

**ANGELA CENTER**  
535 Angela Drive, Santa Rosa, CA 95403  
**707.528.8578**

**List of Winter/Spring Programs 2006**

- 1. After the Dinner Party**
- 2. A quest for Meaning**
- 3. Dancing with Dragons**
- 4. Spirituality at the Crossroads**
- 5. Singing, Chanting and Raising Our Joy Factor**
- 6. Working with Grief**
- 7. Who Else Wants to Lead a More Balanced Life**
- 8. Speaking in Tongues**
- 9. Dreamwork**
- 10. Enneagram**
- 11. Creating a Sacred Space with Music**
- 12. The Validity of Literary Types**
- 13. Death Does Not End Relationships**
- 14. Menopause**
- 15. Pray—Body, Mind and Spirit**
- 16. Seeing in Watercolor**
- 17. Writers Retreat**

## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

### **"After the Dinner Party," Writing for Self-Exploration Led by Donna Hardy**

**9 Wednesdays, 10-12, Jan. 11,25; Feb. 8,22; Mar. 8,22; Apr 5,19; May 3  
OR**

**9 Thursdays, 12:30-2:30 Jan 12-26; Feb. 9,23; Mar 9,23; Apr 6,20; May 4  
Cost \$180**

18 CE's available, \$20 fee, MFT & LCSW. Provider #1467.

"Why do people give dinner parties?" Jane Kenyon asks. "Why did I say I'd come?"

Why do people give writing classes? Why did you say you'd go? During these winter and spring writing times together we will explore questions we find, directly and indirectly, in selections of prose and poetry of centuries past—not to figure out why Kenyon wishes she hadn't gone, but to find how our own comings and goings do or do not fit in with our deeper needs and wishes.

Donna Hardy is a marriage and family therapist, a writer and teacher, and a part of Angela Center Press.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“A Quest for Meaning”  
Led by Ann Berens  
Six Tuesdays, 10-12 noon  
January 24- February 28  
Cost: \$120**

A Quest for Meaning is a six weeks course that gives an opportunity to reflect deeply on the foundation from which we live our lives.

Inspired by the late Dr. Viktor Frankl's Logotherapy - therapy through meaning - as described in his book *Man's Search for Meaning*, this eclectic course begins with an Introduction to establish a sense of community, trust and purpose of the course. The following five sessions pose penetrating questions on the topics of personal Values, Identity, Beliefs, Reality and Self-affirmation. The technique of Socratic dialogue is used.

Participants are asked to write their response to each question for a few minutes before opening it up to discussion. The overall objective is to connect with our innermost self, or core, and to clarify what we want to do in order to fulfill our potential and find deep satisfaction in what we are doing with our lives.

Ann Berens is an Associate in Logotherapy. She has facilitated A Quest for Meaning courses and workshops in various locations in the Bay Area including the Mercy Center in Burlingame, and U.C. Berkeley YWCA.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Dancing With Dragons –  
Healing Through Our Dark Side”  
Led by F Michael Montgomery  
Two Tuesdays, January 31 and Feb. 7, 2006  
7-8:30 pm  
Cost: \$30**

Why is it that we sometimes do things that we do not understand about ourselves? How is it that at times we find ourselves acting in ways that are contrary to our best interests? And what is it about those certain situations that are so charged for us yet we do not know why.

Welcome to our shadow side. This is the side of each and every one of us that without our even knowing we tend to avoid like the plague! These are the “dragons,” the parts of ourselves that we have disowned or even hated. Yet in doing so we rob ourselves of our wholeness and we cramp our innate ability to heal and grow.

Join us in this compassionate journey of discovering our dragons and in so doing reclaim our wholeness and nurture our Divine ability to grow and heal. This will be a two part workshop.

