



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 2018 — September 2018

### SUMMER SERIES: MONDAY MORNING PAUSE

This program is designed for those who would like to begin the work week with a pause that refreshes before they take on their “to do” lists for the week. Each participant will be invited to use a reflective resource during the week, provided either by APFWTG or by the participant. On Monday mornings we will share how those resources have been nourishing during the week or, perhaps, not. Participants can then choose another resource or continue with the one they are using. By beginning the work week with this focus, it is hoped that it will be much more difficult to have a difficult week! Since it is summer, it is understood that participants might not be able to be present every Monday morning. But registering for this program implies a commitment to be present more often than not, as well as a commitment to the community that will form as a result of the sharing.

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Monday mornings, 10:30-11:30am  
June 18 through September 24

**Free will donation**

## June

### Friendship version 10.0

Do you have a special relationship in your life? Come meet two extraordinary friends, Justin & Patrick and travel with them on a journey of discovery as they walk the Camino de Santiago. This beautiful movie unearths the essence of the meaning of life well lived. The movie will move you in so many ways and lift you up to what can be. Join us for the 98 minute movie followed by discussion.

**Presenter:** Nancy Cavallaro  
**Dates/Times:** Monday, June 18, 1-3:30pm

**Free will donation**

### Let the Music Move You

Music has been a part of our lives for many years and will be with us forever. Whether you choose to listen to music or not, it's there, just like God. Music is a gift so why not enjoy it? There are plenty of genres, artists and songs to pick your fancy. In this program, we'll listen and discuss song lyrics. I will be sharing one of my favorite songs and you're invited to share one of yours. Music can move us spiritually. It can be fun to learn how others connect with their favorite tunes. Join us and let's party, sob or sing. Patti Labelle sang, *Music is My Life*. I agree.

**Presenter:** Kashinda Marche  
**Dates/Times:** Tuesday, June 19, 2-3:30pm OR  
Monday, June 25, 7-8:30pm

**Suggested Donation: \$20**

### What it means to “Hold Space” For Others

(This program was canceled in January due to weather)

To “hold space” for another means that we are willing to walk alongside another person in whatever journey they are on. We offer support and let go of judgment and control. Holding space is not something exclusive to life coaches, spiritual directors, or hospice workers. It is something all of us can do for each other. Holding space is a skill we all need and a skill, an art we can continually grow in.

**Presenter:** Sister Judy Hallock  
**Dates/Times:** Wednesday, June 20, 10:30-noon OR  
Thursday, June 28, 7-8:30pm

**Free will donation**

## SUMMER SOLSTICE LABYRINTH WALK

Millbrook Baptist Church  
1519 E. Millbrook Rd., North Raleigh  
Thursday, June 21, 7pm

*Blessed are you, nurturing season of summer,  
your fruits and vegetables appear on our tables,  
changing them into altars.  
Tasting of your life, we are made strong.*

# July

## **Our Soul Sisters Who Live in the Scriptures: Mentors and Models**

The women in the Judeo-Christian scriptures have long been a source of inspiration and courage. Unfortunately, the witness of their faith has too often been lost by the misinterpretation of patriarchy, thus dulling and blurring who they are and what they did. Those who register for this program will have the opportunity to sit in the presence of some of these women, learn from them, and see how they can serve as mentors and models of faithful living for us, despite the distance of time and culture.

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Tuesday, July 3, 1:30-3pm OR  
Monday, July 16, 7-8:30pm

**Free will donation**

## **Rumi: Wise Sage for Our Times**

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 700 years ago is still a source of inspiration and nourishment for us today. This program is basically a repeat, by popular demand, of a program offered recently. Feel free to attend once again!

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Thursday, July 5, 1:30-3:30pm OR  
Thursday, July 12, 7-9pm

**Free will donation**

## **Living Through Doubt and Celebrating Life**

Many of us could share stories of our journey when we experienced misunderstandings and even mistakes about what life, God and spirituality were really about. We were told that the God of love was also an angry God, a vengeful God, a God of judgment. These inconsistencies colored our spiritual life even as we outgrew our conscious belief in them. Let us examine if our spiritual growth is moving towards an exhilarating process, the discovery over and over again of the freedom that comes with beginning again, with finding new truth, new ways of being alive, new moral standards.

