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Programs for JUNE–SEPTEMBER 2012

ONGOING SERIES

A Love Story: Once Upon a Time . . . Once Upon a Universe

We continue this story begun in January. It is a sacred story and makes all other stories possible. It's the unfolding story of how our home — the Universe — came to be. It's a story we'd like to reflect on during 2012, month by month, chapter by chapter. Each program offers song, prayer / ritual, reflection and discussion on a particular aspect of this great story. As with any story, continuity is important so we highly recommend that you attend every monthly session so you can get the whole story. However, if that's not possible, any and every month will offer resources that will nourish you and deepen your love for our common home. Please check the monthly programs for a description and details.

A Place for Women to Gather provides a welcoming place, programs and services to foster spiritual and human growth development for women. While we endeavor to keep fees at a minimum to support our ministry, cost need not be a hindrance for anyone. Unless otherwise indicated, a \$10 registration fee is requested to be sent no later than one week prior to the program you wish to attend. Also, unless otherwise noted, events take place at our center.

— Sister Mary Margaret Weber, CSC,
and Sister Judith Hallock, CSC

JUNE

A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 6

The focus this month is "Stories of Cataclysm, A Pattern of the Universe." Cataclysm is one of the "powers" of the Universe. The Universe destroys some of its achievements as a necessary condition for new creativity. We, too, know that our lives are shaped and reshaped as we experience our own personal cataclysm. For fuller description, see "Ongoing Series."

Presenters: Sister Judy Hallock and Sister Mary Margaret Weber
Dates/Times: Monday, June 11, 7–8:30 p.m. OR
Tuesday, June 12, 1:30–3 p.m.

Free will donation

Feng Shui for Better Health!

Can the placement of your bed really have an impact on your health? How about the state of your appliances? And how can poor lighting and faulty electrical systems lead to depression? Feng Shui tells us that our health and well being is reflected in the maintenance of our homes and gardens. Feng Shui principles have been used for thousands of years to support optimum health and to detect areas in the home and surrounding areas that may have a corrosive impact on the body. This workshop will examine common configurations in the home that may lead to health concerns, from depression and low energy, to cancer, headaches and respiratory problems. The latter half of the workshop will discuss ways to rearrange the home to produce an optimum healthy living space.

Presenter: Gabriele Amersbach
Dates/Times: Wednesday, June 13, 1:30–3 p.m. OR
Monday, June 18, 7–8:30 p.m.

Suggested donation: \$20

Forgiveness: How to Let It Go and Move On

Forgiving another may be one of life's most difficult and misunderstood undertakings. Questions like "Why should I?" "What's in it for me?" "What will it do to my reputation?" "My self-esteem?" will be addressed. Also, a process will be offered to help you forgive.

Presenter: Sister Mary Margaret Weber
Dates/Times: Monday, June 18, 1:30–3 p.m. OR
Tuesday, June 26, 7–8:30 p.m.

Free will donation

SUMMER SOLSTICE LABYRINTH WALK

Start your summer off with this very meaningful ritual, honoring the power of the sun as it showers us with light and warmth for more hours of the day than any other day of the year. No experience needed. But once you do it, it may become habitual!

Wednesday, June 20, 7 p.m.

Millbrook Baptist Church

1519 East Millbrook Road, North Raleigh

An Ancient Tradition for Modern Concerns: Walking the Circle, The Five Elements of Chinese Medicine Applied to Daily Life

"As a novice to this kind of work, I wasn't sure what to expect when participating in Amy Pierce's Five Elements Workshop. After walking the circle, a lot of things that had been simmering in my life came together for me in a profound way. I am grateful for this experience, and I continue to reap the benefits on an ongoing basis." — Pamela Findley, educator

We're excited to present this acclaimed workshop with author, teacher, spiritual counselor and minister in integrative healing, Amy Pierce, M.A. Her five element experiential workshop creates powerful internal shifts around any problem, concern or situation. After an initial 60-70 minutes of teaching and discussion, the first of two walkers take their investigative walk around the circle of the five elements concerning a very specific problem, issue, concern, etc. The one walking *always* experiences a major shift that, at the very least, leads to greater clarity, deeper peace and ease, and a plan, if needed, and the ability to carry that out. Those of us witnessing as participant/observer will experience shifts as well. For more details, go to www.authenticself.us.

