



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](mailto:infoapfwtg@gmail.com) Website: [www.womengather.org](http://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 June 2017 — September 2017

### Coming To Your Senses – Buddhist Wisdom & Meditation

What is your experience of life? What do you and can you know about reality? How does the mind work? These questions provide a deeper observation into how we “know” reality. We will explore what we can learn by looking into our senses; that knowledge leads to more peace, confidence, happiness and connection. We will explore the teachings of Buddha Shakayamuni, the enlightened or awakened teacher in Northern India 2500 years ago, as well as other wisdom teachers; this can help us to lead happier, more fulfilling and joy filled lives. Through meditation we gain understanding and peace. We will spend about half the time meditating in sessions broken up with instruction and discussion. [This series](#) will offer a practical look into Buddhist meditation practice. Meditation experience or no meditation background, you are welcome. Bring your questions. You are encouraged to attend all three day sessions which may lead to an ongoing meditation group. An additional session is offered for those who can only attend evenings.

**Presenter:** Clarissa Schaefer

**Dates/Times:** Thursday mornings - July 20, August 17,  
September 14, 10-11:30am.  
Evening – Tuesday, September 12, 7-8:30pm

**Free will donation**

## June

### Messages from the Mystics – Revelatory Then, Relevant Now

It has been said, “Those who forget the past are in danger of repeating it.” The goal of this program is to recall and ponder insights received by Christian mystics who lived in the past, during times not totally different from our own, with the hope that their wisdom can be applied to our lives today. Come and learn the relevance of Hildegard of Bingen, Julian of Norwich, Theresa of Avila, Theresa of Lisieux and Dorothy Day.

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Monday, June 5, 7-8:30pm OR  
Monday, June 12, 1:30-3pm

**Free will donation**

### The Sacred Energy of a Prayer Stick

In the Zuni and Hopi traditions, prayer sticks were crafted of leather and feathers and placed at the water source during the dry season. It was believed that the prayer sticks held the intention of flowing water, so that the source would not go dry. In this program, you will create a prayer stick to hold your intentions, either for yourself or another.

**Presenter:** Nancy Huslage

**Dates/Times:** Saturday, June 10, 10am-noon

**Suggested Donation: \$25 (includes materials)**

### From Sorrow to Joy – Buddhist Wisdom & Meditation – Part 2

*(everyone welcome, no need to have been at part 1- we were rained out April 25)*

We all experience moments of “offness”, when life isn’t meeting our expectations or when somehow something doesn’t feel right. We will explore how the teachings of Buddha Shakayamuni, the enlightened or awakened teacher in Northern India 2500 years ago, can help us today to lead happier, more fulfilling and joy filled lives. Overcoming the sorrow or suffering that he saw, was his central goal and forms the core of his first teaching.

Meditation is an ancient practice. Quieting the mind by making it more open, calm and friendly helps to create a sense of well being and peacefulness. Basic technique will be offered along with short meditation sessions.

Through presentation, group discussion and meditation practice, this program will offer a brief but practical look into Buddhist practice. Meditation experience or no meditation background, you are welcome. Bring your questions.

**Presenter:** Clarissa Schaefer

**Dates/Times:** Tuesday, June 13, 7-8:30pm OR

Thursday, June 15, 10am-11:30am

**Free will donation**

# SUMMER SOLSTICE LABYRINTH WALK

Wednesday, June 21, 7pm

at

Millbrook Baptist Church  
1519 E. Millbrook Rd., North Raleigh

*Blessed are you, gracious season of summer,  
you surprise us with a variety of gifts from the earth.*

*We, too, gaze into the earth of ourselves,  
beholding gifts waiting to be honored.*

## BOOK/MOVIE DISCUSSION: *The Shack*

*The Shack* by William Paul Young was a N.Y. Times Bestseller and is now a major movie. *The Shack* takes us on a father's life-transforming journey that will show him the ultimate truth about love, loss and forgiveness. *The Shack* wrestles with the timeless question: *Where is God in a world filled with such unspeakable pain?* This program will help us dive deeper into the themes of *The Shack* and call us to explore our own understanding of God. Having read the book and/or seen the movie is a must!

