



A not-for-profit ministry sponsored by  
the Sisters of the Holy Cross

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*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 noted, events take place at our center.*

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

# Programs for October 2016 — January 2017

## October

### LIVE into the Questions

In this program we will look at LIVE as an acronym posing four key questions:

What do I love? What are my inner gifts and talents? What do I value? What are the environments that bring out the best in me? We'll draw inspiration from *I Will Not Die an Unlived Life* by Dawna Markova.

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Tuesday, October 4, 7-8:30pm OR  
Thursday, October 6, 10:30am-noon

**Free will donation**

### Drumming Up Gratitude

This program will offer the opportunity to use rhythm to learn about and cultivate an increased sense of Gratitude. Thankfulness is the foundation of vast number of faith traditions. The benefits of practicing gratitude are nearly endless. A large body of scientific research from the field of positive psychology shows that people who regularly practice gratitude experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Come spend an evening drumming up gratitude. Drums provided. Bring your own drum if you have one. You will leave with increased energy, joy and a number of gratitude practices that you can do at home!

**Presenter:** Sherylyn Pitt and Stacy Grove

**Dates/Times:** Wednesday, October 5, 7-8:30pm

**Suggested Donation: \$20**

### Book Study: *Big Magic: Creative Living Beyond Fear* By Elizabeth Gilbert

In this book study, we will use Elizabeth Gilbert's book as a jumping off place to explore our own creativity and fear surrounding it. We will create community and break through the things that hold us back from living a creative life.

Please read the first two chapters before coming to our first meeting.

**Presenter:** Nancy Huslage

**Dates/Times:** Mondays, October 10, November 14, December 12 10:30am-noon OR 7-8:30pm each day

**Suggested Donation: \$20 per session**

### Delving into Kindness

This series will explore our relationship with kindness in our everyday world. We'll discuss our awareness and practice of this basic principle along with similar attributes. We will examine how we can move with more cooperation and understanding through the daily challenges we meet in our personal and communal experiences.

**Presenter:** Stacy Grove

**Date/Time:** Tuesdays, October 25, November 1 AND  
November 15, 7-8:30pm

**Suggested donation: \$45 for series/ \$20 per session**

## November

### Religion and Politics: Where Do They Meet – or Do They?

We've all heard the advice, "Two topics to avoid in social situations are religion and politics." Why is that? What is it about these two topics that make them dangerous?

In this election year, perhaps it would be beneficial to explore how our spiritual practices and beliefs engage our political stances and choices. This program will look at how we might look at the politics of our country and world from a spiritual perspective and the values and gifts that might yield. Democrats, Republicans, and Independents, Liberals, Conservatives, and the Completely Turned-Off – all are welcome!

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Thursday, November 3,  
10:30-noon OR 7-8:30pm

**Free will donation**

## Goddesses Never Age

What is your vision of growing older? Do you have preconceived ideas that might not be to your benefit? We will have a discussion about creating a personal prescription for a healthful, soulful, joyful way of being for any stage of life. This program will revolve around Christiane Northrup's latest book by the title above and Jean Costa's work, *Creating Positive Affirmations, Living an Intentional Life*.

**Presenter:** Jean Costa

**Date/Time:** Monday, November 7, 2-4pm OR  
Tuesday, January 17, 2-4pm

**Free will donation**

## "Love Without Justice is Baloney!" A Spirituality of Justice and Peacemaking

*(Rescheduled from September)*

God asks only one thing of us, that we "act justly, love tenderly, and walk humbly with our God." (Micah 6:8) The invitation to act justly, is one of the essential, nonnegotiable pillars within spirituality. All religious traditions call for this great imperative. Why then is there so much injustice and violence? Questions remain concerning precisely what social justice is, how it needs to be practiced so that it is itself non-violent. How do we apply this imperative to our own lives? Let us search together as we strive to deepen our spiritual journey.

**Presenter:** Sister Judy Hallock

**Dates/Times:** Wednesday, November 9, 10-11:30am OR  
Wednesday, November 16, 7-8:30pm

**Free will donation**

## RETREAT DAY:

### Autumn Wisdom Harvest

Autumn is known as the season of harvest, of gathering in the fruits of our labor. Farmers harvest their crops and that process of harvesting offers them the opportunity to see just how much work they did in previous seasons. Autumn invites wisdom seekers to do the same – to "bring in the sheaves" of wisdom planted in previous seasons and rest in the satisfaction of the productive farmer – knowing we planted and nurtured as best we could and being grateful for all of it.

