

ANGELA CENTER



WORKSHOP / CLASS SCHEDULE WINTER / SPRING 2005

WORKSHOP / CLASSES

ANGELA CENTER SCHEDULE 2005

[\[Jan\]](#) [\[Feb\]](#) [\[Mar\]](#) [\[Apr\]](#) [\[May\]](#) [\[Jun\]](#)

Starting Date	Class / Event	Presenter	Cost
January 2005			
Jan	Writing Your Own Spiritual Will	Hank Mattimore	\$40
Jan 18	Taize Prayer	Judy Hull	Donation
Jan 19	Soulful Relationships	Heidi & Jim Noh-Kuhn	\$60
Jan 24	The Work of Wings	Lynn Trombetta	\$160
Jan 25	Enneagram of Personality	Clara Rosemarda	\$100
Jan 26	Landscape and Memoir	Donna Hardy	\$136
February 2005			
Feb 15	Taize Prayer	Judy Hull	Donation
Feb 26	Death Does Not End Relationship	Sue Brown	\$60
March 2004			
Mar 2	Spiritual Reading of Passage to India	Geoff Wood	\$60
Mar 15	Taize Prayer	Judy Hull	Donation
April 2005			
Apr 2	Finding the Artist Within	Steven Fletcher	\$30
Apr 5	Seeing In Watercolor	Beverly Kjeldsen	\$80
Apr 6	Alchemical Process in Everyday Life	Jean Norelli	\$60
Apr 6	Right Livelihood	Heidi and Jim Noh-Kuhn	\$60
Apr 19	Taize Prayer	Judy Hull	Donation

Jan 2005

Writing Your Own Spiritual Will

2 Tuesdays

4:30 -6:30 pm

Cost: \$40

Led by Hank Mattimore

Have you made out your spiritual will? Most of us are smart enough to make out our legal wills, disposing of our valuables. But what about passing on our values to our loved ones?

Spiritual or ethical wills harken back to an ancient Jewish tradition in which people left to their loved ones their hopes and dreams, their vision, their family stories, their gratitude and forgiveness. It's a marvelous way to tell the important people in your life that who you are and who they are is much more important than the "things" we possess.

Hank Mattimore, a former Catholic priest, is the author of "The Priest Who Couldn't Cheat," Caritas Communications 2004. Marinites may remember Hank as the first director of the Novato Human Needs Center. He is currently chairman of the Sonoma County Juvenile Justice Commission and writes a newspaper column for the Daily Republic Newspaper in Fairfield.

Mattimore is one of the Associates of the Legacy Center in Minneapolis/ St. Paul and has been writing about and conducting workshops on Spiritual or Ethical Wills for the past three years. He is committed to teaching people how to go about writing their own spiritual wills, calling them "love letters" to those we leave behind and "a marvelous antidote to the crass materialism that pervades our culture."

Jan 18, 2005

Taize Prayer

3rd Tuesday

Jan. 18, Feb. 15, March 15, April 19

7:00-8:00 pm

Led by Judy Hull

Cost: donation

The Taize Community in France, a renewal center for youth, has created Taize Prayer which continues to be a popular form of prayer and reflection. The hour consists of chanting the singable melodies of Taize, some Scripture, some silence, and an invitation to lay our concerns at the cross of Jesus. This hour of prayer promises rest and refreshment.

Jan 19, 2005

Soulful Relationships
An exploration of our connections and relationships in life

Four Wednesdays
January 19- February 9, 2005
7-8:30 pm
Cost: \$60
Led by Heidi & Jim Noh-Kuhn

Experience an inspiring exploration of the power of soul in all of our relationships (family, friends, co-workers, and partners), and share in the energy of others interested in taking their connections to a higher level of awareness. In this series, we will reflect upon the underlying soulful purpose that our relationships invite us to fulfill - creative projects, specific work, healing, unconditional love, etc.

Each class in this four-week series will emphasize key elements of soulful relationships:

- Deepening intimacy with self and others
- Communicating from the heart
- How to nurture our soul desires
- The role of the Divine in our relationships
- Balancing individual needs with the needs of others
- Keeping an open heart in the midst of conflict

Relating soulfully to ourselves and others opens the door to our highest potential, allowing access to a wellspring of energy, gifts and talents, while paving the way for rich and meaningful connections that deepen our sense of belonging in life.

Join Life Coaches and Ananda Yoga Teachers Heidi and Jim Noh-Kuhn for an inspiring series of self-discovery and practical steps to help live each moment of life to the fullest.

Jan 24, 2005

**The Work of Wings
A Poetry Writing Workshop**
with Lynn Trombetta B.A.
8 Mondays: starting Jan 24
10 AM-NOON

In this Poetry Writing Workshop we will be using the anthology "poetry 180 A Turning Back To Poetry" as our source book. The contemporary poems in this anthology were selected by Bill Collins during his term as our nation's poet laureate with the notion that poetry can be a part of everyday life as well as a subject to be studied in the classroom.

