

Threads

Weaving Together The Stories Of Our Lives

The Center to BE, Inc. newsletter

1501 S. Layton Blvd, Milwaukee, WI 53215

phone: 414-672-5932

fax: 414-672-5682

e-mail: mwctobe@execpc.com

Editor: Cathy Wolfe

Volume 6 Issue 3

August, 2002

Announcing a Benefit Event for The Center to BE

More than listening to music

More than performing music

Come—BE with the music

Spirited Sound: A Bridge to Our Souls

Led by Gerry Dignan



Tuesday, October 29, 2002

6:15 -- 7:00 pm Reception

Enjoy refreshments and view the Intertribal Native American multi-media art exhibit at Alfons Gallery and Gift Shop.

7:00 -- 8:30 pm Program

The Center to BE at St. Joseph Center
1501 S. Layton Boulevard, Milwaukee

Tax Deductible Donation: \$20 per person

Reservations by October 25

Experience the great power of making sound as a way to connect us more deeply with our hearts, our spirits and the Sacred. Welcome the music that is alive in each of us as we blend our voices in singing from our souls.

Gerry Dignan will lead us in this vibrant evening drawing on the musical flavors of many cultures using sound, song, simple movement and drumming rhythms. We will discover the joy of giving sound to our souls as we together set our singing spirits free. We will amaze ourselves with spontaneous

“singing moments” that arise from becoming one with the group.

No special musical expertise is necessary to take an active part in this transforming evening. You need only a love of music and an openness to expressing it through the sound of your voice, however your voice sounds. Join us!

Gerry Dignan is a Chicago-based musician who leads Song & Dance at the Jean Houston Mystery School in New York and has sung with the world renowned Chicago Symphony

Chorus. He records for the internationally recognized Music Together family music program and has been in Liturgical Music Ministry for over 25 years.

Proceeds from this benefit event will support the programs of The Center to BE.

“Gerry Dignan is one of the most gifted musicians I have ever worked with. His remarkable vocal power and his teaching abilities are of the highest and most inspired quality.” -- David Darling -- Co-Founder, Music for People

●●● From the Director's Desk:

Come...Explore Pathways to the Sacred at the Center of your BE-ing

This phrase introduces the new website of The Center to BE. It summarizes so well our purpose—to extend an invitation to learn different ways to touch into the Divine Spirit within. Whether you are a seasoned traveler on this journey, just beginning to respond to the inner stirrings from your center or somewhere in between, The Center to BE can be a companion and guide.

The programs we have scheduled for Fall offer an array of experiences to deepen spirituality. We hope you will accept one or more of the invitations in this issue to join with other “explorers of spirit” during the coming months. Your responses to the survey in our May newsletter gave us valuable insights about the topics that are of greatest importance to you. Two in particular generated much interest, Spirituality and Health and Spiritual Awareness and Growth. We have scheduled programs over the next several months to address both these topics. Thank you for sending us your opinions and suggestions. These will continue to influence program development in the coming months.

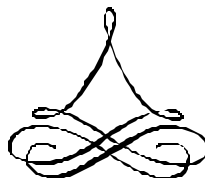
Our website, www.centertobe.org, opens great new possibilities for investigating pathways to spirituality. It also gives us much more space to tell the stories of our founding and transitions over the past years and allows us to introduce our Board of Directors. The Reflections and Resources sections have been designed to be updated regularly with information and thoughts to nurture your souls. We encourage you to send us items to include on those pages to help keep the content fresh and bountiful.

We are still learning about the possibilities for using the internet to connect with and among our readers. We will continue to implement these as we can. Those of you with greater understanding of the cyber world, please offer your comments. Along with these innovations we will continue to publish Threads for those who prefer to receive their information in the mail.

*It is with great excitement that I extend an invitation to attend our **Fall Special Event: Spirited Sound: A Bridge to Our Souls**, on Tuesday, October 29. You will have the opportunity to participate in a unique musical experience, enjoy the company of other people on the*

spiritual path and help to support the work of The Center to BE. I look forward to seeing you soon.

