

A Place for Women to Gather



A not-for-profit ministry sponsored  
by the Sisters of the Holy Cross

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# Programs for FEBRUARY–MAY 2012

## ONGOING SERIES

### Still Running With the Wolves

The discussion of this incredibly nourishing book (*Women Who Run With the Wolves*) began one year ago, chapter by chapter. There is still time and space for you to get in on a very nourishing, thought-provoking discussion of the archetypical stories of Clarissa Pinkola Estes. They stand independently, so you can join the already existing group with no need to “catch up.” Please check the monthly programs for chapters, dates and times.

### A Love Story: Once Upon a Time . . . Once Upon a Universe

We continue this story begun in January. It is a sacred story and makes all other stories possible. It's the unfolding story of how our home — the Universe — came to be. It's a story we'd like to reflect on during 2012, month by month, chapter by chapter. Each program offers song, prayer/ritual, reflection and discussion on a particular aspect of this great story. As with any story, continuity is important so we highly recommend that you attend every monthly session so you can get the whole story. However, if that's not possible, any and every month will offer resources that will nourish you and deepen your love for our common home. Please check the monthly programs for details.

## FEBRUARY

### Still Running With the Wolves

**Chapter 12 — Marking Territory: The Boundaries of Rage and Forgiveness**

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

*Dates/Times:* Thursday, February 2, 1:30–3:30 p.m. OR  
Tuesday, February 7, 7–9 p.m.

*Free will donation*

### Feng Shui and Peaceful Living

We bring peace into our lives by seeking harmony in all aspects of our daily existence. We may use a regular spiritual practice to maintain inner peace during times of stress and challenge. To extend this peace into our physical environment, we can use the principles of Feng Shui, tested and proven over 4,000 years, to remove blocks and impediments to harmony, good health, and abundance. According to Feng Shui, our environment sends us constant messages that can shape the course of our lives. For example: A violent bedroom picture that a teenager sees first thing in the morning may set the tone for a day of conflict and violence. A cluttered, dirty kitchen may discourage family members from cooking, leading to a reliance on fast food and subsequent health consequences. The short walk from the car through a cluttered garage filled with boxes of trash and unfinished home projects can lead to irritability and anger at the end of the work day. During this presentation, participants will learn to identify the messages that their environment may be sending — and the Feng Shui techniques that can release areas of obstruction and stagnation. Questions and real life examples will be welcomed and addressed!

*Presenter:* Gabriele Amersbach

*Dates/Times:* Tuesday, February 7, 1–2:30 p.m. OR  
Thursday, February 23, 6:30–8 p.m.

*Suggested donation:* \$20

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 indicated, a \$10 registration fee is requested to be sent no later than one week prior to the program you wish to attend. Also, unless otherwise noted, events take place at our center.

— Sister Mary Margaret Weber, CSC, and Sister Judith Hallock, CSC

## Creating Circles of Compassion

This program offers the opportunity to talk about compassion and put it into practice using Karen Armstrong's recent and timely book *Twelve Steps to a Compassionate Life*. Participants will meet twice, in February and in May, to offer a period of practice in between sessions and an opportunity to share what effect the practice has had in their lives.

*Presenter:* Sister Mary Margaret Weber

*Dates/Times:* Thursday, February 9 AND Thursday, May 17, 10–11:30 a.m. OR Thursday, February 9, AND Thursday, May 17, 7–8:30 p.m.

*Free will donation*

## A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 2

The focus this month is "The Time of the Primal Fireball." Fourteen billion years ago the Universe flared forth in every direction, creating time and space, and all the protons that would ever exist! For fuller description, see "Ongoing Series."

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

*Dates/Times:* Monday, February 13, 7–8:30 p.m. OR  
Tuesday, February 14, 1:30–3 p.m.

*Free will donation*

## Listening as an Act of Transformation

"To 'listen' another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another."

— Quaker author Douglas Steere

As human beings, our default listening mode is often fixing, interpreting, or judging (in our minds) the "other." What kind of listener are you? Take the risk to find out and begin to transform your presence as a listener in the world.

Explore:

- Your listening style
- The fear that our hearts might break if we don't fix the "other's" pain
- The feelings and values beneath the words of the "other"
- Suspending judgment

*Presenter:* Jan Hutton

*Date:* Saturday, February 25

*Time:* 10 a.m.–12:30 p.m.

