

## Collective Document

On March 28<sup>th</sup>, 2009 in Burlington the participants of the Narrative Therapy Certificate Program came together to discuss and explore ideas about circulating the alternate story. In this day we had the opportunity to also explore collective and community practices. Many diverse stories were shared relating to themes of having belief, exercising certain knowledges and skills, and appreciating the contribution of our histories. Below are words and themes gathered into a poem that emerged from the stories shared relating to 'what sustains us in difficult times'. Our hope is that these words may bring sustenance to others where ever they might be.

### **What Sustains Us In Difficult Times**

Belief, believing, sharing.  
An attitude of gratitude.  
We have something to contribute,  
A hope, a knowing about perseverance and possibility?

Maybe we learned it from the Geese.  
They come back every year, no matter what.  
Maybe we learned it from our mothers; family  
Influence our values.

Maybe it comes from sharing around the campfire.  
Generations of tenacity and connection,  
Watching the stories move and evolve.  
Holding the space so that things can grow;  
That's what we do.

For a season, or a life time;  
Accepting that good and bad things happen.  
This too shall pass and perhaps into  
Hope that you get to somewhere warm and sunny.  
When you get old, like a road trip in a car, or a ride on the back of a Canadian  
Goose,  
Believing in the new beginning; the story, gives us Inspiration.

Each journey may be different,  
But we are all on a journey.  
Being together in difference,  
A sense of community.  
Belief, Believing, Sharing.