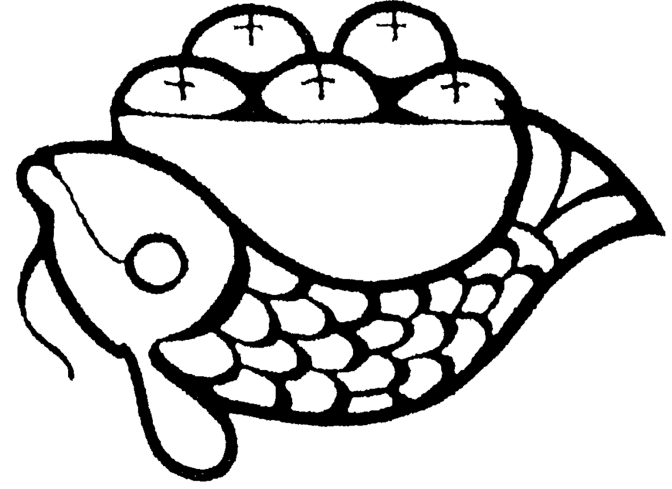
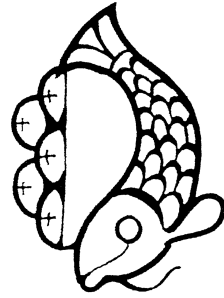


The Servant Leadership School of Greensboro  
215 West Fisher Avenue  
Greensboro, North Carolina 27401  
*on the campus of Holy Trinity Episcopal Church*

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The  
Servant  
Leadership  
School  
OF GREENSBORO



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The Servant Leadership School  
OF GREENSBORO

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**Leading • Living • Loving**  
*from a deeper center within*

“We discover that we are at the same time very insignificant  
and very important, because each of our actions is  
preparing the humanity of tomorrow; it is a tiny contribution  
to the construction of the huge and glorious final humanity.”

—Jean Vanier

**WINTER/SPRING 2017 OFFERINGS**

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

# ABOUT THE SCHOOL

The Servant Leadership School begins with the premise that Christianity calls each of us to holistic transformation of both our inner and outer lives. We believe that every church is called to prepare servant leaders to follow Jesus Christ in serving God’s dream for a transformed world.

We offer a variety of tools and resources that help us to “practice resurrection” in our everyday lives, through:

- Communion: practices of divine presence and prayer
- Compassion: practices that awaken the intelligence of the heart
- Co-Creation: practices that help us to align with divine purpose

When we engage our minds, our hearts, and our bodies in new ways of being with God and with one another, we become better equipped to live as servant leaders in our homes, workplaces, communities, and world. Our hope is to nurture and empower a new generation to shape our individual and collective futures in accordance with God’s dream for a world ignited by love, justice, and peace.



Rev. Gregory Farrand teaching Servant Leadership 1

# COURSE SCHEDULE

MONDAYS	PAGE
Let Your Life Speak: Designing & Living a Life You Love.....	5
10:00 a.m.-12:00 p.m., Feb 6-March 13 (6 weeks)	
Making Room: Welcome as a Way of Life.....	5
6:00-7:30 p.m., Feb 6-March 6 (5 weeks)	
Sacred Activism: Being Present to Children in Poverty.....	6
4:00-6:00 p.m., Jan 30, Feb 27, March 27, April 24 (4 sessions)	
Peace Pilgrimage Seminar.....	6
6:30-8:00 p.m., March 13-April 3 (4 weeks)	
TUESDAYS	
Prayerful Yoga.....	7
9:30-11:00 a.m., Jan 24-April 4 & April 25-May 23 (10 & 5 sessions)	
Communion: Prayer and the Practice of Presence.....	4
6:00-8:00 p.m., Feb 14-March 21 (6 weeks)	
Compassion: Awakening the Intelligence of the Heart.....	4
6:00-8:00 p.m., March 28-April 4, April 18-May 9 (6 sessions)	
WEDNESDAYS	
Centering Prayer.....	7
12:00-12:30 p.m., Jan 25-May 17 (17 weeks)	
The Sacred Art of Forgiveness.....	5
10:00-11:30 a.m., Feb 8-March 29 (8 weeks)	
Book Study: America’s Original Sin.....	6
7:00-8:30 p.m., Feb 8-April 12 (10 weeks)	
THURSDAYS	
Communion: Prayer and the Practice of Presence.....	4
10:00 a.m.-12:00 p.m., Feb 9-March 16 (6 weeks)	
Compassion: Awakening the Intelligence of the Heart.....	4
10:00 a.m.-12:00 p.m., March 23-April 6, April 20-May 4 (6 sessions)	
Chair (Gentle) Yoga.....	7
1:00-2:00 p.m., Feb 2-March 30 (8 sessions)	
SATURDAYS	
Singing & Chant as a Spiritual Practice.....	8
Saturday, Feb 18, 9:30 a.m.-12:00 p.m.	
Transformational Breath Mini-Workshop.....	8
Saturday, April 1, 9:30 a.m.-12:00 p.m.	
Peace Pilgrimage.....	6
Saturday, April 8, 9:00 a.m.-4:00 p.m.	

