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## The Servant Leadership School OF GREENSBORO

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**LEADING** with an awakened heart

**SEEDING** a local-global movement of compassion and hope

**SERVING** God's dream for a transformed world

*"When a person is poised in all three centers, balanced and alertly there, a shift happens in consciousness. Rather than being trapped in our usual mind, with its well-informed rut tracks of issues and agendas and ways of thinking, we seem to come from a deeper, steadier, and quieter place. We are present, in the words of the wisdom tradition, fully occupying the now in which we find ourselves."*

*—Cynthia Bourgeault in *The Wisdom Way of Knowing**

## WINTER/SPRING 2016 OFFERINGS

[www.servantleadergreensboro.com](http://www.servantleadergreensboro.com)

## VOICES HEARD IN OUR WINTER/SPRING 2016 OFFERINGS

"Our challenge today is to trust the power of love at the heart of life, to let ourselves be seized by love, to create and invent ways for love to evolve into a global wholeness of unity, compassion, justice, and peacemaking....We can change, grow, and become something new. We have the power to do so, but do we have the will? We need a religious imagination that ignites our energies to move beyond mediocrity and fear, one that anticipates a new future of planet life." –Ilia Delio, *The Unbearable Wholeness of Being*

"Change that leads to transformation is rarely ever top-down, but more often inside-out. Great movements have begun with single conscious acts that somehow sound a vibration that resonates in the whole. We believe that such things can happen – that a single person can make an exceptional difference. But I think we also tend to believe that those who do so have been hand-selected by a God who is much too choosy to choose us." –Judy Cannato, *Field of Compassion*

"Each of us is more than the worst thing we've ever done." –Bryan Stevenson, *Just Mercy: A Story of Justice and Redemption*

"I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can't have both. Not at the same time. Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it's our greatest measure of courage." –Brené Brown, *Rising Strong*

"It's about you letting go of your past, changing your present, and protecting your future. It's about making a better life for yourself, and in some small way, making a better world as well." –Marcia Ford, *The Sacred Art of Forgiveness*

"In our relationship with money, collaboration frees us from the obligatory chase to acquire more in order to feel we have enough, and becomes an opportunity to make a difference with what we have. It puts money in its rightful place, as just one of many resources we may have to offer that are valued and needed." –Lynne Twist, *The Soul of Money*

"There is a strength, a power even, in understanding brokenness, because embracing our brokenness creates a need and desire for mercy, and perhaps a corresponding need to show mercy. When you experience mercy, you learn things that are hard to learn otherwise. You see things you can't otherwise see; you hear things you can't otherwise hear. You begin to recognize the humanity that resides in each of us." –Bryan Stevenson, *Just Mercy: A Story of Justice and Redemption*

# CALENDAR OF OFFERINGS



## WINTER TERM

JANUARY	PAGE
14 The Pope's Subversive Message (6:30–8 p.m.) .....	5
19 Book Study: <i>Just Mercy</i> by Bryan Stevenson (12:30–2 p.m.) .....	5
Call: Co-Creation and the Commitment to Sacred Service (6–8 p.m.) .	4
20 Prayerful Yoga: Healing Mind and Body (9:30–11 a.m.) .....	6
Contemplative Prayer (12–12:45 p.m.) .....	5
The Sacred Art of Forgiveness (3–4:30 p.m.) .....	6
Men's Spirituality Group (5:30–8 p.m.) .....	6
21 Call (10 a.m.–12 p.m.) .....	4
25 Book Study: <i>Rising Strong</i> (6–8 p.m.).....	6
Sacred Activism (4–6 p.m.).....	7

## FEBRUARY

3 Now Is the Time: Supplemental Session #1 (7–8:30 p.m.).....	11
4 Book Study: <i>Field of Compassion</i> (1:30–3 p.m.) .....	7
6 Now Is the Time: Intensive Workshop (9 a.m.–12:30 p.m.).....	10-11
17 Now Is the Time: Supplemental Session #2 (7–8:30 p.m.).....	11
27 Transformational Breath (10 a.m.–12 p.m.) .....	8

## SPRING TERM

### APRIL

7 Now Is the Time: An Eight-Week Course (10 a.m.–12 p.m.).....	10-11
Book Study: <i>The Soul of Money</i> (1:30–3 p.m.) .....	9
16 Intro to Walking Meditation Using the Labyrinth (10 a.m.–12 p.m.)....	8

For Healing Ground offerings, see pages 14–16.