**Presenter:** Sister Mary Margaret Weber and Sister Judy Hallock

**Site:** Home of Alice Whyte  
12201 Chastain Dr., Raleigh 27614

**Dates/Times:** Tuesday, November 29, 9:30am-2:30pm

**Suggested Donation: \$30**

*(Please bring your lunch. Drinks and dessert will be provided.)*

## December

### The Spiritual Practice of Mandala Journaling

The ancient practice of drawing mandalas takes us deep in our intuitive Selves. If we write immediately after drawing, our writing becomes a place of deep insight. Come and experience this practice. You don't need to have any art background. This is a judgment-free zone! All materials provided.

**Presenter:** Nancy Huslage

**Dates/Times:** Monday, December 5,  
10:30am-noon OR 7-8:30pm

**Suggested Donation: \$20**

### Peaceful Darkness

December - what a month! Our culture entices us into more commercialism and busyness; the Christian tradition invites us to prepare and wait for a birth (which, truth be told, has morphed into all kinds of other preparations that have nothing to do with birth!); and, at the same time, the Universe offers us increasing darkness with its accompanying gifts. This program invites you to choose this latter option and mine the gifts of this season leading up to the Winter Solstice. Give yourself this opportunity to step out of that hectic rhythm and enjoy an hour of peaceful darkness where you might indeed experience a birth!

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Tuesday evenings,  
December 6, 13, 20, 7-8:00pm

**Free will donation**

### Theresa Riggins

#### Celebrating Mary the Mother of Jesus

During this season of Advent, Christians focus on a young Mary as the mother of Jesus. Through drama and discussion, we will explore her story. Was she just a vessel for the birth of Jesus? Or was she a young girl of faith willing to partner with God for a purpose? As we listen to her story may we be open to how we can be like Mary in living our ordinary daily lives.

**Presenter:** Theresa Riggins

**Date/Time:** Thursday, December 8, 7-8:30pm

**Suggested donation: \$20**

### Awakening to Advent Drumming

This program invites you to come, quiet your mind and listen to the rhythm of your heart. Using drums as tools of discovery and expression to call forth new insights, we will explore the rhythm of the Spirit as we reflect on this season of expectancy. While the Earth's rhythm takes us into the darkest part of the year, we will discover the rhythm that is emerging within each of us, calling us to deepen our relationship with Spirit and one another. No previous drumming experience is needed. Drums will be provided or you may bring your own

**Presenter:** Stacy Grove

**Date/Time:** Thursday, December 15, 7-8:30pm

**Suggested donation: \$20**

# WINTER SOLSTICE LABYRINTH WALK

“All of creation needs some time to pause and have its spent energy renewed. So do humans. Winter offers this gift of essential renewal.”

(*The Circle of Life* by Joyce Rupp)

What better way to welcome the arrival of winter, with its invitation to slow down, maybe even hibernate, than by walking the labyrinth in the cold and dark! These two elements can serve as experiential reminders of the gifts of warmth and light we so often take for granted, gifts that nurture our quiet time and our creative thoughts.

**Site:** Millbrook Baptist Church,  
1519 East Millbrook Rd., North Raleigh

**Dates/Times:** Wednesday, December 21, 7pm

**Free will donation**



## January

### Turning Our New Year's Resolutions into Revelations

A new year is an opportunity to pause on our journey and refresh our dreams and hopes as we set out once more on another new year. How many of us could just change the date on dozens of lists of resolutions we have made over the years? Bringing a grateful balance to our resolutions can make them revelations and not just a long list of "shoulds". Let us together explore ways to set a refreshing tone for the new year.

**Presenter:** Sister Judy Hallock

**Dates/Times:** Wednesday, January 4,  
10-11:30am OR 7-8:30pm

**Free will donation**

### Book Discussion:

#### *Learning to Walk in the Dark*

As light fades early this time of the year and darkness descends, participants in this program will look at the book *Learning to Walk in the Dark* by Barbara Brown Taylor. Taylor explores darkness intentionally in many ways. She goes caving sitting on complete darkness. She experiences what it is like to maneuver as a blind person. She reflects on her own job as a worker in a club in Atlanta at night. Through her physical experiences of darkness she discerns what effects it can have both physically and spiritually on persons. We will explore what darkness might teach us. A reading of the book or knowledge of it is essential.

