

CALENDAR of EVENTS

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February

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24 Restoring Weary Soul
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- 12-14 Training in Healing and Transformation
Session One
17 Contemplative Spirit
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27 Movements of Spirit
27 Courage to Believe

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- 10 Image as Spiritual Language
30 15th Anniversary Prayer Service and Reception

May

- 1 Nature's Way

Weaving Together the Stories of Our Lives threads

The Center to BE, Inc. Newsletter • 1501 S. Layton Blvd, Milwaukee, WI 53215
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Volume 13, Issue 1

January, 2009

FROM THE DIRECTOR

Dear Readers,

2010 is a milestone year for The Center to BE. Fifteen years ago a group of women in Fond du Lac, Wisconsin brought a vision to life. They wanted to create a way to continue to enhance and share their understanding of the inclusive spirituality they experienced through the Weaving Retreats, the women's retreats they attended together every year. They formed an organization known initially as the Fond du Lac Weavers to begin this work. In 2000, five years and countless volunteer hours later, this organization became The Center to BE.

During this 15-year journey, The Center to BE has been blessed by committed board members, gifted presenters, loyal program participants, generous donors and interested readers of our newsletter and website. We are grateful to you all as we begin a year-long celebration of Spirit-led service.

In recognition that inclusive spirituality can encompass more than our human experience, the theme of this celebration year is *Nature and the Sacred*. *Nature* can refer to the interconnection among all the many and diverse elements of life of which we humans are a part. With that understanding, we begin our program year on January 16 with *Hope in a Broken World*, an important exploration of our spiritual response to the environmental challenges we face. On May 1 the central anniversary event of the year, *Nature's Way*, will include an encounter with the natural world at Cedar Valley in West Bend. Other special activities are being planned for that weekend as well. Find more details on page 3.

Throughout the year we also will look at another meaning of *nature*: our being, essence or true self. We will offer a variety of programs that will help us notice and consider the Sacred within us as a way to develop the inherent gifts of our individual natures.

We will include more reflections on *Nature and the Sacred* this year, both in our newsletter and on our website and will recommend books, journals and websites that address this theme. Read some of these on pages 6 and 7.

This year also marks a personal milestone for me—it's been ten years since I became the Executive Director of The Center to BE. They have been the most significant spiritual years of my life. Inclusive spirituality, bodymindspirit interconnection, spiritual companionship—each has grown from a root deep in my nature that has been tended and nourished by the work of this organization, just as those women envisioned.

Welcome to this celebration year. I hope you'll join us often as we explore the many facets of *Nature and the Sacred* in the coming months.

Peace to you,
Marjorie

Your reflections on this theme are welcome. Send them to The Center to BE and they will be included on our website.



**1995-2010
Fifteen Years of
Inclusive Spirituality**

**You Can Help
The Center to BE
Communicate More
Effectively and
Economically.**

**Send your email address
to The Center to BE.**

See page 8 for details.

**Read and forward program
announcements you
receive by email.**

**Visit The Center to BE
website regularly at
www.centertobe.org**



Using CAPACITAR Practices in a Hospice Setting

I'm Carol Chambers from North Carolina and I completed CAPACITAR training at The Center to BE in 2009. I have a Masters in Counseling, worked as a trainer and organization development specialist in the federal government for almost 20 years, was a school counselor and teacher for 18 years, and facilitated a group for men living with AIDS in Washington, DC for 5 years. Volunteering and learning energy practices have been recurring themes throughout my life.

CAPACITAR offered me an opportunity to learn many new techniques, then pass them on to others. What a powerful and empowering concept. With CAPACITAR, people who learn the stress reducing techniques are sharing them with others, so the possibilities of what these techniques can provide is endless. How often do you get the chance to share something that can help you and others and have that

information and empowerment continue? I knew I had to do this training and it has been a humbling and amazing journey.

For many years I have been wanting to work with Hospice in some way. They helped my mother take care of my father before he died; my mother died in a hospice center; and hospice helped my brother's partner care for him before he died. Now that I am retired I have the time to give back to Hospice. Duke Hospice has two in-patient centers near where I live. The nurse/director in charge of the in-patient centers has gathered a group of energy practitioners to share their techniques with the nursing staff and at a later date with the patients. I am one of those practitioners.

