaVonne & Richard Mahugh	Judy & Phillip Scott
Barbara Barbee-Pelzel	Linda & Bradley C. Fowler	Linda & Randal Marburger	Sandra Scudder
Bertha & Neal Barr	Thomas & Marybeth Fox	Julia & Thomas F. Maywald	Ginna Seese
Anne Barry	Steve Franks	Jean & Warren McClure	Leland & Lisa Seese
Helen & Edward Beckley	Sue Freeborn	Marcia & David McCracken	Jinny & Delmar G. Sewall
Lois Bell	Harold & Tina Freed	John & Margaret McGarvey	Addison & Loveta Sewell
Donna & Greg Bellinger	Donna & Bob Frey DeCou	Carol McKinstry	John & Julie Shaw
Bonnie Benson	Terri & Joseph Gaffney	Mary & Robert McNamee	Lois Sheppard
Peter Benson	Jane Gamble	Joan & Dick Merritt	John & Joan Shrader
J & W. J. Bigbee-Hansen	Marilyn & George Gauntlett	Marsha Meyers	Laurene & Val Shrauner
Dora Blaine	Linda Glenicki	Wally & Edith Meyers	Beverly Shrumm
Barbara Blancke	Jeanne Goetz	Bev & Tom Millar	Mildred & Arther Shrumm
Beverly Bohman	Ann Goff	Betty Millea	Chris & Sylvia Siddons
Per & Inga Bolang	Richard Gould	Becky & Gary L. Miller	Richard Simms
Carol & David Bosworth	Billie & Don Grande	Merle Moore	Betty & Francis M. Simpson
Janet & Mark Bowman	March Gunderson	Nancy Moores	Ann Slater
Sue & Don Bowman	Midge & Ed Halberg	Nancy & Eric Myers	Jean & Kevin Sloan
David & Madeline Brenner	Christine & Tom Hall	Jerry & Helen Nash	Denman & Janet Smith
Gale Britten	Holly Hallman	Nadine & Richard Naubert	Elizabeth & James C. Smith
David Brubakken	Denise & Tim Halstead	David & Susan Neal	Evelyn & Leroy Smith
Ben Bryant	Peggy Hansen	Maxine Neel	Lynn & Tim Smythe
Kathy & John P. Buban	Lucille Harms	Anna Joyce & Richard Nelson	Amy & Alan Spanne
Clifford Burkey	Diane & Curtis Heikell	Janann Nelson	Cynthia & Steven St. Clair
Betty & Cheryl Cameron	Harriet & Walter Henry	Janice & Peter Nelson	Colleen & Ronald Starr
Dennie Carcelli	Teresa Herron	Karen & William Neumeister	Gary Steeves
Mary & Richard Careaga	Beth & Dan Hess	Carolyn Newman	Tracey & Elizabeth Steig
Midge & Steve Carstensen	LuVerna Hilton	Carol Nickols	Boyd & Susan Stockdale
Steven & Elizabeth	Chris Hoffman	Carolyn & John Niva	Debra Stockham
Cedergreen	Clark & Barbara Hoffman	Mary Nolting	Deborah & Erie Stone
Glo & Frank G. Ceteznik	Liann & Steve Holt	Janice Noonan	Ruth & William Stubbs
Joan & Bill Chalk	Nancy Horman	Kathy & Dr. Bruce Norquist	Margarita Suarez
Phyllis Chang	Leslie & D.G. Hostetter	Joan Oates	Gwendolyn Sweeney
Arden Charles	Mark & Susan Hougum	Eugene Oliver	Elaine Swigart
Carla Clark	Margaret Howard	Kathy & Doug Paaauw	Beverly Taylor
James & Rachel Clifton	Patrick Howell	Johanna Padie	Neal Teng
Berta & Thomas Cohen	Robert & Marjorie Hurlow	Norma & John Patterson	Lisa Thocher
Carol & Jim Coleman	Beryl Ingram	Linda & Robert Pauw	Patricia Trainer
Bill & Kathy Collins	Charles & Majorie Jenner	Patricia & Arvid Pedegana	Terry Tripp
Carole Conger	Doug Johnson	Walter & May Pendergrass	Linus & Sharon Tumbleson
Elizabeth Cook	Dwight Johnson	Carol Perrin	Henry & Leah Turner
Janice Cornforth	Rodney & Joyce Johnson	Anne & Robert Perry	Joyce & Ned Turner
Ethan Crawford	Mark Jones	Sarah Perry	Lori & Monty VanderBilt
Jane Crowder	Jennings & Loraine Keith	Barbara Pitts	Robert & Linda Vaughn
Sheila Cutler	Lora Kennedy	Ron Poindexter & Jay Williams	Bonnie & Louis Vontver
Shelley Dahl	Gary & Jan King	Barbara Post	Sandra Walp
Terry & Ralph M. Dalry	Carol & Tom Kinsman	Shawn Prenzlou	Carole & Mark Walters
Phyllis & John Daniels	Kathleen & Richard Kirkendall	Pamela Proske	Linda Ware
Dolores Davis	Jo & Brad Kirschner	Faith Rasco	Donald & Leanoire Weber
Pamela Dean	Ron Kirstein	Karen Rathe	Susan & Bernie Weber
Susan Dean	Hildegard Knaebel	Margaret Redman	Bob & Barbara Welsh
Amy & Mark Delaney	Robert Knappe	Harriet Reed	Kenneth & Janice Willis
Lilli & Scott Denneson	Vicki Kost	Jean & Dennis Reichenbach	Peter Wilson
Mary Denny	Joan & Bill Krakowiak	Barbara & Luke Reinsma	Patricia Wirta
Donna DiFiore	Robin & Brent Kranz	Esther Rickelton	Cathy Woo
Maureen Dightman	Rembie & Mike Krattli	Tamara Roberts	Ann Wood
Susan Dittig	Lois Lamb	Jeanie & Thomas Robinson	George & Jane Wood
Katherine Dixon		Debra Rochefort	Jinah & Jason Yoon