Presenter: Amy Pierce

Date/Time: Tuesday, June 19, 12:30–5 p.m.

Registration deadline: **Thursday, June 14**

— to fully experience the power of this program, please register by June 14 so Amy can e-mail important materials to you

Suggested donation: \$45

JULY

A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 7

The focus this month is "Then Flowers Came and Changed the World!" Color erupted everywhere in flowering plants and trees, which gave birth to fruits and seeds. This was the time of Earth's greatest, most colorful creativity, beauty and biological diversity. What kind of flowers, real and metaphorical, need to be planted in our neighborhoods, city, world? For fuller description, see "Ongoing Series."

Presenters: Sister Judy Hallock and
Sister Mary Margaret Weber

Dates/Times: Monday, July 9, 7–8:30 p.m. OR

Tuesday, July 10, 1:30–3 p.m.

Free will donation

BOOK DISCUSSION

The Mother of Invention: The Legacy of Barbara Marx Hubbard and the Future of YOU by Neale Donald Walsch

This is a very unique biography of a very unique woman. It is the life story of Barbara Marx Hubbard, a visionary and futurist who is still very much alive. It's a unique biography because it tells Barbara's story backward, from December 22, 2012, to the date of her birth, December 22, 1929. It can be read from front to back or back to front! Either way, it will introduce you to a marvelous woman who is unfolding her life's purpose in front of all of us and inviting us to share it with her. This is a woman you will come to admire and treasure!

Presenter: Sister Mary Margaret Weber

Dates/Times: Thursday, July 12, 7–8:30 p.m. OR

Tuesday, July 31, 1:30–3 p.m.

Free will donation

Has the Oil in Your Lamp Run Low?

"To keep a lamp burning, we have to keep putting oil in it."

— Mother Teresa

As women, we light up the world — we radiate warmth and comfort, we shine, we illuminate, we enlighten. But who's the keeper of the flame? Recommit yourself to fill your own lamp first and keep it filled.

Presenter: Sister Judy Hallock

Dates/Times: Tuesday, July 17, 7–8:30 p.m. OR

Wednesday, July 18, 10–11:30 a.m.

Free will donation

Balanced Living = Balanced Scales: Nourishing Yourself from the Inside Out

In this program we will explore how the many areas of our lives impact one another. We will learn to identify which areas we want to focus on to create more balance in our lives. We will learn how to make room on our plates for what really nourishes us.

Presenter: Simone Horvitz

Date/Times: Monday, July 23, 10–11:30 a.m. OR 7–8:30 p.m.

Suggested donation: \$20

AUGUST

Spirituality of Pondering

In a matter of speaking, our life force, our spirit, our soul has a principle of chaos and a principle of order within it and its health depends on giving each its due. These two functions of the soul are always in a creative tension as we struggle to stand before life's great mysteries.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, August 1, 10–11:30 a.m. OR

Thursday, August 2, 7–8:30 p.m.

Free will donation

The Artist's Way

Are you creative? Would you like to enhance your life by discovering and recovering your creative self? This six-week intensive program will take you to new levels of self-discovery and personal satisfaction. We will cover two chapters each week using the tools and tasks presented in Julia Cameron's

well-known book, *The Artist's Way*. It's an exciting, fun, spiritual path to higher creativity. Book required.

Presenter: Jean Costa

Dates/Time: Tuesdays, August 14, 28, September 4, 11, 18, 25, 1–2:30 p.m.

Suggested donation: \$90

A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 8

The focus this month is “Humans Emerge, A New Form of Consciousness.” We reflect on the great leap creation made when we humans emerged into self-reflective consciousness. This new mode of consciousness was characterized by the capacity for probing into the meaning and the mysteries of the world. We are Earth become conscious! For fuller description, see “Ongoing Series.”

Presenters: Sister Judy Hallock and
Sister Mary Margaret Weber

Dates/Times: Monday, August 13, 7–8:30 p.m. OR Tuesday,
August 14, 10–11:30 a.m. (note time change)

Free will donation

A Contemplation of Life's Journey — A Long Loving Look at the Real

Remember the song lyrics from an earlier era: “Life is just a bowl of cherries.” But not always — sometimes life is the pits! This program will be an opportunity to take a look at your life so far, celebrate the victories, acknowledge the blessings, tend the wounds and gain some insight into all of it.