In November, I taught the nursing staff at these centers several CAPACITAR techniques including Tai Chi, Finger Holds, and Emotional Freedom Technique. The burn out rate for hospice nurses is one of the highest in the nursing profession. Often, they go home after hours of dealing with death and dying and pain management with little down time and no techniques to help them regroup and transition from one part of their lives to the next.

Since the average stay for patients at the Duke Hospice centers is seven days, nurses are in the midst of intense situations day after day. My goal for teaching them CAPACITAR techniques is to give them resources they can use at any time to ease their stress levels in any situation at home or work.

For Duke Hospice using complementary therapies and practices in this setting is new. For that reason, we will document and track how these resources decrease nurses' sick leave and how it impacts the rate of nursing turnover for the in-patient hospice centers. Later when we begin using our practices with patients we will determine what to track and document for patients who receive any complementary therapies. It will be so interesting to see what the results show us.

It has been challenging to find words to accurately express how profoundly this CAPACITAR experience has changed my life. I am deeply grateful and proud to be a part of this community.

TRAINING IN HEALING AND TRANSFORMATION 2010
A Multicultural Wellness Education Program of Holistic Practices

2010 marks the tenth anniversary of the collaboration between The Center to BE and CAPACITAR International in offering this intensive, hands-on program of holistic wellness practices. Designed for individuals who want to share these practices with populations in need, the training teaches techniques of self-empowerment to alleviate the negative effects of stress, pain, trauma and woundedness. The four 20-hour sessions focus on theory and practice in multi-cultural and popular education methodologies.

Participants in Training in Healing and Transformation will learn wellness modalities which include Tai Chi movement meditation, breathing practices, simple massage practices, polarity, visualization, energy exercises, active listening, chakra theory and exercises, and acupressure protocols. The practices are used extensively in over 30 countries by those working in health care, ministry, education, recovery and outreach.

Patricia Cane, Ph.D., the founder and director of CAPACITAR, facilitates all sessions out of her rich international experiences. View the CAPACITAR website at www.capacitar.org

Capacitar is a Spanish word meaning to empower, to encourage, to bring one another to life.

Contact The Center to BE for more information: 414-672-5932 or mwilbur.centertobe@sbcglobal.net or view the brochure and photos on our website at www.centertobe.org

Training in Healing and Transformation 2010
Session I March 12-14
Session II June 4-6
Session III Sept. 17-19
Session IV Dec. 3-5
Milwaukee
Registrations due by February 15



**Join The Center to BE in Celebrating 15 Years of
Fostering Spiritual Awareness and Growth for All !**

Our 15th Anniversary Year theme, *Nature and the Sacred*, will be featured at two special celebration events both held at the Cedar Valley Center in West Bend with its beautiful and spacious grounds.

**Evening Prayer Service and Reception
Friday, April 30 at 7:00 pm**
More details for this event will be announced in coming weeks

And

**Nature's Way with Philip Chard
Emotional Healing and Spiritual Growth Through Nature Interaction
Saturday, May 1 from 9:00 am to 3:00 pm**

The power of nature to heal the heart and grow the human spirit was recognized and honored by earlier cultures, but is largely forgotten in our own. This workshop will provide participants with an experiential immersion in the ideas and methods of Nature's Way. We will explore how contact with nature can help people overcome debilitating emotions, make difficult choices, heal loss and grief, gain self-understanding, nurture creativity, promote personal development and find spiritual "bedrock".

The grounds of The Cedar Valley Center will be an integral part of the program. We will spend time outdoors; please wear clothing appropriate to the day's weather.

Philip Chard is a nature therapist (a psychotherapist who uses nature interaction to foster emotional healing), a newspaper columnist, and book author (*The Healing Earth*, 1994), www.philipchard.com

Philip's new book, *Nature's Way: Experiencing the Sacred in the Natural World*, will be published in spring, 2010. He will sign copies which will be available for purchase.

