

**Cecilian Center
for
Earth, Arts and Spirit**



**COURSE OFFERINGS
WINTER 2007**

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COURSE OFFERINGS: WINTER 2007

Keyboard Lessons: A Means to Wholeness at Every Age

Emily McMullen, SSJ

Have you ever wished you could play the piano? It's not too late! Major newspapers across the country report that adults are beginning or returning to music lessons for enrichment. Brain surgeons and housewives find relaxation, enjoyment and fulfillment while playing their own music. Come and see a sample lesson. Sister Emily will be available at Cecilian Center to meet with anyone interested in learning more about the magic of this musical process and maybe even trying a sample. Keyboard lesson books will be available for purchase at this time or when lessons begin.

Sample session: Tue, Jan 23, 1:00 - 2:00 pm

OR Wed, Jan 24, 5:30 - 6:30 pm. Cost: \$10.

Kundalini Yoga for Cleansing and Detoxification

Lynn Smith Klein

In our busy lives, we take in more than we can process: more energy, more food and more emotions. Through this workshop, we will focus on cleansing and detoxifying the body and mind in order to awaken the spirit. Each class will consist of a yoga *kriva* (set of exercises), relaxation, and meditation. Classes are for students of all levels of experience. Beginners encouraged! Enrollment limited to 12 students.

*Six sessions: Sat, Jan 13, 20, 27, Feb 3, 10, 17, 10:00 - 11:30 am. Cost: \$75.00. **

Cool Cities Campaign

Robin Mann

Cool Cities Campaign is a program to confront climate change. On Wednesday evening, we will provide a brief background discussion of the issue of climate change and the Sierra Club's overall nationwide initiative to address it. Then we will discuss our local efforts to encourage Philadelphia to become a leading "Cool City". On Saturday, we will take a tour to look at some nearby energy conservation and efficiency installations.

*Two sessions: Wed, Jan 17, 7:00 - 8:30 pm, Sat, Jan 20, 10:00 - noon (Snow dates Mar 14, 17). Cost: \$25. **

Stitching for Others

Cathy Grogan

Join with others as we knit, crochet or quilt blankets, premie or chemo caps. Bring your skills and supplies (some supplies including sewing machines are available) Guidelines will be given at the first session.

Nine sessions: Thu, Jan 18, 25, February 1, 8, 15, 22, Mar 1, 8, 15, 22, 10:00 am - noon. Free will donation.

Courses marked with * include credit for Pennsylvania Act 48 teacher certification.

Global Warming: How Can We Slow It Down?

Joy Bergey

Learn about the causes of global warming, its likely impacts, the huge role that Pennsylvania plays, and how everyone can slow down global warming with easy life style changes like buying clean power.

One session: Thu, Jan 18, 7:00 - 8:30 pm. Free will offering.

Journey to Reconciliation

Dolores Chepiga, SSJ

Have you ever felt like a victim? Like an offender? Explore restorative justice and how it can lead to healing. Useful processes can be applied to home, neighborhood, schools.

One session: Sat, Jan 20, 10:00 - 11:30 am. Cost: \$10.



The Arts: Gateway to Personal Growth

Linda O'Mara, SSJ

Awareness is necessary for growth and the arts provide creative pathways that lead to greater awareness. This workshop will provide input, arts experiences, reflection and sharing, if desired. Come join us to nurture your creative, emotional and spiritual growth. No particular art ability required.

One session: Sat, Jan 20, 10:00 am - 1:30 pm. Cost \$35 plus free will donation for supplies.

Beginners' Calligraphy

Sharon McCarthy, SSJ

This course will teach the basic strokes needed to begin calligraphy. Come to class the first night with your basic Sheaffer calligraphy pen kit. (This can be purchased at Michael's.)

Six sessions: Mon, Jan 22, 29, Feb 5, 12, 26, Mar 5, 6:30 - 8:00 pm. Cost: \$60.00.

Landscapes Made from Fabric Collage

Margaret Barth

Bring in your favorite picture of a beautiful landscape. We will transfer the picture onto a canvas (simple sketch from the picture). We will then utilize fabric scraps and several sewing techniques. All sewing techniques will be demonstrated to create various dimensional effects.

Four sessions: Mon, Jan 22, 29, Feb 5, 12, 6:30 - 8:30 pm. Cost: \$50.

Teilhard's Synthesis of Science and Religion

Dom Roberti, Ph.D.