*Suggested donation:* \$30

## Drumming Around the Lenten Scriptures

Those who attended "Drumming Around the Advent Scriptures" in the last cycle of programs found it to be a unique and nourishing experience. The scriptures of the Lenten season hold the same potential for calling forth new insights and messages as we reflect on scriptures that call us to deepen the mystery of dying and rising in our lives and express that mystery through the rhythm of drumming. No previous drumming experience is needed. Drums will be provided or you may bring your own.

*Presenter:* Stacy Grove

*Dates:* Most Mondays of Lent – February 27, March 5,  
**Tuesday, March 13**, March 19, March 26

*Time:* 7–8:30 p.m.

*Suggested donation:* \$70 for the series/\$20 per session

## MARCH

## Still Running With the Wolves

**Chapter 13 — Battle Scars: Membership in the Scar Clan**

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

*Dates/Times:* Thursday, March 1, 1:30–3:30 p.m. OR  
Tuesday, March 6, 7–9 p.m.

*Free will donation*

## International Women's Day Thursday, March 8, 2012

WE'RE HAVING A CELEBRATION!

A Place for Women to Gather is providing the opportunity for women here to participate in honoring the achievements of women everywhere in our diversity and giftedness.

*Who is invited?* All women

*Where?* Center for Community Leadership  
711 Hillsborough Street, Raleigh, NC

*When?* Thursday, March 8, 2–6 p.m.

*Why?* To join this global celebration, begun in 1911 and now sponsored by the United Nations

*Mark your calendars. . . .  
See you there!*

## A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 3

The focus this month is "Birth of Galaxies and Stars." We are part of an unfolding miracle — the evolving miracle of the cosmos. We become ever more aware of the growing revelation of our connection to an even larger world. For fuller description see "Ongoing Series."

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

*Dates/Times:* Monday, March 12, 7–8:30 p.m. OR  
Tuesday, March 13, 1:30–3 p.m.

*Free will donation*

## Moving Into Your Capacity to Love: 2012, Nothing to Fear

Yes, something of grand proportion is occurring that involves you and all of humanity. And no, it is not to be feared. If all the media hype about 2012 is making you curious, or perhaps even afraid, if you are wondering what's on the horizon or if you want to learn how to become an active participant during these shifting times, join Stacy Grove and Amy Pierce for a half-day retreat devoted to increasing your knowledge while reducing your worry. Please bring a bag lunch and beverage.

*Presenters:* Stacy Grove and Amy Pierce

*Date/Time:* Saturday, March 17, 10 a.m.–3 p.m.

*Suggested donation:* \$60

So that Stacy and Amy can address your particular questions about 2012, please send them an e-mail at [infoapfwtg@yahoo.com](mailto:infoapfwtg@yahoo.com) by February 12. Include the subject line "2012 questions."

## SPRING SOLSTICE LABYRINTH WALK

Tuesday, March 20, 7 p.m.

Millbrook Baptist Church  
1519 East Millbrook Road, North Raleigh

Call if you plan to attend: 846-3601

### BOOK DISCUSSION

#### ***A Year to Live — How to Live this Year as if it Were Your Last* by Stephen Levine**

We've all known people who received a terminal diagnosis and were inspired to open more profoundly to life while they had the chance. For others, death comes suddenly with no warning. Stephen Levine offers an experiment that amplifies your potential for deepening the quality of your life by living the next year as if it were your last. Participants are asked to read the book (at least some of it) before our discussion. Our time together may whet your appetite to follow on your own Levine's year-long program as a personal process.

*Presenter:* Sister Judy Hallock

*Dates/Times:* Wednesday, March 21, 10–11:30 a.m. OR  
Thursday, March 22, 7–8:30 p.m.

*Free will donation*

### **Tell Me Your Story:**

#### **The Art of Storytelling as a Spiritual Practice**

There is healing in the ability to tell our stories and to have them witnessed. InterPlay teaches simple forms for creating in the moment with our life experiences. It is empowering to take the stuff of our lives and create from it a work of art through storytelling. In this program, you'll acquire simple yet powerful tools for telling your story with power and fullness. We'll also engage with some of Interplay's ideas for living more fully — simple but powerful ideas like looking for the good, achieving our goals through incremental steps, attending to our body wisdom and exploring the physicality of grace. No prior experience of any kind is needed for this workshop, just a spirit of willingness. Bring your lunch or join those who will walk to Cameron Village for lunch.