**Presenter:** Sister Judy Hallock

**Dates/Times:** Wednesday, June 28, 10:30am-noon OR  
Thursday, June 29, 7-8:30pm

**Free will donation**

## July

### The Healing Power of Belief

When you are in need of healing, where do you go? To a health care professional? To a church/synagogue/mosque? To a holy pilgrimage site? To a self-professed "healer"? Why do you go where you go? This program will explore these questions and others, like: Is healing an inside job or an outside one? Or both? What role does belief/faith play in the healing process? Is doubt an obstacle to healing? Don't expect definitive answers to any of these questions! But do expect to engage your own experiences of belief, faith, and desire for healing.

**Presenter:** Sister Mary Margaret Weber

**Date/Time:** Thursday, July 6, 1:30-3pm OR  
Monday, July 10, 7-8:30pm

**Free will donation**

### Coming to your Senses

Thursday, July 20, 10-11:30 (See earlier description)

## SoulCollage® as a Spiritual Practice

Come create in community – no artistic ability necessary! Learn the spiritual practice of SoulCollage®. Tap into your intuition/inner wisdom while expressing yourself creatively. By connecting with different aspects of ourselves and God/Higher Power through the creation of SoulCollage® cards, we gain greater awareness of the person God created us to be. Greater awareness means living more fully as our authentic selves. SoulCollage® is a creative art process using images culled from magazines and other resources which are arranged and then glued on 5x8 card stock for the purpose of creating a deck of cards with deep personal meaning. Accessing intuition/inner wisdom informs the card making and card reading process. SoulCollage® is not based on any particular doctrine or theology and therefore adaptable to many beliefs. I believe we please God or our Higher Power when we try to live into the best version of ourselves that we can be. This approach helps us understand ourselves better so that we can do just that.

**Presenter:** Becky Hambrick

**Dates/Times:** Thursday, July 27, 6 - 9pm OR  
Saturday, August 12, 9:30am -12:30pm

**Suggested Donation: \$40 (all materials included)**

## August

### Letting Go of Past Regrets

As imperfect persons, *we will* make mistakes in life. *We will* have regrets. It is part of living in a less-than-perfect world. But we have a choice. We can look back and diminish ourselves or we can look ahead and think of lifting ourselves up. We will discuss tips others have found helpful in freeing themselves from past regrets.

**Presenter:** Sister Judy Hallock

**Dates/Times:** Tuesday, August 8, 7-8:30pm OR  
Wednesday, August 9, 10:30am – noon

**Free will donation**

## SoulCollage® as a Spiritual Practice

Saturday, August 12, 9:30am-12:30pm  
(See description in July listings.)

### Coming to your Senses

Thursday, August 17, 10-11:30 (See earlier description)

## Reconnecting to the Essentials

Scientists tell us that we live in an interconnected world, in a web of relationships from which it is impossible to detach. Yet many feel more detached than attached! Instead of feeling connected by all the technologies available to us, there are many who do not feel connected at all, not even to God. Perhaps they have gotten disconnected from the essentials that give life meaning. What are they? You'll have to come to this program to find out!

But, here's one hint: you're standing/sitting/living on one of them!

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Monday, August 21, 7-8:30pm OR  
Thursday, August 24, 10-11:30am

**Free will donation**

## September

### Running on Empty

Many high-functioning people secretly feel unfulfilled or disconnected and ask themselves, Shouldn't I be happier? Why haven't I accomplished more? Why doesn't my life feel more meaningful? Join Ami Hudson for a look at a subtle factor called childhood emotional neglect. Even well-meaning parents can leave our emotional tank empty. The goal is not to blame but to understand. We'll consider how an absence of validation as a child impacts us to varying degrees in ongoing, identifiable ways -- and how to heal.