Presenter: Sister Mary Margaret Weber

Dates/Times: Thursday, August 16, 10–11:30 a.m. OR
Tuesday, August 28, 7–8:30 p.m.

Free will donation

Creating Prayer Sticks

Prayer sticks are an ancient Native American way of holding prayers. In this program, you will create an artistic version of a prayer stick. As you wind various yarns and threads around a piece of bamboo, you are in prayer for the recipient. This stick holds the prayers and become a visual reminder of your intention. Prayer sticks can be used in your own spiritual practice as well as a gift for someone who is in need of your prayers.

Presenter: Nancy Huslage

Dates/Times: Thursday, August 16, 7–9 p.m. OR
Tuesday, August 21, 10 a.m.–noon

Suggested donation: \$30 (includes materials)

Insights, Prophecies and Perceptions About the Year 2012

This program offers the timely opportunity for group sharing of spiritual perspectives, predictions and questions about the year 2012. It will be facilitated by Ervene Boyd, healing minister, artist and poet, who is known to be open to discussing controversial subjects without judgment. For over 20 years, Ervene has been committed to exploring phenomena beyond the physical world and, while committed to accepting the future as unknown, cannot help but explore all the clues left from the past about the year which is now upon us: 2012. We'll share and discuss information from science (the string theory and the current shifting view in physics about multiple dimensions), geophysical topics (pole-shift, crop circles) and

even the ancient artifacts left on Earth (which we cannot duplicate today). Come add your knowledge or your skepticism to this question-and-answer searching session.

Presenter: Ervene Boyd

Dates/Times: Tuesday, August 21, 7–9 p.m. OR
Thursday, August 30, 1:30–3:30 p.m.

Suggested donation: \$20

Eating Well and Loving Every Bite of It!

Want to turn your struggles into strategies and break through your barriers to sustainable health behaviors that are meaningful to you? Then this program is for you! We will discuss where you want to be and how you will get there. You will learn 10 strategies for healthy eating and you will leave with your own personal “try it, not diet” to begin your journey to peace with food, your body and yourself, one strategic bite a time.

Presenter: Simone Horvitz

Date/Times: Monday, August 27,
10–11:30 a.m. OR 7–8:30 p.m.

Suggested donation: \$20

SEPTEMBER

Re-engineer Yourself and Learn How to Balance Your Life

There's a new movement afoot that blends the realm of science with the power of thought. It's about creating your own reality, the science of possibilities. Trained as an engineer who now applies those skills to spiritual “structures,” Madhu Sharma will lead the way into this inquiry of reality-based manifestation of self-improvement. She will help you move the concept of personal re-invention to its next logical step, applying the engineering problem-solving principles to life: how to transform the idea of self-awareness and self-improvement beyond the warm fuzziness into the realm of the empirical, boldly venturing into quantum physics (but don't worry, you don't need to be a science whiz!). Come to this program and you will learn how to live life — mind, body and soul — in a more authentic way, consistent with the laws that govern the universe itself.

Presenter: Madhu Sharma

Dates/Times: Thursday, September 6, 7–8:30 p.m. OR
Monday, September 17, 1:30–3 p.m.

Suggested donation: \$20

A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 9

The focus this month is “Earth's Human Face, Our Ancient Ancestors Shape Life, Shape Community.” For hundreds of thousands of years our ancestors were hunters and gatherers. Then there was a paradigm shift from a life of constant movement for survival to a life of “homing” and therefore a life capable of reflection and creativity. When have you experienced a time of being “at home” in the world and with yourself? For fuller description, see “Ongoing Series.”

Presenters: Sister Judy Hallock and
Sister Mary Margaret Weber

Dates/Times: Monday, September 10, 7–8:30 p.m. OR
Tuesday, September 11, 10–11:30 a.m. (note
time change)

Free will donation

Let the Bones Dance

Western Christianity has tended to ignore the body as a spiritual resource, or worse yet even to revile the body as a spiritual hindrance. How can we more fully embrace our bodies as full partners on our spiritual journeys? The answers lie in how God made us and in the tragedy, complexity, and even ambiguity of our bodies. The answers lie in you! Come explore what mysterious wisdom our bodies hold for us.

Presenter: Marcia Mount Shoop

Dates/Times: Tuesday, September 18, 7–8:30 p.m. OR
Thursday, September 20, 10–11:30 a.m.

