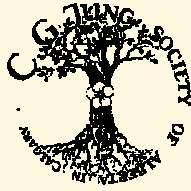


“We support one another in our growth as conscious individuals, seeking meaning in our lives...”



Spring 2009

- President’s Spring Message 2
- Vision, Mission and Values 4
 - Vision 4
 - Mission 4
 - Values 4
- Publicity for Calgary Jung Society on Track 4
- Membership Drive in September 2009 4
 - Core Concepts Course 5
 - Note for members 5
 - Thanks to the following volunteers 5
- Library 5
- Gifts to Society 5
- Contributions to Society 6
- Book Review 6
- New Degree Programs with Jung Specialization 7
- Carl’s Café 7
- Calgary Jung Society 2009-2010 Program 7
- Wine and Cheese for Volunteers 7



The C.G. Jung Society of Alberta in Calgary

Box 63177, 2604 Kensington Road N.W.

Calgary, Alberta T2N 2S5

Canada

Telephone: (403) 968-4874

www.calgaryjungociety.org

CG Jung Society News is issued semi-annually to members

Honorary Patron: Dr. Sonja Marjasch

Honorary Life Members:

Barbara Dobbie

Dr. Josephine Evetts-Secker

David Haigh

Dirk Van Wyck

Society Executive

President: Sue M. Scott

smscott6@telus.net

Vice President: Kate Mergen

kate.mergen@davincibb.net

Recording Secretary: Edie Lee

edie.lee@shaw.ca

Treasurer: Al Ralliston

rallisonal@shaw.ca

Publicity Coordinator: Sharon Horne

sharon@sharonhorne.com

Program Technical Coordinator: Alf Pucek

alf_pck@yahoo.ca

Webmaster: Laura Pylypow

laurapylypow@shaw.ca

Society Members with Special Responsibilities

Refreshments: **Jean Mitchell** and **Rose Loschiavo**

Program Management Committee:

Kate Mergen, Chair

Sue Scott, Secretary

Sharon Horne, Publicity Coordinator

Advising Analysts:

Judith Simmon

Mae Stolte

Zeljko Matijevic

Monthly programs are held either at **Parkdale United Church** (2919 – 8th Avenue N.W., Calgary, AB T2N 1C8), or the **University of Calgary**.

President's Spring Message



*Quick now, here, now, always—
A condition of complete simplicity
(Costing not less than everything)
And all shall be well and
All manner of thing shall be well
When the tongues of flame are in-folded
Into the crowned knot of fire
And the fire and the rose are one*

T.S. Eliot, the *Four Quartets*, *Little Gidding*

I will begin by stating our original purpose of the Jungian Society: We are committed to our growth as conscious individuals. We are a group seeking meaning in our lives. We do not fear the darkness but are striving to live in relationship to both personal and social darkness. And we want to create greater depth in relationships with our selves and between individuals.

What a year of change and renewal the Calgary Jung Society has experienced in 2008! The Executive members were all new, with the new president, Jean Leveque, resigning in January 2009. I stepped in to the president's position for 2009, and Kate Mergen is now vice president and designing the program for 2009 – 2010. We still need a few more members on the Executive. We have settled in nicely to Parkdale United Church for monthly programs, but still have some audio technical issues in the church auditorium. Alf Pucek and his helper Robert Wilkes continue to perfect the speakers and equipment but we always need technical helpers and would be pleased to hear from those interested in helping us on those program nights at Parkdale.

In May, Dr. James Hollis from the Houston Jung Center, discussed to full houses at both the lecture and the workshop, the inner workings of the Shadow. Briefly, the Shadow is that dark part of ourselves that is very real but to which we are unconscious. For each of us there are energies, motives, and



agendas that operate outside of our conscious control. These energies, which Jung collectively identified as the Shadow, might best be defined not as evil, but as that which makes us uncomfortable with ourselves or what we don't like about ourselves. When denied or repressed, negative shadow material creates real trouble for us. It is present in dreams and fantasies and can serve as warnings or potential problems that need attention. If we pay attention to images and emotions attached to these dreams and fantasies, we can deactivate them, so to speak, and create no harm to self, others, or society. It takes courage to examine the shadow in a personality and then to take responsibility for it when these darker selves emerge.