F. Michael Montgomery, LCSW, MFT, has been a therapist for more than 30 years. He worked for Home Hospice for 11 years and has conducted two national workshops on the subject of healing and growth. He has been the president of the Redwood Empire Chapter of the California Association of Marriage and Family Therapists. His work supports and challenges us to be alive and open to our healing and wholeness.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Spirituality at the Crossroads”  
Led by Judy Hull and Marcia Burkart  
Wednesdays, 7:00 to 9:00 PM  
Feb. 1 – March 8, 2006  
Cost: \$80.00**

Finding the way on our spiritual journeys is a life-long process. Sometimes we meet dead ends. Sometimes we lose our way or need a new map. Sometimes we sense the need to revitalize or recommit to our relationship with the Divine. At the crossroads, we may look for companions to journey with us.

Marcia Burkart and Judy Hull invite you to join them in meandering through the intersections, detours, uncharted paths, joys and challenges of the journey. The exploration will include brief presentations, sharing, and a variety of spiritual practices and reflection—both during and between the six sessions.

People of all faith traditions are welcome.

Judy Hull and Marcia Burkart are spiritual directors and long-time travelers on the spiritual path.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**Singing, Chanting and Raising our Joy Factor  
Led by Jan Cercone and Journey Harasin  
Tuesday Feb 7, 2006  
7-9:30pm  
\$25**

An evening session of exploration of our voices, toning and chanting with Jan Cercone and Journey Harasin. We will learn to open up and relax our vocal mechanism to strengthen our self-expression and authenticity, gently, and with Joy of course!!!

Jan Cercone, has studied the Uncovering the Voice Method for 14 years and uses her voice for healing in varied traditional and non-traditional settings all over Sonoma County. She teaches at the Psychoacoustics Institute in SF, is an RN, a Certified Music Practitioner, and works with local groups and agencies to bring sacred, healing music to the bedside and community groups.

Journey Harasin is a local sound practitioner who uses toning and sound work for healing and balancing the body. She holds toning sessions at her home, private healing sessions, and leads healing sound journeys. She is co-founder of the Sound Collective with Jan Cercone, and is an accomplished Visionary Artist.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Working With Grief:  
Healing Through Our Changes and Loss”  
Led by F. Michael Montgomery  
Tuesday, Feb. 21, 2006  
7 to 8:30pm  
Cost: \$15**

A deep sense of loss can be experienced in many situations, not only those times when a loved one has died. This may include moving, the loss of a job, retirement, or a change in a relationship through separation or divorce. These losses touch us on many levels: emotionally, mentally, physically and spiritually. Often we do not recognize our need to grieve and instead dodge the feelings and experiences that come up. We may avoid being vulnerable and criticize ourselves for being so human. Yet our healing connects us with our Beloved. But in our pain, we often distance ourselves from our own hearts and deny ourselves the very healing that we seek. This workshop will help us to understand the importance of grieving our losses and how to care for ourselves as we do so.

F. Michael Montgomery, LCSW, MFT has been a therapist for more than 30 years. He worked for Home Hospice for 11 years and has conducted two national workshops on the subject of healing and growth. He has been the president of the Redwood Empire Chapter of the California Association of Marriage and Family Therapists. His work supports and challenges us to be alive and open to our healing and wholeness.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

### **“Who Wants to Lead a More Balanced and Fun Life?”**

**Led by Fran Miller**

**Wednesday, February 22**

**7:30-9:00 pm**

**Cost: \$15**

- Do you have little down time but yearn to simplify?
- Does your life revolve around your work?
- Do you wish for more creative ways to find friends and have fun?

Through this interactive workshop you will discover ....

- How to unlock your magnificence
- An easy tool for balancing your life
- Three keys to immediately revitalize your life
- One key exercise to immediately relieve stress

Come spend the evening immersed in fun, laughter, and stories as you experience an interactive workshop that will change your life.

"Working with Fran helped me focus my scattered energies in the direction that I most wanted change. Her holistic, experienced advice along with her encouragement helped me to manifest changes I never thought I had the where with all to produce in my life. She does this by allowing you to unfold instead of pushing before you are ready. I highly recommend Fran as a ... coach."

Register today before the workshop is full!

