

Threads

Weaving Together The Stories Of Our Lives

The Center to BE, Inc. newsletter

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CAPACITAR: A Personal Glimpse

(Thelma Newby, RN, PhD, works through SET Ministry Empowerment Program in Milwaukee with poor and underserved people who are exposed to violence.)

Three of the most positive aspects of the self-healing techniques we are learning in the CAPACITAR Training are: their flexibility to allow for implementation across diverse populations and ages; the ease of teaching and learning the techniques; and their effectiveness.

I am working with two groups on my practicum. The first includes co-workers who are nurses, social workers and support staff at SET Ministry. This group is very receptive to the materials I presented including finger holds, hand massage, acupressure points, active listening, visualization and relaxation breathing. We are exploring ways to integrate the techniques into our daily practice with the people we serve in all the settings in which we work.

The second practicum group is made up of six elderly African-American women who live in city housing that I work with on a weekly basis. The women range in age from 70 to 90 years old and were reluctant to try some of the techniques. They were a very religious group and some believed Tai Chi was New Age and did not want to try it. I described the movements as energizing and ways to improve their balance and possibly prevent falls. The women were willing to use the finger holds and acupressure as ways to manage stress. They enjoyed the breathing and visualization exercises most. An example of the ways in which these practices are having an impact on those I am teaching was provided by one of the nurse participants:

“Balancing emotions using finger holds is something new and fascinating to me. I’ve added it to my daily morning routine. It is working well; however, to my surprise it takes noticeably longer for me to release my middle finger (anger/rage). The person that I am prefers to work on compromise rather than be angry or fight. After several weeks of using the finger holds my middle finger releases almost in the same amount of time as

the others. I have also made the effort to assess myself for angry feelings I may be avoiding or denying.”

Thelma Newby



... From the Director's Desk:

“What we dream alone remains a dream, but what we dream with others can become a reality.”

Edward Schilebeeckx

This quotation reminds me that The Center to BE began as a dream. Dreams visit from a place that is not bound by practicality. Because of this, many people dismiss them. Those with creative imagination, however, have learned to cultivate dreams. Those women and men who have served on the Board of Directors of The Fond du Lac Weavers and then The Center to BE have always demonstrated such imagination.

We want to acknowledge and thank another group of exquisite dream-cultivators---members of the Congregation of Sisters of St. Agnes in Fond du Lac. Over time the Congregation has nurtured us, supplying space for meetings and programs, offering encouragement and prayers, and providing critical support in employing the executive director.

Their belief in the dream was demonstrated further in a recent Unfolding Dreams Grant, so-named because the intent is to support emerging programs of merit proposed by members of the Congregation. In awarding this grant, the Congregation affirms the view held by The Center to BE that there are many ways to experience God, many pathways to meeting the Sacred at the center of our BE-ing. They recognize that dreams unfold in their own time. They believe that today’s efforts will be the stories told in the future about the beginnings of a dream made real. We are grateful for their faith in what we are and their companionship in the dream.

You, also, can help us continue to unfold the dream by telling us which topics attract you, inspire you and feed your own dreams. Inside this issue is a survey designed to help us respond to your preferences for future programs. Please take a few moments to answer the questions and return it to us during the month of May. We thank you for your time, your opinions--- and your postage.

Peace, Marjorie

THE SPIRITUAL PRACTICE OF TAKING IT EASY

As the popular song invites: "summertime, and the living is easy". Take a morning in the beauty of nature, in a relaxed atmosphere, in a community of seekers, to explore the spirit of summer, the spiritual wisdom of "taking it easy". With song and gesture, reflection and sharing, we will listen for the messages that summer is sending in warmth, light, growth, and play--- and remember the invitations in various spiritual traditions such as: "Be still and know that I am God.", "Come to me...my yoke is easy.", "Easy does it", the Sabbath rest.

Judith Kubish, teacher and presenter, facilitates programs on the interactions of the Divine Mystery, the Personal Self, the Human Community and the Natural World through her Milwaukee organization, ReConnections.

Fond du Lac

Thursday, June 27, 2003

9:30-11:30 am

St. Agnes Convent, Founder's Hall

320 County Hwy K

Fee: \$12

Registrations due by Friday, June 21

(See more programs on page 4)



WEBSITE WATCH

The Center to BE will enter the cyber world soon with a website at:

www.centertobe.org.

The site is still under construction as this issue of *Threads* goes to print. Look for it in late May. The site will include information about The Center to BE, listings of our programs, registration forms to download, recommendations for good reading, reflections, 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.

✂ REGISTRATION FORM

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

Fond du Lac:

___Spiritual Practice for Summer, June 27 \$ 12

___Labyrinth Mini-Retreat, Sept 7 \$ 7

Name: _____

Address: _____

City, State, Zip: _____

THE CENTER TO BE BOOK DISCUSSIONS



I WILL NOT DIE AN UNLIVED LIFE- RECLAIMING PURPOSE AND PASSION

by Dawna Markova.

