

# 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)

Website: [www.centertobe.org](http://www.centertobe.org)

Executive Director: Marjorie Wilbur

Newsletter Editor: Cathy Wolfe

Volume 8 Issue 4

November, 2004

### ... From the Director's Desk

Dear Readers,

It feels like I've been expending an unusual amount of energy lately, "burning ergs" as a friend once called it. On top of the normal work and family and community activities, I had a major painting job done at home. Even though I didn't actually do any of this painting myself, I felt seriously stressed by all the "beget" work that it entailed---moving the furniture begets emptying the bookcases and cleaning the carpets; emptying the china cabinets begets washing all the dishes; taking down the curtains begets washing the windows and on and on.

I noticed that sometimes I really struggled with this extra work. Just looking at all that needed to be done made me tired, cranky and in need of junk food. Other times, though, I could see the same chores as minor projects in service of my desired goal of a fresh, brightened living space. The difference was in the attitudes I brought to these tasks and the level of energy associated with those attitudes.

When I was *struggling against* this work, my body felt dense and drained, full of negative energy. On the other hand, when I was *striving toward* my goal, my body felt light and invigorated, full of positive energy. Just the awareness and naming of this difference has caused me to pay more attention to the attitude and energy level I bring to other projects.

Transforming struggling into striving won't eliminate the difficult tasks we face, but it can turn them from overwhelming into possible.

Peace to you, *Marjorie*

### Taking CAPACITAR Practices to Guatemala

by Karen Woehler, Crosby, MN

This morning I was reading in preparation for a Sharing of the Heart time as a Consociate of the Sisters of St. Joseph, St. Paul (Minnesota) Province. Consociate membership has nourished and empowered my body, mind, and spirit.

As I meditated on the scripture I Cor. 12:14, "for the body is not one member, but many," I recognized how I have been empowered. There have been many parts of my life: wife, mother, holistic psych nurse, lay pastor, mission worker, now all put into one pot, like making a stew. Many parts, many pieces of meat and vegetables, with seasonings, simmering on the wood cook stove, ready to share and nourish others.

Although I have spent many years studying relaxation methods, I had never found a way to adapt the techniques I knew to another culture and language. Then I found the program called CAPACITAR at the Center to BE in Milwaukee. Capacitar is a Spanish word meaning to empower, to encourage, to bring another to life. I participated in the year long program of **Training in Healing and Transformation**, a hands-on program of holistic wellness practices for men and women who serve people in need. It combines the wisdom of many cultures and the work of present day scientists and practitioners to teach simple but effective self-care practices for restoring balance of body, mind, and spirit.

I was able to take what I had learned to Guatemala City recently to share with others. The workshops I presented there for the organization called

*(Continued on page 4)*

## Training in Healing and Transformation 2005

**A Multicultural Wellness Education Program of Holistic Practices**

The Center to BE in collaboration with CAPACITAR, Inc. in Santa Cruz, California, will offer **Training in Healing and Transformation** again in 2005. This intensive, hands-on program of holistic wellness practices is taught in four 20-hour sessions. Participants will learn techniques of self-empowerment to alleviate the effects of stress, pain, trauma and woundedness and how to teach these practices to others in a wide range of settings. Modalities include Tai Chi movement meditation, breathing practices, simple massage practices, polarity, visualization, chakra theory and exercises, acupressure protocols, thought-field therapy techniques and much more.

Developed and taught by CAPACITAR, Inc.'s founder and director, Patricia Cane, Ph.D., **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. CAPACITAR (a Spanish word which means "to empower") now works with people in 25 countries including the Dominican Republic, Colombia, East Timor, Northern Ireland, South Africa and the US.

The 2005 program will be offered on the following weekends (all day Friday, all day Saturday and Sunday morning). Overnight accommodations are available.

### **Milwaukee, Wisconsin St. Joseph Center**

- Session I. April 15 – 17, 2005**
- Session II. June 3 – 5, 2005**
- Session III. September 9 – 11, 2005**
- Session IV. December 2 – 4, 2005**

## Engaging the Power and Creativity of Compassion

**An Innovative Leadership Development Program to Help 21<sup>st</sup> Century Leaders Release this Spiritual Resource within their Lives and Organizations.**

This four-day residential program explores Compassion as a spiritual resource for personal, professional and organizational growth in the 21st century workplace. It is designed for

- Senior organizational leaders
- Educators who prepare adults for significant leadership positions
- Consultants, coaches, human resource directors, and others involved in leadership development

The program examines Compassion as a critical competency for leaders, blending presentation with personal experience, individual reflection and conversation of participants. Wisdom from Eastern and Western spiritual traditions are incorporated into the content. Opportunities to practice compassionate self-care, deep listening and collective integration are key components.