Fee: \$75 which includes a \$15 anniversary donation, morning refreshments, lunch and free registration for the Prayer Service and Reception on April 30. Registrations due by Monday, April 26.

Cedar Valley Center 5349 Highway D West Bend

For driving directions go to www.cedarvalleycenter.org or contact The Center to BE.

Compassion: Evoking a New Spirit for Leadership

A Day Program in the Compassion and Leadership Series Presented in Collaboration with Casa Romero Renewal Center

The innovative *Compassion and Leadership* Series invites participants to explore Compassion as a spiritual foundation for personal, professional and organizational growth in the 21st Century workplace. During this engaging and highly interactive day, participants will come to an expanded understanding of Compassion and its important role in organizations through four interrelated components:

- Compassionate Self-Care
- Transformation of Soul Pain at Work
- Stories of Heart-Break that Release Compassion
- Organizational Compassion

All those in paid or volunteer leadership positions within not-for-profit, for profit, government or educational organizations are welcome, but enrollment is limited.

Rhea Emmer, CSA, D. Min., is the author of *Compassion at Work* and a national speaker on contemporary spirituality.

Saturday, March 20 9:00 am to 4:00 pm Fee: \$95 including lunch due by Friday, March 12 Scholarships available
Waukesha Memorial Hospital Trieber E Conference Room 725 American Avenue Waukesha

For Driving Directions go to: www.prohealthcare.org/Patients/maps-and-directions.aspx or contact The Center to BE.

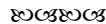


Go to our website at www.centertobe.org for more detailed descriptions of each of these programs or to use on-line registration.

Dream Circle

We will gather to talk about the spiritual dimension of our dreams --both daydreams and night dreams. Participants will engage in active listening and reflective feedback as they share their dreams with each other. **Kathleen Mueske, LPC**, Licensed Professional Counselor will facilitate.

Saturday, January 9 9:00 am to Noon Suggested donation: \$10 Registration by Thursday, Jan 7
First United Methodist Church 325 E. Franklin St. Appleton



Hope in a Broken World: The Spiritual Meaning of the Ecological Crisis in Collaboration with Casa Romero Renewal Center

In this reflective full day program, we will explore the broken state of the world and the human spirit within that world. We will seek to articulate together a spirituality of hope that can help us live as healing presence within the Earth. Please bring a photo of a child or young person who means something to you. **Margaret Swedish** is an advocate for the Earth and its people and the author of *Living Beyond the End of the World, A Spirituality of Hope*.

Saturday, January 16 9:00 am to 3:30 pm Fee: \$55 including lunch due by Monday, January 11
St. Joseph Center 1501 S. Layton Blvd. Milwaukee Scholarships available



The Simple Practices to Alleviate the Symptoms of Stress

Join us to learn gentle tai chi movement, calming breath work, simple finger holds and more as easy, effective and spiritual self-care practices which can help to alleviate the symptoms of stress. Men and women of all ages and physical abilities will be guided in selecting the practices that feel best for their bodies. Led by **Marjorie Wilbur**, Executive Director of The Center to BE.

Monday, February 1 6:30 to 8:30 pm Fee: \$15 due by Monday January 29
St. Joseph Center 1501 S. Layton Blvd. Milwaukee

OR

Wednesday, February 10 6:30 to 8:00 pm Fee: \$15 due by February 9; YMCA members register at the Y for \$5
West Suburban YMCA 2420 N. 124th St. Wauwatosa



Self Care for Body, Mind, Spirit with Healing Touch

Honor the relationship that physical ailments have to the mind, body, spirit connection. Learn the self-care methods of Healing Touch to increase well-being and improve health for yourself and others you care for. **Rosann Geiser, RN MSN HTCP/I** of *Associates for Life* in Appleton is a Healing Touch Certified Practitioner and Instructor.

Saturday, February 20 9:00 am to Noon Fee: \$20 due by Monday, February 15 Scholarships available
First United Methodist Church 325 E. Franklin St. Appleton



Silent Sunday: An Introduction to Centering Prayer

The practice of Centering Prayer is a way to facilitate an opening of our whole beings to God, the Ultimate Mystery, beyond thoughts, words and emotions. We will learn what Centering Prayer is and is not and then experience this prayer form in a communal setting. **Ann Koerner, CSA**, serves on the leadership team of Contemplative Outreach of South Eastern Wisconsin.