This book asks essential questions and looks for the answers not from analytical minds but from our heartminds where the soul resides and we connect with our inner wisdom. Join us on a journey of "what it would mean to live fully, sensually alive and passionately, on purpose."

Fond du Lac:

Wednesday, June 12

FDL Center for Spirituality and Healing

74 S Main Street

7:00 pm - 8:30 pm

Free. No registration required

Milwaukee:

Monday, July 15

San Damiano Lounge

St. Joseph Center

1501 S Layton Blvd

7:00 pm - 8:30 pm



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.

Fond du Lac:

Wednesday, August 14

FDL Center for Spirituality and Healing

74 S Main Street

7:00 pm - 8:30 pm

Free. No registration required

Milwaukee:

Tuesday, September 17

San Damiano Lounge

St. Joseph Center

1501 S Layton Blvd

7:00 pm - 8:30 pm

Note: Registration deadlines and locations for individual programs differ. Not all programs require registration. Refer to the program descriptions carefully. Form may be duplicated.

West Bend:

___Healing Earth Workshop, May 18 \$85

Evening Phone: _____

Day Phone: _____

E-mail: _____

WALKING YOUR PRAYER: A LABYRINTH MINI- RETREAT

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, August 30.

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.

OPEN LABYRINTH WALK

Fond du Lac

Saturday, September 7, 2002

11 am to 3 pm

Trakel Hall

Cathedral Church of St. Paul

51 W. Division St.

No fee; donations gratefully accepted.

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.

The Center to BE Survey
May 2002

Please complete this survey and return to The Center to BE by May 31. Use the enclosed envelop if you wish, or fax to 414-672-5682 between 5 pm and 8 am or on *weekends*.

Rating Scale A: 2=Very Interested 1=Somewhat Interested 0=Not Interested

1. Using the Rating Scale A, please indicate by number how interested you are in attending programs presented by The Center to BE on each of the following topics:

- | | |
|---|---|
| <input type="checkbox"/> Spirituality and Work | <input type="checkbox"/> Creative Arts and Spirituality
(music, visual arts, poetry, etc.) |
| <input type="checkbox"/> Spirituality and Health | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Spirituality and Nature | <input type="checkbox"/> Understanding Religions and
Cultures |
| <input type="checkbox"/> Spirituality and Aging | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Grief/Loss | <input type="checkbox"/> Taking time for self-reflection |
| <input type="checkbox"/> Prayer | <input type="checkbox"/> Labyrinth |
| <input type="checkbox"/> Spiritual Awareness and Growth | |
| <input type="checkbox"/> Coping with Difficult Situations | |
| <input type="checkbox"/> Seasonal programs (e.g. Lent,
Spring) | |

What other topics would be of interest to you? _____

2. Would you be interested in becoming part of a group which meets regularly around topics of spirituality? Yes Maybe No

If you answered Yes or Maybe, please use the Rating Scale above to indicate by number how interested you would be in attending the following types of gatherings.

- In-depth book discussions
- Prayer group
- Group Spiritual direction
- Spirit Circle (discussion group)
- Support Group on specific topic _____
- Other: _____

3. Using the rating scale above, please indicate by number how interested you are in these additional services provided by The Center to BE:

- Book discussions
- Open labyrinth walks
- Recommendations for books and websites
- One-on-one spiritual companionship

What other services should The Center to BE offer? _____

4. Have you attended any programs presented by The Center to BE in the past year? Yes No

If yes, which program(s)? _____

(over)

The Center to BE Survey
May 2002

Rating Scale B: 2= Very likely 1= Somewhat likely 0= Not Likely

5. Using rating scale B, please indicate how likely you would be to attend programs of The Center to BE at the times listed.

Weekdays, daytime Saturday, morning Saturday, all day
 Weekdays, evening Saturday, afternoon

Comments: _____

6. Using rating scale B, please indicate how likely you would be to attend programs of The Center to BE in the following locations?

Fond du Lac West Bend Appleton
 Milwaukee Sheboygan Madison

Other program locations? _____

7. Do you know of a group/organization for which The Center to BE could develop specific programs? If so, please provide a contact name and number. _____

8. Please indicate your age by selecting one of the following:

20-29 years 50-59 years 80+ years
 30-39 years 60-69 years
 40-49 years 70-79 years

9. Are you interested in volunteering, offering a program or workshop or interested in being part of an advisory committee? Let us know of your area of interest and include your name and address below. Where could you meet? Fond du Lac Milwaukee

Other _____

10. How else might we support your spiritual journey? _____

If you are interested in assisting with our programs by promoting them or helping to plan for them, please include your name, city and phone number below.

Thank you.

NAME:

ADDRESS:

PHONE NUMBER: