



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 February 2019 — May 2019

Monthly Series

Wild Women Circle: Finding your Pack

(Based on the book *Women Who Run With the Wolves* by Clarissa Pinkola Estes)

Interested in a supportive women's empowerment circle where you can join with other women to get curious about being a Wild Woman? Love the book "Women Who Run With Wolves"? Then this group is for you! Through story telling, skilled and guided group facilitation and an exploration of Clarissa's book *Women Who Run With Wolves*, we will recover and revive the feminine soul.

You will be invited to "practice listening to your intuition, your inner voice; ask questions; be curious; trust; see what you see; hear what you hear; and then act upon what you know to be true. These intuitive powers were given to your soul at birth. "(Estes, 1970) These feminine abilities may lay dormant because of life experiences or buried and embedded in a culture that fails to value and support women's voices. But the natural, wild, instinctive woman does live in you and can be revived. Interested in *Running with Wolves*? ***Wild Women Circle: Finding Your Pack may be a place for you to howl!***

You must attend the first group meeting to participate. Once the group begins it will be closed to new members. There are group slots for 8-12 women

Registration closes on February 13, 2019.

Facilitator: Sherylyn Pitt

Dates/Times: 3rd Wednesday of every month:
Feb. 20, March 20, April 17, May 15,
June 19, July 17, August 21, 6:30-8:30pm

Suggested Donation: Sliding Scale
\$35.00-\$70.00 per group session

February

Creating Personal Ritual, Part I - Making Life Transitions Sacred

Ritual is a powerful way for us to experience the intersection of the material and spiritual worlds. Whether grieving a loss, celebrating a victory, or simply attuning to the season at hand, creating personal ritual helps us to more consciously honor, process, and move through life transitions. Join us to discuss the topic of ritual and learn how to create your own meaningful rituals within daily life. Feel free to bring an object or objects that are relevant to a transition you are going through, an intention, or the season. We will incorporate these into a custom ritual you will design during this program and take home for personal use. (Materials will be provided)

Presenter: Karla Davis

Dates/Times: Tuesday, February 5, 10:30am-noon OR
Thursday, February 7, 7-8:30pm

Suggested Donation: \$20

Longing for Belonging

We live in an era of instant communication, via social media. There's Facebook, Instagram, Snapchat, Twitter, and probably more cyberspace avenues to put us in touch with others. But, ironically, according to social scientists, there's a pervasive sense of disconnect among us. Brene Brown calls it "a spiritual crisis of disconnection" in her recent book, *Braving the Wilderness*. We are wired for belonging and this need is not satisfied by simply fitting in. What's the difference? Belonging brings us home; fitting in keeps us wandering. We've all had experiences of both. This program is an opportunity to share your experiences and deepen your understanding of your life's journey. *Braving the Wilderness* will serve as a useful resource.

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, February 11, 7-8:30pm OR
Tuesday, February 19, 1:30-3pm

Free will donation

Time: Making the Most of this Precious Gift

Time is precious. Time is beyond our control and the clock keeps ticking regardless of how we lead our lives. How do we maximize the precious minutes given to us each day? Take some time (!) and come discuss ways we can make the most of the time we have. *"How we spend our days is, of course, how we spend our lives."* Annie Dillard

Presenter: Sister Judy Hallock

Date/Time: Thursday, February 21, 1:30-3pm OR
Monday, February 25, 7-8:30pm

Free will donation

March

Immersed in Compassion: A Lenten/Anytime Journey!

Compassion is a value found within every religious tradition. Perhaps its most common expression is "Do unto others as you would have them do unto you." Compassion has been known to transform hearts as well as situations. This program will be a six-week immersion in compassion, coinciding with the Christian season of Lent. Our guide will be Joyce Rupp's recent gem, *Boundless Compassion* (provided) which offers nourishing reflections and practices for each day. If you would like to be transformed into a compassionate presence for our world, please consider registering for this program!

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday mornings (10:30-11:30) OR
evenings (7-8pm) March 4, 11, 18, 25 &
April 1, 8, 15

Suggested Donation: \$40 for series or \$10 per session

Creating Personal Ritual, Part II - Follow-up from February Program

Ritual is a powerful way for us to experience the intersection of the material and spiritual worlds. In February we discussed this topic and learned how to create meaningful rituals within our daily lives. Join us as we share how we implemented and experienced our personal rituals over the course of the month.