Inspired by such a good turn out for Dr. Hollis, members of the Executive planned and executed three monthly programs in the Fall, 2008, plus the five session **Core Concepts** taught by Zeljko Matjevic, one of the Jungian analysts in the city. September 26, Mae Stolte and Judith Slimmon, two other analysts in the city, led a panel discussion on the best seller *The Secret*. They compared the book/video tape to Jungian theory, and essentially concluded that what was left out was the notion of suffering. One cannot have whatever one wants without a sense of suffering, letting go of that which is familiar or dear, mourning the loss, and making way for the new.

In October, Dr. Karen Evers-Fahey discussed Jung's notion of **adult life stages** as compared to other life stage theorists. In midlife there is the greatest point of separation between the ego and the soul (Self or psyche). When this is felt acutely, there is a feeling of "I don't know what I'm doing"; at that moment there's a call to find our true values and self. Later in life with conscientious work at making images and fantasies conscious, it is possible to find an ego-soul figure in our dreams. When this happens there is an experience of meaning that transcends anxieties. In her workshop we read pages 449-454 of Jung's CW 18, *The Symbolic Life*. Briefly, individuation is adaptation to one's inner reality. This requires techniques that attempt to give meaning or understanding to inner images, then to *act* on the meaning found there. Transformation occurs in bringing the inner life into the outer life, adapting to a new way with alternative values and sacrificing old values that don't seem to work anymore.

In January, at the Annual General Meeting, we viewed one of the first CD conversations in *The Way of the Dream* series, a tribute to Marion Woodman. Dr. Marie-Louise von Franz speaks about the interpretation of dreams, from her 40 year experience of working with clients and thousands of dreams.

We plan to view at least four more conversations in this ten part series in our 2009-2010 program.

By now you will be seeing a trend in programming. First was the individual, sometimes faultily perceived as in *The Secret*; next, the individual follows a set of stages that begins, essentially, at midlife. Mechanisms are at work to delay, to obfuscate, or to facilitate growth into maturity in the various stages. In February Dr. Dirk Evers discussed relationships between people, as well as relationships among the various "figures" in our images. Called typology, Evers helped us to discern our own patterns through images and concepts and how they compliment or aggravate our partners or colleagues. His 30 years of experience as a marriage counselor contributed a depth of understanding and know-how for counselors and members. Both Dr. Dirk and Dr. Karen Evers-Fahay were on the Zurich based Jungian Institute staff, now retired in Victoria.

We continue with the trajectory on relationships, from intrapersonal to interpersonal relationships, in April. This time we focus on the relationship between the parent and the child in family constellations. Dr. Polly Young-Eisendrath, University of Vermont, comes to us to highlight a cultural revolution where the baby boomers and Gen/Me children believe they are truly special and unique. This inflated self image keeps children adolescent since they cannot make decisions without inordinate fear of making a mistake. As Polly Y-E states, they have a hair-trigger for humiliation as well as unrealistic fantasies of achievement, wealth, power and celebrity. A short synopsis of this book follows.

On June 5, we continue personal analysis using the example of a mythic tale of a humble hero and heroine who did not fear their dreams, but listened and brought into the world a transformed being. Please join us for Pearl Mindell, Jungian analyst from New York, now living in Edmonton, and her discussion of what humility can mean for the birthing of a new people.

The T.S. Eliot poem is gratifying in one sense, a firm belief that all will be well when the inner world turns inward to make one rose fueled by the passion of the flames. The former Executive kept the fires burning; the new Executive is trying to stay afloat with the knowledge that all will be well, all manner of thing shall be well, if we all do our work. Our jobs are to help each other become conscious of our inner lives, each life becoming a great opus, a flaming rose, seemingly opposites, knotted into one. It's the least we can do for society.

Sue Scott



Vision, Mission and Values

A 2008 Fall Retreat of Executive members, analysts, and some past Executive members, produced the following statement.

Vision

A dynamic community engaged in the discovery of Self and the world in which we live, in the spirit of the life and work of Carl Jung.

