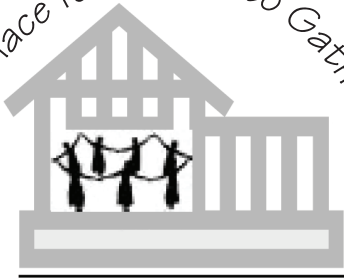


A Place for Women to Gather



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

8380 Six Forks Road, Suite 203, Raleigh, North Carolina 27615

Phone: 919-846-3601

Email: infoapfwtg@gmail.com Website: www.womengather.org

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 February 2018 — May 2018

Ongoing Program

Group Spiritual Direction

We have a few openings in a group that meets on the second and fourth Tuesdays each month, 1:30-3pm. This group, facilitated by a spiritual director, supports participants in the ability to be more aware of and responsive to the presence of God in their lives. The group becomes more aware of how their spirituality supports the ups and downs of life. Supportive companions help us integrate our spiritual growth into lived behaviors. If you are interested in such a group, please contact Sister Judy for more information (hallockj@aol.com). We would like all new members to begin in March, so contact Sister Judy as soon as possible.

February

Looking at Faith in the Mirror

Are you seeking answers from yourself or God? You are not alone. If you'd like to get to know more about developing faith and discover the you within yourself, you are invited to attend this program and join the conversation that will, with everyone's participation, lead to a deeper relationship with yourself and with God. You will gain an understanding of how looking at faith in the mirror will lead you to an open dialogue of what is needed to aid you in your search for life fulfillment. One of those aids will be positive affirmations that will help nourish that deeper relationship you are seeking. Kashinda, in her forties, has gained words of wisdom that can provide inspiration to women lost within themselves. She believes that facing herself in the mirror and listening to God with her heart has helped her understand her life and purpose. By sharing her life experiences and the teachings she continues to learn from The Bible and other notable sources, she hopes to help others discover creative ways of improving themselves. And it starts with God. Kashinda's discussions are dedicated to the healing and growth potential of women across the world beginning within her own community.

Presenter: Kashinda Marche

Dates/Times: Monday, February 5, 1:30-3:00pm OR
Thursday, February 15, 7-8:30pm

Free will donation

The Life and Poetry of Rumi:

From His Heart to Ours, 600 Years Later

For those who have not yet discovered Rumi, this program offers a treat! For those who have, you know what it offers: the nourishment of love poems, poems that celebrate the sacredness of life in everyday existence from the rich mystical tradition of the Sufis. The program will include a documentary of Rumi's life and show why it is that an Islamic philosopher, scholar, and poet who lived 600 years ago is still a source of inspiration and nourishment for us today.

Presenter: Sister Mary Margaret Weber

Dates/Times: Tuesday, February 6, 7-9pm OR

Thursday, February 15, 1:30-3:30pm

Free will donation

Living Mindfully Through Lent – and Other Times, Too!

For those who come from a liturgically-based tradition, Lent is a season every bit as significant as the seasons of the Earth. For many, it is a time for a more focused look at the spiritual dimension of life - how we'd like to practice the values of our tradition more deeply, what we need in order to make that a reality and not just a pious wish. This program invites you to focus on the **sacred pause, a mindful moment**, to step back and look more deeply at what you're doing and why. The journey through life is not meant to be a solitary one and neither is this Lenten journey. Using *Seven Sacred Pauses* by Macrina Wiederkehr (provided) as a resource, we will meet weekly during Lent to share our "pauses," what's nourishing us, what's challenging us, how it's going. If you want to do something during Lent and you want to do it with a community sharing a similar journey, this program may be just what you're looking for! If Lent is not part of your spiritual tradition, a 6-week time of focused mindfulness is still an attractive idea – isn't it?

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday mornings, 10:30-11:30am OR

Monday evenings, 7-8pm

Feb. 12, 19, 26, March 5, 12, 19, 26

Free will donation

Butterfly Woman

Butterfly Woman, a short film from The Spiritual Cinema Circle, shows us one woman's journey from chrysalis to butterfly. No matter our age, change is inevitable as we seek our true selves at each stage in our life. As we discuss one woman's transformation, perhaps we will gain insight into our own.

Presenter: Sister Judy Hallock

Dates/Times: Tuesday, February 20, 1:30-3pm OR
Thursday, February 22, 7-8:30pm

Free will donation

March

Stress, the Twenty-first Century Disease/ Conundrum/Challenge/Killer

We all face challenges every day, and stress is a killer; but what makes our lives stressful? How does this affect our bodies, minds and spirits? What are the hormonal responses to stress? How do we heal from stress? What sort of practices can we use to reduce stress? These are the questions we plan to examine at this program with a practical look at ways to live less stressfully.

