

Angela Center

SPIRITUAL DIRECTION

What is your spirituality and who is your God? Why are you here? Where are you going? Who is going with you on your faith journey? Spirituality has been defined recently as "what we do with the fire inside of us" (R. Rolheiser, *The Holy Longing*). Our spirituality is interwoven with our creative self.

Marge Bailly, M.A., has been involved in the ministry of spiritual direction for several years, mainly with women who are seeking guidance and growth in their spiritual lives. As a married person of thirty-one years and mother of three adult children, Marge has experienced the many challenges that life offers. Working with adults as a teacher and pastoral minister, she has learned that often the images of God which we were taught as children have had to change over the years. However, there is one constant that remains: God's enduring, loving presence in our lives.

For further information or to make an appointment, call Marge at 528-8578, extension 25. Cost is flexible and will be negotiated according to financial circumstances.

JULIAN'S CELL

Prayer and meditation, Wednesday mornings, 7:30 to 8:30 a.m.

"If there be any . . . on earth who is continually protected from falling, I

do not know, for it was not revealed to me. But this was revealed, that in falling and in rising we are always preciously protected in one love. For we do not fall in the sight of God. . . "

--Julian of
Norwich

We continue our weekly gatherings for those who want to experience in a contained setting what has been called "the feminine face of God." We begin each gathering with a selection of sacred or meditative music, continue with 30 minutes of silence for prayer and meditation, and conclude with a second selection of music and a time for sharing some of what might have fallen and risen in the silence.

Continental breakfast is available after in our dining room so that you may be twice fed before going on to the work of your day. Cost: by donation. Reservations are not necessary for any individual morning, but if you're new to Angela Center, please phone for directions.

REVISIONING ONESELF AND THE EMPTY NEST

Two Monday evenings, September 22 and 29, 6:30 to 8:00 p.m., led by Jane D. Lind, MA, MFT

Children becoming adults brings tremendous change for mothers—

external and internal. Having spent years caring for others and nurturing others' growth, often mothers are surprised to encounter mixed feelings when their children leave home. And mothers' turning attention toward their own lives is often accompanied by guilt, regret and concern. Yet this transition can be an opportunity for women—mothers—to recreate themselves.

On these two evenings we will explore, through group discussion and individual exercises, feelings, new meanings and possibilities for growth during this tender time.

Cost: \$28. Please make reservations.

Measuring Our Days

--A weekend of journal writing, 7:30 p.m. Friday, Oct. 10, through 2 p.m. Monday, Columbus Day, Oct. 13, 2003, led by Donna Hardy, M.A., MFT and Clare Morris, Ph.D., MFT.

"Tell me," Mary Oliver asks "what it is you plan to do with your one wild and precious life?" The question, from her poem "The Summer Day," is a challenge handed down to us at any age; but at that moment when we first realize that everything dies "at last and too soon," that the years do not stretch endlessly ahead, the question can become a guiding image.

This will be a weekend of developing that image, a time to pick up threads from the past, examine them for wear and tear, and see what we want to keep and what we want to pass on. A time for sorting,

an autumn cleaning. Imagine yourself coming away from the weekend trim, cleared, pared down, resolved to take on Mary Oliver's challenge, which is always one of paying attention, loving fully, and accepting what is.

In addition to Oliver, we will look to Helen Luke, Florida Scott Maxwell, and others. We always use writing, art, story, and film to explore, in the privacy of our individual journals, and in the container that the weekend provides, the mystery of the topic at hand. What the weekend adds to our writing is time and structure and someone else to cook and clean the counters.

Clare Morris and Donna Hardy are family therapists and poets with a long history of doing workshops at Angela Center and elsewhere.

Enrollment is limited to 24 women. The cost for tuition, meals and a room of one's own is \$375.

Twenty CE credits hours are available for MFT and LCSW licensure (PCE#1467).

EXPERIENCING THE AGONY OF THE ARTIST IN A WORLD GONE SECULAR

Five Wednesday evenings, October 15 to November 12, 7:30 to 9:00 p.m., led by Geoffrey E. Wood., S.S.L., S.T.D.

The art of the Byzantine world and Medieval West made no pretense of being realistic in the sense of depicting an object or person as it "actually" is. It was rather an art that, looking at the real

or at human events, saw something divine happening and therefore strove to enhance that divine element. Look at any Greek or Russian icon or at the frescos of Italian artists from 1200 to 1400 A.D. and you'll see what I mean.

However, with the dawn of our modern era dating from the Renaissance art took a different configuration. New discoveries in geography and science, a new mobility and especially the revival of an interest in Greek and Roman classical sculpture compelled artists to portray (for example) the human body in a more correctly anatomical way—so that artists since Caravaggio (1571-1609) painted ever more so in accord with what people and objects looked like to their contemporaries. They instituted realism in art. The holy nature of the reality they painted remained evident insofar as the things they painted were biblical episodes and personages—but unlike the Greek icon or Medieval fresco—these sacred persons and events and the furniture around them looked “real”.

