

# 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](mailto:mwctobe@execpc.com)

Editor: Cathy Wolfe

**Volume 5 Issue 4**

**November, 2001**

 ... *From the Director's Desk:*

*We all have experienced changes in our lives over the past weeks, some more profound than others. We know each of these changes carries the potential for spiritual growth while also reshaping our world.*

*We are grateful to Philip Chard for allowing us to reprint a beautiful newspaper column he wrote in October. His inspiring message is a gift for you to receive and pass on to others. We have included announcements of several programs The Center to BE will offer as ways to connect more deeply with the Divine, that source of all peace and growth.*

*Our annual appeal letter is enclosed with a small gift for you inserted in the response envelope. It is a reminder that we have been given much and can best show our gratitude by sharing our gifts with others.*

*We want to say a special Thank You to those who generously supported our fund raising event. We heard an inspiring presentation from Pat Cane who had just finished a program in New York City. We hope more of you will be able to join us next time.*

*Our wish from The Center to BE is that you and your loved ones will know inner peace and unity in the observances which close the year.*

*Marjorie*

### *Our Beliefs Give Us Shelter From Fear*

*by Philip Chard (used with permission)*

#### *Dealing with fear can be a daunting task*

Anxiety, phobias, hypervigilance and paranoia (all manifestations of fear) are present, to some degree, in virtually every human being. For many of us, recent events have brought this primitive emotion to the forefront of our lives.

In general, strong fear comes in two basic packages: that which is created by a clear and present danger, such as someone holding a gun to your head, and that which arises from the inescapable awareness that we are fragile creatures living in a dangerous and capricious world.

Provided it does not prove incapacitating, fear in the presence of imminent danger can be useful, even lifesaving. With training in self-defense, emergency procedures and mental preparedness, most of us can at least avoid panicking when a "clear and present danger" confronts us.

However, adapting to the second variety of fear - what is sometimes called "existential dread" - requires more than physical and psychological coping skills. The pervasive anxiety that has gripped many of our hearts in recent weeks brings us face-to-face with fundamental terrors - sudden death, chaos, loss of control, and feelings of complete vulnerability.

#### *A degree of denial*

For most Americans, a sense of personal safety stems from the belief that one knows what dangers the world contains and has sufficient knowledge to avoid or neutralize them. This assumption requires some degree of denial.

Each morning when we get out of bed, we sally forth into the world with the premise of "Not me, not today." When violent or tragic events rip away this psychological buffer, we are left with an inverse thought - "Maybe me, maybe today."

There is a fundamental approach that helps many people address this kind of fear so that it doesn't control their lives. This path involves immersion in one's spiritual "home" or source. *(continued on page 2)*

## ***Our Beliefs*** (continued)

Those who seek and find a wellspring of spiritual faith - be that a belief in a supreme being or a sense of unity with all things - experience a "safe harbor" within themselves, a place that terror and dread can touch but not destroy. A feeling (as opposed to merely a thought) that one is part of something eternal, infinite and loving, provides an existential "bedrock" that fear cannot erode.

### ***Getting reconnected***

Prayer, meditation, performing spiritual rituals, interacting within a community of believers - these and other soulful actions can reconnect us with that which is greater than ourselves. A bond between the individual and her or his higher power is comforting, sustaining and dampens the power of fear in a manner that psychological approaches simply cannot.

In addition, some of us find it helpful to combat fear with expression. Our fears talk to us (inside our heads) all the time, and certain modes of expression, such as journaling, writing poetry, playing music, painting, etc., afford a way for our innermost spirit to "talk back," to demonstrate that we will not be intimidated.

### ***Finally, there is action itself***

Funneling one's energies into activities that help others, that support and nurture life, that grow rather than destroy, goes a long way toward putting fear in its place - still present, but off to one side.

So if recent events have left you frightened, don't look to gas masks or the federal government for renewed confidence. Look to your own soul, and whatever you believe sustains it in this unpredictable and sometimes intimidating world.

**Philip Chard** is an author and nature therapist whose award-winning weekly column appears in the Milwaukee Journal Sentinel. His website is [www.healingnature.com](http://www.healingnature.com).

## **CAPACITAR: A Personal Glimpse**

*Barbara Brown, RN, a recent graduate of the Capacitar Training Program, demonstrates the impact of the practices she learned.*

On my unit at a long-term care and rehabilitation facility, we take care of Alzheimer's patients at the "wandering stage" of the disease. They can become agitated as their confusion progresses. Frequently the yelling and lashing out behaviors are treated with medications.

With my *Capacitar* training, I began teaching the self-help healing practices to my direct care staff. Gradually the staff began to realize that ***being with*** a resident is just as important as ***doing something to help*** a resident.

My first task was to convince myself that self-help practices could work with the Alzheimer patient. I would sit with a resident and perform a hand massage, or stand with them and gently rub their shoulders or back. I brought scented oils and played music for relaxing. The staff and I were slowly learning that by slowing down and being present with the people we could notice what was making a certain person combative. We then could help them work with their need, rather than imposing our wants onto that person.

