

Threads

Weaving Together The Stories Of Our Lives *The Center to BE, Inc. newsletter*

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... From the Director's Desk

The prosperity corner in the office of The Center to BE was empty. I noted this as our CAPACITAR training class studied how the flow of energy in our home and workspace environments can promote health and healing. According to the practice of Feng Shui, the place in my office which points to the blessings of life, abundance and prosperity was an unadorned and open corner.

My immediate reaction was to see this as symbolic of our constant struggle to raise the funds we need to continue the work of The Center to BE. Maybe if this corner were filled with appropriate symbols for prosperity, the money for our endeavors would be more plentiful. When I said this to Pat Cane, CAPACITAR's director and instructor, she wisely asked me, "What does prosperity mean to you?"

Of course the obvious answer is that prosperity is about much more than money. But her question intrigued me and I let it hang around my consciousness over the next few weeks. Every time I had a phone conversation or a face-to-face encounter or an e-mail interaction with someone about their spiritual path, I had a deep awareness of being enriched. I sensed a great spiritual energy flowing from each of these contacts. I couldn't see this energy or hold it. It had no shape or weight or color, nothing that could be placed in the corner of my office to announce, "*This is prosperity.*" And yet this energy was tangible; it had a very real presence.

I came to realize that true prosperity for The Center to BE is in BE-ing what we were created to be: an instrument to promote spiritual awareness and growth. We provide individuals with opportunities to explore pathways to the Sacred at the Center of their BE-ings. I began to understand that to be prosperous all we need to do is to welcome the spiritual energy which flows in great abundance. That energy needs uncluttered space and will not be confined by the limits of symbolism. While it's still necessary to search out and solicit the funds we depend upon, the prosperity corner in the office of The Center to BE will stay clear and open, but definitely not empty.

Marjorie

Gracefully, beautifully
May your kindness
Float back to you
Like wisps of
Milkweed
On the wind.

(inspired by Irish poetry)

**LEADING LADIES:
TIMELESS IMAGES OF
WOMEN'S LEADERSHIP**

Using stories of women from the Bible through contemporary times, this program will explore distinct ways in which women lead. You will gain insights into such leadership models as the Midwife, a leader who births dreams; the Choreographer, a leader who gathers people together in celebration; the Weaver, a leader who unites and strengthens a vision for the future; and the Intercessor, a leader who advocates on behalf of others. You will discover the gifts God has given you for leadership and will be inspired to practice them in a way that is unique to you.

Mary Alice Willems, OSM, of Milwaukee is a Provincial Leader of the Servants of Mary, a spiritual companion and certified chaplain.

MILWAUKEE

Wednesday, January 21, 2004

7:00 – 9:00 pm

San Damiano Lounge

St. Joseph Center

1501 S. Layton Blvd.

Fee: \$12 Registrations due by Friday, January 16



**AT THE HEART OF WHO WE ARE:
CONNECTING AT THE
LEVEL OF THE SACRED**

*A special Valentine's morning with
Doris Klein, CSA in collaboration with
Mount Mary College Alumnae Relations*

As women, the challenges and complexities of our lives often leave us disconnected from the simple and profound voice of our hearts. Doris Klein, CSA, will use her art, poetry, music and story to invite us to come home to the deep wisdom of our hearts and to BE with others in that Sacred Space. She will gently explore with us the experience of

being touched by a nurturing God, calling us to reflect on our own awareness of the Holy in our lives.

Doris Klein is a member of the Congregation of Sisters of St. Agnes. She ministers as an artist, lecturer and spiritual director. Her watercolor paintings reflect a contemporary spirituality from an inclusive perspective are internationally known. She is the author of *Journey of the Soul*, which includes reproductions of 25 of her paintings and reflections for meditation.

MILWAUKEE

Saturday, February 14, 2004

8:30 am: Registration and Continental Breakfast

9 a.m. – Noon: Presentation

Mount Mary College

Helpaer Hall in Caroline Hall

2900 N. Menomonee River Pkwy.

Fee: \$20 Registrations by Monday, February 9

**AWAKENING COMPASSION
AS A SPIRITUAL RESOURCE
FOR LEADERS**

February 5-8, 2004

Cedar Valley Retreat Center, West Bend

Awakening Compassion as a Spiritual Resource for Leaders is an innovative opportunity to engage in a process which will challenge participants to explore Compassion as a spiritual foundation for personal, professional and organizational growth for the 21st century workplace. The design of the weekend is based on the study of *Compassion at Work*, by Rhea Emmer and is open to senior executives and educators who prepare adults for leadership roles. The Center to BE is collaborating with The Institute for Spiritual Leadership, Chicago in presenting this weekend.

Please contact The Center to BE for a detailed brochure:
414-672-5932 or mwctobe@execpc.com



November, 2003

Dear Friends of The Center to BE,

As we ask for your financial support during our third Annual Appeal, we want you to know that in the past year The Center to BE has touched the spirits of more than 1200 women and men who have attended one or more of over 60 programs we have presented. Many of these people have experienced spiritual growth which not only enriched their lives, but has empowered them to reach out in turn to help others.