# OUR CURRICULUM

Our core curriculum begins in the Fall and follows a sequence of five classes spread out over two years. The class “SL1: Putting on the Mind of Christ,” is a prerequisite that is required in order to take any of our other core classes. Beyond that, core classes may be taken in any order, however we recommend moving through the program in the following sequence:

## YEAR 1

**Fall Term** – *Servant Leadership 1: Putting on the Mind of Christ*

**Winter Term** – *Communion: Prayer and the Practice of Presence*

**Spring Term** – *Compassion: Awakening the Intelligence of the Heart*

## YEAR 2

**Fall Term** – *Servant Leadership 2: The Divine Therapy*

**Winter Term** – *Call: Co-Creation and the Commitment to Sacred Service*

Because our curriculum continues to evolve as teachers incorporate student feedback as well as new ideas and resources, we welcome past students to re-take any core class.

In addition to our core curriculum, we offer a number of “companion” classes that offer ongoing support for the inward journey of faith and self-awareness, and the outward journey of service and community engagement. We also offer a variety of spiritual practices to help sustain us in this work.

## *Student Perspectives*

*“Participating in this program is changing me for the better. I am finding my priorities are changing and it isn’t all about me anymore.”*

*“This program has introduced me to a host of new practices, along with a new paradigm for seeing the world. It has given me a language and a vision for how I want to live my life.”*

*“It was a place to meet like-minded people with whom I could have an honest and open-ended dialogue. The purpose was not to find pat answers but to keep holding the questions. It gave me hope and peace.”*

# CORE CLASSES

## COMMUNION: PRAYER AND THE PRACTICE OF PRESENCE

*(prerequisite: Servant Leadership 1)*

Choose one of two sections:

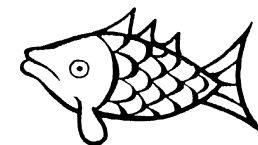
Tuesdays 6–8 p.m., February 14–March 21

Led by: Rev. Gregory Farrand

or

Thursdays 10 a.m.–12 p.m., February 9–March 16

Led by: Rev. Timothy Patterson & Rev. Gregory Farrand



In this course, we explore spiritual practices that can help us to deepen our experience of communion with God and become more “present” in our everyday lives, in order to become increasingly transparent to Divine Presence. The central emphasis of this course will be establishing and/or deepening your own daily spiritual practice. We will use Cynthia Bourgeault’s book *Centering Prayer and Inner Awakening* as a guide, and draw support and strength from the class as a community of practice.

## COMPASSION: AWAKENING THE INTELLIGENCE OF THE HEART

*(prerequisite: Servant Leadership 1)*

Choose one of two sections:

Tuesdays 6–8 p.m., March 28–April 4 & April 18–May 9

Led by: Rev. Gregory Farrand

or

Thursdays 10 a.m.–12 p.m., March 23–April 6 & April 20–May 4

Led by: Rev. Timothy Patterson & Rev. Gregory Farrand

Compassion is at the very heart of the teaching of Jesus. Compassion flows abundantly in our own lives when our hearts are awakened to the presence of God. Recent scientific research supports the understanding of pre-modern religious traditions that the human heart is more than just a “pump,” but a center of profound emotional and spiritual intelligence, and the instrument by which we can bring our lives into alignment with Divine energy, love, and compassion. Drawing upon research from the Heartmath Institute® and classic teachings and practices of the Christian tradition, this class will support students in an experiential process of awakening the intelligence of our own hearts, so that we can increasingly serve as instruments of God’s compassion in the world.