Jesuit Paleontologist Teilhard de Chardin (1881-1955) formulated a widely-influential synthesis of evolutionary science and Church teaching which stresses the unity of all creation and the next step of human evolution, higher consciousness. Scientific evidence from modern cosmology, quantum physics, and relativity seem to confirm Teilhard's view.

Three sessions: Tue, Jan 23, 30, Feb 6, 7:15 - 8:45 pm. Cost: \$25.

Eating For Energy

Walene White, CHHC, RRP, AADP

Tired of being tired? Are you confused about what to eat to feel your best? By tuning in to your body's needs and emphasizing natural foods in your diet, you can experience increased energy and vitality. We will examine how appropriate food, activity, and life choices can sustain energy levels, stabilize moods and increase productivity.

One session: Tue, Jan 23, 7:00 - 8:30 pm. Cost: \$20.



Reflecting On Valerie's World

Valerie Joseph-Darden

Through sharing her poems and experience, Valerie inspires you to reflect and share your own experience.

Three sessions: Wed, Jan 24, 31, Feb 7, 6:30 - 8:30 pm. Cost: \$15.

Stressed Out? Art Can Help!

Linda O'Mara, SSJ

Do your everyday experiences and responsibilities lead to a buildup of stress? This can definitely take its toll. In fact, prolonged stress can lead to serious physical problems. At times, individuals may not even be aware of the level of stress they experience. In this program, participants will learn how the arts can be beneficial in dealing with stress. The use of art materials, the making of art images and engaging the creative process can be effective tools to diminish the physiological effects of stress. Take time to care for yourself! That is what the overstressed body, mind and spirit needs. No previous art experience needed.

One session: Sat, Jan 27, 10:00 am - 1:00 pm. Cost: \$30.

Felting

Janell Wysock

Come keep warm and felt up a woolie project. We'll cover the basics of wet felting and create a project of your choice such as a bag you can show off this winter.

Four sessions: Tue, Jan 30, Feb 6, 13, 20, 6:30 - 8:30 pm. Cost: \$50.

Weaving

Janell Wysock

This is a class in weaving limited to six students. All skill levels are welcome. This is a great opportunity to learn how to thread a loom and understand how wovens are made. We will work on both floor and table top looms to make simple patterns and basic twills. Different projects are encouraged.

Eight sessions: Thu, Feb 1, 8, 15, 22, Mar 1, 8, 15, 22, 6:00 - 9:00 pm. Cost: \$100.

Visual Journaling

Linda O'Mara, SSJ

Before we could speak we could create and respond to images. Imagery was our initial mode of communication with ourselves. Through this 6-week program, you will learn a visual journaling process that will help you connect/reconnect with your own inner imagery and the wisdom it conveys. As you begin or continue a journaling practice, the links between the art process and life process will become apparent. Through your drawings, reflection and response, this process will draw you into a deeper connection to your own inner vision and truth. Previous art or journaling experience is not required. Bring a sketchbook for your drawing and writing.

Six sessions: Sat, Feb 3, 10, 24, Mar 3, 17, 24 10:00 am - noon. Cost: \$120.

Tools for Dreamers: Skills for creating a New World

Annie Hart

There is a dream living inside of you that is vital and important. How do you access this dream? And once you find it, how do you make it a reality in your life? We will use powerful visioning processes that put us in flow with the powers of the Cosmos. Bring a meaningful dream that contributes to our world.

Two sessions: Sat, Feb 10, 17, 10:00 am - noon. Cost \$45.

Inner Peace to World Peace

Liz Walz

Join us as we explore ways of loving ourselves, neighbors and even our enemies. We will spend time in prayer with gentle music and soothing movement. Journey inward with reflection and journaling, learn and practice tools for transforming conflict and have fun with creative expression. Wear comfortable clothes and bring a journal, if you have one. Includes a healthy lunch.

One session: Sat, Feb 17, 10:00 - 2:00 pm. Cost: \$15.

Opening the Heart with Tibetan Buddhist Meditation Practice

Dom Roberti

Meditation practices from the Tibetan Buddhist tradition can open our hearts toward ourselves, our friends and enemies, and all of creation. There will be an introduction to mindfulness, followed by instruction and practice in Loving Kindness and Tonglen (taking and giving) meditations. A mini version which can be used in everyday life will also be introduced.

Three sessions: Tue, Feb 20, 27, Mar 6, 7:15 - 8:45 pm. Cost: \$25.