*Presenter:* Ginny Going

*Date/Time:* Saturday, March 24, 9:30 a.m.–4 p.m.

*Site:* **Raleigh Friends Meeting**  
**625 Tower Street, Raleigh, NC**

*Suggested donation:* \$40

*Registration:* Send a \$20 deposit by **March 17** to:  
A Place for Women to Gather, 8380 Six Forks  
Road, Suite 201, Raleigh, NC 27615

## APRIL

### **Still Running With the Wolves**

#### **Chapter 14 — La Selva Subterranea: Initiation in the Underground Forest**

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

*Dates/Times:* Tuesday, April 3, 7–9 p.m. OR  
Thursday, April 5, 1:30–3:30 p.m.

*Free will donation*

### **Members of Our Family: The Spiritual Connection to our Companion Animals**

Our animals are valued members of the family, and can often provide reminders of important spiritual lessons. Join us as we discuss and share our experiences with these lessons, including the reflection of God's unconditional love in our lives, as well as helping our heart heal after loss, especially in the loss of our beloved animal. Participants are encouraged to bring a picture of a beloved animal or animals.

*Presenter:* Tracie Barton-Barrett

*Dates/Times:* Tuesday, April 10, 1–2:30 p.m. OR  
Wednesday, April 18, 7–8:30 p.m.

*Suggested donation:* \$20

### **A Love Story: Once Upon a Time . . . Once Upon a Universe — Chapter 4**

The focus this month is "A Star Dies. Our Sun, Our Earth Are Born." We will contemplate what Thomas Berry refers to as a cosmic "moment of grace" making possible a whole new dimension of creation to emerge — life! For fuller description see "Ongoing Series."

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

*Dates/Times:* Monday, April 16, 7–8:30 p.m. OR  
Tuesday, April 17, 1:30–3 p.m.

*Free will donation*

## MAY

### **Still Running With the Wolves**

#### **Chapter 15 — Shadowing: Canto Hondo, The Deep Song**

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

*Dates/Times:* Tuesday, May 1, 7–9 p.m. OR  
Thursday, May 3, 1:30–3:30 p.m.

*Free will donation*

### **A Retreat Day with Women of Passion**

Remember when you were passionate about your life? It might have been as recently as yesterday or so long ago you can't remember. This retreat day is an opportunity to kindle or re-kindle the passion that makes life meaningful. We will be nourished by passionate women who have gone before us leaving us examples of courage and commitment. If you are a woman of passion, used to be or want to be, this day is for you.

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

*Date/Time:* Wednesday, May 2, 9:30 a.m.–2:30 p.m.

*Site:* **Home of Margaret Thurston, 6405 Lakeland  
Drive, Raleigh, NC 27612**

*Suggested donation:* \$30 (includes lunch)

*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 201, RALEIGH, NC 27615. All donations  
are greatly appreciated and gratefully received.*

## Living the Life You Are Here to Live in the Presence of Pain and DisEase

In our culture, disease and pain are experienced as an enemy condition that needs to be controlled, silenced and disconnected from. As individuals approach their diseases and pain in this separating fashion, they become walled off from a part of themselves that has infinite wisdom and fuel for change and creation. Movement into a life of full spectrum possibilities is impossible. In this program, we will explore living in our fullness with all parts of ourselves. By connecting to the polarity and wholeness of who we are, we will learn to change our language around our diseases, challenging our culture's view of powerlessness with ailments. With new understanding of our wholeness, we will learn simple, daily tools that will use our pain as fuel to create our desired life changes. This program is being presented in the hope that we will be able to meet on a monthly basis, learning together and supporting one another as we live in our wholeness and create the life we are here to live. Namaste!

*Presenter:* Julianne Trell

*Dates/Times:* Tuesday, May 8, 1:30–3 p.m. OR  
Monday, May 21, 7–8:30 p.m.

*Suggested donation:* \$20

## Sabbath—Restoring the Sacred Rhythm of Life

Do you long to heal your harried life? Do you feel exhausted and deprived in the midst of abundance? We can take steps to restore the tradition of Sabbath, creating an oasis of sacred time within our busy lives. Sabbath time can be a day or a moment, time to refresh our bodies and nourish our souls.