Fran Miller, MA, is a personal anthropologist and coach of Full Circle Fulfillment. She specializes in supporting people who are either overwhelmed or people who wish to reach for greater opportunities to improve their lives. Clients report they develop healthy boundaries and regain balance in their personal as well as professional lives. They gain strategies to develop meaningful goals that rejuvenate them and connect them to their communities. They learn the value of living in full potential based on their strengths and gain accountability to make their goals happen. [www.fullcirclefulfillment.com](http://www.fullcirclefulfillment.com)

"Who Else Wants to Lead a More Balanced and Fun Life?"

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

### **“Speaking in Tongues, Again” A Poetry Writing Workshop**

**Led by Lynn Trombetta  
8 Mondays, March 6- April 24  
10-12 noon  
Cost” \$160.**

For inspiration we will be reading, “A Field Guide to the Heavens” by Frank X. Gaspar. We will have a weekly writing assignment, and time in class to share and receive feedback on our poems. We will focus on the poem’s content and on those poetic behaviors (imagery, metaphor, music, line break, syntax, etc.) which help us craft poems of mind as well as heart.

Class size limited to 12 participants. Please make reservations, and bring your own copy of “A Field Guide to the Heavens’ by Frank X Gaspar to our first class.

Lynn Trombetta has been teaching poetry workshops at Angela Center since 1998. She has twice been nominated for Poet Laureate of Sonoma County and her poetry collection “Falling World” was published by Sixteen Rivers Press in 2004.

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**“Dreamwork”**  
**Led by Jean Norelli**  
**4 Monday, March 6-27**  
**7:30 - 9:00 pm**  
**Cost: \$60**

Dreams can be a doorway which allows connection to a voice of inner wisdom and guidance. Using a Jungian understanding of the process and symbols dreams present, we will consider different types of dreams and ways to work effectively with them.

Jean Norelli is a thirty-year scholar of Jung and works with people in her consulting practice around issues that focus on creativity and individuation.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“The Enneagram of Personality  
A Gateway to Understanding Yourself and Others”  
Clinical Training Seminars presents  
Clara Rosemarda**

**5 Tuesdays, 7-9pm  
March 7- April 4, 2006  
Cost: \$100**

**CEU's are available for MFT licensure (PCE 341)**

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.

Clara Rosemarda, MA, intuition counselor, writer, and workshop leader, is a master teacher of the Enneagram of Personality. Her inspirational workshops are based on a concrete and psychological approach to personal and spiritual transformation.

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### **“Creating a Sacred Space with Music in Your Life”**

**Led By Jan Cercone and Journey Harasin**

**Saturday workshop, March 11, 2006**

**10 am-3 pm**

**Cost: \$40**

Join with us to explore your voice, to sing with crystal bowls, chant the ancient chants and relax into healing, sacred sound. Jan Cercone and Journey Harasin will lead you gently through singing, listening exercises and artwork to deepen our experiential Journey.

Bring a lunch and wear warm clothing to walk the labyrinth.

Jan Cercone, has studied the Uncovering the Voice Method for 14 years and uses her voice for healing in varied traditional and non-traditional settings all over Sonoma County. She teaches at the Psychoacoustics Institute in SF, is an RN, a Certified Music Practitioner, and works with local groups and agencies to bring sacred, healing music to the bedside and community groups.

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**The Validity of Literary Types**  
**Led by Geoff Wood**  
**4 Wednesdays, 7- 8:30 pm**  
**March 15- April 5, 2006**  
**Cost: \$60**

We live in an age where truth must meet the measure of mankind. In other words, it must submit to the measurements, the tests we have designed for it to be accepted as valid. We observe, we sense connections, we test what we see in order to preclude our imagination's getting in the way and we finally accept as true, as a fact that the earth rotates around the sun or this medication prevents this ailment. In other words, the truth of things must venture within whatever flexible boundaries we can control. We prefer to make the truth come to us, yield to us – so as not to be deceived by wishful thinking.

But what about the truths of Scripture and literature? In all such material we are presented with real or fictional people and events which are raised to a typical level and declared to be valid assessments of human nature and human destiny. Imagined or embellished as they are, can they be held as valid unveilings of something at least as true as the truths of science – and even truer than true?