# COMPANION CLASSES

*There are no prerequisites for these courses. See registration page for course fees.*

## **LET YOUR LIFE SPEAK: DESIGNING & LIVING A LIFE YOU LOVE**

*Led by: Carol Lucas, MPH, BSN and certified Health & Wellness coach*

Mondays 10:00 a.m.–12:00 p.m., from Feb 6th to March 13th (6 weeks)

When we find ourselves at a crossroads, in a rut, or facing a time of transition, we have the opportunity to craft a new life vision. Drawing from the wisdom of Parker Palmer and utilizing a variety of interactive teaching and group coaching methods, this course will help you to reflect on your current life status, explore your unique life vision, and begin to craft a clear and compelling path for living into the life you've always imagined. Through this work, participants will build a network of support and continuing growth for moving into the next stage of their lives.

## **MAKING ROOM: WELCOME AS A WAY OF LIFE**

*Led by: Dr. Benjamin Wall, Asst. Prof. of Religion at Greensboro College*

Mondays 6–7:30 p.m., from Feb 6th to March 6th (5 weeks)

Drawing from Vanier's writings and other sources, this course draws attention to community, care, and what it means to be and become human in the context of "welcome." We will look at how welcome can be a visible expression of genuine hospitality, friendship, and human growth, offering an alternative way of conceiving and naming the social forming dynamics within Christian community. We'll give special attention to how welcome occurs within the communities of L'Arche, a federation of 149 communities in 37 countries worldwide, where people with and without intellectual disabilities live and work together as peers.

## **THE SACRED ART OF FORGIVENESS**

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

Wednesdays 10–11:30 a.m., from Feb 8th to March 29th (8 weeks)

Jesus tells us that we must forgive "not seven times, but seventy times seven times." That is a lot of forgiving! Why is this so hard when we know that forgiveness is a profound and sure path to emotional and spiritual liberation? Using Marcia Ford's book *The Sacred Art of Forgiveness* as our cornerstone, we will explore what blocks us from giving and receiving this sacred gift, and how we can open ourselves up to its healing power, which keeps us ever moving towards grace and compassion.

## **AMERICA'S ORIGINAL SIN: A BOOK STUDY TO BRING US CLOSER TO THE PEOPLE WE WANT TO BE**

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

Wednesdays 7–8:30 p.m., from February 8th to April 12th (10 weeks)

How can we respond to the escalation of racial violence happening in our country? What exactly is "white privilege"? Is it real? In our divided post-election context, what does reconciliation look like? How can we seek to serve Christ in all persons? How can we strive for justice and peace among all people, respecting the dignity of every human being? These are some of the themes we will discuss in this book study on Jim Wallis' new book, *America's Original Sin*. We will create a context in which everyone can be safe as we approach this sensitive but urgent issue.

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

*Facilitated by: Ruth Anderson and other spiritual activists*

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

Mondays, Jan 30th, Feb 27th, March 27th, & April 24th from 4–6 p.m.

For over ten years, a small group of people have been working together to support local children living in poverty through our work with Partnership Village, a local transitional housing community. We visit with the children on Tuesday and Thursday afternoons to provide loving presence and tutoring support as they do their homework. We also offer them healthy snacks, books, and other materials. Join us for any one of our four monthly meetings to learn more about this form of servant leadership and discover how you might become more involved.

## **PEACE PILGRIMAGE**

*Led by: Linda Brown & Rev. Susan Sherard*

Seminar: Mondays 6:30-8:00 p.m. from March 13th to April 3rd  
Pilgrimage: Saturday, April 8th, 9:00 a.m.–4:00 p.m.

Staying grounded in the peace of God is a challenge. The *Peace Pilgrimage* will call on the experience of Greensboro's civil rights' activists as we explore our own yearning for wholeness and justice in our time. Our hope is to be guided by those who have gone before us, as we seek to manifest peace in the present.