Sunday, February 21 1:00 to 4:00 pm Fee: \$20 due by Wednesday, February 17
Founder's Hall in St. Agnes Convent 320 County Road K Fond du Lac

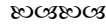
Meetup Website for Fox Valley Programs
Use this networking web site to connect with others and keep up-to-date on our activities in the Fox Valley.
Go to www.meetup.com and search for **Appleton Spirituality Meetup Group: Spiritual Growth** using zip code **54911**.



Restoring the Weary Soul: A Morning of Wellness for People in Church Ministry

We will explore some stresses of this ministry and experience new prayerful responses that can help us return to wholeness including nutrition, art and movement. Call The Center to BE or go to our website at www.centertobe.org to select Breakout Sessions. Led by **Michael Heimbach**, Pathways of Prayer and **Marjorie Wilbur**, The Center to BE.

Wednesday, February 24 8:30 am to Noon Fee: \$35 due by Friday, February 19 Scholarships Available
St. Joseph Center 1501 S. Layton Boulevard Milwaukee



Spiritual Wisdom of Paying Attention

How can we pay more attention to our spiritual selves and the Sacredness in the people and world around us? We'll look at why we don't pay attention and *allow* so much "busyness" in our days. Then we'll identify and experience ways to help us to slow down and regain focus. **Sandra Christensen**, adult educator and facilitator is our guide.

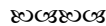
Saturday, February 27 9 am to Noon Fee: \$20 due by Monday, February 22
St. Joseph Center 1501 S. Layton Blvd. Milwaukee



Fostering a Contemplative Spirit 7th Annual Day of Enrichment for Spiritual Directors

This interactive Day of Enrichment will focus on deepening a contemplative attitude toward daily life in ourselves as spiritual directors and furthering it in those we companion. Facilitator **Martin Pable**, OFM Cap, PhD, is a well-known Capuchin priest-psychologist, spiritual director, retreat leader, author and teacher.

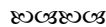
Wednesday, March 17 9:00 am to 3:30 pm Fee: \$55 including lunch due by Friday, March 12
St. Joseph Center 1501 S. Layton Boulevard Milwaukee



Movements of the Spirit: Responding to the Voice Within

This retreat day for men and women is designed to allow ourselves a bit of time and space at the close of winter to awaken to our inner voice, to examine our deepest longings and to find the joyfulness that waits for us to embrace it. Includes presentations, personal reflection, conversation, music, movement and quiet time. Facilitated by **Michael Heimbach**, Pathways of Prayer and **Marjorie Wilbur**, The Center to BE.

Saturday, March 27 9:00 am to 3:00 pm Fee: \$55 including lunch due by Monday, March 22
St. Joseph Center 1501 S. Layton Boulevard Milwaukee



The Courage to Believe: Women's History Month breakfast and program

We will use stories of women who have acted courageously because of their faith to invite participants to explore and clarify and share their own courageous beliefs. Celebrate Women's History Month with other women of spirit and courage.

Saturday, March 27 8:30 am to Noon beginning with continental breakfast Fee: \$25 due by Monday, March 22
First United Methodist Church 325 E. Franklin St. Appleton Scholarships available

NOTE: On-line registration will be available for this program after February 10

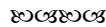


Image as a Spiritual Language

Images, those messages of inner vision and our first language, often bring clarity to situations we struggle to convey and comprehend through writing or speech. In this engaging workshop we will learn to befriend images which come as messages from the Divine. Facilitator **Elizabeth Lewis** is an artist, writer, arts educator and certified stress-management consultant.