Suggested donation: \$20

AUTUMN EQUINOX LABYRINTH WALK

Looking for balance in your life? This day is one of two days in the year when light and darkness are equally balanced. A labyrinth walk is one good way to both celebrate that and reflect on how balance can be a greater part of our lives on other days as well.

Saturday, September 22, 7 p.m.

Millbrook Baptist Church

1519 East Millbrook Road, North Raleigh

Who Are You When You Eat?

Do you want to find your inner dignity and create your royal road to nourishment? This program will give you the tools to reflect on how you eat and the important role it plays in your nourishment. We will practice shifting from external focus to internal awareness, where there is no such thing as will power. We will explore the concept of emotional eating, dispel those toxic nutrition myths and learn the importance of mindfulness. Practice being present — with food, and in the rest of your life.

Presenter: Simone Horvitz

Date/Times: Monday, September 24,
10–11:30 a.m. OR 7–8:30 p.m.

Suggested donation: \$20

GUEST PRESENTERS

Gabriele Amersbach is a certified Feng Shui practitioner and owner of Lucky Path Feng Shui. She speaks frequently to groups about Feng Shui topics and works closely with clients to improve the energy flow in their homes or places of business so that the environment supports their life goals, from greater abundance and good health, to smoother, more successful relationships. (www.luckypath-fengshui.com)

Rev. Ervene Boyd is a healing minister and former Hospice reiki therapist, who also officiates at weddings and life celebration ceremonies upon request. Bringing years of spiritual perspective to any sensitive subject while creating a sacred space to discuss the mystical aspects of life, death and healing is the intentional focus of her work. (www.ervene.com)

Jean Costa, MSW, is a registered yoga teacher. A life-long journaler, she is the founder and facilitator of the Pink Ribbon Yoga Retreat for breast cancer survivors for the Duke Cancer Patient Support Program.

Simone Horvitz is a nutrition coach and founder of Strategic Bites, through which she helps people achieve their health and nutrition goals on their own terms. Her professional background includes a bachelor's of science in human nutrition and a minor in psychology as well as experience as a nutritionist and administrator with the federal nutrition program (W.I.C). Her work of educating, encouraging and supporting women and children to follow nutritionally sound eating plans for optimal health gives her the insight and compassion necessary to be an effective counselor. She loves facilitating group discussions and coaching individuals where they look up and say, "I never thought of it that way!" That is the beginning of positive life changes. (www.strategicbites.com)

Nancy Huslage is an interfaith minister. She is the co-founder of Spiritual Health Resources, an organization that provides in-home spiritual care to elders, those experiencing chronic illness and caregivers. She also offers programs in spirituality and dream work. (www.uncoveryourdreams.com)

Amy Pierce has a master of arts in applied healing arts and is a spiritual counselor, writer and teacher of consciousness evolution. Through Authentic Self Spiritual Counseling she works with individuals and couples. Through Sophie's Gift Animal Loss Support she works with adults and children who are dealing with the illness or death of a pet or animal. And within AirGiving for CareGiving, she offers support and counseling respite for caregivers, both familial and professional (ministers, therapists, medical personnel, etc.). As a teacher, she offers classes, book studies and workshops. (www.authenticself.us)

Marcia Mount Shoop is a theologian, author and ordained minister of word and sacrament in the Presbyterian Church (U.S.A.) who lives in Chapel Hill. Her book, *Let the Bones Dance: Embodiment and the Body of Christ*, explores how Christian theology can create more generous space for the body's spiritual capacity. Marcia is also a blogger on all things spiritual — from mystical experience and justice issues to personal witnessing and even football! (www.marciamountshoop.com)

Madhu Sharma was born in India, raised in Africa and has spent all her adult life in the United States. Besides formal graduate education at two Big Ten universities and teaching experience at a Big Ten university, her life experiences on three continents in five countries, include community leadership activities and formal executive and personal coaching experiences. She is conscious of trying to balance left and right brain skills, which she developed as a result of her engineering and business careers at two Fortune 500 companies and while running a small international business. Madhu has worked successfully as an engineer, a university faculty member and an entrepreneur, while devoting the last dozen years of her life to the study of human potential.

If you would like to make a tax-deductible donation to support this ministry, please make checks payable to:

SISTERS OF THE HOLY CROSS and mail to: 8380 SIX FORKS ROAD, SUITE 201, RALEIGH, NC 27615. All donations are greatly appreciated and gratefully received.