# CORE CLASS

**CALL: CO-CREATION AND THE COMMITMENT TO SACRED SERVICE**

**No prerequisite:** Please register before the first class. Minimum of eight participants to hold class.

*Tuesdays from 6–8 p.m. beginning January 19th for six weeks or*

*Thursdays from 10 a.m.–12 p.m. beginning January 21st for six weeks*

The life we most deeply desire is ready to unfold. When we release our ego-driven needs for power, prestige and possessions we find the freedom to ask:

- What do I care about most?
- What are my strengths?
- Who are my people?
- What spiritual practices dispose me to hear God's call?
- Where do I find the courage to take the next step?

This course is for those who are seeking to align their own lives with God's dream of a world enfolded by love and justice.

*Led by: Ruth D. Anderson, Ph.D. and the Rev. Dr. John de Beer*

*"You need only claim the events of your life to make yourself yours. When you truly possess all you have been and done... you are fierce with reality."*

*—Florida Scott Maxwell*

# COMPANION CLASSES

For the most part, there are no prerequisites to any of these classes. See specific classes for requirements, and see registration form for class fees.

**THE POPE'S SUBVERSIVE MESSAGE**

**Offered in partnership between Healing Ground and The Servant Leadership School of Greensboro.**

*Thursdays from 6:30–8 p.m., January 14th–February 4th*

We are witnessing an exemplary servant leader in Pope Francis. He's calling for us to embrace a kind of unity that has no limits. He points to a direct connection between our concern for the environment and how we treat the poor. The principle that private property is subordinate to the common good is a striking challenge to our culture. We invite you to join us in a dialogue on the care of our common home by taking a closer look at the Pope's encyclical *Laudato Si'*. Please purchase a copy of *Laudato Si'* at the Sacred Garden Bookstore and read the Introduction before our first meeting.

*Facilitated by: Pat Bailey, partner in Healing Ground and spiritual activist, and Marge Birge, spiritual director, retreat leader, and long time faith-filled pilgrim*  
*Location: 211 W. Fisher Ave.*

**BOOK STUDY: JUST MERCY**

*Tuesdays from 12:30–2 p.m. beginning January 19th for 10 weeks*

With the theme Black Lives Matter!, the Rev. Frank Dew, Chaplain at Greensboro Urban Ministry, will lead a book study on a powerful true story about the potential for mercy to redeem us, and a clarion call to fix our broken system of justice – from one of the most brilliant and influential African American lawyers of our time.

*Led by: The Rev. Frank Dew, Chaplain at GUM*  
*Location: Greensboro Urban Ministry, 305 Gate City Blvd.*

**CONTEMPLATIVE PRAYER**

*Wednesdays from 12–12:45 p.m. beginning January 20th for 19 weeks*

We sit in circle and take three deep breaths and then enter into 20 minutes of silence together. After the silence, we share any prayer requests for the week and then pray for ourselves, our community and our world. You can attend any session or all sessions. Any level of experience with silence will feel comfortable.

*Led by: Ruth D. Anderson, Ph.D*  
*Location: The Upper Room, 211 W. Fisher Ave.*

## COMPANION CLASSES CONTINUED...

### **PRAYERFUL YOGA: HEALING MIND AND BODY**

*Wednesdays 9:30–11 a.m. beginning January 20th for 10 weeks*

Prayerful yoga begins with a meditation which links mind, breath, and body and encourages participants to surrender to the present moment. This series of gentle yoga poses is suitable for all body types and all levels of yoga experience. Together, we will place ourselves into an environment where the movement and meditation of prayerful yoga will draw us “closer to the vital nucleus of things” and help us individually listen to our own truth through our shared experience. Please bring a mat or towel and a light blanket.

*Led by: Linda Hiatt, 200-Hour Registered Yoga Therapist and Level I, II, III Certified Catechist, the Catechesis of the Good Shepherd*

*Location: The Upper Room, Fisher House, 211 W. Fisher Ave*

### **THE SACRED ART OF FORGIVENESS**

*Wednesdays from 3–4:30 p.m. beginning January 20th for 8 weeks*

Why is forgiveness so hard when we know it is a path to emotional and spiritual liberation? In this gathering, we will explore what keeps us from giving and receiving this sacred gift and how we can open ourselves to the healing power of compassion and grace which it offers. Each class will begin with a period of Centering Prayer. We will use Marcia Ford’s book, *The Sacred Art of Forgiveness*, along with readings from other sources as prompts for our discussions. This class is limited to 10 students.