But, thanks to this new realism the Western world now began to move away from depicting the sacred at all. It now began to entertain a purely secular interest in reality. And so biblical episodes and persons or any clear signal of the divine began to yield to paintings of people, kings, soldiers, battles, shipwrecks, still life, landscapes—the objective world around us with a fidelity to objects as they are. The mystical sense of reality seemed to be passing away in favor of a down to earth vision of the world.

But the more objectively we viewed nature, the more we felt trapped by an objectivity that now seemed to stand before us mute and meaningless. And so we began either to paint our impressions of reality, letting our craving for transparency control our brush—or we got rid of our subjective impressions altogether and tried to let reality reveal itself in its most basic forms by way of cubes or spheres or squares and primary colors or in all its random contortions as in the works of Jackson Pollock.

In either case could these trends indicate that artists have been trying to recover a spiritual or theological dimension of reality such as was so clearly perceived by the Byzantine and Western painters down to the age of Caravaggio? Having lived for four centuries in a world dominated by philosophies that deny the sacred, disdain transcendence, dismiss the mystical, has art been attempting to reach once more the “beyond” that resides in all things—and having forgotten the great dogma of the Incarnation, has had to grope for it in vague, indecipherable, even escapist ways?

This course will consider these questions, using illustrations of the masters to demonstrate the trend and appreciate the agony of the artist in his and her confrontation with a concrete reality rendered devoid of the meaning once given it by the great dogmas of Creation and Incarnation.

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.

Cost: \$70. (Bring a friend free.)
Please make reservations.

THE SECOND HALF

Six Monday evenings, October 20 to
November 24, 6:30 to 8:00 p.m., led
by Jane D. Lind, MA, MFT

Reaching midlife brings reflection
on the first half of life. How do we
see ourselves at this time? How do
we wish to live now?

Having by now some confidence
in our choices, knowing our values,
and accepting impermanence, we
may be poised for change. We may
turn our attention toward unrealized
dreams, or abandoned paths of the
past, as we choose ourselves anew.

This six-week women's
discussion group is an opportunity to
become aware of and to express
how we see ourselves now and what
we'd like to choose for our future. In
these group meetings we will discuss
myths, roles and relationships and—
through individual and paired
exercises and group discussion—we
will seek our own preferences and
identities from the inside out.

Jane D. Lind is a woman-over-50
and a psychotherapist with
specialized training in existential
psychotherapy. She is a licensed
Marriage and Family Therapist in
private practice in Santa Rosa,
adjunct faculty member at John F.
Kennedy University and past intern
at Angela Center.

Cost: \$84. Please make
reservations.

GOD'S FIERCE LOVE

Spiritual Work with Illness, Loss,
Conflict and Suffering

Four Monday afternoons, November
3 to 24, 12:30 to 3:30 p.m., led by
Bevalyn Crawford, M.S., MSW

Is there a spiritual purpose
underlying ordeal and suffering? Are
there ways to alleviate the pain? Is
there anything we can glean from
these experiences which will help us
grow psychologically and spiritually?
Is the hand of God at work here?
These questions will be our concern
in this class.

We will look for the spiritual
significance in these challenges and
ways to work with ourselves to better
understand and grow from them. As
brought out in the previous class,
Transforming Our Lives, we will draw
upon the teachings of the world's
wisdom traditions (including the book
of Job from the Bible) to help us with
this demanding task.

The class will consist of lectures,
sharing and discussion and some
experiential exercises.

We will be building upon
understanding from the earlier class,
so it is important to take that class
first.

Cost: \$56. Please make
reservations.

Getting Ready

You are invited to a pre-celebration of liminality and light at Brescia Hall, Sunday, November 23, 3 to 6 p.m. (program at 4 p.m.) presented by the staff, faculty, and friends of Angela Center.

Liminal space is a time out of time, a place of transition between one reality and the next. It is a time of transformation. *Advent* is the pre-liminal preparation for such an event.

If we approach the holidays with a personal sense that we are moving into a different consciousness, we might find new meaning in the season. If we could believe that all of us together are moving into a new reality and that we can affect that reality, the holiday season could take on purpose beyond our usual mixed expectations.

Deep in our bones is a fear of the loss of light, inherited from ancestors who established elaborate rituals to celebrate the turning of the sun at winter solstice. Believing we need to dedicate ourselves to the new light more than ever in the darkening days of this difficult year, Angela Center is sponsoring a pre-Advent gathering of music, poetry, story, and reflection on the topic of ritual, light, and new birth.

We will have refreshments and a holiday boutique where you can purchase original cards, photos, books, and other artistic pieces appropriate to the season.

Reservations are not necessary, but it's nice to know you plan to come to the party. Phone 707-528-8578.

As the date approaches, we will post more detailed information at www.angelacenter.com.

To get to Brescia Hall you may enter via Ursuline Road and use the high school parking lot.

Angela Center

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