**Presenter:** Sister Judy Hallock  
**Dates/Times:** Tuesday, July 17, 10:30-noon OR  
Thursday, July 19, 7-8:30pm

**Free will donation**

## **Vigil on Mary Magdalene's Feast Day**

Come join us as we share what we are keeping vigil with in our lives. Bring a picture of Mary Magdalene or a memory of her influence on you along with a finger food. We will come together to support each other in our vigils for events in our personal lives, our community and the world.

**Presenter:** Theresa Riggins  
**Dates/Times:** Sunday July 22, 5-6pm  
**Suggested Donation: \$10.00**

# August

## **Curiosity and the Boundaries We Live Within**

When was the last time your curiosity led you to something new – a new way of thinking or acting, or a new question that captured your attention? Who defines the boundaries within which you live? Who encourages you to be curious? Who discourages? These questions – and probably a few more – will be explored in this program, with the hope of affirming the gift of curiosity and its use!

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Tuesday, August 21, 10:30-noon OR  
Thursday, August 23, 7-8:30pm

**Free will donation**

## **Listening to Your Body: To Supplement or Not to Supplement**

With age, as we listen to our bodies, we sense changes associated with perimenopause for up to 15 years before the onset of menopause. It is said that we do not lose hormones because we age, but rather we age because we lose hormones. Every woman should be equipped with the necessary information to make an intelligent decision regarding whether to supplement hormones or not.

**Presenter:** Lisa Hogan  
**Dates/Times:** Thursday, August 30, 1:30-3pm OR 7-8:30pm  
**Free will donation**

# September

## If You're Left, Who's Right? If You're Right, Who's Left?

Read the title of this program more than once! Do you see the questions hidden within the stated questions? More importantly, do you feel the constriction of whatever answer you may pose? What if, instead of left OR right, there was left AND right? What if, what we consider opposite, even opposed and too different to engage, was not threatening but instead an opportunity to expand our thinking and our horizons, see new solutions to common problems? What if, we could disagree but not demonize? If these "what ifs" entice you, please come and add your perspective to our discussion.

**Presenter:** Sister Mary Margaret Weber  
**Dates/Times:** Tuesday, September 4, 1:30-3pm OR  
Thursday, September 6, 7-8:30pm

**Free will donation**

## Emotional Housecleaning (Re-scheduled from March 2018)

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 connected to our wellbeing. Experience holistic practices for emotional housekeeping in this interactive workshop.

**Presenter:** Olivia Fried  
**Dates/Times:** Tuesday, September 11, 10-11:30am  
**Suggested Donation:** \$20

## Re-Inventing Ourselves as We Age

We hear some who say that their elder years are one of the better times in their lives. They worry less, are more accepting of things and have a life lived closer to the Source of all life. What some struggle with as they move into a new phase of life is having a sense of purpose – a reason to get up in the morning. Finding our sense of purpose is critical to our well-being. Through our discussion, we will help to clarify your purpose by exploring what gives your life meaning. It is not difficult to stay busy, but how do we stay vital?

**Presenter:** Sister Judy Hallock  
**Dates/Times:** Wednesday, September 12, 10:30-noon OR  
Tuesday, September 18, 7-8:30pm

**Free will donation**

## FALL EQUINOX LABYRINTH WALK HONORING THE HARVEST IN OUR LIVES

**Sunday, September 23, 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

# Guest Presenters

**Nancy Cavallaro** has been a longtime Seeker at A Place. She is a member of the Consulting Circle since it was created. Over the years she has served within the church and community in various ways. She is a student of the enneagram and a follower of Richard Rohr. Nancy is always seeking new paths to grow in wisdom and faith in growing closer to The Divine. She believes in the power of relationships.

**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](http://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.

**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 minister and seminary graduate. She performs dramas of women in the Bible for various groups and churches. One of the dramas is *Mary Magdalene*. She has a small baking business and is a portrait model at the Sertoma Arts Center.



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.**