*Led by: Marilyn Wolf, M.Ed., LPC*

### **MEN’S SPIRITUALITY GROUP**

*Wednesdays from 5:30–8 p.m. beginning January 20th for 10 weeks*

The Men’s Spirituality Group provides a safe place for men to inquire, share and learn in a spirit of acceptance, caring and encouragement — a place where men can explore their spiritual lives and relationship to God, Self and others. This group will begin with a meal together at 5:30 p.m. (bring your own or purchase a takeout meal from Holy Trinity’s kitchen available beginning at 5 p.m.). Contact Dick Weller at 336-643-6280 or [rhweller@hotmail.com](mailto:rhweller@hotmail.com) with any questions.

*Led by: Members of the Men’s Spirituality Group*

### **BOOK STUDY: RISING STRONG BY BRENÉ BROWN**

*Mondays from 6–8 p.m. beginning January 25th for 9 weeks*

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her new book explores how some

people “rise strong” after a failure or a challenge in life. Some areas to be covered include: The power of emotion, the practice of leaning into discomfort, and ways to cultivate wholeheartedness.

*Led by: Jacalyn Claes, Ph.D., Emeritus Professor, Department of Social Work, UNCG*

### **SACRED ACTIVISM: BEING PRESENT TO CHILDREN LIVING IN POVERTY**

*Mondays, January 25th, February 29th, March 28th, April 25th from 4–6 p.m.*

For the past 10 years, a small band of people have been present to the children at Partnership Village, a transitional housing community, on Tuesdays and Thursday afternoons. We provide “Homework Help” whereby the children come to do homework, read or practice math skills. We provide the children with a healthy snack, materials, books and our loving presence which (we trust) helps the children learn. If you are interested in this form of servant leadership, contact Ruth ([rdanderson@triad.rr.com](mailto:rdanderson@triad.rr.com)) and come to one of our monthly meetings to learn more about what we do.

*Led by: Ruth D. Anderson and other spiritual activists*

*Location: Conference Room, Fisher House, 211 W. Fisher Ave.*

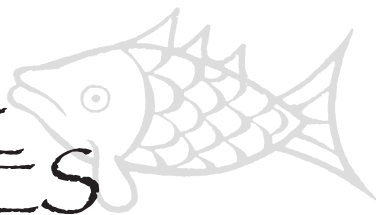
### **BOOK STUDY: FIELD OF COMPASSION**

*Thursdays from 1:30–3 p.m., February 4th, 11th and 18th*

According to *Field of Compassion* author Judy Cannato, the “kingdom of God” is not intended to be an extraordinary possibility, but an earthly norm — the way ordinary people live day to day. Using scientific and spiritual sources, Cannato makes a compelling case that the power we need to live a life devoted to love of God and one another is already with us. This book study will appeal to people who are interested in the relationship between science and religion, and who are searching for ways to lead a more compassionate life.

*Led by: the Rev. Susan Sherard, Holy Trinity Episcopal Church and the Servant Leadership School of Greensboro*

# SPIRITUAL PRACTICES ON SATURDAYS



**Saturday Practices:** All are in Broome Hall from 10 a.m.–12 p.m. unless otherwise indicated. Please register at [www.servantleadergreensboro.com](http://www.servantleadergreensboro.com) so we will have materials ready for you.

## **NOW IS THE TIME: SATURDAY INTENSIVE WORKSHOP**

*Saturday, February 6th, from 9 a.m.–12:30 p.m.*

See complete description on pages 10-11.

*Led by: Tricia de Beer, M.Div., D.Min.*

## **TRANSFORMATIONAL BREATH**

*Saturday, February 27th from 10 a.m.–12 p.m.*

Transformational breath is a facilitated and self-healing body practice that uses the power of breath to create transformation in one's life. Transformational breath allows one to breathe better, increase energy, and feel more peaceful and joyful. In this workshop, you will learn the basics of transformational breath, why we believe it is a powerful practice in our lives, and be able to sign up for a facilitated session starting in April.