Presenter: Lisa Hogan

Dates/Times: Tuesday, March 6, 1:30-3pm OR 7-8:30PM

Free will donation

WOMAN TO WOMAN - INTERNATIONAL WOMEN'S DAY, MARCH 8th

Once again we invite you to join us in giving support to women receiving community assistance in Raleigh by sending handwritten notes of encouragement. Use index cards or note cards of your choosing and drop them in the "mailbox" in the front room at The Place or mail them to us by March 1st. Blank cards will be available at The Place for those attending a program to fill out. Using only your first name, write as many as you wish. Compose your own message or copy the sample provided below. During the first week in March we will deliver the cards to various agencies serving women in need as well as some local nursing homes.

SAMPLE: Hi! My name is (first name) . Even though we have not met, I know that as a woman you have within you the strength, courage and wisdom to face whatever challenges that may lie ahead. As the world celebrates International Women's Day on March 8th, I want you to know, woman to woman, that I celebrate YOU and wish you peace, health and happiness. Be strong and don't ever stop believing in yourself!

Emotional Housecleaning

We have all done housecleaning at one time or another. A deep cleaning when the seasons change or company is expected, or something more superficial to just be able to say that you did it. Likewise, we also have to take stock of, and clean out, our emotional house. According to the ancient, holistic form of medicine called Ayurveda, processing (digesting) our emotions is as important to our health as digesting our food well. When we hold onto unresolved emotions, or deny our feelings, our health may decline. It is said that different emotions may influence the health of particular body organs. For instance, as women, we often have learned that being angry is not "allowed"; but by suppressing anger we may actually damage our liver. Join Olivia to learn more about how our emotions connect to our wellbeing. Experience holistic practices for emotional housekeeping in this interactive program.

Presenter: Olivia Fried

Dates/Times: Tuesday, March 13, 10-11:30am

Suggested Donation: \$20

The Sacred Art of Pausing

An intentional pause is the first step in getting us out of any dreadful situation, to see the bigger picture, to realize what actually is happening and more importantly, to communicate with our body and inner self. Let us ponder together, taking our hands off the controls and noticing our inner experience.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, March 14, 10:30-noon OR
Thursday, March 15, 7-8:30pm

Free will donation

The Life Not Yet Lived

How well do you know yourself? Do you ever imagine your life being quite different from the one you are presently living? Are there dreams not yet lived? Suppressed, consciously or unconsciously? Because most of us are comfortable with what we have come to know, we choose to stay in our comfortable reality. It's not until we encounter one of life's "curves," – the death of a spouse or loved one, loss of job, diagnosis of a serious, life-changing illness – that we are forced out of our comfort zone and faced with a choice: to live with bitterness and regret or to see what more there is to the life we now live. This program will include a DVD about a woman named Beryl, who dealt with forced change. Perhaps her experience will shed light on your own.

Presenter: Sister Mary Margaret Weber

Dates/Times: Tuesday, March 20, 10:30-noon OR
Tuesday, March 27, 7-8:30pm

Free will donation

SPRING EQUINOX CEREMONY: HEALING AND COMMUNITY LABYRINTH WALK

Tuesday, March 20, 7pm

We will gather on the labyrinth to participate in an experience intended to open our hearts to the balance of the Spring Equinox. We will rest our hearts in the warming seeds, lengthening days and newly running sap in the veins of the earth. What in our lives need be warmed, nourished, and called forth? The program begins at 7:00pm and ends at 8:30pm. We gather in hope that we can offer and receive healing for ourselves, our families, our community, and our earth. We will utilize the two ancient spiritual practices, sound healing and the labyrinth pilgrimage, to enhance our celebration of the Spring Equinox. Please *bring a folding chair* for your comfort during the ceremony and a frame drum or rattle if you have one. You are also invited to bring an item that reflects what you would like to balance and call forth this Spring. Come and join with your companions on their journey! A suggested donation of \$10.00 will be gratefully accepted.

Presenter: Sherylyn Pitt

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

April

Do You Have Problems or Do Problems Have You?

Have you ever noticed that what is problematic for one person is a piece of cake for someone else? What is a huge problem for one is no problem at all for someone else? What makes a problem a problem? Come and let's explore this profound question!

Presenter: Sister Mary Margaret Weber

Dates/Times: Thursday, April 5, 10-11:30am OR
Thursday, April 19, 7-8:30pm

Free will donation

Advice From a Tree and Other Spiritual

Lessons From Nature

A spiritual writer expressed that at one time in her life, a tree was her spiritual director! The more we connect with nature, the more we realize what an encounter with God creation is. We will explore ways to connect with nature in an intentional way. A similar program was offered in December and several who could not attend, requested I offer it again so here it is!

Presenter: Sister Judy Hallock

Dates/Times: Monday, April 9, 7-8:30pm OR
Monday, April 23, 10:30-noon

Free will donation

Replacing Fear with Love

There is so much fear in our lives, some of which we are aware. But there is also much that is so embedded within, it has become a habit. We will discuss ways in which we allow fear to rule our

lives and how to gently replace that fear with love. Come prepared to consider different ways to view life in these challenging times.