Mission

To nurture and support greater self awareness, creative expression, psychological insight, and well-being by:

- Engaging in relationships and dialogue with individuals, scholars, communities and professionals locally and worldwide.
- Providing educational programs that support the study of transformation, and explore the relevance of analytical depth psychology to societal, cultural, and global issues.
- Providing continuing education that may qualify for professional accreditation with professional organizations.
- Offering members access to a resource library and informational links to other Jungian websites and groups.

Values

Our actions demonstrate that we value:

- Jung's theory and the evolving perspectives of those engaged in studying, writing, speaking, and practicing it.
- Knowledge and learning through exploration, discovery, and seeking meaning in our lives
- Awareness as a path to integration
- Connections to community
- Dynamic and conscious transformation at individual and collective levels
- Clarity and understanding of Jungian concepts to help us be more conscious of what we are experiencing
- Accessibility to individuals committed to the work of Self

Publicity for Calgary Jung Society on Track

The Publicity Committee has been spending its time creating innovative and timely ways to build a dynamic community engaged in the discovery of Self and the world in which we live through the spirit of the life and work of Carl Jung.

We have recently worked with therapists, former and current executive members to build the dynamic vision, mission and values that you see today. The VVM, as we call it, was created from an all day Fall Retreat in September and has given us the much needed focus and alignment to develop a marketing plan to get what you need from us to you.

We are now preparing for the successful launch of our renewed website. It will continue to reflect the needs of our membership and communities and provide you with the information, ideas, resources and inspiration to attend the fabulous roster of events planned for the future, participate in Carl's Café with preparation for the latest topic, access to our library, and use of our on line service to pay for upcoming events.

Sharon Horne
Publicity Coordinator

Membership Drive in September 2009

Most of the Jungian members will have their membership up in September. Membership in support of the Calgary Jung Society is \$30 per year, \$20 for seniors and students. Members may attend lectures and workshops at a reduced rate, have exclusive use of our well-stocked library, receive notices of all events and the Society newsletter online. Members also have the opportunity to become an Executive Member and meet directly with many speakers of national and international prominence. We appreciate your support of the Calgary Jung Society through becoming a member.



Core Concepts Course

The Fundamental Core Concepts in Jungian thought is being planned to begin September 28, 2009, at Parkdale United Church, on Monday nights. The instructor this year will be Mae Stolte, Calgary Jungian analyst with many years of experience.

This seminar series will present an opportunity to explore and discuss the basic concepts and principles developed by Jung. Over a period of five sessions we will consider what he meant by concepts such as ego/Self, personal and collective unconscious, symbol, anima/animus, archetypes and instincts and the nature of dreams.

Dates for Core Concepts: **September 28, October 5, 19, and 26, and November 2, 2009**

Note for members

The Executive of the Calgary Jung Society plans and executes programs that fulfill the purpose of the organization. There are positions available on the Executive that meets once a month. Volunteer activity is satisfying with this dynamic and questing group. Our biggest need right now is for a membership coordinator and a person interested in calling the members for volunteers. Please call Sue Scott, 403-249-6927, if you would like more information.

Thanks to the following volunteers

Louis Koutis for leading the discussion on *Pan's Labyrinth* in November. For Jean Leveque for serving as president for a year, Laura Pylypow for coordinating and facilitating Carl's Café. Jean Mitchell and Rose Loschiavo for helping to make and serve coffee during the programs. For Karin Hoenig for assisting the program coordinator last year and for helping to facilitate our Visioning retreat, along with Sharon Horne. For Kate Mergen for helping to upgrade our website. For Sloane Dugan and Mae Stolte for introducing speakers. Robert Wilkes for helping with the technical equipment during programs at Parkdale. Christine Shellska for designing and coordinating the Newsletter. And it's worth saying, A BIG THANK YOU to those on the Executive that make this Society run smoothly.

Library

Books purchased this year for the Jung library collection:

- Hollis, J. (2007). *Why Good People do bad things: Understanding our darker selves*. New York: Gotham books.
- Lammers, Ann Conrad and Cunningham, Adrian. (Eds.) (2008) *The Jung-White Letters*. Philemon Series. New York: Routledge.
- O'Donohue, John. *Anan Cara: A book of Celtic Wisdom*. (1998). New York: Harper Perennial.
- Young-Eisendrath, Polly. (2008). *The Self Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance*.