*“Consider the pattern of breathing as a metaphor of how we live our lives. As we restrict our breathing, dampen and repress our emotional responses, we are likewise restricting our lives. By focusing our minds and directing our breath. We open ourselves to a more positive and healthier life experience.”*

*–Dr. Judith Kravitz, Founder of Transformational Breath*

*Led by: Summer Estes, MA, LPC, NCC*

## **INTRODUCTION TO WALKING MEDITATION USING THE LABYRINTH**

*Saturday, April 16th from 10 a.m.–12 p.m.*

What is the labyrinth and what does it have to do with our spiritual journey? If you have been curious about the labyrinth as a spiritual tool, this workshop will provide you with gentle instruction and support for beginning your labyrinth journey. Veteran walkers may want to attend as a “mini retreat” in the context of a supportive community. Meet in Broome Hall and then we will move to the outdoor labyrinth.

*Led by: The Labyrinth Keepers*

# SPRING TERM CLASSES



## **NOW IS THE TIME: AN EIGHT-WEEK COURSE**

*Thursdays from 10 a.m.–12 p.m., April 7th–May 26th*

See complete description on pages 10-11.

*Led by: Tricia de Beer, M.Div., D.Min.*

## **CONTEMPLATIVE PRAYER**

*Wednesdays from 12–12:45 p.m. beginning January 20th for 19 weeks*

See complete description on page 5.

*Led by: Ruth D. Anderson, Ph.D.*

*Location: The Upper Room, 211 W. Fisher Ave*

## **BOOK STUDY: THE SOUL OF MONEY**

*Thursdays from 1:30–3 p.m., April 7th, 14th and 21st*

Our relationship with money is shaped by three myths: There's not enough; more is better; and that's just the way it is. Using personal and global stories, author Lynne Twist proposes, instead, a life grounded in sufficiency, “a knowing that there is enough, and that we are enough.” This book study will be of special interest to people who want to better understand their attitudes about money and who are ready to imagine making new choices about how they use their resources.

*Led by: the Rev. Susan Sherard, Holy Trinity Episcopal Church and The Servant Leadership School of Greensboro*

*“Can we recognize that better comes not from more, but in deepening our experience of what's already there? Rather than growth being external in acquiring and accumulating money or things, can we redefine growth to see it as a recognition of and appreciation for what we already have?” –Lynne Twist*

## **INTRODUCTION TO WALKING MEDITATION USING THE LABYRINTH**

*Saturday, April 16th from 10 a.m.–12 p.m.*

See complete description on page 8.

*Led by: The Labyrinth Keepers*



# UNDERSTAND AND RELEASE YOUR RESISTANCE TO CHANGE

## INTRODUCING...

**THE REV. TRICIA DE BEER, M.Div., D.Min.**

Tricia is an Episcopal priest of 28 years who has served in congregations small and large, rural, suburban and urban. She has been an educational consultant and trainer with Education for Ministry for 35 years. Her joy is working with people seeking the transformation the gospel promises. She is a Shalem-trained spiritual director and is one of a worldwide network of coaches certified to assist individuals and organizations make the crucial changes they desire using Immunity to Change.

## ALSO INTRODUCING...

**THE REV. DR. JOHN DE BEER, D.Min. (CONG. DEV.), MA (THEOLOGY)**

For decades, John has been a key player in pioneering adult faith formation programs, most notably the Education for Ministry Program at the University of the South where he was on staff for eight years. He recently retired from being Rector of St. Mark's, Burlington, Massachusetts where he was active in the Diocesan programs, including Life Together (a young adult intern program), Making Excellent Disciples (a mentoring program for new clergy), and the Leadership Development Initiative. He is the co-author of *The Art of Theological Reflection* (Crossroad, New York, 1994) with Patricia O'Connell Killen. John will be teaching **CALL: CO-CREATION AND THE COMMITMENT TO SACRED SERVICE** with Ruth D. Anderson this term (see complete description on page 4).

Each of us has a smart, self-protective inner system which flies under the radar. It is our immunity to change. **IMMUNITY TO CHANGE** comes from 30 years of research on what keeps people stuck and what helps them move. It was developed by Professors Robert Kegan and Lisa Lahey at the Graduate School of Education at Harvard. By studying and applying the Immunity to Change approach, you can expect to:

- Sharpen clarity about your heart's longing.
- Learn to see exactly how your mind is working to "protect" you and how that protection is the source of not being able to create the life you want.
- Learn new behaviors to create a new way of thinking.
- Acquire the skills to get at the feelings and beliefs which hold you captive. You can become your own coach going forward.

## AN EXPERIENTIAL INTRODUCTION TO IMMUNITY TO CHANGE

**NOW IS THE TIME**, an experiential introduction to Immunity to Change, can be taken as an intensive Saturday morning workshop with two optional supplemental sessions before and after, or as an eight-week course on Thursday mornings in the Spring Term.

