



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 June 2019 — September 2019

FAREWELL CELEBRATION

SUNDAY, OCTOBER 6, 2019

2-4PM

The Consulting Circle of A Place for Women to Gather would like to invite you to a Farewell Tea to celebrate 20 years of ministry to women and their spiritual journeys. Come prepared to write a meaningful memory of A Place on a slip of paper, which will be available. These memories will fill a lovely jar which will be our gift to the Sisters as they close their ministry here. Sister Patricia Cornell, one of the original founders, will be traveling from South Bend, Indiana to join Sister Mary Margaret, Sister Judy and all of us for this final “program” at A Place for Women to Gather. Plans are to have remarks by the Sisters at 3:00 pm followed by a response from a member of the Consulting Circle and a champagne toast. Do not miss our departure event and opportunity to wish the Sisters GodSpeed.

June

Gender Roles: Women and Subtle Sexism

With the help of a funny and clever short film (from Spiritual Cinema Circle), we will launch into a reflection and discussion of stereotypical gender roles and the tender age at which they take root. In many ways, we still experience these stereotypes. How can we encourage not playing into these roles? Gender roles impact who we are, our ways of relating to God and our spirituality in general. We have the power to change ourselves, our own behavior, our language. In the end, it is women who must decide to create change for women.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday June 5, 10:30am-noon
OR 7-8:30pm

Free will donation

JOYFUL SUMMER SOLSTICE LABYRINTH WALK

Millbrook Baptist Church

1519 E. Millbrook Rd., North Raleigh

Friday, June 21, 7pm

The calendar of the heavens brings us to the Summer Solstice when Sun reaches both its highest and northernmost points in the sky. Light rays strike the earth at a direct angle and offer long hours of sunlight that bathes us in vitamin D, benefits our mood, and boosts our immune system, bones and heart. In addition to the longer hours of sunlight, the sun sets more slowly at the solstice. This offers us those long expansive romantic summertime sunsets. It is truly the “noontime” of the year. Falling between planting and harvest season it is a time to let loose and enjoy the pleasures of life. This is a season of joy!

Rain or shine everyone is welcome! Join with the community of all for a labyrinth ritual walk in celebration of what brings us joy.

Facilitator: Sherylyn H. Pitt

Suggested Donation: \$10.00 (gratefully appreciated!)

Enough Is Enough!

Usually “enough is enough” means “cut it out!” However, the title of this program means enough IS enough and will explore why this is so and why this mindset is one of the truths that can lead to inner peace and global sustainability. You will discover that you always have enough of what you need, that the never-enough culture in which we live is harmful to our physical, spiritual and mental health and that abundance is far more real than scarcity, regardless of what advertisers say!

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, June 24, 1:30-3pm OR
Tuesday, June 25, 7-8:30pm

Free will donation

July

An Introduction to the Practice of Centering Prayer

The daily practice of *Centering Prayer*, created by Thomas Keating and currently taught by Cynthia Bourgeault and other spiritual leaders seeks to *create space for the Divine* in our busy, overstimulated, 21st century lives. These sessions will introduce the practice of *Centering Prayer* encouraging participants to experience an intentional *letting go* of the continuous and repetitive thoughts that bombard our contemporary “monkey minds.” While the practice of *Centering Prayer* will no doubt produce many positive results related to relaxation and wellness experienced through other types of meditation, Centering Prayer is practiced for the specific purpose of supporting a gradual, personal transformation from the small, egoic self that *leads to deeper intimacy and oneness with the Divine, the self, and for all of creation*. The facilitator will share her own practice of *Centering Prayer*, including challenges and recommendations for sustaining the practice. Participants will be offered two sessions. The *first session* will provide the how of the Centering Prayer practice and an opportunity to experience the practice as a group; the *second session* will provide participants an opportunity to share their personal experiences over a *two-week trial* period as well as identifying collected suggestions for establishing and sustaining the practice over a longer period of time.

