



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 Website: 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 2016 — September 2016

Monthly series program

Creating a Sacred Circle

This nourishing monthly discussion group, designed to support a creative spirit is continuing! Have you read *The Artist's Way*? Perhaps you were once part of a study group? Do you remember the basic tools? Are you still doing morning pages? Do you remember the core of Week 1: Recovering a Sense of Safety? We will meet monthly with the intention of stimulating our creative flow and leave each time with at least one affirmation to support our intention for the following month, if not for the rest of your life. It is suggested you read, *Creating Positive Affirmations, Living an Intentional Life* by myself, Jean Costa. A previous knowledge of Julia Cameron's book would be helpful but not essential. What is essential is the desire to live a more creative life, to be willing to nurture the other women in the circle and to come with a sense of adventure and discovery.

Presenter: Jean Costa

Dates/Times: 2nd Thursdays - June 9, August 11,
September 8, 2:30-4pm

Free will donation

June

Creating a Sacred Circle

Thursday, June 9, 2:30-4pm

Spirituality in an Election Year

In this election year, perhaps it would be beneficial to explore how we engage our spiritual practices and beliefs as we are surrounded by a myriad of political practices and beliefs. This program will look at how we might look at the politics of our country and world from a spiritual perspective and the values and gifts that might yield. Democrats, Republicans, and Independents, Liberals, Conservatives, and the Completely Turned-Off – all are welcome!

Presenter: Sister Mary Margaret Weber

Dates/Times: Tuesday, June 14, 1:30-3 pm OR
Thursday, June 16, 7-8:30pm

Free will donation

Summer Solstice Labyrinth Walk

Monday, June 20, 7pm

Millbrook Baptist Church, 1519 East Millbrook Rd.,
North Raleigh, 27609

**“Blessed are you, summer, season of long days and short nights,
you pour forth light from your golden orb, energizing the earth and
calling forth growth. . .**

**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.”**

-Joyce Rupp-

COME! CELEBRATE THE ABUNDANCE OF SUMMER!

New Group Forming: Wisdom-Seeking Women

This new group could also be called **Women Seeking Wisdom!**

Its purpose will be to provide a resource for women who would like to enrich their lives by coming together with other women on a regular basis to share wisdom – i.e. something you read that touched you, an experience you had, an idea you would like to explore - as well as seek wisdom – i.e. advice, ideas, perspectives, etc. The greatest potential benefit: new, supportive relationships. Participants will be expected to commit to regular attendance at two meetings on the 2nd and 4th Wednesdays monthly, beginning July 13. Participant limit: seven.

Presenter: Sister Mary Margaret Weber

Dates/Times: 7 - 8:30pm

Free will donation

Positive Impacts of Negative Situations

We all know negative situations are bound to arise in life yet we avoid them like the plague! When negative situations end, we feel relieved but did we ever realize how much we had been learning from our problems? Our knowledge gained from negative situations can be our greatest asset!

Turning negative situations into positives is possible by analyzing their positive impacts on us and by using it to our best advantage.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, June 22, 7-8:30 p.m. OR
Thursday, June 23, 10 – 11:30am

Free will donation

A Story: The Great Silent Grandmother Gathering

This program is for any woman who has ever looked at the world around her and said to herself or aloud: “I’m just one person - what can I do?” We will harvest the wisdom in this story that was written for “anyone who thinks she can’t save the world.” Come and be inspired to “be the change you want to see.” Being a grandmother is not a prerequisite!

Presenter: Sister Mary Margaret Weber

Date/Time: Monday, June 27, 7-8:30pm OR
Thursday, June 30, 10:30-noon

Free will donation

July

Listen to What Summer Has to Say to Us

How easily the seasons speak to us of God! Summer is the season when nature comes into its fullness. There are striking similarities between this season of fruitfulness and our inner life. What spiritual lessons might summer be teaching us? We will explore together the relationship between the external and internal season of summer that invites us to greater growth and wholeness.

Presenter: Sister Judy Hallock

Dates/Times: Wednesday, July 6, 10:30 a.m. - noon OR
Monday, July 11, 7-8:30 p.m.

Free will donation

Developing Heart Awareness

Modern life is full of such stress that it is useful to have numerous coping skills. One of these skills to foster is the ability to tune in to what our bodies are trying to tell us...before we are thrust into crisis. The heart is the key to emotional and physical health. Marsha will teach some techniques to help us tune into subtler energies and shift ourselves out of stress. She will also give us a brief introduction to her favorite healing modality—Matrix Energetics.

Presenter: Marsha Walters

Date/Time: Thursday, July 7, 10:30am-12:30pm OR
6:30-830pm

Suggested donation: \$20.00

Passionate Women On Whose Shoulders We Stand

You’ve probably heard the adage, “Those who forget their history are in danger of repeating it.” But there are parts of history that need to be remembered and repeated – namely, the stories of courageous women (yes, men, too!) whose passionate vision led them to act in ways that benefit us living today. This program will look at these women so that their examples will, hopefully, ignite our own passions and give us the courage to trust them and act on them, just as our ancestors did. Participants: please bring a photo or special memento of a woman on whose shoulders you stand.

Presenter: Sister Mary Margaret Weber

Dates/Times: Tuesday, July 12, 10:30-noon OR
Monday, July 18, 7-8:30pm

Free will donation

Mary Magdalene Vigil Celebration

Come celebrate the narrative of the gospel character, Mary Magdalene, through drama and discussion. She was healed by Jesus of demons. She was a faithful follower even to the cross and the empty tomb. Come and explore what we can learn from her story. Also we will look at how our own journeys can be guided by her witness.

Presenter: Theresa Riggins

Date/Time: Thursday, July 21, 7-8:30pm

Suggested donation: \$20.00

August

Creating a Sacred Circle

Thursday, August 11, 2:30-4pm

How’s Your Prayer Life?