Preparatory seminars will feature personal stories and reflections, historical resources, and readings from the 1960's, with the goal of helping participants discover and claim their own sources of peace and mission. The 3.5-mile pilgrimage will trace significant sites of the movement in downtown Greensboro, with time for prayer and reflection at each stop. While the seminar sessions are open to any number, the walk is limited to a maximum of 30 people.

# SPIRITUAL PRACTICES

## CENTERING PRAYER

*Led by: Kristen Leigh Southworth, M.Div.*

Wednesdays 12–12:30 p.m., from Jan 25th to May 17th (17 weeks)

We sit in a circle, take three deep breaths, and then enter into 20 minutes of silence together. After the silence, there is an opportunity to share prayer requests for the week, and to pray for ourselves, our community, and our world. No registration is required. Feel free to drop in on any session. Beginners are always welcome!

## MEN'S SPIRITUALITY GROUP

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

2nd and 4th Wednesdays of each month, 5:30–8 p.m., starting Jan 11th

The Men's Spirituality Group is designed to help men grow in relationship, mutual and self-understanding, and spirituality. Our philosophy is based on Richard Rohr's *Reflections on Male Spirituality*. We operate through selected readings, individual sharing, open and confidential listening, and various spiritual practices. If you would like to join us, please contact Dick Weller at (336) 897-2503.

## PRAYERFUL YOGA

*Led by: Linda Hiatt, 200-hour Registered Yoga Teacher*

Session 1: Tuesdays 9:30–11 a.m., from Jan 24th to April 4th (10 sessions)

Session 2: Tuesdays 9:30–11 a.m., from April 25th to May 23rd (5 weeks)

Prayerful Yoga is a moving meditation that links mind, breath, and body, and encourages participants to surrender to the present moment. Prayerful yoga is suitable for all body types and those with some yoga experience. Together, we will place ourselves in an environment where the movement and meditation draws us closer to “the vital nucleus of things” and helps us to listen to our own truth through our shared experience. Please bring a mat or large towel and light blanket.

## CHAIR (GENTLE) YOGA

*Led by: Linda Hiatt, 200-hour Registered Yoga Teacher*

Thursday 1–2:00 p.m., from Feb 2nd to March 30th (8 sessions)

Our practice of yoga meets us where we are at in the current moment; thus, there is a yoga practice suitable for everyone. Chair Yoga is for anyone, but especially for those who find moving from the floor to a standing position a challenge. The full array of yoga—poses, meditation, and breath work—will be easily and safely accessed from a chair, while building peace and equanimity in the mind and body. A minimum of 5 participants is needed to make the class.

## SINGING & CHANT AS A SPIRITUAL PRACTICE

*Led by: Kristen Leigh Southworth, M.Div. and professional singer/songwriter*

Saturday, February 18th from 9:30 a.m.–12 p.m.

“To sing is to pray twice,” said St. Augustine. Chant is one of Christianity's oldest and most foundational spiritual practices. It is both active and contemplative, both individual and communal. All of us have within us the innate capacity to sing, but many still struggle to find their voice, especially in group singing contexts. Beginning with the breath and basic vocal exercises, we will explore the practice of singing from its root so that experienced singers and “non-singers” alike will find their voices anew. We will learn different traditions of sacred singing like Taizé, Iona, Songs of Presence, and African-American spirituals, and discover how singing in any context can invite us into a deeper sense of Presence with others and with God. No prior musical knowledge is necessary.

## TRANSFORMATIONAL BREATH® MINI-WORKSHOP

*Facilitated by: Christine Edwards, Summer Estes, Greg Farrand, and Tim Patterson*

*Location: The Youth House at Holy Trinity, 601 N. Greene St.*

Saturday, April 1st from 9:30 a.m.–12 p.m.

Dr. Judith Kravitz, founder of Transformational Breath®, invites us to consider the pattern of our breathing as a metaphor for how we live our lives. In this mini-workshop, a breath coach will introduce this practice and help you to experience the benefits of a full, deep, and connected breath, using diaphragmatic belly breathing to open up restricted breath patterns and release negative inner beliefs and behaviors, replacing them with feelings of passion, joy, and love, leading to increased awareness of our oneness with God and others. Participation will be limited to 8 people.