The Naked Chocolate Feast

Walene White

This is where you can learn how to enjoy healthy raw chocolate. We'll show you how you can take unprocessed cacao and turn it into yummy treats. Food samples. Don't delay! This one fills up fast!

One session: Thu, Feb 22, 7:00 - 8:30 pm. Cost: \$20.

Friday Night Taize Prayer

Mary Ann Mulzet, SSJ

Every Friday night, the Taize Community in France prays in the spirit of the cross. We will pray in solidarity with the Taize Community using simple chants, silence and prayers of intercession.

One session: Fri, Feb 23, 7:00 - 8:15 pm. Free will offering

Drumming for Peace

Mary Ann Mulzet, SSJ

Come and lend your spirit to the longing for peace. No drumming experience is needed, simply the desire to join with others in this rhythmic prayer. Some drums and rattles will be provided. Bring yours if you have one.

One session: Sat, Feb 24, 10:30 - noon. Free will offering



Organic Gardening

Diana Cerchio, SSJ

Is it possible to grow your own garden without the use of chemical fertilizers and pesticides? By following the advice of nature and a few simple guidelines, you can grow healthy plants. Learning about soil and organic fertilizers will also help to produce healthier crops. (Maximum number 10.)

One session: Sat, Feb 24, 10:00 am - noon. Cost: \$15.

Forgiveness

Sharon White, SSJ

What is forgiveness? Sometimes it is easy to forgive. Other times, it is almost impossible. How can we forgive a person who has traumatized or hurt us severely and who will not admit a part in the offense? What if the offender is dead or out of the picture? Does it count to say, "I forgive," when my heart can't let go of the wrong? How can I forgive? This gathering will offer participants an opportunity to explore their choices in the healing process.

One session: Thu, Mar 1, 7:00 - 8:30 pm. Cost: \$20.

Beginner Quilting Class

Dorothy Conard and others

Learn the basics of quilting by machine. We will be learning how to cut and construct a nine patch quilt block. Rotary cutting techniques will be demonstrated by instructors. You will make your choice of place mats, a table runner or a wall hanging. Materials, including fabric will be provided. (Limited to 5.)

Three sessions: Sat. Mar 3, 10, 17, 10:00 – noon. Cost: \$40 plus \$8 materials

A New Look at Edith Stein

Normandie Gaitley, SSJ

“Love is to be our life forever!” These words found on the memorial for Edith Stein in Auschwitz capture the essence of her spirit, the human person and her philosophy of education. The format of the session will be interactive.

One session: Wed. Mar 7, 7:00 – 8:30 pm. Free will offering.

Wisdom-Seeking Women: International Women’s Day Workshop

Monica Armstrong

This workshop is an introduction to Sophia of the Wisdom scriptures. It opens with a visual presentation of images to introduce Wisdom Sophia, the feminine aspect of the divine potential in our world. Armstrong’s paintings offer inspiring new images for deepening our understanding of the rewards and challenges to women who seek to “befriend wisdom” and keep to her ways. Sophia, Divine Companion of God, tells us in Scripture of her nature and promises her gifts to all of humanity, to those who keep her close.

Two sessions: Thu. Mar 8, 15, 7:00 – 8:30 pm. Cost: \$25. /

Uncover Your Strength as a Woman with Kundalini Yoga

Lynn Smith Klein

In this workshop we will learn about the deep respect and love that this ancient practice has for women and will uncover our strength and grace by practicing *kriyas* (sets of exercises) and meditations specifically designed for women. Please bring a journal and pen, pillow to sit on, and blanket. Beginners welcome. Enrollment limited to 12.

One session: Sat. Mar 10, 10:00 am – 12:30 pm. Cost: \$30. /

Mindfulness Meditation

Sharon White, SSJ

Living peace fully is a way of life. Everyday challenges can be handled with much peace and joy. The Art of Mindfulness provides the tools and direction for one who desires to live such an existence. This evening of recollection will explore the teachings of Thich Nhat Hanh who demonstrates that Mindfulness can be a vehicle to inner peace, interpersonal peace and peace in the global community. Participants who desire a blend of Eastern and Western Spirituality will be intrigued by this practical approach to a life of prayer.

One session: Mon. Mar 12, 7:00 – 8:30 pm. Cost: \$20. /

Sugar Blues?

