

August 13, 1971

IN A NUTSHELL



MPA NEWSLETTER  
#6

3191 West 10th  
Phone: 738-1422

CRISIS VOLUNTEERS

The volunteer training program has been completed and about 30 volunteers are now putting in shifts, answering phones, welcoming newcomers and talking to upset people. We do need more volunteers however, so if you have any interest in helping out, contact Cathy Batten at MPA or at 731-9845.

Cathy would like some people to help her organize the volunteer schedule. This will include phoning volunteers each week to confirm the times when they will come in, and trying to convince others to put in some time either on a regular or irregular basis.

If you didn't take the crisis training program but would like to volunteer anyway, give it a try. You'll learn more when you're actually doing your shift than in the training course. Other people around the house will help you out until you get the hang of it.

It's really not threatening. The work is important, useful and interesting. If you have some spare time, there's no better way you can use it than to help others who are feeling lonely or upset.

THE VOLUNTEER ASPECT IS CENTRAL TO WHAT MPA IS ALL ABOUT. YOU CAN HELP. PLEASE DO.

HOUSING COMMITTEE

MPA House is a temporary residence for upset people. When they complete their stay with us, we want to help them find housing. We don't want to just say goodbye and leave them on their own the way hospitals do. One of the most crucial aspects of the MPA program is to provide ongoing support by assisting people to get set up in suitable housing accommodations.

The housing committee has rented our first co-op house in the vicinity of the MPA main house. Plans are to provide a permanent cooperative home for six people. This means we need furnishings for the complete house. Therefore if you can help or know of anyone who can, please call MPA.

Also, keep looking for other houses with sympathetic landlords for future housing.

Please spread the word that we need furniture (beds, tables, chairs etc.) and other houses!

If you're not satisfied with your present living conditions and want to move into a co-op house with other MPA members, get in touch with Lee Cowan at MPA House or at 738-8048.

FARM REPORT

The farm house is almost completely painted on the inside, but due to lack of manpower the outside is yet to be painted. Beds and furniture have to be obtained to make it operational. I realize it is difficult for a person to give some of his time, but it must be

done. The farm project is just as important as the house in town, and in a way more important because of the park like atmosphere and the peaceful surroundings that can do more good than any pills.

If you could see your way clear to join a work party to finish painting, hang curtains, clean up etc, please contact Stan Mailley at MPA House and volunteer. Transportation will be provided.

### AND SPEAKING OF THE FARM, SIR FIGBY RIDES AGAIN

Sir Figby Snort is out at the farm and it does one's heart good to see him. Dressed in his leopard skin with a sombrero on his head he makes a striking figure as he rides up and down on the back of a cow spearing dried cow flops with a bamboo pole. He is living in a tree house out in the bush and shouts obscenities at squirrels, birds etc. all night long.

### CRISIS PHONE LINES

We are having a two-line crisis phone installed so the chances of getting a busy signal when you call MPA will be much reduced. The crisis number will be listed with information or you can get it from the MPA business number which remains 738-1422.

### GROUPS

A program of therapy and encounter groups has begun. Groups will be held on a fairly regular basis in the future. If you want to be notified about these groups, let Lanny know.

### BULLETIN BOARDS

Very often events are planned just a few days before they occur, so there isn't time to announce them in the newsletter or to phone people. If you're around the house, read the bulletin boards. Messy though they be, they carry announcements about all upcoming events. If you're not around the house, call in every so often to find out what's happening.

### CRAFT REPORT

The craft workshop is built. There are resource people on hand Monday to Friday from 11 A.M. to 4 P.M. What is needed now are members interested in learning about crafts! The crafts that are available at the moment are: Batik / Tie-dye / Silkscreen / Macrame / Drawing / Weaving and Pottery.

A lot of effort has gone into setting up the craft area. If you have any interest in learning or teaching crafts, get in touch with Susan Landell or Janet Allen at MPA House.

EVERYONE is welcome. . . create a magenta butterfly with one orange eye. . . release a team of rainbows. . . etch the small white dots on a tiger lily. . . knot legends of dragons and long-legged maidens. . . enjoy yourself.

### PHYSICAL FITNESS IS NEXT TO GODLINESS

We have the use of the United Church Gym across the street from

And yet  
I am not healed  
For a word -  
A distant threatening sound  
Shoots me off again  
Shattering the cobwebs  
That enfold me  
Encircle me  
Bind me  
To some hidden sorrow  
That lies there in a stupor  
At the back of my head

There is no word  
That accurately describes  
The feeling of foreboding  
That I once had  
That now slides past like some reptile  
Nudging at the corners of my eyes.

Let me look away  
Let me see the things I love  
How wonderful!  
How beautiful!  
But it is still there!  
I know it is still there!  
When will I feel safe again?  
Never?  
Yes--never.

\* \* \*

If you have anything you want printed in the newsletter--whether a poem or an article--please submit it. IN A NUTSHELL has a very open publishing policy. The only things we won't print are pieces not submitted.

YOU ONLY GET OUT OF IT WHAT YOU PUT INTO IT  
--AND ALL THAT CRAP--BUT IT'S TRUE (SORT OF)

There are a lot of things going on at MPA that people can get involved in. So, please, get involved in them.

If there are things about MPA you don't like, here are some suggestions: 1) bitch; 2) bitch convincingly; 3) do something about it.

FROM OUR GRAFFITI BOARD

Blessed is he that Layeth Not His Trip Upon Another.

NEXT GENERAL MEETING: FRIDAY, SEPTEMBER 10, 1971, 7:30 P.M.  
Please attend.

MPA any weekday from 9 A.M. to 2 P.M. and on Thursday evenings. Available activities include basketball, badmington, yoga, ping-pong, gymnastics and petting. In fact, about the only activity the Church Directors prohibit in the gym is praying, as they don't believe in mixing business with pleasure.

If you suffer from unsightly fat, come out sometime and have some fun with it.

### SOFTBALL

MPA has formed a softball team and is playing in the Kosmic League. There was a lot of arguing over a name for our team. Some-one suggested we call ourselves the Messiahs, but others felt it would be hard running the bases in long, white robes. We eventually arrived at the name, the Napoleons, and the crafts people have batiked uniforms that look like this:



The Naps met their first Waterloo in a tight pitching duel against the Rat Hotel Monday. We lost 23-22. It was a real heartbreaker. Tom Pollok was so upset he didn't stop crying for an hour after the game ended. He explained that it wasn't the score that bothered him so much as the fact that Lloyd drank all the beer while Tom was making time with Judy Rekdal, Rat Hotel's right fielder.

We'll be playing more games and will be entering the Kosmic League Tournament to be played at Capilano Stadium August 22-25. If you want to play or come out and cheer, phone the house for game times etc.

### Beyond Sound By Molly Daxall

My day is a snare  
In which I am caught  
Struggling

At dawn I am revived  
To continue  
What life has become to me  
A life outside of life  
Where my life screeches  
To unimagined heights  
And instinct holds me back  
Puts on the brakes  
Till gathering strength  
I quietly descend to the glass surface  
And I remain  
Healing myself  
By the steady routine  
Of my existence