Churches & Others

Bill & Melinda Gates Foundation, Community Church of Issaquah, Crista, Dupar Foundation, First Presbyterian Church of Bellevue, First Presbyterian Church of Kent, Glaser Foundation, Inc., Lake Burien Presbyterian Church, Maple Valley Presbyterian Church Women, Microsoft Matching Gift Program, Mount Baker Park Presbyterian Church, Newport Presbyterian Church, Northminster Presbyterian Church, Overlake Park Presbyterian Church, Park Shore Retirement Community, Presbytery of Seattle, Rainier Beach Presbyterian Church, Rolling Bay Presbyterian Church, Safeco The Matching Gift Center, Southminster Presbyterian Church, Stewardship Foundation, University Presbyterian Church, Wedgwood Presbyterian Church, Wisconsin Youth Soccer Association, Woodland Park Presbyterian Church.

Important Dynamics for the Fiscal Year 2006-2007

Samaritan Center of Puget Sound

Fiscal year ending March 31, 2007
\$ (in thousands)

Statement of Changes

Agency Service Income	\$2,024.2
Contributions	130.9
Non-Operating Income	<u>23.3</u>
Total Income	2,178.4

Program Services	1,801.8
Mgmt & Administration	332.2
Fundraising	<u>44.8</u>
Total Expense	2,178.7

Net Income (\$0.3)

Balance Sheet Summary

ASSETS

Cash & Investments	467.4
A/R & Current Assets	230.5
Fixed Assets	<u>614.6</u>
Total	\$1,312.6

LIABILITIES & NET ASSETS

A/P & Current Liabilities	341.0
Long Term Liabilities	0.0
Designated Funds	128.1
Restricted Funds	51.4
Restricted Real Property	600.0
Net Operating Reserves	192.4*
Net Income	<u>(0.3)</u>
Total	\$1,312.6

Highlights of the Fiscal Year

- The agency provided 23,988 total counseling hours for the year (including 2,597 low-income clinic hours) and 860 other service hours.
- Fund for women provided \$43,961 to serve low-income women and their families in their time of crisis.
- The agency provided services at 22 locations in the Puget Sound. In March, 2007, Redmond Presbyterian Church was added as a new Eastside office site.
- The agency needs to be very attentive to the organizations average collected fees and the level of reimbursement for mental health services by various insurance companies as many pay at a rate lower than our cost of services.
- During the year, the agency added an additional administrative staff position to support the increasing needs of the expanding organization.