Also available in the Jung Library:

Evers, Dirk. (2009). *Typology: Your ways to understand yourself and others, understanding his or her way to do the same thing—just another way*. A workbook presented at Dr. Evers' workshop February 28, 2009, How to Work with Couples. Calgary: Parkdale U. Church.

Available at Self-Connection Bookstore:

- Atwood, Margaret. (2008). *Payback*. (Panel discussion on the Shadow Side of Wealth, September, 2009)
- Spiegelman, Marvin. (2003). *The Divine WABA: A Jungian Exploration of Spiritual Paths*. (coming October 15, 2009 to Calgary)
- Perera, Sylvia Brenton. (1981) *Descent to the Goddess: A way of initiation for women*. (coming to Calgary in May, 2010, speaking on Celtic Mythology with a workshop on the Healing Well Ritual)

Gifts to Society

The Calgary Jung Society has a nonprofit, charitable tax exempt status. It is a 16 year old volunteer organization that is morphing into something bigger. We are constantly needing money to update our website, buy newer equipment, and buy books for the expanding library. At our recent Visioning retreat, several people tentatively suggested that we start a centre. This takes resources, such as money, volunteers, time, energy and talent. Would you consider contributing to our growing needs through a monetary gift? Al Rallison, our treasurer, who is "proud as punch in Lakeview" about the Jung Society, would be happy to issue you a tax receipt for your contribution.



Contributions to Society

Spend time with the Calgary Jung Society

In this recession, there are many people who are being asked to delay work appointments until later in the Fall, or who are victims of layoffs, or simply cannot find jobs. Community service is a legitimate way to spend time and we would like to suggest that volunteering with the Calgary Jung Society would be a very good way to contribute to society. While there are many jobs to be done, what is more important is the dialogue that always occurs when like-minded people gather together. The jobs are not hard, some take a bit of time, but the collection of people who are willing to study, read, think, and dialogue about their dream images and material in their unconscious can be very satisfying. People who turn and face their images and demons, and start a dialogue with their internal symbolic life, are those who are preparing for the future, a new future that is coming to meet them. Please consider joining our team of volunteers and contributing to Society. Call Sue Scott, 403-249-6927.

Book Review

Young-Eisendrath, Polly. (2008). *The Self Esteem Trap: Raising Confident and Compassionate Kids on an Age of Self-Importance*. Little, Brown publ.

Reviewed by **Sue M. Scott**

Are your Children Special or Ordinary?

The Self Esteem Trap is what many parents of Gen/Me'ers somehow unwittingly perpetuate in their children. Baby boomers, parented by those who survived one or both wars and a depression, have been parented with the projections to live "happy" and "contented" lives. Without meaning to, Baby boomers, have been told they were special, and now are projecting onto their own children, the Generation Me'ers (Gen/Me'ers), a similar notion that they are unique and special, too. Baby boomers' children have become helicopter parents hovering over their children, interceding on their behalf when there are difficulties, denying children the consequences for their action, and thereby depriving their children from learning from their mistakes. Parents seem to misunderstand about self esteem. It doesn't occur when children are simply told they are special or are treated that way. Self esteem occurs when children do something well and can legitimately take pride in learning and accomplishing something well.

The Jungian concept here is projection, with parents not doing their work to keep from projecting their own desires or frailties outward. As we have learned in the Jungian Society, projections are rampant; Ken Wilbur suggests the only time we are not projecting is when we are asleep. If that is true it is in our best interest to project the kinds of virtues, found in chapter 6 of Polly Y-E's book, and learn to digest those qualities that in the long run actually harm our children, and thus our own future. Withdrawing inward our own needs for happiness, our own need to feel special, our need for self esteem, and our need to learn systematically from our mistakes...all of these are what parents need to do. And we need to let our children live their lives learning skills in communication, cooperation, compassion for others, identifying their feelings, and making choices that are in everyone's best interests. Children need to know they are fallible, not perfect or special, but elegantly and simply ordinary.