We have offered programs in nine Wisconsin communities, more than twice as many as last year. Each invitation to visit a new location flows from a presentation in a place where we have been welcomed before. The Center to BE is committed to collaboration and this year we have partnered with over a dozen non-profit organizations and have customized programs for another nine. Each experience opens up opportunities to contact and connect with additional groups. Over 1650 names are on our mailing list and there are regular visitors to our website. These numbers grow through referral by the people who recognize the worth of The Center to BE.

All this has been possible because individuals like you, the readers of *Threads*, believe in the work of The Center to BE and have demonstrated that belief with their contributions. We hope you see how these contributions have been much more than gifts. They truly have been **investments** in the work of The Center to BE, allowing us to foster a growing awareness of the Divine Mystery in our world today.

Now we are asking you to **invest** \$26 (only 50 cents per week) or more in the future of The Center to BE. This **investment** will align you with others to help us continue providing our programs, our communications, and our presence. The Center to BE welcomes people of all beliefs and faith traditions who are searching for deeper relationship with the Sacred. As they find this personal connection they bring powerful new energy for growth and healing to others, helping to transform the world.

If you have made a gift to The Center to BE this year, thank you again for your generosity. We would be grateful for any additional investment you can make at this time. If your circumstances do not allow you to invest at the suggested level, we would appreciate any amount you are able to send. Please know that your prayers for The Center to BE are also an investment in our future.

There is no denying that The Center to BE must rely on investments from you to continue to do our work. We are confident that you will respond to our request with open hearts. See page five of this newsletter for ways to become personally involved.

In this season of gratitude and thankfulness, we thank you so much for your kindness and confidence. Please look inside the enclosed response envelope for a small token of our appreciation.

Peace and Blessings to you and those you love during the year-end holidays.

Rhea Emmer, CSA
Annual Appeal Chair

Marjorie Wilbur
Executive Director

REFLECTING ON THE SPIRITUAL PATH OF THE POET

Jean Feraca, poet, journalist and radio host, captivated the audience attending “What the Poem Knows that the Poet Doesn’t”, the third annual benefit event for The Center to BE held in Fond du Lac on October 28. Jean vividly conveyed both the drama and humor contained in her deeply personal poems which she read with contagious passion. The stories she told to set the stage for each poem demonstrated how her writing has become her spiritual path.

Comments from some of those attending sum up Jean’s effect on the audience:

- ♥ *The evening with Jean Feraca was exquisite...thank you so much for giving us this gift.*
- ♥ *We loved the evening with Jean Feraca and are really enjoying reading her poems.*
- ♥ *I loved the poetry readings by Jean Feraca. She is one wonderful woman.*

Jean herself told us: *The glow from Tuesday evening is still with me...I was very pleased and honored to do my part and thoroughly enjoyed the rapport with the audience.*



Visit our Website: www.centertobe.org

The site includes information about The Center to BE, listings of our programs, registration forms to download, reflections, recommendations for good reading and more. We hope you’ll visit often and forward items for us to share with other readers.

“THE CENTER TO BE READS” BOOK DISCUSSION

Read this book and come for interactive discussion led by a facilitator. Free. No registration required

Wednesday, January 28



SEVEN WHISPERS: LISTENING TO THE VOICE OF SPIRIT

by Christina Baldwin.

Author Christina Baldwin (*Life's Companion; Calling the Circle*) is a self-exploration pioneer. She urges readers to connect with the spiritual world by explaining her own personal daily meditation which consists of seven phrases. Each chapter explores one of these “whispers”: maintain peace of mind, move at the pace of guidance, practice certainty of purpose, surrender to surprises, ask for what you need and offer what you can, love the folks in front of you, and return to the world.

FOND DU LAC

Wednesday, January 28, 2004

6:30-8:00 pm

**Fond du Lac Center for Spirituality and Healing
74 S. Main St.**

(books available for purchase there)



LET US COME TO YOU

The Center to BE provides programs for church groups, organizations and 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

Integrating Self-Healing Practices and Prayer

Labyrinth Walks and Retreats

Our portable, canvas labyrinth (36 x 36 feet) may be rented for indoor use.

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

TRAINING IN HEALING AND TRANSFORMATION 2004

The Center to BE in collaboration with CAPACITAR, Inc. of Watsonville, California, will offer **Training in Healing and Transformation** again in 2004. 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 20 countries including the Dominican Republic, Colombia, East Timor and South Africa.

The 2004 program will be offered on the following weekends (all day Friday, all day Saturday and Sunday morning) at the St. Joseph Center in Milwaukee:

- Session I:** April 2-4, 2004
- Session II:** June 4-6, 2004
- Session III:** September 24-26, 2004
- Session IV:** December 3-5, 2004

Overnight accommodations are available.

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

WE NEED YOU!

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



**We make a living by what we get,
we make a life by what we give.**
Sir Winston Churchill


**"Generosity is giving more than you can, and
pride is taking less than you need."**
Kahlil Gibran

✂ 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:

___ Leading Ladies, Jan 21 \$ 12

___  At the Heart, Feb 14 \$ 20

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.

Evening Phone: _____

Day Phone: _____

E-mail: _____

November, 2003

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

PROSPERITY SAYINGS



"If you can't feed a hundred people, then feed just one."

Mother Theresa



Give the world the best that you have, and the
best will come back to you.

Madeline Bridges



"You cannot do a kindness too soon because you
never know how soon it will be too late."

Ralph Waldo Emerson

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.