Saturday, April 10 9:00 am to Noon Fee: \$20 due by Monday, April 5
Founder's Hall in St. Agnes Convent 320 County Road K Fond du Lac
NOTE: On-line registration will be available for this program after February 10

The Center to BE, Inc. is as a 501(c)(3) tax-exempt organization, registered as a Charitable Organization in Wisconsin, and governed by a volunteer Board of Directors, whose members are:

M. Lynn Connolly, President
Julia Danaher
Arleen Hollenhorst

Eileen Jaskolski, Treasurer
Dr. Gayle Martin
Nancy Schmitz, Secretary

Ellen Swan
Doug Trost
Carol Waranius

Rev. Keith Weiland,
Vice- President
Marjorie Wilbur,
Executive Director



Sparks of Hope

Excerpt from Margaret Swedish's Blog
Spirituality and Ecological Hope, October 27, 2009

I offered a presentation for a conference organized by Milwaukee's Interfaith Earth Network, "Faith Encounters the Energy Crisis: Transitioning to Reduced Energy Consumption." By now, many folks know I always come armed with a lot of grim news — but also a firm belief that if we are honest about the reality, face it directly, rather than be paralyzed by it or in denial about it, we can rise to the occasion and begin to create the necessary new way of life, even as the old collapses all around us.

My talks are often based on the 'see-judge-act' model; i.e., first look at and examine the reality, then look at the reality in the light of faith or of a keen social analysis, and then take action commensurate with that reflection. So I brought images of industrial and suburban/exurban sprawl, photos of the damage that comes from production of fossil fuels and, sadly, biofuels, which many people think an alternative. I brought graphs and images that describe our moral culpability here in the U.S. where we are the world's biggest consumers of natural resources and the biggest emitters of waste, including CO₂, into our atmosphere and biosphere, on a per capita basis.

Which then always leads to this last point — that ***if we are not willing to change here in the U.S., to scale down our lifestyles, to consume drastically less, to live more simply and locally, the world has little chance to avoid catastrophe in the face of the deteriorating environments, or ecological communities, in which we live.***

And in these presentations, we all suffer a little — because it is depressing, because it is hard, and because it is inescapable. I try my best to remove the guilt factor — we did not intend this to happen. But it did. And now we have to figure out how we are going to work our way to that necessary new way of life.

And I always add that not only are we capable of this, but we are likely to end up with far happier, richer, more satisfying lives than the stressed out, lonely, isolated, insecure, personally draining lives created by this economy of extraction, consumption and waste in which we feel our work lives have very little to do with the meaning of life.

And folks get this, they really do. It rings truthfully. I venture to say, it even rings hopefully — because you cannot cure the disease until you have an accurate diagnosis of what it is.

Representatives of various faith groups met the next day to talk about how to implement this struggle for life within their communities. Just the coming together helps us all feel less powerless, more energized, more empowered to get busy.

Want to end with this [excerpt from the October 27]column in the NY Times from Bob Herbert, *Changing the World*. A shot in the arm, a boost to the spirit, a reminder of that of which we are fully capable. It ends:

The nation's political leaders and their corporate puppet masters have fouled this nation up to a fare-thee-well. We will not be pulled from the morass without a big effort from an active citizenry, and that means a citizenry fired with a sense of mission and the belief that their actions, in concert with others, can make a profound difference.

It can start with just a few small steps. Mrs. Parks helped transform a nation by refusing to budge from her seat. Maybe you want to speak up publicly about an important issue, or host a house party, or perhaps arrange a meeting of soon-to-be dismissed employees, or parents at a troubled school.

It's a risk, sure. But the need is great, and that's how you change the world.

You, me, each one of us can be a part of this. It is, as Thomas Berry said, our 'great work.' Indeed, it is now our most profound human mission.

Full text at www.ecologicalhope.org/category/blog

Margaret Swedish will present *Hope in a Broken World* on January 16 in Milwaukee. See page 4.

Recommended Reading

You may wish to explore our Anniversary Year theme of *Nature and the Sacred* on your own. Here are some books for you to consider. Let us know about others you recommend and we'll include them on our website.

Living Beyond The "End Of The World": A Spirituality of Hope Margaret Swedish

Asks what kind of human beings we will be as we experience the forces of global warming, climate change and other ecological threats.

Ecology at the Heart of Faith: The Change of Heart That Leads to a New Way of Living on Earth Denis Edwards

A Christian perspective on ecology in which this Australian theologian argues that the loss of biodiversity is a theological issue. When humans destroy other parts of creation, they damage a means of God's revelation in the world. He shows how religious faith has an important contribution to make to the ecological movement.