My unit has had a significant reduction in psychiatric drug use, and staff turnover rates are significantly reduced. There are 11 units at the facility where I work and word of the results spread quickly. The staff feels empowered, and now actually enjoys massaging the hands of frail patients in their care. A spontaneous break into basic Tai Chi movements with pacing residents can stop a fight between residents, and bring smiles to staff faces. Spending time with a dying resident and their family will now be a little less painful while holding the grief finger.

Because of these results, I have provided in-service workshops on these practices to over 400 nurses, therapists, aides, kitchen staff, and maintenance workers at our facility. Staff, who feel they have love and control over their own lives, tend not to want to try and control others.

## **PROGRAMMING NEWS:**

### ***Creating Sacred Space Within: A Day of Renewal and Refreshment for Parish Nurses***

The pace and complexity of ministry during the holidays can be exhilarating and ultimately exhausting. In the rush, it is easy to lose touch with that inner place where we are most deeply connected to the Sacred, that place that nourishes and sustains us.

Join your parish nurse colleagues for a day designed to help you create or re-create that Sacred Space Within using presentation, small group sharing, ritual and reflection. You will also experience two methods of discovering your inner space during breakout sessions, which will include Drumming Journey, Tai Chi Movement, Meditation and Labyrinth Walk.

Roberta Manley and Rosemary Mutulo are Milwaukee area parish nurses who have worked extensively in parish ministry and facilitate retreats and days of reflection through Sabbath Moments Ministry.

#### ***Milwaukee, Monday, January 14***

St. Joseph Center,  
1501 S. Layton Blvd  
9 am to 4 pm

*\$45 fee includes lunch and breakouts  
Registrations due by Monday, January  
7*

*Contact The Center to BE For a  
detailed brochure.*

## *Light is Returning: A Winter Morning for Women*

Women's spirituality is attuned deeply to the rhythms of life including the changing seasons. In mid-winter as the light begins its return, we anticipate the arrival again of spring. Join with other women in contemplating and celebrating this transitional time of year as Judith Kubish guides us through presentation, spiritual reflection, wisdom sharing and expression via movement and music.

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.

### **Milwaukee**

**Tuesday, January 29**

*10 am to Noon*

*St. Joseph Center*

*San Damiano Lounge*

*1501 S. Layton Blvd*

*Fee: \$12*

*Registrations by Tuesday, January 22*

Please complete and return registration form.

## *Beginning 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. Beginning 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.

Rosann Geiser has completed the intensive program, Training in Healing and Transformation and incorporates these techniques into her private practice.

**Appleton, Saturday, January 19 9:30 to Noon**

*Fox Valley Unitarian Universalist*

*Fellowship,*

*2600 E. Philip Lane*

*Fee: \$12 (fee waived for FVUUF*

*members)*

*Registration by Monday, January 14*

## *More from Journey of the Soul: A Morning with Doris Klein and her Art*

**Doris Klein, CSA**, is an internationally recognized artist whose watercolor paintings evoke a contemporary, inclusive spirituality. Last winter, her evening with The Center to BE was a deeply reflective experience for all those who attended. She returns to present slides of additional paintings featured in her beautiful book, **Journey of the Soul**. She will share the stories of her pieces and the experiences of being touched by a nurturing God. Doris will sign copies of her book which will be available for purchase. Visit her website at [www.dorisklein.com](http://www.dorisklein.com).

### **Milwaukee**

**Saturday, February 23**

*St. Joseph Center*

*St. Joseph's Hall*

*1501 S. Layton Blvd*

*10 am to Noon*

*Fee: \$12*

*Registrations by Monday, February 18*

See more programs on the next page.

## **✂ 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.**

### **Milwaukee:**

\_\_\_ Parish Nurse Renewal, Jan 14 \$45

\_\_\_ Light is Returning, Jan 29, \$12

\_\_\_ Journey of the Soul, Feb 23, \$12

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

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

### **Appleton:**

\_\_\_ Self Healing Practices, Jan 19 \$12

**Evening Phone:** \_\_\_\_\_

**Day Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

## *The Center to BE Reads*



### **A WOMAN'S JOURNEY TO GOD**

by Joan Borysenko, PhD

Join us for this book discussion and discover the author's moving, intimate stories of women who are struggling to find God; discover ideas for new rituals, ceremonies and prayers; and explore how spiritual discontent can pave the way to a deeper, more meaningful faith.

#### ***Milwaukee***

***Monday, January 21***

*St. Joseph's Center  
San Damiano Lounge  
1501 S Layton Blvd  
7:00 – 8:30pm*

## *The Company of Women*

Women of all faith traditions are welcome to explore their deep and empowering inner wisdom in prayer and companionship with others in this monthly informal gathering. There will be time for quiet, for contemplation of a reading or prayer and for sharing with one another. Join us when you can. Free will offering.

***Fond du Lac:*** *We will meet at the First Presbyterian Church, 1225 Fourth Street. 7:00 – 8:30 pm*

***Thursday, January 24***

***Thursday, February 28***

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

## *The Healing Earth with Philip Chard*

Watch for news of another daylong Healing Earth Workshop with eco-psychologist Philip Chard in Spring, 2002 at the beautiful Cedar Valley Center in West Bend.



***Please advise us of any name or address changes or if you would like your name removed from our mailing list. Our list is not distributed to any other parties.***

### ***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.*