Presenter: Betsy Thigpen

Dates/Times: Tuesdays, July 9 & 30, 10:30am to noon

Suggested Donation: \$20 for both sessions

The Gospel of Mary Magdalene

Those familiar with the Christian scriptures know about the Gospels of Matthew, Mark, Luke, and John. But the Gospel of Mary Magdalene may be less familiar. This program will explore what this gospel teaches us about Mary Magdalene and her extraordinary relationship with Jesus. We will see how her post-resurrection presence and influence in the early church had a strong effect on the shaping of Christianity. Participants will leave this program with a new mentor and a new model for living the Christian faith.

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, July 22, 10:00-11:30am OR
7-8:30pm

Free will donation

August

Julian of Norwich and Her Image of the Divine

One day in the year 1373, a woman named Julian experienced 16 visions from God. These visions were written down and eventually became a text called *A Book of Showings*. What were these showings? They were images of a Divine Lover who simply wants to love. They show us a God who is far more interested in relationship with us than in the rules and conditions for loving God that we have created. Julian received insights into the

goodness of creation, the consequences of sin (or rather the lack of) and the Divine Feminine. This program will explore these insights so that you, too, can more fully know and more deeply love this Divine Lover.

Presenter: Sister Mary Margaret Weber

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

Free will donation

Yoga, A Wellness Tradition

When you hear the word “Yoga”, do you think “Pretzel”? While the physical movement of Yoga, called Asana, is certainly “yoga”, it is only one small piece of this broader wellness, even spiritual, life practice. While Yoga is not religion, it does discuss how one can live a more fulfilling life when that life contains a spiritual component. These tenets and others will be discussed in this presentation with Olivia Fried. Please join us to learn about how Yoga was first conceptualized and what its disciplines actually include. No need for a mat as this is a discussion!

Presenter: Olivia Fried

Dates/Times: Tuesday, August 6, 10-11:30am OR
Tuesday, August 13, 7-8:30pm

Suggested Donation: \$20

One River, Many Wells

We have tried to emphasize here at The Place, an openness to all spiritual truth. One thing that can make human existence meaningful and give us the courage and creativity to navigate our ways is healthy spirituality. What we strive for is an experience of the Divine. The mystic, Meister Eckhart says, “Divinity is an underground river that no one can stop, and no one can dam up.” There is only one river but many wells into that river. The paths down the well vary. We can benefit from delving into one another’s spiritual riches. Let us reflect on the various paths down the well we have taken and how they impacted our experience of God.

Presenter: Sister Judy Hallock

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

Free will donation

Do You See What I See?

“Said the night wind to the shepherd boy, ‘Do you see what I see?’ What a great question a popular Christmas song asks! This program will explore why we see what we see, how perception shapes vision, and how our perceptions, when informed by consciousness/mindfulness can change what we see.

Presenter: Sister Mary Margaret Weber

Dates/Times: Monday, August 19, 10:30am-noon OR
Tuesday, August 27, 7-8:30pm

Free will donation

September

Self-Compassion: A Spiritual Practice That Keeps On Giving

“How could anyone ever tell you you were anything less than beautiful?” Libby Roderick asks in her well-known song. Yet, if truth be told, we have heard that message often – from ourselves. We have mastered the ability to be self-critical, to strive to be our best, but we have not begun to master the practice of treating our imperfect selves with compassion. Come and explore mindful self-compassion, see how it starts with the self but doesn't end there, and why it is just the right antidote for these times.

Presenter: Sister Mary Margaret Weber

Dates/Times: Thursday, September 5, 10:30am-noon OR
Monday, September 9, 7-8:30pm

Free will donation

Cultivating Happiness Within Ourselves

Sifting through the wisdom of the ages, we will reflect on inspiring insights that help seekers everywhere cultivate true and lasting happiness within themselves. Happiness is a work in progress, a spiritual quality. As Joan Chittister remarks, “To chase the dream of happiness is not a useless exercise.” Bring your experiences and insights as we share our “works in progress” and perhaps move forward in our quest for happiness.

Presenter: Sister Judy Hallock

Dates/Times: Thursday, September 12, 7-8:30pm OR
Tuesday, September 17, 1:30-3pm

Free will donation

HONORING THE

HARVEST IN OUR LIVES:

FALL EQUINOX LABYRINTH WALK

Monday, September 23, 7:00pm

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 (gratefully appreciated!)