Peace, Marjorie



LET US COME TO YOU

The Center to BE provides programs for church groups, membership organizations or work places. These can be presented at your site or in space at the St. Joseph Center in Milwaukee. Among the offerings which can be tailored to your specific needs are:

- Self-Healing Practices to Alleviate Stress
Simple but effective techniques such as tai chi movement-meditation, breathing practices, simple massage practices, and acupressure can be adapted to the ages and physical capabilities of a variety of audiences
 - Personal Stress Alleviation
Developed to teach these stress reduction techniques with attention to the body, the mind and the spirit in one or two hour sessions to a general audience.
 - In-Service Programs
Designed to be used for staff members of health and social service organizations to teach them practices they can use for themselves and with the people they serve.
- Integrating Self-Healing Practices and Scriptures
Simple body movement integrated with prayer inspired by the weekly scripture readings. Developed for use with church groups as a special event or a series.
- Creativity and Spirituality
Offerings include presentations on the rhythm of creativity and hands-on sessions in using art forms to open our spirituality
- Labyrinth Walks and Retreats
Our portable, canvas labyrinth may be rented for indoor use if an experienced leader is available to facilitate the process. The Center to BE can provide such leaders for your organization. The labyrinth requires a minimum space of 36 feet x 36 feet.

To discuss these programs or other ideas, please contact Marjorie Wilbur at The Center to BE, 414-672-5932 or mwctobe@execpc.com.



**WALKING YOUR PRAYER:
A LABYRINTH MINI-RETREAT**

This program is designed for people of all faith traditions who assist with the religious education of children, youth or adults in their churches. It will provide a communal opportunity for spiritual renewal and reflection in preparation for the activities of a new year of teaching and learning.

The Center to BE will set up its portable canvas labyrinth for this program. Included in the program are: a brief presentation on labyrinth traditions; special insights for educators on how to walk and pray the labyrinth; time to walk the labyrinth; and private/shared reflections on the walk. An open labyrinth walk immediately follows this program.

Fond du Lac
Saturday, September 7, 2002
9:00- 11:00 am
Trakel Hall
Cathedral Church of St. Paul
51 W. Division St.
Fee: \$7 Per person
Registrations due by Friday, Aug. 30.

OPEN LABYRINTH WALK

FOND DU LAC
Saturday, September 7, 2002
11:00 am to 3:00 pm
Trakel Hall
Cathedral Church of St. Paul
51 W. Division St.

No fee; donations gratefully accepted.

Feature Presentation:

WORK: JUST A FOUR-LETTER WORD? ã

Note: This Program, Open To All, Will Be Of Special Interest To Men Because Of The Speaker's Insights And Experiences.

Aside from the obvious, why do we come to work each day? Why do we work as hard as we do or not work as hard as we could? Why are we satisfied or dissatisfied with our careers? Why do we "suddenly" lose enthusiasm for what was so exciting at the start? Why do we climb the ladder of success only to be disappointed by the view from up there?

In addressing these questions, we will take a look at work from multiple viewpoints including age, time of life, mythology, archetypes and soul. This approach is aimed at the heart of work and is based on a belief in messages encoded in one's soul. Within the work that satisfies us just might be contained the reason we have been put here on earth. We will begin to explore what our own personal life missions might be and how that relates to our work.

Richard Silberman, M.D. is a practicing cardiologist in Milwaukee and is a speaker/consultant with a special interest in working with men's groups across the country. So far in his life he has also been a fine-arts photographer, open water sailor, combat flight surgeon, concert and jazz musician, husband and father among many other roles.

FOND DU LAC
University of Wisconsin
400 Campus Drive
Theatre Entrance & follow signs
Tuesday, October 1, 2002
7:00 to 9:00 pm
Fee: \$12
Registrations due by Thursday, Sept. 26

TENDING THE RHYTHM OF CREATION WITHIN

Summer gives way to Autumn. We experience again a shifting, not only in nature's landscapes but in the terrains of our inner selves. *Tending the Rhythm of Creation Within* honors the seasons of change and the ongoing transforming cycles of birth, growth, letting go and dormancy in each of our lives. In embracing and honoring the sacred season of each moment, we live more and more in the reality that "just to be is a blessing, just to live is holy."

This program will invite participants to tend their own rhythms of creation through prayer and ritual, presentation and reflection, and small and large group sharing.

S. Mary Noel Brown, CSA, is a spiritual director and retreat director who has facilitated women's spirituality groups and presented evenings of reflection at churches and the Monte Alverno Retreat Center. She also has facilitated enrichment and renewal days for hospitals, home health/hospice agencies, and nursing homes.

FOND DU LAC
Thursday, September 19, 2002
7:00 - 900 pm
St. Agnes Convent, Founders Hall
320 Hwy K
Fee: \$12
Registrations due by
Monday, September 16

SELF-HEALING PRACTICES FOR BODY, MIND AND SPIRIT

At different moments in our lives we all have a need for healing...a return to the balance of body, mind and spirit that signals wholeness. The daily stresses of life situations, families and workplaces can be compounded by accidents, illness, violence or other trauma. **Self-Healing Practices for Body, Mind and Spirit** teaches simple but effective techniques such as tai chi, movement-meditation, breathing practices, simple massage practices, and acupressure which can help to restore and maintain the flow of energy which is essential to this balance.