The Faculty includes **Rhea Emmer, CSA, D. Min.**, whose research, *Compassion at Work*, is the basis for this program. It is offered in collaboration with The Institute for Spiritual Leadership, Chicago, Illinois.

**West Bend, Wisconsin  
Cedar Valley Retreat Center  
February 20 – 23, 2005 or  
April 24 – 27, 2005**

For more information on either of these programs, please contact The Center to BE at 414-672-5932 or [mwctobe@execpc.com](mailto:mwctobe@execpc.com). A full description is on our website: [www.centertobe.org](http://www.centertobe.org).

The Exploring Pathways Milwaukee Group considers a question and a wisdom saying each month before they meet. We share these for you to ponder...

### **QUESTION?**

- What is the spiritual discipline that encourages my growth?

### **WISDOM SAYING**

- You never know if your small action will be the straw that breaks the camel's back.



## 2004 Annual Appeal

Friends of The Center to BE,

Once again, The Center to BE needs your help and we ask for your financial support during this time of our 2004 Annual Appeal.

Last year's Annual Appeal letter invited you and other *Threads* readers to become "investors" in The Center to Be through your financial donations to support our work. Many of you responded with generosity. We want you to know about some of the "dividends" these investments have paid over the past year.

Foremost among these dividends are the connections which have been created and maintained between The Center to BE and people like you who are interested in and committed to the spiritual journeys of their lives. Sometimes distance and time restrictions limit these interactions to reading *Threads* each quarter, checking The Center to BE website occasionally or communicating with us by phone or email. Sometimes we are able to meet, even if only for the length of one of our short programs. And sometimes deeper, stronger relationships form, continuing over months and years. All of these are enriching connections on both sides, confirming again and again the worth of the presence and programming of The Center to BE.

Specifically, during 2004, The Center to BE has connected through:

- Publishing four issues of *Threads* which is sent to more than 1750 readers.
- Providing an interactive website featuring current program information along with reflections and resources for spiritual growth
- Planning/presenting a variety of spiritual programs for over 1000 participants in general and special audiences, including
  - 25 short programs open to the general public in Milwaukee, Fond du Lac and Madison
  - Four weekend retreats for women in West Bend
  - A four-weekend course, *Training in Healing and Transformation* in collaboration with CAPACITAR in Milwaukee
  - An initial weekend offering of *Awakening Compassion* for executive leaders in West Bend in collaboration with The Institute for Spiritual Leadership of Chicago
  - Three programs for Wisconsin spiritual directors/companions in collaboration with Spiritual Directors International, Region 24
  - 14 private presentations for church, school and business groups in Milwaukee, Campbellsport, Minocqua and West Bend and San Diego
- Assuming ownership and administration of *RISEN*, a spirituality program for health care organizations which is presented in five states.

All these dividends are made possible through the work of a devoted Board of Directors, one paid staff member, a small group of dedicated volunteers and friends like you. It is only with the generous contributions of our friends, that The Center to BE is able to assist all those we interact with to **Explore Pathways to the Sacred at the Center of their BE-ings.**

Please help us by using the enclosed envelope to make your tax-deductible, year-end gift to The Center to BE. A small token of our great appreciation is included inside.

Thank you so much for your gift, for all your past support and for all you will do to assist us in the coming years.

Peace and Blessings,

Rhea Emmer, CSA  
Annual Appeal Chair

Marjorie Wilbur  
Executive Director

## COMPASSIONATE SELF CARE

### PRACTICES: A PATHWAY TO GOD

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

Our lives are so busy, so filled with family needs and work demands and community obligations that we often feel worn out physically, emotionally and spiritually. Some of us also are affected by the impact of difficult situations in our lives. It's hard to maintain relationships with those we love, including God, when we don't feel at peace within ourselves. And yet we often neglect to take the time to care for ourselves.

In this spiritually reflective and renewing morning program you will learn simple but effective practices which can help relieve the symptoms of stress which come from both ordinary and extraordinary life events. The practices involve gentle movement, quiet reflection, calming breath work, simple finger holds, safe touch and more. When accompanied by the intention of connecting with God, these practices also become a form of body prayer.

This program is based on the body wisdom from many traditions from ancient to modern which have been adapted by CAPACITAR, Inc., an international program of empowerment which takes these methods of healing to people in 25 countries, mostly in the third world.

Dress comfortably.

**Marjorie Wilbur** is the Executive Director of The Center to BE and teaches body-mind-spirit practices to a wide variety of audiences in Wisconsin.

MILWAUKEE
<b>Saturday, February 5, 2005</b> <b>8:30 am: Registration and Continental Breakfast</b> <b>9:00 – Noon: Program</b> <b>Mount Mary College</b> <b>Helfaer Hall within Caroline Hall</b> <b>2900 N. Menomonee River Pkwy.</b>  <b>Fee: \$20</b> <b>Registrations due by Monday, January 31</b>

## HOW TO RAISE SPIRITUALLY ALIVE CHILDREN

As parents and grandparents of pre-school and elementary school-age children, how can we nurture them in their spiritual lives? Creating and celebrating spirituality in your own homes and from your own faith traditions is the key. We will explore how all humans are naturally spiritual and ways to affirm that in our children beginning by fostering a sense of wonderment.