As always we will be looking at the poetic behaviors employed (metaphor, imagery, music, line break, syntax, etc.) as well as the content of the poems in order to inform and inspire our own poetry writing. We will be renewing our appreciation of all the rich aspects poetry offers as well as writing about the everyday, transforming experiences of our lives.

Lynn Trombetta holds two teaching credentials and a BA degree in English from SSU. Her work has appeared in poetry journals across the country and her first full collection Falling World was published in April 2004 by Sixteen Rivers Press of San Francisco, a poetry publishing collective of which she is a member. Her honors include three Pushcart Prize nominations, an award from Americas Review and DL Emblen Award from SRJC.

Cost: \$160

Participants are asked to purchase their own copy of "poetry 180 A Turning Back to Poetry" Selected and with an introduction by Billy Collins , and to bring it to class on the first day. Class is limited to 10 participants.

Jan 25, 2005

**The Enneagram of Personality
A Gateway to Understanding Yourself and Others**

Five Tuesdays

January 25 through February 22

7-9pm

Cost: \$100

Led by Clara Rosemarda

Create harmonious relationships with friends, family members, co-workers, and most importantly, with yourself. The Enneagram, an ancient system of personality types, provides direct understanding of yourself and your relationship to others. It helps identify and release life-long sabotage mechanisms while providing access to the higher octaves of your particular personality, such as courage, compassion, creativity. Corporations are using this transformational tool to bring balance to the workplace. Individuals, as well as therapists, and other professionals will benefit from this dynamic wisdom taught with a psychological perspective. Join this inspirational teacher of the Enneagram as she takes you through the personality types with wisdom and humor.

Clara Rosemarda, MA, intuition counselor, writer, and workshop leader, is a master teacher of the Enneagram of Personality. For over 25 years Clara has been teaching the Enneagram in the oral tradition. Her inspirational workshops are based on a concrete and psychological approach to personal and spiritual transformation. Healing the separation within, she says, is essential for leading an awake and fulfilling life. She teaches professionals as well as those interested in improving their quality of life. Clara is in private practice in Santa Rosa, and teaches internationally.

Jan 26, 2005

Landscape and Memoir

---Writing for Self Exploration, a seminar for writers and explorers

Eight Wednesdays, 10:00 to 12 noon, Jan. 12 & 26; Feb. 9 & 23; March 9 & 23; April 6 & 20; or Eight Thursdays 12:30 to 2:30, Jan 13 & 27; Feb. 10 & 24; March 10 & 24; April 7 & 21, led by Donna Hardy, M.A., MFT

Landscape: 1. An expanse of territory viewed from one place at one time; 2. an extensive mental view; 3. an interior attitude.

Our writing is formed by the landscapes we inhabit, as we, in turn, invent the landscapes from which we live and write. To explore this idea, we could begin with Emily Dickinson's garden or Vivian Gornick's Manhattan, William Butler Yeats' Ireland, or Virginia Woolf's psyche. Beloved landscapes all. You get the idea.

In these two-hour meetings we might alert the muse with a piece of landscape art or a landscape poem. We will write for ourselves and share what we wish—for feedback or for the experience of reading our words aloud.

Donna Hardy is a marriage and family therapist, long time teacher of writing and author of Songs to a Watchful Lover, a book of love songs to life.

The seminar is limited to 12 women. There are openings from time to time. If you are interested in joining us, put your name on the list. You never know.

Cost 8 sessions, \$136

Feb 15, 2005

Taize Prayer

3rd Tuesday

Jan. 18, Feb. 15, March 15, April 19

7:00-8:00 pm

Led by Judy Hull

Cost: donation

The Taize Community in France, a renewal center for youth, has created Taize Prayer which continues to be a popular form of prayer and reflection. The hour consists of chanting the singable melodies of Taize, some Scripture, some silence, and an invitation to lay our concerns at the cross of Jesus. This hour of prayer promises rest and refreshment.

Feb 26, 2005

“Death Does Not End Relationship”

Two Saturday Mornings

Feb. 26 & March 5, 2005

9 am – 12 Noon

Cost: \$60.

Led by Sue Brown

When death comes for someone with whom we share a physical as well as emotional history and bond—a parent, child, sibling, spouse or grandparent—the grief is intense, and the process of mourning complex. This complexity often includes the felt experience of the loved one’s ongoing and felt presence in our lives, regardless of any particular spiritual or religious orientation we might or might not have. In this workshop, we will have an opportunity to explore the various ways we know that the dead person lives on—in dreams and visitations, in the ways we feel their presence, in the synchronicities that occur, and through the conversations we have, to name a few. This exploration can enrich and deepen our relationship with the person who has died, and can powerfully assist us in healing the wounds and completing the unfinished business between us and our no-longer-embodied loved ones.

Sue Brown is a licensed Marriage and Family Therapist in private practice for over 20 years. She has been associated with Sutter/VNA Hospice and Hospice of Petaluma as a bereavement volunteer, social worker, intern and social work supervisor, and instructor, and has taught Death and Dying at Santa Rosa Junior College. Most recently, she has been writing and presenting her experiences of ongoing relationship with people she loves who have died.