A SPECIAL INVITATION

The Listening Place Spiritual Center in Durham would like to invite everyone connected to APFWTG in any way to a retreat **Saturday June 29, 2019**. So that we can accommodate everyone, we will offer a choice of times: **9-12 or 1-4**. We know that for many of you APFWTG has been “home” for 20 years, so our retreat will center on that theme of “home”. There is **NO CHARGE** for the retreat; it is a gift to you from
The Listening Place.

Please register for the retreat on our website thelisteningplacespiritualcenter.org

From 4-6:30 that same day, we will also hold an open house, so even if you can't make it to the retreat, please drop in during the open house. We'd love to have a chance to meet you and to show you around our space.

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 is now enjoying Yoga Teacher Training and will soon be offering yoga as a wellness modality. 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

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!

Betsy Thigpen is a retired early childhood educator and trainer and a frequent participant in spiritual growth opportunities at A Place for Women to Gather. She has facilitated several centering prayer study sessions at her church, attends frequent spiritual growth retreats, and is an avid reader of books that deepen and enhance the spiritual journey.

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.

Resources

(to support you as you continue the journey)

The **Band of Sisters** is a group of women dedicated to providing opportunities to gather in a prayerful setting in order to learn about and share their experiences of faith. All are welcome. Please spend some time on their website:

www.bandofsistersraleigh.com

You are invited to join them for an activity

Jean Costa, MSW, RYT has a Spiritual Direction practice in Cary, NC. - **Sacred Space Spiritual Direction.** "Within each of us dwells the desire to find meaning in our lives. By nurturing your spirit, your life can become richer and more rewarding." As your spiritual companion, she can support you in this journey. Her love of daily journaling led her to write, *Creating Positive Affirmations, Living an Intentional Life* (2014) and *Choosing Your Words, Crafting Your Life* (2017). Her Masters in Social Work is from UNC and she is a registered yoga teacher from the Kripalu Center for Yoga and Health. Because of her personal experience with breast cancer she created the Pink Ribbon Yoga Retreat in 2005 for women breast cancer survivors, under the auspices of the Duke Center for Supportive Care and Survivorship. (PinkRibbonYoga.org)

She can be reached at 919-467-1121 or JeanAnneCosta@gmail.com

The Raleigh Community Gratefulness Gathering is a group in which we share our love and passion for gratitude. If you know the power of gratitude – or you want to know it – and you want to talk about it, learn about it, and grow with other like-minded gratitude folks...then this is the place for you. Each month, the Raleigh Community Gratefulness Gathering and other Gratefulness Gatherings around the world explore and expand around a common gratitude related theme provided by A Network for Grateful Living.

For more information:

www.meetup.com/Raleigh-Community-Gratefulness-Gathering/, or contact Karin Cross at karincross@asamatterofthought.com.

Raleigh Sister Circle meets monthly to join the Global Sisterhood (www.globalsisterhood.org) and thousands of women around the world in a unifying heart meditation. We also have a topic of discussion which provides insight and inspiration for our individual and collective paths of self-discovery. As the Sisters at A Place for Women to Gather love to say: "Never underestimate the power of women who do their inner work." We are those women. Join us. You can get more information at <https://www.meetup.com/Raleigh-Sister-Circle>, or contact Karin Cross at karincross@asamatterofthought.com.

The Listening Place Spiritual Center provides spiritual direction, as well as a 2-year formation program for Spiritual Directors. We also offer retreats, quiet mornings, speakers on current topics, and book discussion groups. We see one of our most important contributions being that of holding sacred space in the midst of a bustling city. Our address is 1703 Chapel Hill ROAD (not street) in Durham. Website: thelisteningplacespiritualcenter.org

Wake Forest Christian Church (Disciples of Christ) – David Griffin, minister of the church, has offered meeting space at no cost to women who would like to meet there. They have very adequate meeting rooms plus a kitchen. They also offer a variety of programs for spiritual growth. Located in what was the Catholic Church in Wake Forest.

Their website is wakeforestchristianchurch.org 919-435-4112