**Rev. Deborah Payden** is a United Church of Christ minister from South Milwaukee. She is an educator, writer and presenter on the topic of nurturing children.

FOND DU LAC
<b>Tuesday, February 15</b> <b>7:00 – 9:00 pm</b> <b>Founder's Hall, St. Agnes Convent</b> <b>320 County Road K</b> <b>Fee: \$12</b> <b>Registrations due by February 9</b>

MILWAUKEE
<b>Tuesday, March 15</b> <b>7:00 – 9:00 pm</b> <b>St. Joseph Center</b> <b>1501 S. Layton Boulevard</b> <b>Fee: \$12</b> <b>Registrations due by March 9</b>



### Guatemala

*(continued from page 1)*

CEDEPKA were a success. The participants responded to the self-care practices saying, "I feel love for everything that was taught." They reported feeling relaxed, happy, lively, peaceful. One woman said, "these exercises helped me a lot; I came very tight with worry, now I feel much better." There was laughter and joy among all of us. Plans have been made for more workshops in 2005.



*I hope our wisdom will grow with our power, and teach us,  
that the less we use our power the greater it will be. Thomas Jefferson*



Join us for a Very Special Spring Day of Reflection and Renewal for Women

***Self-Centered or Centered Self?  
A Woman's Path To Spirituality  
and Self-Care***

*A Woman's Path to Spirituality:* How do we see the invitations to faithfulness that God places on our paths each day? We never have to look hard for God's footprints. Come explore how to live more attentively and more purposefully.

*A Woman's Path to Self-Care:* How do we live in balance as we learn to operate from a position of self-care? Jesus said, "Love your neighbor as yourself." Come explore how that love and care of self can empower us as well as our neighbors.

Time for quiet reflection on the lovely grounds of the St. Agnes Convent will be a part of this retreat.

**Rev. Holly Whitcomb** is a United Church of Christ pastor and clergywoman from suburban Milwaukee. She is a widely traveled retreat leader who directs Kettlewood Retreats. She is also a spiritual director and author whose books include, *Feasting with God* and *Practicing Your Path*.

**✂ 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 for individual programs differ. Not all programs require registration.** Refer to the program descriptions carefully. This form may be duplicated.

**Fond du Lac:**

- \_\_\_ Raise Spiritually Alive Children, Feb 15      \$ 12
- \_\_\_ Centered Self Retreat, April 9                      \$ 40

**Milwaukee:**

- \_\_\_ Compassionate Self Care, Feb 5                      \$ 20
- \_\_\_ Raise Spiritually Alive Children, Mar 15              \$ 12

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

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

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

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

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

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

<b>FOND DU LAC</b>
<b>Saturday, April 9, 2005</b>
<b>9:00 Coffee and Registration</b>
<b>9:30 – 3:00 p.m. Program</b>
<b>Founder's Hall, St. Agnes Convent</b>
<b>320 County Road K</b>
<b>Fee: \$40 which includes lunch</b>
<b>Registrations due by April 1</b>

**THE CENTER TO BE READS ♦ ♦ ♦  
A BOOK DISCUSSION GROUP**

Read this book and come for interactive discussions led by a facilitator. Free. No registration required.  
(Books are available there for purchase.)



**THE PLACES THAT SCARE YOU: a  
GUIDE TO FEARLESSNESS IN  
DIFFICULT TIMES by Pema Chodron**

The author, a widely recognized Tibetan Buddhist nun, introduces a host of the "compassionate warriors" tools and concepts for transforming anxieties and negative emotions into positive living.

<b>FOND DU LAC</b>
<b>Wednesday, February 23</b>
<b>6:30 – 8:00 pm</b>
<b>Fond du Lac Center for Spirituality and Healing</b>
<b>74 S. Main Street</b>

## **Reflections**

*The only way of finding the limits of the possible is by going beyond them into the impossible. Arthur C. Clarke*

*Be patient toward all that is unsolved in your heart and try to love the questions themselves. Live the questions now. Perhaps you will gradually, without noticing it, live along some distant day into the answer.*

*Rainer Maria Rilke*

## **We Need You!**

### **Consider Sharing Your Talents!**

The Center to BE is looking for volunteers to assist our Board of Directors on several standing committees including Marketing/Communications, Programming, Fund Raising and Special Events. The extent of your commitment can be tailored to your talents and availability. Please join us! Contact Marjorie Wilbur to learn more at:

414-672-5932 or [mwctobe@execpc.com](mailto:mwctobe@execpc.com)

## **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.*