*Prayerful Yoga, taught by Linda Hiatt*

# THE LABYRINTH

Take a modern-day pilgrimage at Holy Trinity's outdoor labyrinth. Located in the courtyard adjacent to the sanctuary, a beautifully crafted 11-circuit Chartres-style stone labyrinth features benches and a fountain of flowing water in the center. A replica of the Muiredach Celtic high cross stands nearby, bearing 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 you to become more receptive to the still, small voice of God. The labyrinth is in a well-lit outdoor space that is available any time of day for individual walkers. The Labyrinth Keepers offer opportunities throughout the year for group prayer walks. For more information, contact: [hailemartin@aol.com](mailto:hailemartin@aol.com).

## LABYRINTH KEEPERS MEETINGS

*Coordinators: Libby Haile & Barbara Cromheecke*

*Location: Smyth Library, Holy Trinity Episcopal Church*

First Monday of every month, 4:30– 5:30 p.m.

We 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 always welcome new members. Contact [hailemartin@aol.com](mailto:hailemartin@aol.com) to support and join the ministry of the labyrinth.

## HOLY WEEK MEDITATIONS USING THE LABYRINTH

**Monday, April 10th–Thursday, April 13th, 12:15-1:00 p.m.**

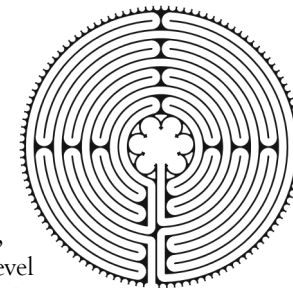
**Friday, April 14th, 11:00 a.m.-12:00 p.m.**

During this solemn and sacred week leading up to Easter, come and 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 and a pilgrimage. As you symbolically make the walk with Christ to Jerusalem, use the labyrinth as a tool for silent reflection and prayer while in the company of other pilgrims on the way. A Holy Week reflection facilitated by one of the labyrinth keepers, as well as a time of blessing in the center of the labyrinth, will precede each day's walk. Attend any or all of the walks. Bring a journal if desired. In case of inclement weather, the walks will be cancelled.

## YOGA & THE LABYRINTH WORKSHOP WITH MONA FLYNN

Saturday, March 18th from 2:00–4:00 p.m.

Join us for a workshop that combines various yogic tools to enhance your walking meditation, including breath work, energetic hand positions, aromatherapy, and poses that will be taught and adapted to fit any level of ability. Yoga is a spiritual practice that guides us to find our place as we journey towards understanding our direction and purpose. Come to learn, practice, and discover more tools for the journey towards greater awareness and spiritual growth, both individually and collectively. Namaste.



## SPRING EQUINOX WALK WITH YOGIC MEDITATION TOOLS LIVE MUSIC BY SANDY BLOCKER

Saturday, March 18th from 4–5:30 p.m.

Welcome the arrival of spring by walking Holy Trinity's outdoor labyrinth. We invite you to walk this path of the heart in community as we celebrate the Season of Light. There will be a brief blessing and an introduction to some yogic meditation tools by Mona Flynn at 4:00 p.m., followed by uninterrupted walking and live music. In case of inclement weather, the walk will be cancelled.

## INTRODUCTION TO WALKING THE LABYRINTH

Saturday, May 6th from 11:00 a.m.–1:00 p.m.

What do you do in the labyrinth? If you have been curious about the labyrinth as a spiritual tool, this two-hour workshop will provide you with gentle instruction and support for beginning your labyrinth journey of transformation. Veteran walkers will also benefit from this “mini retreat” in the context of a supportive community of fellow labyrinth pilgrims, walking and praying together.

## WORLD LABYRINTH DAY WALK

Saturday, May 6th at 1:00 p.m.

World Labyrinth Day, a project of The Labyrinth Society, is a day designed to bring people from all over the planet together in a celebration of the labyrinth as a practice and a tool for healing and peace. This global celebration of the labyrinth is recognized worldwide every year on the first Saturday in May. The labyrinth community at Holy Trinity Episcopal Church, led by the Labyrinth Keepers, will “Walk as One at 1:00.” Join us, and be part of a global rolling wave of peaceful energy as the earth turns. In case of inclement weather, the walk will be cancelled.