Mar 2, 2005

A Spiritual Reading of Passage to India and Anna Karenin

Four Wednesdays

March 2, 9, 16, and 23, 2005

7:30-9pm

Cost: \$60

Led by Geoff Wood

Both novels, the one by E. M. Forster and the other by Leo Tolstoy, deal among other things with the cultural clash between East and West, Euro-America and Asia, something that has come much to the fore in the present day. Or the clash could be described as between incarnation and mystical or Gnostic escape; secularism and religious institutions; freedom and solidarity and the like. Two classes will be devoted to each story with a presentation analyzing the works in terms of these clashes or contrasts with time for discussion. Reference to other works related to the themes may be made as well.

Dr. Wood has a Ph.D. in Sacred Theology from Catholic University, Washington, D.C. and a Licentiate in Sacred Scripture from Rome's Pontifical Bible University. He has taught at Catholic University, Swarthmore and Bucknell University.

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Apr 2, 2005

Finding the Artist Within
A workshop that will unlock the creative forces that
are dormant within you.

Saturday April 2

9am- Noon

Cost: \$30

Led by Steven Fletcher

We all have many gems - hiding below the surface of our adult world. Steven Fletcher, author of *Still Reflections: Stories of the Heart*, will lead a workshop to unlock those creative forces. No matter who you are, no matter how many times you have been discouraged, this workshop will help convince you that you can unlock your creativity and that you do have much to offer the world. The workshop will also offer specific tools to continuing the "unlocking process" after the workshop is over. In the fall of 2004 Steven led a shorter version of this workshop here at Angela Center and participants were enthusiastic and wanting more time to explore their creativity.

Steven Fletcher, author of *Still Reflections: Stories of the Heart* is also a musician, songwriter, and software architect. However, his first and most lasting love is education. Steven has spent half of his life in the United States and the remainder in countries around the world. His exposure to and love for the different peoples of the world -- warmly colors all his work. Those who participate in the workshops he facilitates will come away with a wonderful sense of love, acceptance, and insight.

Apr 5, 2005

Seeing In Watercolor
Four Tuesday Evenings
April 5, 12, 19, 26, 2005
7 to 9pm
Led by Beverly Kjeldsen, MA
Cost: \$80

Have you always wanted to paint? Well, here's your opportunity to unleash the artist within you! A class for beginning watercolor artists! Bev will teach basic watercolor techniques and before you know it, you will have your own unique masterpieces to frame.

On our Angela Center website you can see some of the masterpieces that people produced in Bev's last watercolor class at Angela Center.

Beverly Kjeldsen has an MA in art history and taught art and art history at Ursuline High School for 18 years. She also taught art for teachers at Santa Rosa Junior College and was art consultant for Santa Rosa City Schools. Currently Bev is the illustrator for a wine and food magazine, *Steppin'Out*.

When you register for the class, you will be sent a list of supplies.

Apr 6, 2005

The Alchemical Process in Everyday Life

4 Wednesday Evenings

April 6, 13, 20, 27

7-8:30 pm

Cost: \$60

Led by Jean Norelli

Carl Jung was concerned throughout his life with understanding and living his relationship to God. He emerged from a four-year dark night of the soul with an understanding of the central importance of spiritual connection and how it must be translated into the living of one's life. Jung felt alchemical texts described this process, which he called individuation. We will take one of these texts with his commentaries and attempt to translate both into meaningful analogies to our own experiences of suffering in response to inner demands for spiritual growth.

The class will be enhanced if you read Jung's autobiography Memories, Dreams and Reflections. The alchemical text will be provided at the class.

Jean Norelli is a thirty-year scholar of Jung who enjoys the difficulties in translating his more obscure writings into something that makes everyday sense. She has taught classes in understanding Jung's Collected Works for the past seven years. Jean works with people in her consulting practice around issues that focus on creativity and individuation.

Apr 6, 2005

**Right Livelihood
Finding the work you love and loving the work you do**

Four Wednesdays

April 6, 13, 20, 27, 2005

7-8:30 pm

Cost: \$60

By Heidi and Jim Noh-Kuhn

Right Livelihood is the ability to express our whole self in life and work. Creating a life that honors our deepest values and beliefs by identifying the various aspects of who we are and bringing these into an integrative whole.

This four-week series will explore how to utilize passion and purpose to uncover our true vocation, expanding our understanding of work into a way of life that calls for authentic self-expression.

Each class will highlight principles for creating Right Livelihood:

- Know Thyself - Identifying and utilizing our gifts, strengths, and limitations
- Discernment - Quieting the restless mind and listening for inner guidance
- Self-esteem - Examining the role confidence plays in our decision making
- Synergy - How to maximize our talents through working with others
- Passionate commitment versus Workaholism

Join Life Coaches and Ananda Yoga Teachers Heidi and Jim Noh-Kuhn for an inspiring series of self-discovery and practical steps for realizing our highest potential in work and life.

Apr 19, 2005

Taize Prayer

3rd Tuesday

Jan. 18, Feb. 15, March 15, April 19

7:00-8:00 pm

Led by Judy Hull

Cost: donation

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