Walene White

If your mouth waters at the thought of chocolate or you can't imagine life without dessert, this class is for you. Sugar is a major addiction. We'll discuss ways to overcome cravings that do not involve willpower.

One session: Wed, Mar 14, 7:00 - 8:30 pm. Cost: \$20. ,

Live, Love and Laugh

Anne McCoy, SSJ

Our God desires that we live fully and says to us in the Gospel of John, LIVE: "I have come that you may have life." (Jn. 10:10); LOVE: "Love one another as I have loved you." (Jn. 13:34); LAUGH: "Your hearts will be full of joy." (Jn 16: 22). Our time together will consist of input, reflection, and sharing based on our call to fulfill God's desires for us.

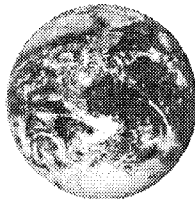
One session: Thu, Mar 22, 7:00 - 8:30 pm. Free will offering.

Women and Wellness

Walene White

Women are great at looking after others, but forget about themselves. Learn how food affects mood, hormones, energy, weight, everything. We'll talk about life, relationships, career stress, confidence, cravings and specific health concerns, as well as create an ongoing support system.

One session: Mon Apr 2, 7:00 - 8:30 pm. Cost: \$20. ,



THE PRESENTERS

Monica Armstrong lives, works and worships in Germantown. Monica studied painting at the Pennsylvania Academy of the Fine Arts and the Moore College of Art. In 2002 Monica went on to earn a Graduate Certification in Holistic Spirituality from Chestnut Hill College.

Margaret Barth attended Philadelphia University and has taught workshops on fabric techniques, design and recycled art. A new resident of Mt. Airy, she owns Eccessories, an accessory and outerwear company for children and adults who demand originality, innovative design and impeccable quality with a conscience.

Joy Bergey works on global warming in the faith and civic communities. She is staff at the PA Interfaith Climate Change Campaign and at PennFuture.

Diana Cerchio, SSJ, a Master Composter, has worked with Penn State Urban Garden Advisors for the past 15 years. She has developed a community garden and a teaching garden for young children. Sister Dee is a member of PA Horticultural Society and Awbury Arboretum.

Dolores Chepiga, SSJ, is a former prison chaplain, jail minister, school principal and teacher. Currently, she ministers with the St. Vincent de Paul Society, Baltimore, as prison volunteer coordinator. In her spare time she promotes restorative justice.

Dorothy Conard and others are experienced and enthusiastic women who share a love of sewing and teaching, with a combined sewing experience of 150 years.

Serita Edwards is a mezzo-soprano who has experience in major works of every era from baroque to modern, in settings such as opera, solo recitals, musical comedy and church soloist. She has had major and minor operatic roles performed with various opera companies such as the Opera Company of Philadelphia, The Academy of Vocal Arts, etc.

Normandie Gaitley, SSJ, has been a Sister of St. Joseph for over forty years. Her interest in spirituality was born in and through her life passages. She hopes companions on the journey may find her insights blessings on their journey as well.

Dorismarie Gonzalez, SSJ, has taught classical and folk guitar for many years. She currently serves as Director of Music at Lehigh University's Newman Center.

Cathy Grogan is a knitter and a student of many spiritual paths.

Annie Hart brings a lifetime of learning to her work as a Trainer, Consultant, Coach, Storyteller and Peacebuilder. She is trained in Hypnosis, Neurolinguistic Programming (NLP), Nonviolent communication (NVC), Motional Processing (expressive arts) and has developed her own model, Heartwork, which she uses in Coaching and Consulting with individuals, groups and organizations.

Valerie Joseph-Darden is from Philadelphia. She graduated from Temple University with a degree in electrical engineering technology in 1981. She has spent her career working as an engineer and/or manager for a large computer corporation. After realizing how often other people related to her experiences, she was encouraged to publish her poetry.

Lynn Smith Klein (Sukhdev Kaur) was introduced to yoga about seven years ago and has been practicing ever since. Lynn is a Yoga Alliance registered yoga teacher and member of the International Kundalini Yoga Teachers Association (IKYTA). Lynn is certified to teach both Hatha and Kundalini Yoga (as taught by Yogi Bhajan) and loves teaching yoga to beginners!

Robin Mann has been a volunteer activist with the Sierra Club's local, state and national efforts in water quality and wetlands protection for the past 20 years

Sharon McCarthy, SSJ, has been a teacher and an administrator for over 30 years in the Archdiocese of Philadelphia. She holds a Master's Degree in Educational Leadership from Boston College. Her love of art and natural interest in Calligraphy enables her to offer this course. She enjoys sharing her craft with anyone who wants to learn.

