



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 October 2017 — January 2018

### Monthly Series

#### **Suitcase of the Spirit**

We carry around our bodies sometimes as if they are a curse. We get worn, tired, and weary. Parts break; sometimes they aren't mendable. Our embodied experience is our precious gift. God thought enough to "get a body" and dwell among us. "For in him the whole fullness of divinity dwells bodily" Colossians 2:9. Celebrate your mobile sanctuary and experience the marvelous sensation of being alive through tasting, feeling, hearing, touching, and seeing that it is good! Our bodies are the dwelling place for God's living spirit. Nurture your temple and cultivate a practice of intentionally embodied living. We will share simple experiences that honor our dwelling places, invite curiosity, and nurture sacred space.

**Presenter:** Rebecca Allen

**Dates/Times:** Wednesdays, October 4, November 1,  
December 6 - 3-4:30pm

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

#### **A Path of Heart – Buddhist Wisdom & Meditation**

Are you experiencing pain and suffering? Would you like to be more compassionate? What do you and can you know about each moment? How does the mind work? These questions provide a deeper observation into how we "know" reality. We will explore what we can learn through meditation and Buddhist teachings. The goal is more peace, confidence, happiness and connection to ourselves, others and spirit. Through meditation we gain understanding and peace. We will spend our time meditating in sessions broken up with instruction and discussion.

This program will offer a practical look into Buddhist meditation practice. In the coming months we will focus on perceptions, and the emotions that disturb. Meditation experience or no meditation background, you are welcome. Bring your questions. Coming on a regular basis will bring you the most benefit. However you are welcome to join or to try out this group at any time. **This is an ongoing open group. You are invited to come regularly, when you can, or to explore.**

**Presenter:** Clarissa Schaeffer

**Dates/Times:** 2nd and 4th Wednesdays: October 11 &  
25, November 8 & 22, December 13 & 27  
and January 10 & 24, 10am to 11:30am

**PLUS two evening sessions:** Tuesdays, November 14, and  
January 16, 7pm to 8:30pm

**Free will donation**

### October

#### **Cultivating Authenticity**

What does it mean to be authentic and how does one cultivate it? That's what this program will explore. Using the research of writer and research professor, Brene Brown, we will examine the meaning of authenticity and look at steps you can take to live more authentically.

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Tuesday, October 3, 1:30-3pm or  
Monday, October 9, 7-8:30pm

**Free will donation**

#### **Suitcase of the Spirit**

Wednesday, October 4, 3-4:30pm  
(See description under "Monthly Series")

#### **A Path of Heart – Buddhist Wisdom & Meditation**

Wednesdays, October 11 & 25, 10-11:30am  
(See description under "Monthly Series")

#### **What Death Can Teach About Living**

Tim McGraw's country hit, "*Live Like You Were Dying*", has meaning in its lyrics. Many people develop profound insights and experience a process of transformation near the end of their lives. If that possibility exists at the end of life, it exists here and now. We don't have to wait until the end of our lives to realize the wisdom that death has to offer. Too many people die in distress, guilt and fear. Let us encourage another possibility.

**Presenter:** Sister Judy Hallock

**Dates/Times:** Tuesday, October 17, 10:30-noon OR  
Thursday, October 19, 7-8:30pm

**Free will donation**

## Retreat Day for the WISE

In the midst of this historic time of radical transition, there is a gathering community of women seeking to come into new ways of serving the universe, the earth and all of creation, hence the word WISE (Women In Service to the Earth). Seeking a deepening consciousness to the life of the Spirit within oneself, one another, and the natural world through prayer, study, reflection, and eco-contemplative wisdom, WISE women share creative responses with one another as means of building healing relationships with the whole of their own lives and all living forms at this critical time. Come to Timberlake Earth Sanctuary, a place dedicated to the healing of the human-earth relationship, to nourish and be nourished by the WISE. Please bring your lunch. Drinks provided.