**Presenter:** Theresa Riggins

**Dates/Times:** Mondays, January 9, 16, 23, 7-8:30pm

**Suggested Donation: \$40 for series/\$15 per session**

### Happier

Why is it hard to do things that we know will make us happy? Join happiness seeker Ami Hudson to identify some of your own best sources of happiness --things that bring you joy, peace, energy, contentment and fun! Our goals may vary. (See friends more? Get healthier? Sing louder? Plan that great adventure?) Next we'll talk about strategies like scheduling, convenience, accountability and pairing to bolster our follow-through. Leave with motivation and a plan to do something joyous.

**Presenter:** Ami Hudson

**Dates/Times:** Tuesday, January 10, 7-8:30pm OR  
Monday, January 16, 1:30-3pm

**Suggested donation: \$20**

### A Meditation on the Sacred Feminine

We human beings are marvelous creations! We each contain a masculine and a feminine dimension, each dimension containing unique gifts meant to complete us and make us whole (and therefore, happy!). We are surrounded by the unique gifts of the masculine dimension – the structures and technologies of our modern world - but the gifts of the feminine are harder to discern. This program offers an opportunity to reflect on the beauty of the Sacred Feminine using a recently created DVD "As-She-Is," directed by Megan McFeely. After viewing it, then discussing it, participants will leave with a deeper appreciation of one of their most valuable resources – their feminine selves

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Thursday, January 19, 10:30-noon OR  
Tuesday, January 24, 7-8:30pm

**Free will offering**

# Guest Presenters

**Jean Costa** received her BA in education with a major in mathematics from St. John's University, and in 1997 she earned an MSW from UNC, Chapel Hill. She has practiced yoga for over 40 years and became a certified yoga teacher at Kripalu Center for Yoga in 2007. Because of her personal experience with breast cancer she began the Pink Ribbon Yoga Retreat for breast cancer survivors in 2005. She sits on the Duke Cancer Patient Support Advisory Board and the Preston Robert Tish Brain Tumor Advisory Board. She is an avid journaler and has practiced creating affirmations for over a decade. Besides teaching yoga she teaches workshops in Creating Positive Affirmations and facilitates creativity development groups based on Julia Cameron's book, *The Artist's Way*.

**Stacy Grove, M. Div.**, Interfaith Minister and Spiritual Director, offers spiritual companionship and vibrational healing for those facing life transitions. She serves persons seeking wholeness through deep inter-spiritual experience. Stacy weaves together her training and passion for sound and vibrational healing, earth-based indigenous wisdom practices, and experiential education in the natural world to offer programs that support life transitions and interfaith stewardship of the planet.

<http://heartspacespiritualresources.org>

**Ami Hudson M.Div** is developing a web course on happiness. She loves a good talk with a friend, learning & trying something new, spirituality, and occasionally

jumping on a trampoline. [www.AmiHudson.com](http://www.AmiHudson.com)

**Nancy Huslage** is an interfaith minister and dream expert. Her company, Within Your Dreams, helps people understand the meaning of their nighttime dreams and how it applies to their waking lives.

**Sherylyn Pitt** MSW LCSW LCAS holds a Master of Social Work from UNC Chapel Hill and is a licensed clinical social worker who has a private therapy practice in Garner, NC. She is a poet, artist, health rhythms facilitator, hasya yoga instructor, reiki practitioner and founder of Feather Path Circles. With extensive training in mindfulness, trauma, grief, addictions, compassion, women's issues, energy medicine and Eco contemplative practices she has provided services to a wide variety of organizations ranging from governmental to non-profit. Sherylyn is dedicated to manifesting interfaith and Intergenerational opportunities for people to gather in Sacred Soul Circles where they can enhance experiences of their innate value, place and purpose in relation to the natural world. She is a creative, playful and spiritual leader who invites each of us to Be Love, Cause Love, Because Love Heals!

**Theresa Riggins** is an ordained minister with a Master of Divinity degree from Southeastern Seminary 1985. She performs dramas at churches in Virginia and North Carolina. She teaches Bible studies on a regular basis at her church. She has her own small dessert business. She is a portrait model at the Sertoma Arts Center periodically.



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 203, Raleigh, NC 27615.  
**All donations are greatly appreciated and gratefully received.**