Anne McCoy, SSJ, is Director of Mission Effectiveness for the Sisters of St. Joseph and a spiritual and retreat director residing in Chestnut Hill.

Emily McMullen, SSJ, a teacher of keyboard to all ages for many years, has a degree in music from Chestnut Hill College and an M.A. in Church Music and Liturgy from the Rensselaer Program in Indiana. She is presently an organist at St. Catherine Parish, Clayton, NJ.

Mary Ann Mulzet, SSJ, is a musician who has had much experience with and has a great reverence for many and varied prayer forms.

Linda O'Mara, SSJ, is a board certified art therapist and licensed professional counselor. She holds additional certification in Motion Processing and has found the art process key to integration in her professional and personal life.

Dom Roberti, Ph.D., studied meditation practice for three years with Bon (Tibetan) teacher Gabriel Rocco, the mind/body specialist at the Wellness Community of Philadelphia and a student of Tenzin Wangyal Rimpoché. Dom is a retired college professor and a member of the board of the Philadelphia Buddhist Association.

Liz Walz is a nonviolence trainer, spiritual director and yoga instructor who lives in Germantown.

Sharon White, SSJ, is a Doctor of Ministry and holds a Master of Arts degree in Theology (Pastoral Ministry and Spirituality), as well as a Master's degree in Clinical Social Work. She completed a four-year training program in Couple, Family, and Sex Therapy at the Penn Council for Relationships at the University of Pennsylvania. In addition to being a Board Certified Diplomate and a Licensed Clinical Social Worker in both New Jersey and Pennsylvania, Sharon is licensed as a Marriage/Family Therapist in New Jersey, a certified clinical member of the American Association of Marriage and Family Therapy and an Accredited Professional Mediator.

Walene White, CHHC, RRP, AADP, a holistic nutrition counselor, is a graduate of North Carolina Central University and Institute for Integrative Nutrition, NYC, certified by American Association of Drugless Practitioners as a Holistic Health Counselor, registered Reflexology Practitioner.

Janell Wysock graduated from Moore College of Art 2004 with a BFA in textiles. She is an avid weaver and spent the summer of 2004 at Peters Valley Craft Center as the weaving assistant to artists in the field who came and taught. She is a member of the Textile Study Group New York and involved with the Philadelphia Handweavers Guild. She is passionate about weaving and teaching others this age-old amazing craft.

OTHER OPPORTUNITIES AT CECILIAN CENTER

- Retreats/Workshops:** Cecilian Center for Earth, Arts and Spirit welcomes Faculty, Staff Retreats/Workshops with facilitator provided by the Center. These days provide Act 48 credit hours as well as offer the opportunity to step away for a day together to reflect on ways to deepen communication, enhance a healthy life style, or foster a holistic way to relieve stress. Call to design a day best suited to your needs.
- Voice lessons** by Serita Edwards by appointment, 215-482-0190
- Keyboard and piano lessons** by Emily McMullen, SSJ by appointment, 856-816-5125
- Classical guitar and violin lessons** by Dorismarie Gonzalez, SSJ available by appointment 610-317-0695.
- Tai Chi Chih** for experienced participants: call Meg Costello, SSJ, 215-462-1111

How to Register: Use Registration form below or call (215) 849-3364. Walk-ins need to call 24 hours ahead to verify whether the course will be held.

REGISTRATION FORM

Name _____ Phone _____
 Address _____

 City _____ State _____ Zip _____
 Email _____

Title of Course _____ **Fee** _____

Checks should be made out to: Sisters of St. Joseph.

Total enclosed \$ _____

Return this form to
 Cecilian Center for Earth, Arts and Spirit
 100 W. Carpenter Lane
 Philadelphia, PA 19119

Cecilian Center for Earth, Arts and Spirit

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Mission Statement

Cecilian Center
for Earth, Arts and Spirit,
a sponsored work
of the Sisters of St. Joseph,
fosters opportunities
to reflect, practice and celebrate
the truth
that all is sacred.
By integrating artistic expression
with holistic spirituality,
the Center hopes to model
ways of living
in harmony
with all of creation.

Ms. Jeanne Kyle
St. Luke Roman Catholic Church
2316 Fairhill Ave.
Glenide, PA 19038

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