* Required by Samaritan Institute to meet accreditation standards.

Therapists and Support Staff Who Joined Samaritan Center During the Fiscal Year 2006-07



Jim Aultman,
MSW



Mary Denny,
PhD



Donna Bellinger,
Office Administrator



Louise Witt,
Bookkeeper



Jesse Dobner,
A/R & Billing



Heather Christensen,
A/R & Billing

Invitation to Deeper Healing (and Healing): New Ways of Moving and Transforming

by Anne Perry, EdD, MA



Over the past several years I have experienced a variety of peaks and valleys in my own personal and professional development. These have led me through some very significant doorways and to some important partners in my own healing. One particular area of challenge has been staying present to chronic back pain involving my leg, which dramatically affected my ability to stand and walk and limited my ability to participate in activities that I'd often taken for granted. I experienced this not just at the very real physical level but emotionally and spiritually as well. In the spirit of intuitive healer Carolyn Myss's words: "Your body is your theology", I was finding that my body, on a variety of levels, was teaching me.

This physical condition led me to a number of practitioners, clinicians, healers and fellow travelers, and in the spring of 2006 I began to work at The Samarya Center in Seattle. In the first session with my coach/partner Molly Lannon Kenny, she said, "Anne, you've done so much in your physical healing, I want to introduce ways to quiet and ease your mind in order to make way for the presence of your 'Observer/Witness' in this process."

The impact of her words was fleshed out in practice over the next several months. I worried less about what I could do or not do, staying present more and more to the observer/witness within me. Could I simply be curious about the pain I was experiencing and be with that in a new way? Week after week I stayed with this process: mind, heart and body. As I moved more, my physical self softened and I was able to give my body new experiences of moving with less pain.

One of the activities I had regretfully given up earlier was doing agility work with one of my standard poodles, Sundance. Today, 14 months into my healing, Sundance and I have formed a team of movement and fun and, in a gradual way, my body has come to know a different experience of movement and pain. As this process of learning and healing of body, mind and spirit continue through each new day, I'm reminded of Confucius' words: "Tell me and I'll forget. Show me and I'll remember. Involve me and I'll understand."

Samaritan Opens Counseling Office in West Seattle

Anne Perry, who has been with Samaritan/PCS for more than 10 years, is now seeing clients in Samaritan's new West Seattle location at 2255 Harbor Ave. SW. She works with a broad range of life issues, including professional development and spiritual direction. To contact Anne or make an appointment at the West Seattle location, call 206-527-2266.

Samaritan Institute Selects Shrumm, Houglum To Lead Regional Training in the West

Leaders from a number of Samaritan Centers will gather in Seattle September 28-29 for a congregational care training event.

Mark Houglum, who coordinates the Resource for Ministry program at Samaritan Center of Puget Sound, and Beverley Shrumm will facilitate the training for about 20 visiting agency personnel, enabling them to improve and expand clergy and congregational care in their communities.

The Samaritan Institute accredits more than 90 centers nationwide and is providing the clergy/congregational care training in four locations in the U.S.

New Administrative Staff



Mary Hanson-Spofford, who came to Samaritan Center in May along with Dr. David Hall, a child, adolescent and family psychiatrist, became part of our administrative staff in August.

In addition to providing support for Dr. Hall's practice with Samaritan at the Ravenna office, Mary assists other clinical staff as an accounts receivable and billing specialist. Mary has won hearts with her ability to work in astonishingly cramped quarters, her fresh flowers and quick sense of humor.

*"Do not kiss your children so they will kiss you back
but so they will kiss their children and their children's
children."*
Poet and Author Noah benShea

Empowering Women: Food, Body Image and Self Esteem

by Joan Krakowiak, MSW



Feelings of powerlessness and self-loathing often lie at the root of eating disorders, patterns of disordered eating and related body dissatisfaction. Using authoritarian methods of treatment, forced compliance and/or controlling food intake (dieting) threatens a woman's already-low self esteem and increases her sense of helplessness.

