



*Catherine Place is many things to many women:
a gathering place ... a safe haven ... an urban center for personal and spiritual growth ...
a home for the healing arts ... and most of all, a growing movement of hospitality and hope.*

... An Oasis for Women

Calendar of Events Winter 2010

WORKSHOPS

Start your new year off right! Our workshops and events will help you approach each day with purpose and self-awareness. Savor each moment of your one precious life!

*We are pleased to offer this exciting slate of events for winter. **We do request that you pre-register** by calling 253-572-3547 or emailing cplace@catherineplace.org. Catherine Place offers its workshops and events on a donation basis. Suggested amounts are presented as a guideline; please donate as you are able. No one is turned away for an inability to make a donation.*

WE-CAN Women's Leadership Circle — Introductory Gathering

Tuesday, Jan. 19, 6:00-8:00 p.m.

Do you want to expand your personal leadership influence? Are you committed to encouraging and supporting women as leaders? Are you ready to focus your energy toward positive change? Please join us to learn more about the seven-week WE-CAN Leadership Circle starting in February. For more information contact Judy at judym@catherineplace.org or 253-572-3547.

WE-CAN Women's Leadership Circle — Seven-Week Series

Tuesdays, Feb. 2 & 16, Mar. 2, 16 & 30, Apr. 6 & 20, 6:00-8:00 p.m.

This process will give you the opportunity to connect with other women interested in positive growth and change. Together we will explore an effective, new view of leadership, examine a four-step change model used by Nobel Prize winners, and develop new skills for positive change, growth and leadership in the world. Suggested donation: \$50-\$100 for the seven-week series. Scholarships are available. Please contact judym@catherineplace.org.

Experience SoulCollage®

Sunday, Jan. 31, 1:00-5:00 p.m.

Explore the Winter themes of darkness and light, endings, and germination through the SoulCollage process. SoulCollage® is an expressive arts process where you create individual cards based on the various parts of yourself. During this workshop you will be selecting images to create your own cards and sharing those cards with others. You don't have to be an "artist" to benefit from this simple, fun, and powerful process. Join us! Instructor: **Mary Trukositz, MA**, SoulCollage® Trained Facilitator. Suggested donation: \$20.

Valentine's Day Lovingkindness Meditation Workshop

Sunday, Feb. 14, 1:00-4:00 p.m.

Treat yourself to something special this Valentine's Day! Join **Jude Rozhon** as she teaches this traditional practice for cultivating love and compassion in spiritual practice and in daily life. This class will introduce lovingkindness meditation techniques, allow time for practicing the techniques during sitting and walking meditation sessions, as well as offer handouts for home inspiration. Suggested donation:\$25.

IN WOMEN'S WORDS BOOK CIRCLE

New meeting time! – Fourth Tuesdays, 6:30-8:00 p.m. (Jan. 26, Feb. 23 and Mar. 30) Join an informal community of women who like to read books by and about women. Participants are invited to read at least one chapter of the book(s) they're interested in and come ready to share thoughts, feelings and perspectives. The circle will be co-convened by **Sherry Helmke and Laure Nichols**.

The Middle of Everywhere: Helping Refugees Enter the American Community by Mary Pipher, Ph.D.
Tuesday, Jan. 26, 6:30-8:00 p.m.

The Middle of Everywhere helps us understand the struggles of refugees by sharing the stories of orphans from southern Sudan, survivors from Kosovo and families fleeing from Afghanistan and Vietnam as they arrive in the U.S.

HEALING ARTS / CREATIVE ARTS OPPORTUNITIES

Reiki

Reiki is an ancient healing system that involves the transmission of the life force energy. It is simple, safe, and natural; and it promotes balancing and healing where it is most needed. Reiki is a gentle and non-invasive system, available to anyone who desires to work with it. Reiki attunements help one to open to the natural healing abilities that are inherent in every person. Instructor: **Marcia Marszalek, Reiki Master**

Reiki Level I Training

Sunday, March 14, 10:00 a.m.-5:00 p.m.

Reiki Level II Training

Sunday, March 28, 10:00 a.m.-5:00 p.m.

Advance registration is required for either Reiki training. Suggested donation is \$50-\$100 per training.

Individual Reiki Treatments

Private Reiki treatments are available on an appointment basis.

Yoga

A gentle yoga and stretching session is relaxing and fun, a respite in the midst of a busy week. Private or small group sessions (90 minutes) are available by appointment. All levels are welcome - no prior yoga experience required. Guided by certified yoga instructor **Marcia Marszalek**. Suggested donation: \$35-\$50.

FACILITY USE FOR COMMUNITY GROUPS

Catherine Place welcomes groups to reserve the use of Catherine Place for their events, retreats and planning days. The main meeting area comfortably holds 20 people with three additional breakout rooms available for small groups. Contact us for guidelines, fees and scheduling information.

Catherine Place staff members and partners are also available to offer programs, workshops and retreats at YOUR site. We can work with you to design and present a program specific to your needs.



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Ongoing Opportunities Winter 2010

WomenSpirit Circle

Tuesdays, 10:30-11:30 a.m.

Through ritual, inspirational readings, poetry, and music, women share insights about life and the sacred. Participants are invited into deeper reflection and a renewed sense of their own goodness. Facilitators: **Joyce Roach and Peg Murphy.**

Inscape: Self-Discovery through Poetry and Prose

Tuesdays, 12:00-1:30 p.m.

This group explores a variety of poets and poetry to discover how poetry heals, sustains, elevates and widens our perceptions of the world within and around us. You do not need to be a poet to attend - just be open to new ways of looking at life. Facilitator: **Kay Mullen**

Healing Touch

Tuesdays, 12:00-6:00 p.m. - By Appointment

Healing Touch is a relaxing, nurturing energy therapy. It is safe for all ages and works in harmony with standard medical care. **Wanda Buckner, Ed.D, CHTP.** Offered by donation.

LovingKindness Meditation

Wednesdays, 6:30-8:00 p.m.

Each evening includes guided lovingkindness meditation and inspiration on cultivating love and compassion in spiritual practice and in daily life. This group is led by **Jude Rozhon** and offered by Dana donation.

Reiki Share Circle

2nd Fridays, 6:00-8:00 p.m.

The Reiki Circle is an opportunity to learn about this method and to personally experience it. In the circle each participant will receive a short Reiki session and take part in working with others under the guidance of Reiki Master **Marcia Marszalek.** Offered by donation.

Sisters at Seven Women's AA

Thursdays, 7:00-8:00 p.m.

Women share their experiences, challenges, strength, and hope as, through the 12 Steps and 12 Traditions of Alcoholics Anonymous, they make choices for happier and more effective living.

CONFIDENTIAL SUPPORT & ADVOCACY

Catherine Place provides hospitality, companionship, advocacy and education for women who desire support in moving forward in their lives. We offer confidential support to individuals working through stresses and transitions associated with loss, unemployment, violence and other significant life events. Please contact us at cpplace@catherineplace.org or 253-572-3547. We look forward to welcoming you!

Peg Murphy, Executive Director

Judy Mladineo, Program Director