### **NOW IS THE TIME: SATURDAY INTENSIVE WORKSHOP**

*Saturday, February 6th from 9 a.m. – 12:30 p.m.*

*Led by: The Rev. Tricia de Beer, M.Div., D.Min.*

You will create your own map of the inner terrain and uncover the hidden intentions and the big assumptions which hold you in neutral. Reading *Immunity to Change* will be very helpful but is not necessary to get full benefit from this workshop. Participation is limited to 12, to ensure that each individual is afforded the time and coaching needed to get the most from this experience. This workshop will be targeted towards people who have done significant work in spiritual/personal growth. Cost: \$75.

### **NOW IS THE TIME: AN EIGHT-WEEK COURSE**

*Thursdays from 10 a.m. – 12 p.m., April 7th – May 26th*

*Led by: The Rev. Tricia de Beer, M.Div., D.Min.*

Text: *Immunity to Change* by Robert Kegan and Lisa Lahey. Cost: \$120.

Continuation with coaching is available in a five to six-month Coaching Pod (a group of three who work together) or via individual coaching appointments through Aletheia Coaching.

### **NOW IS THE TIME: SUPPLEMENTAL SESSIONS**

Get the most out of the Saturday intensive workshop with two supplemental sessions:

**Wednesday, February 3rd from 7–8:30 p.m.** A complimentary introduction to the theory of Immunity to Change and an opportunity to clarify your goal. Free and open to the public.

**Wednesday, February 17th from 7–8:30 p.m.** Discover how you can use the insights of the Immunity to Change approach to make practical change. Free to Intensive Workshop participants.

# THE LABYRINTH

You are invited on a modern-day pilgrimage at Holy Trinity's outdoor labyrinth located adjacent to the sanctuary. There you will find a beautifully crafted 11-circuit Chartres-style stone labyrinth with a fountain of flowing water in the center. Nearby, a replica of the Muiredach Celtic high cross bears witness to this sacred place. By walking the labyrinth alone or in a guided group, you may experience a kind of body prayer or walking meditation that quiets your mind, allowing your spirit to become more receptive to the still small voice of God. The Holy Trinity labyrinth, located in a cloistered and well-lighted outdoor space, is available any time of day for individual walkers. Opportunities (as listed below) also abound for you to experience labyrinth walks facilitated by the Labyrinth Keepers. For further information, contact: [shelleyklabyrinth@gmail.com](mailto:shelleyklabyrinth@gmail.com).

## LABYRINTH KEEPERS

*First Monday of each month from 12:15–1 p.m.*

The Labyrinth Keepers are an ecumenical group dedicated to providing education and opportunities for people to experience transformation through walking the labyrinth. We plan, advertise, train, and provide facilitators for a variety of community-wide labyrinth offerings. We welcome new members. Contact [info@labyrinthkeepers.com](mailto:info@labyrinthkeepers.com) to support and join the ministry of the labyrinth.

*Coordinators: Libby Haile, and Laura Young*

*Location: The Upper Room, Fisher House, 211 W. Fisher Ave.*

## LABYRINTH PRAYER WALK

*Third Monday of each month from 12:15–1 p.m.*

The labyrinth offers you the opportunity to “put feet on your prayers.” Experience a walking meditation that connects your mind, body and spirit. Join the Labyrinth Keepers for this monthly prayer walk, and carry your intercessions and celebrations into the labyrinth's winding path. In case of inclement weather, the Prayer Walk will be cancelled.

*Led by: The Labyrinth Keepers*

*Location: Outdoor Labyrinth, Holy Trinity Episcopal Church*

## HOLY WEEK WALKING MEDITATION USING THE LABYRINTH

*Monday–Thursday (March 21st–24th) at 12:15 p.m. and*

*Good Friday (March 25th) at 11 a.m.*

During this solemn and sacred week leading up to Easter, experience the labyrinth's sacred pattern and sacred path. Walking the labyrinth helps you to quiet your mind, reconnect with your body, and see your life in the context of a path, a pilgrimage. As you symbolically make the walk with Christ to Jerusalem, use the labyrinth as a tool for silent reflection and prayer in the company of other pilgrims on the way. A Holy Week reflection facilitated by one of the labyrinth keepers and a time of blessing in the center of the labyrinth will precede each day's walk. Attend any or all of these walks as your schedule allows. Bring a journal if desired. In case of inclement weather, the walks will be cancelled.