A New Climate for Theology: God, the World, and Global Warming Sallie McFague

This noted Vancouver theologian explores an environmental theology which suggests that we have failed to see the real root of our behavioral troubles in an economic model that actually reflects distorted religious views of the person. At its heart global warming occurs because we lack an appropriate understanding of ourselves as inextricably bound to the planet and its systems.

Look for more reading suggestions on our website:
www.centertobe.org



You are Stardust . . . Literally
from Philip Chard's Blog , February 8, 2009

Like our Sun, stars are the "mothers" of planetary systems. On a clear night far from city lights, we can see only a few thousand with the naked eye, but the cosmos holds an astounding number — by some estimates, more stars than there are grains of sand in all the Earth's beaches and deserts.

So just how do stars come to life, and how often? Current evidence suggests that stars are created when gravity collects and compresses gases and dust floating in interstellar space.

Recently, astronomers have observed a galaxy much younger than our own, and they have discovered that star formation can occur at much faster rates earlier in the galactic life cycle.

So the creative force or energy that birthed the cosmos some 14 billion years ago remains very much alive and active. Old stars die all the time, and new ones are constantly being formed — the same cycle of birth, life and death that characterizes human existence.

So when you look up at the night sky, you are observing a dynamic, ever-changing universe that is intimately interwoven with your own existence. You and all those stars are connected.

www.philipchard.com blog Philip Chard will present Nature's Way on May 1. See page 3 for details.

REGISTRATION FORM

Please mark each program for which you are registering. Return this form with your check made payable to: The Center to BE, 1501 S. Layton Blvd., Milwaukee, WI 53215.

Note: Registration deadlines and locations differ for individual programs. Refer to the program descriptions carefully.

Milwaukee

- ___ Hope in Broken World January 16 \$55
___ Simple Practices February 1 \$15
___ Simple Practices at the YMCA February 10 \$15
___ Restoring Weary Soul February 24 \$35
___ Paying Attention February 27 \$20
___ Contemplative Spirit March 17 \$55
___ Compassion March 20 \$95
___ Movements of the Spirit March 27 \$55

Fond du Lac

- ___ Silent Sunday February 21 \$20
___ Image as Spiritual Language April 10 \$20

Appleton

- ___ Dream Circle January 9 \$10
___ Healing Touch February 20 \$20
___ Courage to Believe March 27 \$25

Cedar Valley

- ___ 15th Anniversary Prayer Service April 30 \$15
___ Nature's Way May 1 \$75

Name:
Address:
City, State, Zip:

Evening Phone:
Day Phone:
E-mail:

- ___ I'd like to receive Threads and other program information only through email (include name, city and email address above)
___ I'd like to receive Threads by mail and other program information through email (include name, city and email address above)
___ Please remove me from The Center to BE mailing lists (include name and city above)

Have You Sent Your Email Address To The Center to BE ?

In the spirit of good stewardship of our natural and financial resources, The Center to BE will print and mail fewer issues of *Threads* in the future. We will continue to provide information to you about upcoming programs and to share spiritual stories and reflections, but will make greater use of our website and email to do so.

The April issue of *Threads* will be published only on-line.
Send your current email address to The Center to BE today so you won't miss it!

Everyone on our email list will receive a notice when this issue is available. Over time we hope more of you will choose to read *Threads* on-line. If you are receiving regular email updates from The Center to BE, your address is on our list and you do not need to do anything else. If your address has changed recently, let us know.

It's easy to help us stay in touch with you. Send your name, city and email address to mwilbur.centertobe@sbcglobal.net

- Use "Email only" in the title line if you want to receive *Threads* and program updates only by email.
- Use "Mail and email" in the title line if you want to receive *Threads* by mail and program updates by email.
- Use "Remove" in the title line to remove your name from our mailing lists.

If you prefer to mail this information, use the check-off lines at the bottom of the Registration form on page 7. **Thank you!!**

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.

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

January, 2010



The Center to BE, Inc.
1501 S. Layton Blvd.
Milwaukee, WI 53215