# SPECIAL EVENTS

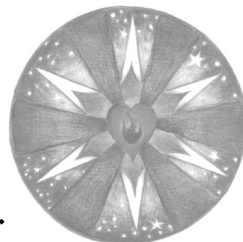
## PRESENCE OF BREATH™ WEEKEND: AN INTRO TO TRANSFORMATIONAL BREATH®

### 3-day retreat:

Friday, January 13th from 6:30–9:30 p.m.

Saturday, January 14th from 9:00 a.m.—5:00 p.m.

Sunday, January 15th from 9:00 a.m.—4:00 p.m.



### Haw River State Park in Browns Summit, NC

**Cost:** \$375 commuters; \$550 single room; \$500 double room

This weekend will introduce attendees to two life-changing integrative tools: Transformational Breath®, and *The Presence Process* by Michael G. Brown. This powerful retreat weekend will offer deeper insight and awareness into your understanding of yourself and the world. It will change your relationship with your breath and yourself as you receive five facilitated Transformational Breath® sessions.

Breath work is a powerful physical, emotional, and psychological healing mechanism; however, most often we do not think of our own breath as a vehicle for healing and transformation. Transformational Breath® is a full connected breathing pattern that incorporates sound, hands-on work, and movement, to integrate and transform stuck emotions at the deepest level of our being. It also helps to release negative beliefs and behaviors, replacing them with feelings of passion, joy, and love.

A basic overview of *The Presence Process* will also be given, including some of the life-changing exercises described in the book. These two dynamic tools will come together to provide participants with the resources and confidence to practice this powerful self-healing method at home.

**Facilitators:** Kathleen Strong, M.Ed., L.P.E. and Paul Radunz have been working to build communities and assist people in transforming their lives through practicing, teaching, and facilitating a variety of self-empowering modalities that they have learned in their decades of personal spiritual work and service as ordained ministers.

**To Register:** Call (336) 544-1225 or visit [servantleadergreensboro.com](http://servantleadergreensboro.com)

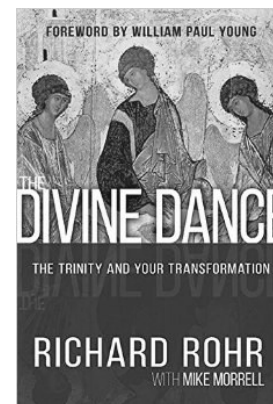
## THE DIVINE DANCE: EXPERIENCING THE TRINITY WITH MIKE MORRELL

Saturday, June 10th from  
10:00 a.m.—2:00 p.m.

**Cost:** \$50

In this hands-on workshop, Mike will lead participants into a deep-dive exploration of a genuine Trinitarian spirituality: one of both identity and interdependence. Through a series of fun and interactive group exercises, we will explore the present moment and the stories we all bear—getting to know ourselves better while at the same time learning to see and appreciate everyone we interact and connect with more fully, in order to experience the diversity-within-unity at the Trinity's core. This space of “practicing the presence of people” will become a safe place for taking risks, and for playing outside of our comfort zones, allowing us to discover a deeper sense of self and a deeper sense of unity with others.

Participants should read *The Divine Dance: Trinity and Your Transformation* by Richard Rohr and Mike Morrell prior to attending this workshop, as well as Mike's bonus chapter, which is available at: [mikemorrell.org/bonuschapter](http://mikemorrell.org/bonuschapter)



**Mike Morrell**, co-author of *The Divine Dance* with Richard Rohr, is the Communications Director for *Presence International*. He is also the co-founder of The Buzz Seminar and a founding organizer of the Wild Goose Festival. Mike curates and facilitates contemplative and community experiences via *Relational Yoga*, the *ManKind Project*, and *Authentic North Carolina*. He takes joy in holding space for the kind of extraordinary transformation that can take place at the intersection of anticipation, imagination, and radical acceptance.