**Presenter:** Carolyn Toben

**Date/Time:** Friday, October 27, 9:30am-2:30pm

**Site:** Timberlake Earth Sanctuary, 1501 Rock Creek Dairy Road, Whitsett, NC 27377

**Suggested Donation:** \$38

## November

### Suitcase of the Spirit

Wednesday, November 1, 3-4:30pm

(See description under "Monthly Series")

### A Path of Heart – Buddhist Wisdom & Meditation

Wednesdays, November 8 & 22, 10-11:30am

Evening Session: Tuesday, November 14, 7-8:30pm

(See description under "Monthly Series")

### Sexuality and Spirituality: Let's Talk About Both!

What does sexuality have to do with our spirituality? An equally important question: what does our spirituality have to do with our sexuality? What gifts do these two foundational parts of the human experience offer to our relationship with the Holy One and each other? These are the questions this program will explore.

**Presenter:** Sister Mary Margaret Weber

**Date/Time:** Monday, November 13, 1-3pm OR  
Thursday, November 16, 7-9pm

**Free will donation**

## Retreat Day – Mandalas Here, Mandalas There, Mandalas Everywhere!

If you want to be centered for the holidays that are just around the corner, come and be encircled by the meaning and message of the mandala. Get in touch with how prevalent they are in our world, with their power to draw us into their

center and then into our own. Once you are aware of how close this resource is, you will be able to access it at any time, a useful skill, especially when life gets hectic.

Please bring your lunch. Drinks and dessert provided.

**Presenter:** Sister Mary Margaret Weber and  
Sister Judy Hallock

**Date/Time:** Tuesday, November 21, 9:30am-2:30pm

**Site:** Home of Margaret Thurston,  
6405 Lakeland Dr., Raleigh 27612

**Suggested Donation:** \$30

## December

### December Quiet Days –Listen to the Quiet

December - what a month! Our culture entices us into more commercialism and busyness; the Christian tradition invites us to prepare and wait for a birth and, at the same time, the Universe offers us increasing darkness with its accompanying gifts. This program invites you to choose this latter option and mine the gifts of this season leading up to the Winter Solstice and Christmas. Give yourself this opportunity to step out of that hectic rhythm and enjoy an hour of peaceful quiet where you might indeed experience a birth!

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Mondays of December – 4, 11, 18, 7-8pm

**Free will donation**

### The Wisdom of Theresa of Lisieux's "Little Way" for 21st Century Seekers

What does a young turn-of-the-20th-century Carmelite nun who died at the age of 24 have to offer spiritual seekers of today that can sustain them in the midst of a complex, fast-paced world? The answer: her "Little Way," a description of her spirituality.

It is a way of child-like trust in God. This program will explore how this child-like trust can enhance our adult search for an ever-deepening relationship with God.

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Tuesday, December 5, 10:30-noon OR  
Thursday, December 14, 7-8:30pm

**Free will donation**

### Suitcase of the Spirit

Wednesday, December 6, 3-4:30pm

(See description under "Monthly Series")

### Ways to Deepen Our Spiritual Relationship to Nature

Do you love how you feel when you are in the woods or mountains, walking on the beach or along a river, or sitting in your backyard? We may know we love nature, we feel great in nature, and we spend time in nature. Most of us never go further than this. We will explore ways to connect with Nature in an intentional way. Nature may even become your spiritual path!

**Presenter:** Sister Judy Hallock

**Dates/Times:** Thursday, December 7, 10:30-noon OR  
Tuesday, December 12, 7-8:30pm

**Free will donation**

## **A Path of Heart – Buddhist Wisdom & Meditation**

Wednesdays, December 13 & 27, 10-11:30am

(See description under “Monthly Series”)

## **WINTER SOLSTICE LABYRINTH WALK**

**Thursday, Dec. 21, 7pm**

**Millbrook Baptist Church**

**1519 East Millbrook Rd., North Raleigh**

The Winter Solstice marks the beginning of the season of Winter, the universe’s sleep mode, a time to lie fallow and await regeneration. Perhaps this season offers us humans a wonderful invitation to do the same! The gentle prayer of walking the labyrinth is a meaningful way to begin this season and say “yes” to this invitation.