Presenter: Celine Koropchak

Dates/Times: Tuesday, April 24, 7-8:30pm

Suggested Donation: \$20

May

An Evening with Julian of Norwich

Through dramatic reading and discussion we will explore the life of Julian of Norwich. Prolific writer and Christian mystic- How can her idea of Jesus as our mother speak to us today? What challenges did she face in her time. Come learn more about this beloved saint.

Presenter: Theresa Riggins

Dates/Times: Tuesday May 8, 7:00-8:30pm

Suggested Donation: \$20

Retreat Day – Water: How Does It Nourish?

Let Us Count the Ways!

Water . . . one of life's essentials that often isn't even noticed until it's absent or polluted. Then we notice thirst and long for it to be quenched with – what else – cool, clean, water! Come and join us as we reflect on water and discover the ways water reflects us – our deepest longings. We will even have a fountain to inspire us!

Presenter: Sister Judy Hallock and Sister Mary Margaret Weber

Dates/Times: Wednesday, May 16, 9:30am-2:30pm

Site: Home of Beth Wolfe, Jan Kimball, and canine companion, Ginger.
1500 Farmington Ct., North Raleigh 27615

Suggested Donation: \$30. (please bring lunch. Drinks and dessert provided.)

Life's Essentials

What are they? What do you absolutely, positively need for your life to be meaningful/successful? If answered in the realm of the material, there are different answers for different people. But if answered in the realm of the non-material, the answers are true for each and all of us. This program will explore these non-material essentials that none of us can afford to be without.

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, May 21, 7-8:30pm OR
Tuesday, May 29, 1:30-3pm

Free will donation

Putting Our Inner Resources to Work For Us

We all have inner resources to help us navigate life. We just need to believe they are there and use them. Perhaps you have forgotten about the skills and resources you have acquired over the years. Let us discover together all we have at our disposal and perhaps pick up a few more!

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, May 23, 10:30-noon OR
Thursday, May 24, 7-8:30pm

Free will donation

Guest Presenters

Olivia Fried is a Massage Therapist, Ayurvedic Practitioner and Reiki Master. Her business, Venture into Wellness, was inspired by Olivia's passion for and trust in the traditional form of holistic medicine from India called Ayurveda (*eye-your-vay-duh*). Ayurveda is the sister science of Yoga; its primary principal is the maintenance of good health and the prevention of, rather than reaction to, disease. Olivia graduated from the Kripalu School of Ayurveda in 2009, and furthered her training at the Jiva Institute in India (2011) and the Ayurvedic Institute in Albuquerque, NM (2017). She became a licensed massage therapist in 2014 and specializes in lymphatic, Swedish and oncology massage as well as Ayurvedic bodywork such as Abhyanga (warm oil massage) and Marma (acupressure) Therapy. Olivia loves to share the wisdom of Ayurvedic knowledge so that folks can take control of their own wellbeing through the use of proper diet and holistic lifestyle practices. She can be found at www.VentureIntoWellness.net

Lisa Hogan, MD spent much of her undergraduate career studying painting, drawing and graphics, languages, and art history; which gave her an appreciation for aesthetics and communication. She enjoyed self-employment as a graphic designer and professional vocalist. Finally graduating from the University of North Carolina with a BS in biology, she went on to graduate from UNC Medical School. Her residency was performed at the University of Kentucky in general and vascular surgery; and she became board certified in general and vascular surgery, which she practiced for 16 years. In addition, she performed a mini-residency in occupational medicine for the wisdom in preventative care this subspecialty offers. About 18 years ago, many of the organizations that support integrative medicine came into existence; and she changed the focus of her practice to integrative medicine, also sometimes called anti-aging medicine or age management medicine. Her philosophy of medicine can be summarized as follows: most disease is preventable; one size does not fit all—each person is an individual; and health and wellness are holistic concepts that include physical, mental and spiritual aspects.

Celine Koropchak. A retired Duke University medical researcher, Celine is currently a blueberry farmer and author of the OWAT book series 'One With All of Thee: Growing Your Sacred Connection and One With All of Thee: Sowing the Seeds for Change.' She speaks and teaches locally sharing practical tools to help guide others on their personal journeys. Celine has been a repeat guest on BlogTalkRadio and writes a weekly blog, *The TovaryshConnection*.

Kashindra T. Marche is a woman who is passionate about helping others discover that with an open heart to receiving God's word, they can handle whatever struggles life brings their way. She has utilized her own lived experience as both teacher and guide. Multiple chronic illnesses, four brain surgeries and losing her will to live hasn't stopped her from redefining herself. She has been found by faith and shares how the glory of God illustrates the power of change in one's life. She is the author of a novel, *The Triumph in Me*, a fictional tale that mirrors her own life experiences.

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 Baptist minister. She is a graduate of Southeastern Seminary 1985 with a Masters of Divinity degree. She does monologue dramas of women of the Bible at various churches. From her home, she has a small dessert business. She is involved with the Spiritual Life group at one church and is part of an ongoing prayer group at another.



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.