**Presenter:** Ami Hudson  
**Dates/Times:** Monday, Sept. 11, 7-8:30pm OR  
Tuesday, Sept. 12, 10:30am-noon

**Free will donation**

### Coming to your Senses

Tuesday, Sept. 12, 7-8:30pm (only evening session in this series);  
Thursday, Sept. 14, 10-11:30am (See earlier description)

### Spirituality: Beyond the Boundaries of Religion

Religion can be the bridge that leads to God. Religion is meant to bring us to spirituality. These same structures can also smother the very spirit they intend to shape. God is greater than religion and God calls us to the deep, conscious living of a spiritual life. Whether you consider yourself religious or spiritual or both, your search for God is a spiritual quest that has no boundaries.

**Presenter:** Sister Judy Hallock  
**Dates/Times:** Thursday, Sept. 21,  
10:30am – noon OR 7-8:30pm

**Free will donation**

## FALL EQUINOX LABYRINTH WALK

### Honoring the Harvest in Our Lives

**Friday, September 22, 7-8:30pm**

**Millbrook Baptist Church**

**1519 E. Millbrook Road, North Raleigh 27609**

On this night, we will honor the balance of the Fall Equinox and mark the harvest of what Spirit has brought to us over the Summer months. The program will begin at 7:00 and end at 8:30. The evening will include a contemplative labyrinth walk, and time to evaluate and celebrate harvesting the seeds we have planted. It could be that over the Summer you have sown grief, a tomato plant, your own authentic purpose, a relationship with a child, the natural world or with Spirit. Perhaps you have sown the seeds of a new home or the seeds of joy. Please bring a folding chair for your comfort and an item that represents what you have been "sowing" or working with over the summer. As you move through the labyrinth, you will be invited to honor, celebrate and symbolically harvest that which was present for you over the Summer season. Together we will welcome in the new Fall season. There are few opportunities in our technologically and economically driven culture to create community ritual that honors and celebrates the passage of time in our lives. This is one of those opportunities!

**Presenter:** Sherylyn Pitt  
**Suggested Donation: \$10**

### A Look at Empathy

When was the last time you examined your empathy level? Arthur Ciaramicoli, in his book, *The Power of Empathy*, says we humans are hard-wired for empathy. Are we living in a time when this wiring has developed a short? Perhaps we need to be re-wired! This program will explore empathy – how it differs from sympathy, how invaluable it is in building strong authentic relationships and how to nurture its presence in your life and in our world.

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Monday, Sept. 25, 7-8:30pm OR  
Thursday, Sept. 28, 10-11:30am

**Free will donation**

# Guest Presenters

**Becky Hambrick**, Though an introvert at heart, Becky relishes listening to people's stories and hearing how they exist in the world – until she doesn't and then it's off to Lake Johnson or Umstead Park for a hike! As a certified Spiritual Director with a private practice in Cary, she is grateful for opportunities which allow her to bear witness and explore God's presence and movement in peoples' lives. Next to fresh May strawberries over warm Bisquick shortcakes, she can't think of anything she enjoys more than creating in community. As a SoulCollage® facilitator, she explores with participants fascinating aspects of themselves through their own intuition and inner wisdom which informs the creation of the SoulCollage® cards. Becky holds a M.Ed. from UNCG and is a graduate of the Haden Institute of Spiritual Direction and Dream Leader Training. Becky is a member of Spiritual Directors International.

**Ami Hudson**, M.Div. is a chaplain in private practice in Raleigh. She loves helping people think deeply about life and figure out what really matters so that we don't lose track of who we are. [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!

**Clarissa Schaeffer** has had a meditation practice since 1991. She came to Buddhist study in 1998, after her marriage turned "crazy making" and painful. She has been fortunate to have studied with excellent teachers and Rinpoches (Precious Ones) in the Tibetan Kagyu tradition. For 7 years she lead a group of inmates in a California state prison, as well as facilitating a small Buddhist Center. She now leads secular and religion based meditation groups.



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.**