**Call if you plan to attend: 919-846-3601**

## **January**

### **“Write Down the Vision . . .” for “Without a Vision, the People Perish.”**

An authentic vision is all-encompassing. It serves as a container, a lens for seeing life more clearly. An authentic vision does not exclude or compartmentalize but is inclusive of all the facets of our lives. Many are unable to see two foundational facets of our lives, spirituality and politics, in the same lens, but if politics does not derive its values from a spiritual vision, how can it sustain with integrity the communal life of a nation? How can it be a container for all the people? It is the responsibility of spiritual seekers to write and articulate a vision for each age. This program will offer one such vision, perceived and written down by Stephen Dinan in a book entitled *Sacred America, Sacred World*. He offers a vision he calls “transpartianship” as well as practical ways it can be concretized in our political system. This is a vision that looks at the gifts and strengths of both the left and the right and what they have to offer for the common good. It offers ways to move beyond the polarizing mindset to seeing inclusively. If you have ever wondered about the purpose of the spiritual work you’ve done, what use is it beyond personal growth and satisfaction, this program will show you how valuable that work is toward creating a vision that is life-giving and sustaining for this time in history. What better way to start the new year than by envisioning a brighter future!

**Presenter:** Sister Mary Margaret Weber

**Dates/Times:** Monday, January 8, 7-8:30pm OR  
Thursday, January 18, 1:30-3pm

**Free will donation**

## **A Path of Heart – Buddhist Wisdom & Meditation**

Wednesdays, January 10 & 24, 10-11:30am

Evening Session: Tuesday, January 16, 7-8:30pm

(See description under “Monthly Series”)

## **What It Means To “Hold Space” For Others**

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:** Thursday, January 11, 7-8:30pm OR

Wednesday, January 17, 10:30-noon

**Free will donation**

## **A New Year – A New Spiritual Practice: SoulCollage® and the Committee Suit.**

Discover your wisdom, change your world. Come create in community – no artistic ability necessary! Explore the Committee Suit in 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:** Saturday, January 13, 9:30am to 12:30pm

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

## **Healing Through Writing**

This program will teach proven approaches to aid in the healing process of your body, mind, and spirit. Whether you are a patient, caregiver or loving friend, expressive writing can aid you in reducing stress, easing symptoms, strengthen the immune system, shorten recovery periods, and improve family relationships.

**Presenter:** Jean Costa

**Dates/Times:** Tuesday, January 16, 1:30-3:30pm OR

Tuesday, January 30, 1:30-3:30pm

**Free will donation**

# Guest Presenters

**Rebecca Allen** has been moving and breathing with groups for over twenty years. She is passionate about fitness and wellness, and brings her infectious smile to share joy. Rebecca earned her under-graduate degree in Sociology and a graduate degree in Exercise and Sport Science from East Carolina University. She is registered with Yoga Alliance through a 500 hour educational pro-gram (RYT 500), and holds certifications with ACE, AFAA, and YogaFit. Her experience teaching in private school, higher education, medical fitness, commercial fitness and wellness, churches, retirement communities gives her the opportunity to do what she loves most: support others as they experience Union right where they are. She enjoys her full time role as a Recreation and Fitness Coordinator at SAS in Cary, NC where she lives with her partner in life and love, Chip.

**Jean Costa** 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 graduated from Saint John's University School of Education with a degree in mathematics and earned a Masters in Social Work from UNC. She is also 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 facilitates workshops on a variety of subjects all revolving around the topic of using self-talk as a tool for enhancing life. She is also available for speaking engagements.

**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. 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.

**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 here in North Carolina.

**Carolyn Toben**, M.Ed., brings 40 years of experience as a retreat and seminar leader. She is the Director of Timberlake Earth Sanctuary ([www.timberlakeearthsanctuary.com](http://www.timberlakeearthsanctuary.com)) in Whitsett, N.C. and the author of *Recovering a Sense of the Sacred: Conversations with Thomas Berry and Cultivating a Sense of the Sacred: Practices Inspired by Thomas Berry*. In 2014 she received the “Sacred Universe” Award from the WELL Spirituality Center in La Grange, Illinois.



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.**