Did you align with the season? The moon phase? Were you working through an inner shift or transition? Share your experience and glean from the wisdom each woman tapped into; women sharing ritual is powerful medicine.

Presenter: Karla Davis

Dates/Times: Tuesday, March 5, 10:30-noon OR
Thursday, March 7, 7-8:30pm

Suggested Donation: \$20

The Inner Monastery - Fulfilling the Longing for God in a Frenetic World

If you are someone who has felt a consistent longing for quiet, for a less frenetic pace so you could have time to reflect on that frenetic pace; if you have sensed a call to go within, this program is for you! It will validate that call and bring clarity to that place within, that "inner monastery," a term used by spiritual writer, Beverly Lanzetta, in her latest book, *The Monk Within*. Beverly

writes from her experience of discovering and nurturing the monk within herself and then creating a monastic community-without-walls that has nurtured its members for almost 40 years. One of those members, Sarah Stein, is offering this program. She has been a member of Beverly's community since its beginning. **Participants in this program will need to have a copy of *The Monk Within*** so they can reflect on Beverly's insights with Sarah and then, have it as a rich resource for prayer and reflection for the rest of their lives! That's how meaningful this book will be for those who have, in Beverly's words, "a monastic personality."

Presenter: Sarah Stein

Dates/Times: Thursdays, March 7 AND 21, 10am- noon

Free will donation

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

Once again and for one last time before we close, 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!

Alchemy of Grief

Present Moment Awareness with Nancy Loeffler

The practice of Present Moment Awareness helps us to open to what is, as it is. This is so even in the most heart-shattering experiences. We learn to experience the perfection of Life as it is, no matter how it seems to be. This practice alleviates the suffering of wanting things to be different than they are—no matter what they are. This is not a method to fix what is wrong. You will learn that nothing needs to be fixed. Present Moment Awareness consistently reveals so beautifully that there is nothing wrong, and no one needing to be fixed. It leads us to realize that every wound is a pathway to the Holy, if we can be present enough to recognize it.

Presenter: Nancy Loeffler

Dates/Times: Tuesday, March 12, 10-11:30am OR
Tuesday, March 19, 7-8:30pm

Suggested Donation: \$20

SPRING EQUINOX CEREMONY: HEALING AND COMMUNITY LABYRINTH WALK

Thursday, March 21, 7 - 8:30pm

Outdoor Labyrinth Behind

Millbrook Baptist Church

1519 East Millbrook Rd., North Raleigh

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.

Facilitator: Sherylyn Pitt

April

Choosing Your Words, Crafting Your Life

Do your words empower and nurture you and others or do they cause discomfort and discord? There are several tools that can help one change that inner dialogue and we will examine them and put them into practice during this program. We have the ability to choose and to craft and with those choices comes self-nourishment and even more important, self-realization. This not only affects the individual but all those whose lives we touch. Please come and join the discussion. Share your stories and the tools that have empowered and nurtured you.

Presenter: Jean Costa

Dates/Times: Tuesday, April 2, 1:30-3pm OR

Tuesday, May 7, 1:30-3pm

Suggested Donation: \$20

Forgiveness as Healing and Wholeness

Forgiveness is for our own growth and happiness. Forgiving a person who hurts us is one of the hardest things we do. We can choose to stop what happened from running or ruining our lives or we can continue to recycle resentments and bitterness. Forgiveness is a process. We cannot force forgiveness, but we can explore its possibilities.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, April 3, 7-8:30pm OR

Wednesday, April 10, 10:30-noon

Free will donation

Retreat Day:

Treasured Memories – Hopeful Futures

Join us for our final retreat day as we remember the journey of our earth-based, seasonal retreat days over the years. As we reflect on these resources anew, with fresh eyes, we will see how we can carry them into the future as our journeys continue.

(Please bring your lunch. Drinks and dessert provided.)

Presenters: Sister Judy Hallock and

Sister Mary Margaret Weber

Date/Time: Tuesday, April 16, 9:30am-2:30pm

Site: Home of Jan Kimball and Beth Wolfe

1500 Farmington Court, Raleigh 27615

Suggested Donation: \$30

May

How Sacred is Your World?

All of creation is sacred, from the smallest microbes to the tallest sequoias. Every breath you take, every interaction you have is a sacred moment. And yet, how often do we see this as we relate to ourselves, to others and to Mother Nature? The veil between the worlds is thinning, allowing us all to walk with a foot in both worlds, the seen and the unseen. We will discuss the physical and the energetic components of our lives and how to navigate through both with grace.

