



September, 2009

Dear Phoenix Clan:

Welcome to what I hope will be a challenging and rewarding clan. I have done a number of clans that have focused on shape changing and the different masks we wear in life. This clan takes that kind of work one step further.

Many of us have become reasonably skilled at emotional and psychological processes, skills often learned while experiencing the most painful situations in our lives. I have learned that even when we have grown and healed from those painful situations, we experience a psychic connection to them that can leave us feeling off balance in some way. To live fully, we need our psychic energy to be as healthy and strong as our minds, hearts and bodies.

These are my expectations of this clan:

- That you have done a decent amount of healing around your specific experience, as this clan is not intended to be therapeutic in that way. This can mean healing through personal process, healing through the passage of time, and/or healing through non-traditional therapies.
- Do not plan on telling your "story". If you really feel it would help you in your work, I will set aside time for you to tell it to me. Be ready to be vulnerable and to commit to confidentiality. Even without reciting the litany of our experience, personal details often are revealed as we each move through the Phoenix process.
- Do not come **planning** to fall apart. In the course of the weekend, some of us might, which is fine. This can happen organically, as it should, and we will support each other. Again, re-experiencing the painful event is not the point of this work.

Important! We will be supporting the work of the Releasing Fire Friday night. If at all possible try to arrive early enough to get settled and find me at the clan table. We will help set up the space, as well as use movement and rattles (bring one if you have one) to create the paths of the ritual. We will each have time to do our own releasing. I know some of you simply cannot get there early enough to catch the whole thing, but I will be at the clan table, except during the Opening Circle, and I can fill you in.

Please read the second mailing carefully, as we do change some things year to year. Bring something burnable for the Releasing Fire if you like, a vegetable for the community soup, layers of warm clothes and a pen and journal are always a good idea. Extra blankets or cushions for clan space is helpful and candles for our clan table as well. If we have a permanent clan space, you can add to the altar there as well. If you own a tarot deck, even if you rarely use it, please bring it; I will be bringing many decks with me so you do not need to purchase one just for this clan.

I am looking forward to this clan very much; Twilight Covering is my favorite gathering in a lot of ways and working closely with a group of committed people is one of the reasons I love it.

Sue