We shall look at such unveilings or revelations of human nature and destiny as they occur in Goethe's *Faust* and Tolkien's *Lord of the Rings* and possibly other works to see whether they in particular say anything about life on this planet that's as valid as the nature of things you find in a science textbook – and maybe more so. We shall also discuss how and when it was that the validity of such literature came to be doubted.

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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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Death Does Not End Relationship”  
Led by Sue Brown Two Saturday Mornings  
March 18 & 25, 2006  
9 am – 12 Noon  
Cost: \$60.**

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.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**“Menopause:  
An Underworld Initiation into New Life”  
Led by Trish Watkins  
Saturday, April 22, 2006  
9 am – 1 pm  
Cost: \$45**

Come explore the psycho-spiritual opportunities inherent in the menopausal process and the parallels to Sumerian Goddess Inanna's descent and journey into the underworld. In this journey, the old role is released in honor of discovering and reclaiming lost and denied parts of the feminine essential self. Through discussion and a variety of creative modalities, the pre-, post- and menopausal woman will deepen into this feminine ground and initiate an eventual rebirth into a wise and newly empowered woman returning again to her home in the upper world.

Please bring a bag lunch.

Trish Watkins holds a Masters Degree in Transpersonal Psychology from the Institute of Transpersonal Psychology in Palo Alto, CA. She works with women through their dreams, life symbols, grief and transformational processes to engender a greater “soul-healthy” life experience.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

### **“Pray—Body, Mind and Spirit”**

**Led by David Walrath**

**5 Wednesdays**

**May 3-31, 2006**

**7:27-9:00 pm**

**Cost: \$75**

If you have been feeling a need or desire to deepen your prayer life and make it a more powerful force in your life, this class is for you.

In this course we will explore prayer and the preparation for prayer against the backdrop of the Incarnation, that God became flesh and we are human beings with physical bodies in which the true spirit of God dwells.

We will practice yoga, various meditation techniques and traditional prayer practices. This is a practical course in the practice of prayer not a lecture on prayer.

Each class will begin with some simple yoga practices and we will introduce various practices of prayer and meditation. There will be an opportunity to share experiences and ask questions.

Wear clothing that you are comfortable moving around in. If you have an exercise or yoga mat please bring it.

David Walrath has two advanced degrees in theology and has been a life long student of prayer and various meditation practices. He brings a unique blending of Christian theological understanding with practical experience of bringing the Spirit of God into our personal lives.

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## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**Seeing In Watercolor**  
**Led by Beverly Kjeldsen, MA**  
**Four Wednesdays 7-9 pm**  
**May 3-24, 2006**  
**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.

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

On our Angela Center website you can see some of the masterpieces that people produced in Bev's past 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*.

### **Angela Center Reservation Information**

Please pay the full amount when you register. For overnight programs, payment will be refunded, less a \$35 processing fee, if you cancel two weeks before the program date. No refund will be made after this date. For classes, one-day workshops and seminars, no refund will be made after the starting date.

To register, mail a check to the:

**Angela Center, 535 Angela Drive**  
**Santa Rosa, CA 95403**

along with your name, mailing address, phone number(s) and the name of the class(es) or workshop(s) you want to attend.

For further information call the Angela Center between 9am-2pm, Monday through Friday at 707/ 528-8578. Work/scholarship assistance is available for most of our programs. Please call for more information.

**[www.AngelaCenter.com](http://www.AngelaCenter.com) - 707.528.8578**

## **ANGELA CENTER – Winter / Spring 2006 Program Calendar**

**A Retreat for Writers  
The Third Annual Camp Writing Bear,  
July 16-21, 2006,  
Led by Donna Hardy, M.A., MFT & Clare Morris, PhD, MFT.  
Cost: \$600.**

If you like to write; if you like time to yourself and also want inspiration and feedback from other women who love words as much as you do, this retreat is for you. If you want to finish a project or start a novel, tweak your poems or work on your memoir, or just write without interruption in your journal, here's your chance.

Clare Morris and Donna Hardy are writers and poets skillful at designing and holding space where people can do their own creative work. We begin with an opening session on Sunday, July 16, at 7:30 and end with lunch on Friday, July 21, 2006.

Enrolment is limited.

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