The Calgary Jung Society is pleased to present

Pearl Mindell

Jungian analyst, Edmonton and New York

Friday, June 5, 7:30 pm

Parkdale United Church

2919 – 8th Avenue N.W., Calgary

A Humble Heroine and Hero for our Times

Our modern times desperately need new images of what a true heroine and hero are. A humble heroine and hero are ordinary people who are able to stay grounded and persevere in what they inwardly know is true in the midst of life's pressures and orientations. What sustains their ongoing commitment is that they are guided by a Source, a larger context than their individual needs. Mary and Joseph, seemingly ordinary and humble people are asked by God/Source Energy to birth, nurture and protect a new evolution of consciousness in the being of Jesus Christ. To such an extraordinary request, Mary and Joseph, individually and jointly say 'Yes' and then willingly pay the personal costs of doing so. For me, Mary and Joseph represent a true humble heroine/ hero, who are inspiring and relevant for us today. Jungian Psychology offers us a way to jointly explore and be informed by this remarkable mythic story. Together we can discover how it may enrich and apply to our lives.



New Degree Programs with Jung Specialization

When James Hollis was here, he mentioned that there is a new masters and doctoral degree program beginning at Saybrook University that has a Jung specialization. Below are the links to both the Saybrook main page as well as the specific link for the Jungian programs.

<http://www.saybrook.edu/>

(Clicking on Jungian Studies under Degree Program Specializations will get you to the Jungian link as below).

<http://www.saybrook.edu/academics/psychology/Jungian.asp>

Carl's Café



Carl's Café began as an experiment. We wanted a more community-oriented type of event to complement our lectures and workshops. In nearly two years, the café has matured and developed a clear but flexible format, yet it's still an event where everyone's input is welcome, and you can never be quite sure which way the conversation will go.

We choose our topics by community consensus and generally use a related myth or fairy tale to get ourselves thinking symbolically. We've learned that dialogue in this atmosphere, even among non-experts, reliably brings the archetypes to life in ways that are immediately accessible and relevant. Each evening has its own unique character, but the groups are always supportive and mutually sustain the "sacred space" where the inner and outer worlds meet. Often the deepest insights come from the "newbies" who are meeting Jung's ideas for the first time.

Now happily settled at Steeps in Mount Royal Village, we appreciate the kind hospitality we've received from Chantelle and her staff. Currently, the café meets on the first Tuesday

of each month, 1 week later after holiday weekends. Upcoming dates in 2009 are: April 7 (on symbolism of vision using the Grimms' tale *One-Eye, Two-Eyes, Three-Eyes*), May 5, June 2, July 7, August 11, September 15, October 6, November 10, December 8.

Laura Pylypow

Calgary Jung Society 2009-2010 Program

CORRECTED APRIL 20, 2009

Friday, April 17 and Saturday, April 18, 2009 Polly Young-Eisendrath: The Self Esteem Trap. Lecture and workshop.

Friday, June 5, 2009 Pearl Mindell (Edmonton): A Humble Heroine and Hero for Our Times. Lecture.

Friday, September 25, 2009 Judith Slimmon, Mae Stolte, Zeljko Matjevic, Calgary analysts panel discussion: Money, Money, Money

Friday, October 15, 2009 J. Marvin Spiegelman (Berkeley, CA): The Divine WABA: A Jungian Exploration of Spiritual Paths. Lecture and workshop.

Saturday, November 7, 2009 International video conference: presentation of The Jung-White Letters (drama) plus facilitated discussion with **Murray Stein** in Zurich.

December 2009 Winter Solstice Ritual: Demeter and Persephone.

January 2010 AGM

February 2010 Film presentation: 4 excerpts from The Way of the Dream.

April 2010 Sylvia Brinton Perera, Director of Curriculum, Analytic Training Program, Jung Institute NYC: Celtic Mythology (lecture) and Healing Well ritual (workshop).

Fall 2010 Nancy Qualls-Corbett, analyst, Birmingham, Alabama: Awakening Woman – Dreams and Individuation.

Wine and Cheese for Volunteers

If you are interested in becoming a Volunteer for the Calgary Jung Society, please join us on Wednesday evening May 13, 2009, 7:30 at Sue Scott's house. Call 403-249-6927 to let us know you are coming.