*Presenter:* Sister Judy Hallock

*Dates/Times:* Tuesday, May 8, 10–11:30 a.m. OR  
Thursday, May 10, 7–8:30 p.m.

*Free will donation*

## A Love Story: Once Upon a Time . . .

### Once Upon a Universe — Chapter 5

The focus this month is "Planet Earth Gives Birth to Life." The tiny life forms that emerged overcame several crises and evolved into ever new and diverse life forms. These life forms remind us that life is so amazing, inventive and wise. For fuller description see "Ongoing Series."

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

*Dates/Times:* Monday, May 14, 7–8:30 p.m. OR  
Tuesday, May 15, 1:30–3 p.m.

*Free will donation*

## The Practice of Tonglen:

### Breathing in Pain, Breathing out Peace

The reality of 24/7 news, reporting tragedies all over the world, projecting images of incredible suffering leaves many of us asking: What can I do to help? Can I make a difference? Does my small response matter? The spiritual practice of Tonglen offers a positive and helpful response to these questions. More importantly, it does ease the suffering of the world by transforming pain through the conscious intention of the tonglen practitioner. Learn how to make a difference!

*Presenter:* Sister Mary Margaret Weber

*Dates/Times:* Tuesday, May 22, 7–8:30 p.m. OR  
Thursday, May 24, 10–11:30 a.m.

*Free will donation*

## GUEST PRESENTERS

**Gabriele Amersbach** is a certified Feng Shui practitioner and owner of Lucky Path Feng Shui. She speaks frequently to groups about Feng Shui topics and works closely with clients to improve the energy flow in their homes or places of business so that the environment supports their life goals, from greater abundance and good health, to smoother, more successful relationships. [www.luckypath-fengshui.com](http://www.luckypath-fengshui.com)

**Tracie Barton-Barrett**, founder of Animals Connect Us, is a licensed professional counselor and psychology instructor who holds a master's degree in pastoral counseling. As a lifelong animal-lover, Tracie has worked with people and their animals in several capacities, including individual support, support groups, community presentations on the human-animal bond, and as a guest on an NPR program as an expert in pet loss. She has also published articles on pet loss, including in *Cary Magazine*, as well as presented a program on the human-animal bond at the North Carolina Counseling Association conference and at the American Counseling Association national conference. [www.animalsconnectus.com](http://www.animalsconnectus.com)

**Ginny Going** is master InterPlay teacher, organizational consultant and retreat leader. She is committed to recovering the unity of body, mind, heart and spirit through creative play and following body wisdom. Ginny has led InterPlay for the past 18 years in many settings, including health care, education, nonprofit and religious organizations.

**Jan Hutton**, M.S.W., a certified compassionate listening facilitator, believes in supporting wholeness in each human being. Over the last 39 years, she has served as a community organizer, social worker in hospice and hospital settings, a meditation teacher, and she hopes, a "kind" person. [www.compassionatelistening.org](http://www.compassionatelistening.org)

**Stacy Grove**, a certified health rhythms drum facilitator, has collaborated with professional rhythm facilitators and medical staff in the use of rhythm and sound for adults and children with special needs or illness. An interfaith minister and spiritual director, she has a private practice for clients seeking stress relief, spiritual guidance and energy medicine to restore balance to the body's natural healing energies.

**Amy Pierce**, M.A., has a master of arts degree in applied healing arts and is a spiritual counselor, writer and teacher of consciousness evolution. Through authentic self spiritual counseling, she works with individuals and couples. Through Sophie's Gift Animal Loss Support she works with adults and children who are dealing with the illness or death of a pet or animal. And within AirGiving for CareGiving, she offers support and counseling respite for caregivers, both familial and professional (ministers, therapists, medical personnel, etc.). As a teacher she offers classes, book studies and workshops. [www.authenticself.us](http://www.authenticself.us)

**Dr. Julianne Trell**, D.C., a network care practitioner, has been gratefully serving the Triangle community for the past 20 years. Through helping her practice members connect to their own body's rhythms and natural healing strategies, healing and wellness can be achieved at their highest level. She has had the privilege of studying various forms of breath-work, sound healing, movement and Reiki: the Polarity Way. [www.bodywisdomchiropractic.com](http://www.bodywisdomchiropractic.com)