*Led by: The Labyrinth Keepers*

*Location: Outdoor Labyrinth, Holy Trinity Episcopal Church*

## INTRODUCTION TO WALKING MEDITATION USING THE LABYRINTH

*Saturday, April 16th from 10 a.m.–12 p.m.*

What is the labyrinth and what does it have to do with our spiritual journey? If you have been curious about the labyrinth as a spiritual tool, this workshop will provide you with gentle instruction and support for beginning your labyrinth journey. Veteran walkers may want to attend as a “mini retreat” in the context of a supportive community. Meet in Broome Hall and then we will move to the outdoor labyrinth.

*Led by: The Labyrinth Keepers*

# HEALING GROUND



...meeting you where you are...

Healing Ground is available to individuals for unstructured time away from the rigors of everyday routine. We encourage you to consider the benefits of true Sabbath time. Our environs and facilities are perfect for reading, writing, praying, reflecting or just being. A day retreat is \$25 per person. Visit our website [www.healingground.org](http://www.healingground.org) to learn more about Healing Ground.

## FIRST FRIDAYS IN THE QUIET GARDEN

Join us any first Friday from 10 a.m.–3 p.m. (exception: January 1, 2016 since we are meeting for New Year's Eve)

Beverages and snacks provided; please bring a bag lunch or something to share. Suggested donation: \$20.

Healing Ground is part of an international Quiet Garden movement (<http://quietgarden.org/>). Join us at the beginning of the month as we take time to slow the pace and enjoy a quiet place to pause and let our bodies and minds rest and our hearts awaken.

Convened by: Pat Bailey, Dee Irwin, partners in Healing Ground, and Healing Ground volunteers.

## WEDNESDAY WISDOM CIRCLE

Wednesdays from 9–11:30 a.m., January 13th–March 16th

Suggested donation: \$125

Kathleen Dowling Singh's book, *The Grace in Aging*, offers a gentle and practical guide for exploring aging and dying, topics we often avoid but shouldn't. The later decades of life offer opportunity for a deeper awakening to our gifts and discerning who and how we are called to be in the world. Singh leads us through conversations that revolve around liberation – a conscious letting go of habits, attitudes, beliefs, and behaviors that no longer serve us so that we may be “released into an awareness that is radiant and complete and holy.”

Facilitated by: Dee Irwin, whose academic career focused on human development. Dee has been a student of the Enneagram and ancient wisdom traditions and loves to meet people at the intersection of their lives and their questions.

## THE POPE'S SUBVERSIVE MESSAGE

Offered in partnership between Healing Ground and The Servant Leadership School of Greensboro.

Thursdays from 6:30–8 p.m., January 14th–February 4th

We are witnessing an exemplary servant leader in Pope Francis. He's calling for us to embrace a kind of unity that has no limits. He points to a direct connection between our concern for the environment and how we treat the poor. The principle that private property is subordinate to the common good is a striking challenge to our culture. We invite you to join us in a dialogue on the care of our common home by taking a closer look at the Pope's encyclical *Laudato Si'*. Please purchase a copy of *Laudato Si'* at the Sacred Garden Bookstore and read the Introduction before our first meeting.

Facilitated by: Pat Bailey, partner in Healing Ground and spiritual activist, and Marge Birge, spiritual director, retreat leader, and long time faith-filled pilgrim  
Location: 211 W. Fisher Ave.

## “PUTTING MINDFULNESS AT THE CENTER OF HEALTH AND HEALING”

Thursdays from 6:30–8:30 p.m., April 7th–May 12th

Suggested donation: \$150

Are you looking to make improvements in your life? Do you want to lose weight or quit smoking? Exercise more? Make career changes? Be a better parent? Minimize stress and anxiety? Pray more? We will use the Duke Integrative Health Model for creating change. Each week we will explore a new mindfulness practice as we set goals and create change in our lives. We are made up of mind, body and spirit and wellness comes from nurturing our whole selves.

Facilitated by: Jacqueline Messick, a Duke-trained Integrative Health Coach. Jacqueline holds a Master of Pastoral Studies and is a childbirth doula.

## FURTHER EXPLORATIONS OF YOUR LIFE'S PURPOSE

Seven Monday nights from 7–9:30 p.m., meeting every other week February

1st–May 2nd (no meeting Easter week)

Suggested donation: \$135 per person or \$250 per couple. Add \$15 per person for taking (or updating) the Riso-Hudson Enneagram Type indicator.