These practices have been adapted from the wisdom of many cultures and the work of present day scientists and practitioners by Patricia Cane, PhD., founder and director of CAPACITAR. (see announcement of CAPACITAR Training).

Programs led by **Jayne Ader**.

MILWAUKEE

Saturday, September 21, 2002

9:30 am to Noon

**St. Joseph Center, St. Joseph Hall
1501 S. Layton Blvd.**

Fee: \$12 per person.

**Registrations due by Monday,
September 16**

FOND DU LAC

Presented with St. Agnes Hospital

Monday, September 23, 2002

6:00 to 8:30 pm

**St. Agnes Hospital, Courtyard
Conference Center
430 E. Division St.**

Fee: \$12 per person.

**Registrations due by Thursday,
September 19**

TAKING A LOOK AT SPIRITUAL DIRECTION

Spiritual direction is an ongoing process in which individuals are assisted in developing a deeper relationship with the Divine. This assistance may be given in a one-on-one setting with a trusted guide or within a group. Women and men from various faith traditions engage in this process.

In individual spiritual direction or spiritual companioning, one person, through the grace of the Spirit, helps another to become more aware of the presence and movement of God in his/her lived experiences.

In group spiritual direction a small number of individuals commit to meeting regularly for a defined period of time to be present to one another in discovering the movement of the Sacred in their lives and to pray with and for one another in this process. A facilitator guides the group.

Responses to The Center to BE survey indicated an interest in spiritual direction from Fond du Lac area readers. In this informational session, we will discuss both individual and group direction. Bring your curiosity and questions. We will answer your questions and decide whether or not to form one or more groups to begin meeting together this fall. Your attendance is not a commitment to continue.

Mary Noel Brown, CSA, Cathy Wolfe and Marjorie Wilbur will host this session.

If you would like to learn more about spiritual direction but are unable to attend this session, please contact Marjorie Wilbur at The Center to BE at 414-672-5932 or mwctobe@execpc.com.

FOND DU LAC

Wednesday, October 9, 2002

7-8:30 pm

**St. Agnes Convent, Founders Hall
320 Hwy K**

**No Fee, but registration requested
by Monday, October 7 by calling
414-672-5932 or by e-mail at
mwctobe@execpc.com.**

THE MENOPAUSE EXPERIENCE: A SPIRITUAL VIEW

*Presented in Collaboration with
Mount Mary College Alumnae
Relations Office*

Menopause is a universal passage for women which can be made in isolation or surrounded by the insights of others who have made the journey. We will focus on the spiritual aspects of this mid-life transition in the context of the physical and emotional changes which accompany it. This interactive program weaves video interviews of women's real-life experiences with a computer-generated slide show of medical knowledge and the comments and questions of participants. Participants will receive copies of an informative menopause resource guide.

Facilitator **Sue McKenzie** is a Partner in Impact Health and has a background in human growth and development, health education and religious education. Her insight, warmth and humor about her own early menopause offer a guiding hand to those who join her on the journey.

MILWAUKEE

Thursday, October 10, 2002

7:00 to 9:00 pm

**Helpaer Hall in Caroline Hall
Mount Mary College**

**2900 N. Menomonee River Parkway
Fee: \$12**

Registrations by Monday, October 7

Daytime Program

JOURNEYING INTO AUTUMN ... A SPIRITUALITY OF AGING

The rhythms of life can be compared to the cycle of seasons and the changes that accompany them. As we mature in age and wisdom and grace, we harvest the lessons we have learned from our "spring" and "summer" experiences to bring us to this "autumn" season of life.

Using presentation, reflection, sharing and ritual, this program will to help us understand the ways in which the lessons and experiences of seasons past can bring those who are "chronologically gifted" to a deeper wholistic relationship with themselves, with others and with the Divine Presence in their lives.

Presenters **Bernice DeBoer BSN, RN** and **Betty Lovinus, RN** are "seasoned" registered nurses who have practiced over many years in the Milwaukee area in a variety of settings including parish nursing from which Bernie recently retired. Both are involved in presenting programs about and for parish nurses.

MILWAUKEE
Wednesday, November 6, 2002
10:00 am to Noon
St. Joseph Center, San Damiano
Fee: \$12
Registrations by Friday, November 1

INTEGRAL MOVEMENT ~ FOR BODYMINDSPIRIT

Integral Movement is a "work-in" more than a work-out. Using simple, meaningful movement from stretches to adaptations of basic Tai Chi Chih, Jean Scott will guide us in the session which will end in

moving meditations. With Integral Movement, meditation is a quieting of mind, an opening of heart and staying comfortable in the body ~ a centering. Our focus is integrating all aspects of self, while gently and heartfully moving to special music.