My approach to treating eating disorders, disordered eating, chronic dieting and negative body image is to help women understand that being feminine doesn't preclude being strong and assertive. Counseling, in my view, is a therapeutic partnership—one in which the client and I wind our way together in and out of the labyrinth of this mind/body/soul adventure. We discover clues along the way which allow us to uncover/discover what is enhancing, what is empowering, and discard what is hindering. When people learn to recognize their needs and be direct about meeting them, they are able to let go of obsessing about food, weight, dieting and body image.

In my work with individuals, couples, families and groups, I create a safe, supportive environment in which people can explore intimacy, healthy relationships, self esteem, communication skills, perceptions of their bodies and a natural relationship with food. For more information regarding treatment, classes and groups offered at Samaritan Center, call our Eating Disorders Treatment Services at 206-957-4698.

Joan Krakowiak is a social worker who joined the Samaritan clinical staff in 2005 when she moved from Hawaii to Seattle. She has worked with individuals, couples and families since 1993. She currently specializes in eating disorders, women's issues and relationships.

Mediation Services

In a Conflict? Think About "Interests."

by Marty Hawkins, Certified Mediator

Resolving conflict constructively depends on addressing the *interests* of the two parties rather than their stated *positions*. Unfortunately, people involved in conflict commonly get stuck in their *positions* and fail to identify their *interests*. *Positions* can be defined as "the preferred outcomes" stated by the parties, while *interests* are "their underlying needs." An important principle of conflict resolution and mediation is that people will not abandon their *interests*, but can explore new *positions*. In other words, there may be a number of ways to satisfy one's *interests*. Identifying these underlying *interests* and exploring alternative *positions* or other options is at the core of resolving conflict.



Here's an example. A high school senior (Jason) asks his parents if he can drive their SUV to the prom. The parents, concerned about Jason's two recent traffic citations, say "No way, your father will drive you." Jason gets angry and his parents dig in their heels. Jason sulks, relationships are strained, and nobody is happy. Both sides are stuck in their positions: Jason wants to drive the car and his parents refuse to let him.

Here's how they get unstuck. Both parties are prompted to identify and explain their underlying interests: why is it important for Jason to drive and for his parents to keep him from driving? Their answers can lead to a resolution that meets the interests of both parties. Jason's underlying need is to feel mature and look cool to his date and friends. His parents' underlying need is to ensure the safety of Jason and his date. Once these needs are clarified and shared, Jason and his parents can find an option that meets both their interests: in this case, they agree to split the cost of a limo—which will be both cool and safe. By abandoning their initial *positions*, both parties are able to meet their *interests*.

Interest-based problem solving is a fundamental skill used by mediators at Samaritan Center where mediation is seen as a transformative process which endeavors to provide reconciliation and preserve the relationship. For a free consultation about Samaritan's Mediation Services, call 206-957-4696.

564 NE Ravenna Blvd.
Seattle, WA 98115
(206) 527-2266
www.samaritanps.org

Jane Vennard (continued from page 1)

HC: You have been exploring prayer for quite a while. How have your perspectives on it evolved over the years?

JV: My perspective on prayer continually grows wider and deeper. Over the years I have experienced many forms of prayer, but now I have come to understand that these forms, as useful and powerful as they are, can be transcended so that all of life becomes a prayer.

I think that is what the Apostle Paul meant when he said to "pray without ceasing." When we take his words seriously the possibilities for prayer become infinite.

Teaching and writing about prayer stretches any preconceived ideas I may have about prayer. Some one might ask me a question I have never before considered, or I may be told of a person's experience of God, or I might need to rethink what I wrote about prayer years before. These experiences return me to the wonder of the mystery of prayer. I have always known prayer to be mysterious, but now I know prayer to simply be Mystery.

**Make Your Reservations by Phone or E-Mail for Samaritan's
Annual Women's Fund-Raising Luncheon**

Wednesday, October 10, 2007 Bellevue Hilton Hotel 11:45 AM – 1:30 PM

Keynote Speaker: Rev. Jane Vennard on "*The Healing Power of Prayer*"

We encourage you to invite and bring with you friends who would like to be part of this experience and who want to support needed counseling for low-income women.

Contact Heather Christensen to reserve your place.

Telephone: 206-527-2266 Ext 103

E-mail: hchristensen@samaritanps.org