Presenter: Celine Koropchak

Date/Time: Thursday, May 9, 7-8:30pm

Suggested Donation: \$20

Interfaith Friendship

Do you have friends who are nourished by a faith tradition other than your own? Many have friends who follow different “sects” within their own tradition – i.e. “I’m a Catholic and I have a close friend who is Lutheran, or Methodist, or Baptist.” But what about, “I’m a Christian and I have a close friend who is Jewish, or Muslim, or Pagan.” This program will explore the richness of interfaith friendships and why they are so needed in these times.

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, May 13, 1:30-3pm OR

Thursday, May 16, 7-8:30pm

Free will donation

Gratitude When Times are Hard

It’s easy to feel and express gratitude and appreciation when life is good, but what about when life isn’t so good? What about when life is hard? How can humans possibly experience gratitude when our bodies are broken and in pain? How can we reach for gratitude in times of loss and heartache? And where do we find gratitude when the suffering of others surrounds us, and we have no control or power to change things? This program will help you understand WHY gratitude is the most healing and empowering

tool that we have access to when times are hard; learn HOW to call on gratitude when our emotions and thoughts are far from it; and apply and practice numerous gratitude techniques, processes and perspectives.

You will learn strategies for cultivating gratitude in the day-to-day. It will also provide some relief and release for participants who may be experiencing hard times.

Presenter: Karin Cross

Dates/Times: Tuesday, May 14, 7-9pm OR

Tuesday, May 21, 11am-1pm

Suggested Donation: \$20



Guest Presenters

Jean Costa, MSW is a life-long journaler. Her love of daily journaling led her to write, *Creating Positive Affirmations, Living an Intentional Life* (2014) and a second book, *Choosing Your Words, Crafting Your Life* (2017). She is a certified yoga instructor and a former teacher. She facilitates workshops on a variety of subjects revolving around the topic of how to enhance life through the choice of language. She is also available for speaking engagements.

Website: JeanACosta.com

Karin Cross is an iShine Inner Wellness Curriculum for Kids facilitator and a Law of Attraction life coach. She also facilitates the Raleigh Sister Circle and the Northeast Raleigh Law of Attraction Meetup and is the founder of Raleigh's very own gratitude movement, Day of Gratitude. Karin has degrees, certifications and lots of experience, but the most important thing that she knows is that we are all love and light, and her work and greatest joy is in helping others know it too.

Karla Davis is a Reiki Master/Teacher and Integrative Health Coach, trained at Duke Integrative Medicine. She is also a member of The Foundation for Shamanic Studies and incorporates shamanic practices into her work where complimentary. Karla teaches group programs on creating personal ritual to more consciously honor, process, and move through life transitions.

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, [TheTovaryshConnection](http://TheTovaryshConnection.com).

Nancy Loeffler is the founder of Being With Grief and the Author of *The Alchemy of Grief, Your Journey to Wholeness*. As a mother who lost her 17-year old daughter Leah in a car accident in November of 2000, she fully understands the

territory of grief. Her daughter's death provided a doorway to her transformation that she never expected. It broke open her heart and showed her a way to break free from limiting beliefs about what was possible in her life. She walks with her clients on their own grief journeys so that they, too, can again find meaning, purpose, and even joy after a devastating loss. She speaks often about her journey and is passionate about changing the conversation around grief. She finds present moment awareness to be a valuable resource on her journey.

Sherylyn Pitt MSW LCSW LCAS, is a psychotherapist and an ecotherapist. She holds a Master of Social Work from UNC Chapel Hill and is a licensed clinical social worker who has a private therapy practice in Raleigh, NC. She is also 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!

Sarah Stein has been studying with Dr. Beverly Lanzetta, theologian and author of *The Monk Within*, for over 39 years. Sarah, a professor of media studies at NC State, was ordained in the Interfaith Theological Seminary in 1999. She took vows to the newly-formed Community of a New Monastic Way, a monastery without walls, in 2008. She serves as a spiritual director and counselor to people of many faiths. Her spiritual path has followed the Via Feminina, a theological understanding of God as intimate and united with all creation. She is eager to share with attendees her own long journey, in discussion of *The Monk Within*, and in seeking understanding of the place of contemplation and silence in contemporary life.