We all wish for joy, contentment and satisfaction in our lives and a sense that our life has meaning and purpose. The Enneagram is a powerful tool for discovering patterns of perceiving and behaving that can lead to either success or failure in achieving our desires and living into our gifts. This seven-week program offers a dynamic combination of teaching, group



## HEALING GROUND CONTINUED...

interaction and deep meditation focused on a deeper understanding of who you are and who you can be. A rudimentary knowledge of the Enneagram is required.

*Led by: Kevin Haggerty, M.S. in counseling psychology, teacher, and executive coach. For further information, call Kevin at 336 509-5777.*

### ZENTANGLE® CLASSES: CREATING ZENDALAS

Many of us have become hooked on creating Zentangles. The following two classes are for those who have played with Zentangles and are ready to venture in new directions that play off mandalas.

**Monday, January 18th: Organic Zendalas** are a delightful way to keep your tangles fresh and also to expand your skills. We will work with both a prestrung mandala and will also create our own organic zendalas.

**Monday, February 8th: Geometric Zendalas** work with straight edges so all of the lines form triangles or four-sided shapes. They create dramatic zendalas and can also be combined with organic shapes to create an endless variety of zendalas.

*Facilitated by: Dee Irwin, Certified Zentangle Teacher and intrepid explorer of different mediums of expression.*

### A LENTEN RETREAT WITH THE DIVINE MOTHER

*Saturday, March 12th from 10 a.m.–3 p.m.*

*Suggested Donation: \$45. Please bring a bag lunch; beverages and dessert provided.*

Using the gift of seven new poems based on Mother Mary and Jesus, this year's retreat with Linda Brown will take us within ourselves and our lives, where our hearts can make a deepening connection with the Divine Mother through ancient symbols and the sacred story.

*Led by: Dr. Linda Beatrice Brown, poet, author, spiritual seeker and recently retired Distinguished Professor of the Humanities at Bennett College.*

# SACRED GARDEN BOOKSTORE



215 W. FISHER AVE.  
GREENSBORO, NORTH CAROLINA  
336-544-1225  
BOOKSTORE@HOLY-TRINITY.COM

Monday–Thursday, 10 a.m.–5 p.m.  
Friday, 10 a.m.–3 p.m.  
Saturday, 10 a.m.–1 p.m.  
Sunday, 10–11 a.m.

### WI-FI AVAILABLE!

The Sacred Garden Bookstore, on the campus of Holy Trinity Episcopal Church, offers a **wide variety of books** in the categories that include: New Releases; Prayer; Body, Mind and Spirit; Emerging Church; Favorite Authors; Art and Faith; Environmental Sustainability; Spiritual Activism and Inter-Faith.

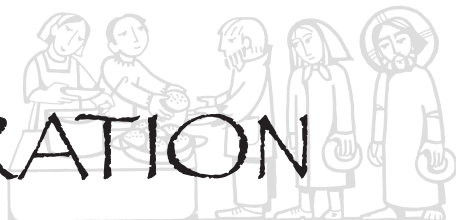
The beautiful **outdoor meditation garden** in the back of the bookstore with benches and a fountain, and the **indoor Café** offer sacred space for conversation, reading, and working on your computer. The bookstore is also an exceptional source for **unique gifts, beautiful cards, jewelry, pottery and art.**

**Please consider ordering your books** (for classes or book clubs, or for personal use) through The Sacred Garden Bookstore. This helps the many ministries and faith-based nonprofits in our community.

**Schedule a meeting** in the Café or conference room for your nonprofit. There is no fee. Contact Patty Jennings (patty@holy-trinity.com or 336-272-6149 ext. 236).

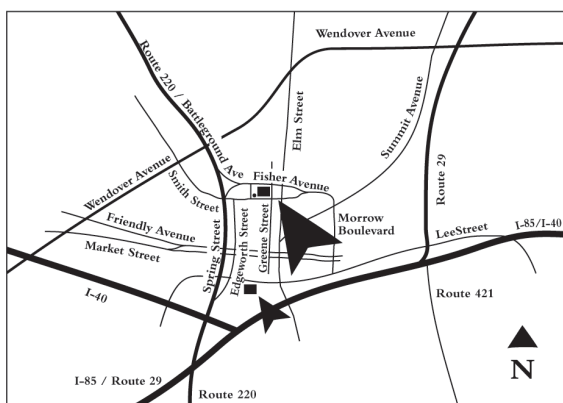
**Servant Leadership School registrations** may be made through the Sacred Garden Bookstore by credit card, cash, or check. Either call or drop by to register. Get your class books at the same time. **Books for all the Servant Leadership classes are available for purchase at a 20% discount for students.**

# REGISTRATION



Classes meet at Holy Trinity Episcopal Church, 607 N. Greene St. and 211 W. Fisher Ave., Greensboro (just north of downtown) and at Greensboro Urban Ministry, 305 Gate City Blvd. The Servant Leadership School office is located at 215 W. Fisher Ave., behind Holy Trinity.