While all of the movements may be done seated in a chair, some participants may prefer to sit/lie on the carpeted floor. You are welcome to bring a pad or blanket. Wear comfortable pants.

Jean Scott has been facilitating movement sessions since 1996 and is a retreat director, counselor and bodywork trainer living in Madison.

MILWAUKEE:
Saturday, November 9, 2002
10:00-11:30 am
St. Joseph Center
1501 S. Layton Blvd
Fee: \$12
Reservations by Monday, November 4

INWARD JOURNEY: THROUGH THE HISTORY OF ANGELS TO MEET YOUR GUARDIAN ANGEL

This Inward Journey program combines presentation with guided meditation to open us in a new way to the presence of Spirit within us.

The belief in Angels has existed throughout time and across the globe in Jewish, Buddhist, Christian, Islamic and Native American traditions. Our journey will take us through various descriptions of and beliefs about angels. In our meditation we will travel to a place of inner stillness to meet our personal Guardian Angel.

A CD featuring the guided meditation used in this program will be available for purchase. Milwaukee-based facilitator **Kathryn Rambo** has studied

meditation and spiritual traditions for 30 years. She weaves the physical, mental, emotional and spiritual aspects of one's self to bring Life back into Balance through her teaching and practice.

FOND DU LAC
Tuesday, November 12, 2002
7:00- 8:30 pm
St. Agnes Convent, Founders Hall
320 Hwy K
Fee: \$12
Registrations due by Thursday,
November 7, 2002

DEVELOPING A CREATIVE RELATIONSHIP WITH YOUR GOD

Many of us might "know how to pray," but desire something more. Eric Fought will take you beyond traditional prayer forms and help you to begin to develop a more meaningful relationship with the Divine. "Developing a Creative Relationship with YOUR God" looks at images of God and assists you in finding an image that is comfortable. Eric will compare the attributes of healthy human relationships to our relationship with God, and will also look at ways to "Pray in the Busyness."

Eric Fought is a popular retreat and workshop presenter, radio host, and entertainer. His presentation style has been called "energetic, passionate, filled with integrity and a sense of caring." Eric is the founder of Dream Molders, a Fond du Lac based provider of workshop and retreat leadership services.

MILWAUKEE
Tuesday, November 19, 2002
7:00 -9:00 pm
San Damiano Lounge, St. Joseph Center
1501 S. Layton Blvd.
Fee: \$12
Reservations by Thursday, November 14

2003 CAPACITAR TRAINING

Applications are now being accepted for *Training in Healing and Transformation 2003*. This is the third time we are offering this intensive, hands-on program of holistic wellness practices. In four 20-hour sessions, participants learn techniques of self-empowerment to alleviate the ill effects of stress, pain, trauma and woundedness.

Developed and taught by Patricia Cane, Ph.D., founder and director of CAPACITAR, Inc.'s, *Training in Healing and Transformation* began as a way for people in Central America to learn to care for themselves in the midst of lives often immersed in trauma, violence, poverty and the effects of natural disasters. This year, CAPACITAR is working with people in 20 countries including the Dominican Republic, Columbia, East Timor and South Africa. In the U.S., CAPACITAR has assisted survivors of the terrorist attacks in New York City and people working on the US-Mexican border in San Diego.

Participants in *Training in Healing and Transformation* learn wellness modalities which include Tai Chi movement meditation, breathing practices, simple massage practices, polarity, visualization, chakra theory and exercises, acupressure protocols and thought-field therapy techniques. The program fosters respect for cultural, religious, ethnic, age, and gender diversity. encouraging an openness to learning from others.

Individuals enrolled in this training come from across the United States and Canada and work in health care, education, ministry, social work and spirituality.

The 2003 program will be offered on the following weekends (all day Friday, Saturday and Sunday morning) at the St. Joseph Center in Milwaukee. A limited number of overnight accommodations are available.

Session I: March 28-30, 2003
Session II: May 30- June 1, 2003
Session III: September 5-7, 2003

Session IV: November 14-16, 2003

To request a detailed program description and an application form, contact The Center to BE at 414-672-5932 or mwctobe@execpc.com.

The Center to BE partners with CAPACITAR in the Midwest to offer this training. CAPACITAR, Inc. is a non-profit organization based in Watsonville, California. Its vision is to bring peace, healing and wholeness to our world. CAPACITAR is a Spanish word meaning to empower, to encourage, to bring one another to life. Learn more about CAPACITAR at their website: www.capacitar.org.

