



*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 2012**

## **WORKSHOPS AND TRAINING**

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](mailto: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.

### **Getting Where You Want To Go; Being Who You Want To Be**

**Saturday, Jan. 28, 9:30 a.m.–4:30 p.m.**

Clear issues from your past. Create what you want. Change your future. Celebrate your present. Join Dr. Wanda Buckner for a day of reflection, sharing and creating. You'll learn and practice energetic self-actualization techniques that can make a profound difference in your life. Bring your memories, your dreams, paper, pencil and lunch. Offered by donation (cash or check). (\$100 value.) Advance registration required.

Instructor **Wanda Buckner, Ed.D.**, has extensive training in a variety of energy medicine modalities. To register or for more information, call 360-491-3187 or email [wanda@energyhealing-wbuckner.com](mailto:wanda@energyhealing-wbuckner.com).

### **Valentine's Lovingkindness Meditation Workshop**

**Sunday, Feb. 12, 1:00–5:00 p.m.**

Treat yourself to something special! 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.

### **Experience SoulCollage®**

**Saturday, Feb. 25, 10:00 a.m.-1:00 p.m.**

SoulCollage® is a simple, powerful process that is designed for personal exploration. The process involves choosing images and arranging them on cards. Each card represents a part of you with its unique energy. No artistic experience required; all supplies are provided. At the end of the session you will come away with one or more cards you have created and a basic understanding of SoulCollage®. Join us! Instructor: **Mary Trukositz, MA, SoulCollage® Trained Facilitator**. Suggested donation \$20.

### **NEW! SAVE THE DATE: Women's Pampering Benefit**

**Friday, Feb. 17, 6:00–9:00 p.m.**

Take time out this winter for some wonderful self-care in the lovely relaxing environment of Catherine Place. Practitioners will offer 15 minute "mini-treatments" to nurture participants. Opportunities will include experiences with Healing Touch, Qi Gong, Tibetan Bowls, Hand Massage, Reiki, Tantra Sessions and more. Cost of \$25 includes as many treatments as time permits, snacks, and tea. All proceeds go to Catherine Place. Space is limited, so please email [judym@catherineplace.org](mailto:judym@catherineplace.org) or call 253-572-3547 to reserve your spot.

## HEALING ARTS / CREATIVE ARTS OPPORTUNITIES

### Explore Reiki

**Saturday, Feb. 11, 10:00 a.m.–12:30 p.m.**

Reiki is an “energy healing” system that has been used for centuries to balance and integrate our physical, mental, and emotional aspects, clearing the way for greater healing at all levels. Reiki increases our supply of vital life energy and helps us deal with everyday stress. Widely accepted around the world, Reiki is gaining popularity with the medical community; more than 800 U.S. hospitals now offer Reiki as a standard part of hospital care. Come explore the deep and energetic flow of Reiki. Learn about this gentle healing practice and feel the energy for yourself. You will also learn how to begin to practice basic Reiki on yourself in your everyday life. Instructor: **Marcia Marszalek, Certified Reiki Master**. Suggested donation \$20.

### Reiki Training: Level I

**Sunday, Feb. 26, 10:00 a.m.–5:00 p.m.**

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**

*Advance registration is required for any Reiki training. Suggested donation is \$50-\$100 for Reiki I and Reiki II; \$75-\$150 for Reiki III training. For more information or to register, please contact Marcia directly at 253-988-0995 or email her at [marpetejem@msn.com](mailto:marpetejem@msn.com).*

### Explore Qi Gong

**Saturday, March 3, 10:00 a.m.–12:30 p.m.**

At times each of us has experienced a subtle yet notable vibrational field, within us and around us. What exactly is that? And how can we use it? Known for thousands of years throughout most cultures, it goes by many names, such as “Qi,” or “Chi,” or “Ki.” By increasing our connection with this energy source, we enhance our awareness, improve our health, and strengthen our constitution. In this workshop you will become acquainted with Qi basics, and explore gentle movements that build up and expand your Qi. You will leave with some simple exercises for your own home practice. Facilitator: **Marcia Marszalek, Certified Qi Gong and Yoga Instructor**. Suggested donation \$20.

## ADDITIONAL SERVICES

### 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.

### SPECIAL OPPORTUNITY

#### No Regrets: A Class of Awakening

**Monthly Series begins Saturday, Feb. 18, 10:00 a.m.–12:00 p.m.**

Catherine Place is pleased to host this monthly series, as Rev. Patty Becker presents an in-depth class of self-discovery and transformation. The class focuses on both life and death in a way that is compassionate and enriching. Over the course of a year students will examine relationships, mindfulness, priorities, values, desires, final wishes, and much more. Class will be held from 10:00 a.m.-noon on the third Saturday of each month; cost is \$300 (\$25/class). For more information contact Rev. Patty Becker at 253-226-1635 or [pattybecker@juno.com](mailto:pattybecker@juno.com).

**Rev. Patty Becker** was ordained as an Interfaith Minister in 2000. A graduate of the New Seminary, New York, N.Y., she is a Licensed Unity Teacher and a Licensed Practitioner with the Church of Religious Science.



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*. . . An Oasis for Women*

## Ongoing Opportunities 2012

### **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 is open to those who love the written word and want to explore the world of poetry through reading, writing and learning the skills of what makes poems memorable. Donations accepted. 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.

### **Juntas en Transición – Together in Transition**

**Date and Time TBD — Call Catherine Place for more information.**

This group, offered in Spanish, is designed for Latina immigrants. The group provides opportunities for empowerment, community building and resource development. Topics include healthy relationships, safety, parenting, self-care, and community resources. Facilitators: **Marisol Melendez and Sara Irish**.

### **LovingKindness Meditation**

**1st and 3rd 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**

**Thursdays, 12:00–5:00 p.m. — By Appointment**

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. Half-hour and full-hour treatments are available. **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.

### **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 are available by appointment. All levels are welcome - no prior yoga experience required. Guided by certified yoga instructor **Marcia Marszalek**. Offered by donation.

## **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 [cplace@catherineplace.org](mailto:cplace@catherineplace.org) or 253-572-3547. We look forward to welcoming you!

**Peg Murphy, Executive Director**

**Judy Mladineo, Associate Director**