# HEALING GROUND



Healing Ground is a ministry of retreat and revitalization that grew from a vision inspired in part by the Servant Leadership School. This sacred space for spirituality and sustainability offers a variety of contemplative and retreat experiences for individuals and groups. All courses listed here take place on the retreat grounds located in the peaceful countryside of Summerfield, NC. To register for the courses listed here, visit [www.healingground.org](http://www.healingground.org), or call (336) 644-0076.

## INDIVIDUAL RETREATS

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.

## FIRST FRIDAYS IN THE QUIET GARDEN

Join us any first Friday from 10 a.m.–3 p.m.

Beverages provided; please bring a bag lunch or something to share.

Healing Ground is part of an international Quiet Garden movement ([quietgarden.org](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, and Healing Ground volunteers

Suggested donation: \$20

## WEDNESDAY WISDOM CIRCLE

Wednesdays 9–11:30 a.m., from January 11th to March 15th

Christina Baldwin, author of *Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story*, tells us that “We make our lives bigger or smaller, more expansive or more limited, according to the interpretation of life that is our story.” Whether we speak or write our stories, they tell the perspective from which we view our lives and the world around us. Join us as we explore a variety of themes, questions, issues, and challenges through the power of story, both our own and stories told by master storytellers.

Facilitated by: Dee Irwin, who loves to meet people at the intersection of their lives and questions. Suggested donation: \$125

## BEING OPEN TO LIVING DEEPLY/DELIBERATELY/DELICIOUSLY

Friday, February 24th from 9:30 a.m.–2:30 p.m.

Soup, beverages and dessert will be provided.

All of us are aging; some of us are already old but resist using the “O” word, living as we do in such a youth-oriented society. So let’s talk and reflect and write about our fears, about our joys, about the gifts and drawbacks of being old. Let’s explore together the many facets of aging—physical, emotional, spiritual. Let’s be a daring community together.

Workshop leader, Linda Faltin, an ordained Lutheran pastor, writer, speaker, and perpetual spiritual pilgrim. She is also a former registered nurse and hospice director.

Suggested donation: \$40

## ZENTANGLE© CLASSES: FEEDING YOUR INNER ARTIST

Anyone who can hold a pen can create a Zentangle. It is a relaxing and fun way to create beautiful designs, and it is also a great stress reducer!

**Zendalas Monday, January 16th from 9:30 a.m.–12 p.m.**

The Sanskrit word for *mandala*, usually translated as a circular shape that reminds us that all is One, is also translated as a container of essence. We’ll begin with a prestrung template, and then create our own zendala.

**Colorful Backgrounds Monday, February 20th from 9:30 a.m.–12 p.m.**

What happens when you begin by applying background colors and letting it inspire your Zentangles? Water color, colored pencils, inks, and gelatos can offer fun ways to experiment and see where it leads you. We’ll explore monochromatic, primary, complementary, and analogous color schemes.

**Color Me Beautiful Monday, March 13th from 9:30 a.m.–12 p.m.**

We’ll investigate color and tangles from a different approach, using a variety of gel pens, micron pens, and markers. Experiment with black, white, tan, or gray paper or tiles to see how color enhances each background.

Facilitated by: Dee Irwin, Certified Zentangle Teacher and explorer of different mediums

Suggested donation: \$40 (includes materials); Space is limited so register early!

## LENTEN QUIET DAY

Saturday, March 4th from 10:00 a.m. to 4:00 p.m.

Come spend a day of reflection and sharing to prepare for the sacred season of Lent. Together we will sit in silence, read sacred writing, and engage in the ancient practices of *Lectio Divina* and chanting. We will also experience a sense of Presence through creative expression and the walking meditation of the labyrinth. Register early, as space is limited to 12.

Facilitated by: Marilyn Wolf, M.Ed. For more information, visit [spaceforconsciousliving.com](http://spaceforconsciousliving.com).

Suggested donation: \$65–\$95 (lunch included)



## HEALING GROUND CONTINUED...

### FULL CAPACITY JOYFUL LIVING: A 3-DAY WORKSHOP

Thursday, March 30th from 7–9:30 p.m., Friday, March 31st from 9:30 a.m.–5 p.m.  
Saturday, April 1st from 9:30 a.m.–3 p.m.