This question is related to a more frequently heard question, “How’s your love-life?”

Both have to do with relationships and how they can enrich our lives. This program will take a look at prayer, offer some suggestions to enhance the experience and hopefully dispel some of the fears and misconceptions to reveal how “user-friendly” it is.

Presenter: Sister Mary Margaret Weber

Dates/Times: Tuesday, August 16, 7-8:30pm OR
Thursday, August 25, 10-11:30am

Free will donation

Mandalas and Colors – A Nourishing Combination

What do you get when you combine the healing power of the mandala with the contemplative activity of coloring? That’s the question this program invites you to answer - experientially! But, potentially, you get an activity that invites you into your own center where your truest self and the Holy One dwell together in love. This is more commonly known as being centered, the sense that all is well, I have what I need, and peace is pervasive. Mandalas to color will be available or you can make your own. Either way, you will be giving yourself a gift that is only yours to give!

Presenter: Sister Mary Margaret Weber
Dates/Times: Thursday, August 18, 1:30-3pm OR
Monday, August 22, 7-8:30pm

Free will donation

Going Deeper into Conscious Eldering: Compassion, Forgiveness and Letting Go

During this evening of depth exploration, we will focus on the powerful inner work of the conscious elder. We will create a circle of elders and open to rich meaningful passionate wisdom through the process of council. Bring your courage and an item for the altar that represents your hopes, dreams, fears, or concerns about deeply exploring forgiveness of self and others. Come move into the sense of peace and purpose created by acts of Compassion, Forgiveness and Letting Go! Women 50 years and older can benefit from this program.

Presenter: Sherylyn Pitt
Date/Time: Tuesday, August 23, 7-9pm
Suggested donation: \$25.00

September

I'm Spiritual but Not Religious – What Does That Mean?

This self-description is often heard. In this program we will take a close look at what it means – what assumptions it implies, what choices are being made and why. It is one of those dualisms, those either-or choices that our patriarchal culture has constructed. The result is diminishment because it implies a choice and a rejection. But what if we could honestly say, “I am spiritual and religious?”

Presenter: Sister Mary Margaret Weber
Dates/Times: Tuesday, September 6, 1:30-3pm OR
Monday, September 12, 7-8:30pm

Free will donation

Earth-Based Spirituality: Nature As Cathedral

What is your favorite landscape? Where do you go to relax and regain your perspective? The mountains? The shore? The woods? Why is your favorite landscape your favorite landscape? How do these places on our planet nourish us? What do they touch within us that leaves us nourished and strengthened to continue the journey? This program will look at these landscapes as holy places, sacred spaces, temples built not by human hands. Participants: please bring an object or story to share about your favorite landscape.

Presenter: Sister Mary Margaret Weber
Dates/Times: Monday, September 19, 1:30-3pm OR
Tuesday, September 27, 7-8:30pm

Free will donation

Creating a Sacred Circle

Thursday, September 8, 2:30-4pm

Finding Common Ground in a Divided World – continued

As we continue to see signs of intolerance, prejudice and hostility toward our Muslim brothers and sisters, so do we need to continue the conversation we began at a program in February, 2016, with our Muslim friends, Sister Janice and Sister Tahira, and discover, as well as celebrate, the common ground we share.

Dates/Times: Tuesday, September 20, 10:30-noon
Free will donation

Love Without Justice is Baloney! A Spirituality of Justice and Peacemaking

God asks only one thing of us, that we “act justly, love tenderly, and walk humbly with our God.” (Micah 6:8) The invitation to act justly, is one of the essential, nonnegotiable pillars within spirituality. All religious traditions call for this great imperative. Why then is there so much injustice and violence? Questions remain concerning precisely what social justice is, how it needs to be practiced so that it is itself non-violent. How do we apply this imperative to our own lives? Let us search together as we strive to deepen our spiritual journey.

Presenter: Sister Judy Hallock
Dates/Times: Wednesday, September 21, 10:30 a.m. – noon
OR 7pm – 8:30 p.m.

Free will donation

Fall Equinox Labyrinth Walk Honoring the Harvest in Our Lives:

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
Site: Millbrook Baptist Church, 1519 E.
Millbrook Road, North Raleigh 27609
Dates/Times: Thursday, Sept. 22, 7-8:30pm
Suggested Donation: \$10

Guest Presenters

Jean Costa received her BA in education with a major in mathematics from St. John's University, and in 1997 she earned an MSW from UNC, Chapel Hill. She has practiced yoga for over 40 years and became a certified yoga teacher at Kripalu Center for Yoga in 2007. Because of her personal experience with breast cancer she began the Pink Ribbon Yoga Retreat for breast cancer survivors in 2005. She sits on the Duke Cancer Patient Support Advisory Board and the Preston Robert Tish Brain Tumor Advisory Board. She is an avid journaler and has practiced creating affirmations for over a decade. Besides teaching yoga she teaches workshops in Creating Positive Affirmations and facilitates creativity development groups based on Julia Cameron's book, *The Artist's Way*.

Marsha Walters is a spiritual scientist and ordained minister. She has a Master's in Physics and a Ph.D. in Electrical Engineering. Additionally, she has been a student of metaphysics and energy healing for 25 years. Her mission is to assist people to live lives that are balanced physically, mentally, emotionally, and spiritually. She is a practitioner of Reiki, Matrix Energetics, Theta Healing, and Foot Reflexology and offers private and individual sessions.

You can find out more at www.MarshaWalters.com

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 a graduate of Southeastern Seminary 1985. She is involved in two churches in Raleigh where she teaches and participates in a spiritual life group. She has a small dessert business and poses as 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.