For further information, contact Ruth D. Anderson, Ph.D., Director of The Servant Leadership School of Greensboro, at 336-275-0447 or [rdanderson@triad.rr.com](mailto:rdanderson@triad.rr.com).



**PLEASE NOTE:** Our school makes a conscientious effort to extend our offerings to anyone in the community regardless of ability to pay. The Servant Leadership School of Greensboro depends on the fees from our students and the generosity of others for our operating funds. If you are able to pay more than the recommended fee in order to provide a scholarship for someone less able to pay, we would be most grateful.

## THREE WAYS TO REGISTER

1. Call or come by the Sacred Garden Bookstore, 215 West Fisher Avenue in Greensboro 336-544-1225 and tell them what classes you want to attend this term. They will take credit card information over the phone. Hours: Monday–Thursday, 10 a.m.–5 p.m.; Friday, 10 a.m.–3 p.m., Saturday, 10 a.m.–1 p.m.; and Sunday, 10–11 a.m.
2. Mail the registration form on the next page with your check.
3. Visit [www.servantleadergreensboro.com](http://www.servantleadergreensboro.com) to register online.

Questions? Call The Sacred Garden Bookstore at 336-544-1225 or e-mail Ruth at [rdanderson@triad.com](mailto:rdanderson@triad.com). **Enjoy a 20% discount at The Sacred Garden Bookstore on books for all Servant Leadership classes when enrolled.**

## REGISTRATION FORM

### SERVANT LEADERSHIP SCHOOL OF GREENSBORO – SPRING 2016

(336) 275-0447 [WWW.SERVANTLEADERGREENSBORO.COM](http://WWW.SERVANTLEADERGREENSBORO.COM)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Are you on our mailing list? ☐ Yes ☐ No, please add me

Does your contact info need correcting or updating? ☐ Yes ☐ No

*Confirmations are made by email. Please include an email address when possible.*

If you would like to apply for the Delight Michelle Irwin Scholarship for a one-year full scholarship for a core class, please contact Ruth Anderson at [rdanderson@triad.rr.com](mailto:rdanderson@triad.rr.com) or 336-275-0447.

## WINTER/SPRING TERM

☐ Call —Tues. —Thurs.

☐ Book Study: Rising Strong

☐ Sacred Activism

☐ Book Study: Just Mercy

☐ Prayerful Yoga

☐ Contemplative Prayer

☐ The Sacred Art of Forgiveness

☐ Men's Spirituality Group

☐ Book Study: Field of Compassion

☐ The Pope's Subversive Message

☐ Now Is the Time: Eight-Week Course

☐ Book Study: The Soul of Money

## TUITION PER COURSE

☐ \$90

☐ \$90

*No fee, but please register*

*No fee, but please register*

☐ \$100

*No fee, but please register*

☐ \$50

*No fee, but please register*

☐ \$25

☐ \$40

☐ \$120

☐ \$25

## SPECIAL EVENTS & SATURDAY PRACTICES

☐ Now Is the Time: Intensive Workshop  
*Includes two free supplemental sessions*

☐ \$75

☐ Transformational Breath

☐ \$10

☐ Into to the Labyrinth

☐ \$10

Total Enclosed \$ \_\_\_\_\_

To register for classes at Healing Ground, visit [www.healingground.org](http://www.healingground.org) or call 336-644-0076.

The Servant Leadership School of Greensboro

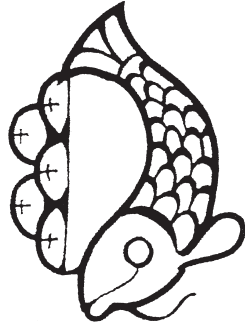
215 West Fisher Avenue

Greensboro, North Carolina 27401

*on the campus of Holy Trinity Episcopal Church*

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# The Servant Leadership School OF GREENSBORO



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