IN THE COMPANY OF SPIRIT

Join us for a monthly "busy persons' mini-retreat." We will take time for quiet, meditation, prayer and reflection with a focus on various spiritual themes. Come and share this time in companionship with others who are looking for renewal and time for the Sacred. Join us when you can. Sessions are facilitated by Cathy Wolfe. Free will offering.

FOND DU LAC:
7:00 – 8:30 pm

Thursday, August 29

Thursday, September 26

Thursday, October 24

No meeting in November

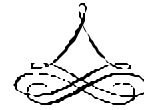
We will meet at

First Presbyterian Church
1225 Fourth Street.

Please call 920-921-6044 by the morning of each session to let us know you are coming.

Reflection

Over the summer, The Center to BE Reads chose the book, I Will Not Die an Unlived Life by Dawna Markova. Many of



its chapters are designed around questions for reflecting on our purpose and passion in life. A good question can open us to new insights and possibilities even as it can lead to uncovering things about ourselves we have not been able or willing to acknowledge. We offer several of her questions for you to consider with friends, pray over or journal about during the coming months. She introduces these questions by quoting from author Rachel Naomi Remen: "We are not broken, we are just unfinished."

- **What's unfinished for me to give?**
- **What's unfinished for me to heal?**
- **What's unfinished for me to learn?**
- **What's unfinished for me to experience?**



Visit our New Website:

www.centertobe.org

is the address of The Center to BE's new website which was launched early in July. The site includes information about The Center to BE, listings of our programs, registration forms to download, reflections, recommendations for good reading and more. The internet gives us another avenue for reaching out to those with an interest in their spiritual awareness and growth. We hope you'll visit often and forward items for us to share with other readers.



“THE CENTER TO BE READS” ♦ ♦ ♦ BOOK DISCUSSIONS

Read these books and come for interactive discussions led by a facilitator. Free. No registration required

LET YOUR LIFE SPEAK-LISTENING FOR THE VOICE OF VOCATION

by Parker Palmer

The author uses his own journey to describe “living the life that wants to live in me.” This small, beautifully written book is a compassionate guide to seeking your true calling in life by listening to the voice within.

MILWAUKEE:

Tuesday, September 17

7:00 pm – 8:30 pm

San Damiano Lounge

St. Joseph Center

1501 S Layton Blvd

ESSENTIAL SPIRITUALITY:

THE 7 CENTRAL PRACTICES TO AWAKEN HEART AND MIND

by Roger Walsh, MD, PhD

Each of the great spiritual traditions has a common goal: recognizing the sacred and divine that exist both within and around us. Using stories, exercises, meditations, myths, prayers and practical advice, this book shows how to integrate seven spiritual principles into a rewarding way of life using .

FOND DU LAC

Wednesday, October 16

7-8:30 pm

Fond du Lac Center for

Spirituality and Healing

74 S. Main St.

MILWAUKEE

Monday, November 11

7-8:30 pm

St. Joseph Center,

San Damiano Lounge

1501 S. Layton Blvd.

NEW LOCATION: MADISON

Monday, November 4, 7-8:30 pm

Oakwood Village-East

5565 Tancho Dr.

(call 608-230-4513 for driving directions)

**AUTUMN
HEALING EARTH WORKSHOP
with Philip Chard**

The power of nature to heal the heart and grow the spirit was recognized and honored by earlier cultures, but is largely forgotten in our own. **Philip Chard** is a leader in the field of EcoPsychology, blending “nature interaction” with the modern practices of self-help, personal growth and spiritual development. He returns to lead this interactive workshop which will immerse participants in the application of nature-based emotional healing and rituals of personal transformation. The changes of autumn reflected in Cedar Valley’s 100 acres of woods, pond, stream and walking trails will add to the power of this special program.

Philip Chard is a nature therapist and the author of **The Healing Earth: Nature’s Medicine for the Troubled Soul**. His award-winning weekly column appears in the Milwaukee Journal Sentinel.

Learn more about him at his website: www.healingnature.com

Because much of this program will take place outdoors, please dress for the day’s weather.

WEST BEND,

Cedar Valley

Saturday, October 12

9:00 am to 4:00 pm

5349 County Hwy D

Fee: \$85 which includes lunch and refreshments.

Registrations due by Friday, October 4.

Mission Statement

The Center To BE, Inc. is committed to fostering spiritual awareness and growth as catalysts for personal empowerment and transformation of self, society and the world. The Center to BE welcomes all who seek a deeper relationship with the Mystery we name God. In diverse settings, the Center to BE offers a spiritual presence and programs which promote reflection, healing of body, mind and spirit and community building.