Today is the best day of your life. In fact, *now* is the best moment. The next moment of each day will be even better. Research shows that we experience the world and our lives within it as a function of the “lenses” of our mind. In this workshop you will learn more about how to manage your mind by your aware self and, thus, attain more mastery over your body and emotions, leading to greater happiness and joy. This workshop will include cognitive models, shared discussion, meditation, and other experiential and shared learning.

Led by Kevin Haggerty, M.S. in counseling psychology, teacher, and executive coach  
Offering: \$225 per person, \$395 per couple

### SOIL & SACRAMENT: DINNERS, DISCUSSION, & WORK DAY

Monday, March 20th, Communal dinner & discussion with the author  
Saturday, March 25th: Morning work day in a local garden

Food is a basic human need. Currently within our culture there is a growing interest in the connection between food, faith, and the spiritual journey. *Soil and Sacrament* by Fred Bahnson tells the story of how people of faith all over America are re-rooting themselves in the land and reconnecting with their food and each other. Through his journeys to four different faith communities—Catholic, Protestant, Pentecostal, and Jewish—Bahnson explores the connection between spiritual nourishment and the way we feed our bodies. Join us around the table as we share a meal and dialogue about this beautifully written memoir. A complete list of dates and homes for dinner and discussions can be found on the Healing Ground website.

Organized by Monica Citty Hix, minister, musician, artist, writer, and retreat leader, and Pat Bailey, co-director of Healing Ground. Donations gratefully accepted.

### PUTTING MINDFULNESS AT THE CENTER OF HEALTH & HEALING

Saturday, April 29th from 10:00 a.m. to 3:00 p.m.

Bring your own lunch and we'll provide beverages and dessert.

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? These are only a few of the issues that you may face and wish to change. Using the Duke Integrative Health model for creating change, we will explore our current situations, and create a vision for a healthier future.

Facilitated by: Jacqueline Messick, a Duke-trained Integrative Health Coach. She holds a Master of Pastoral Studies and is a childbirth doula. Suggested donation: \$40.

# SACRED GARDEN BOOKSTORE

215 W. FISHER AVE.

GREENSBORO, NC

336-544-1225

BOOKSTORE@HOLY-TRINITY.COM

### WI-FI AVAILABLE!



### Hours:

Tues–Thurs 10 a.m.–5:30 p.m.

Friday, 10 a.m.–3 p.m.

Sunday, 10–11 a.m.

Students receive a  
**20% discount**  
off course books!

The Sacred Garden Bookstore is an ecumenical, sacred space open to everyone for conversation and connection, or for quiet reading and contemplation. The bookstore is an integral partner with the Servant Leadership School, handling course registrations and providing textbooks for all classes. In addition, the store offers a variety of other books, gifts, and resources to support servant leadership and spiritual practice through the inward journey of faith and the outward journey of service.

Our adjacent café space, classrooms, and conference rooms are available to non-profits or meeting space at no cost. If you would like to schedule one of our space for a group event or meeting, contact Patty Jennings at (336) 275-6149 ext. 236 or patty@holy-trinity.com.

DEVOTIONALS • ENNEAGRAM • SPIRITUAL PRACTICE • BIBLES  
JOURNALS • LABYRINTH • ECOLOGY • ACTIVISM • ART • GIFTS  
CELTIC SPIRITUALITY • GRIEF • CHILDREN & YOUTH • CARDS

# REGISTRATION INFO

## COURSE LOCATIONS:

Unless noted, classes will meet on the campus of Holy Trinity Episcopal Church, located at 607 N. Greene St., Greensboro, NC 27401. Registered students will receive a confirmation email prior to the start of their class with more specific location information and other details.

The Servant Leadership School offices are located at 215 W. Fisher Ave., Greensboro, NC 27401.

Questions? Call us at (336) 544-1225 or email Ruth Anderson, Director, at rdanderson@triad.rr.com.

## TUITION & FEES:

We depend on course fees, as well as the generosity of donors, to cover our basic operating costs. However, we make a conscientious effort to extend our offerings to anyone regardless of their economic situation. If you are able to pay more than the recommended fee, it will help to provide a scholarship for someone else.

## TO REGISTER:

- **In Person:** Come by the Sacred Garden Bookstore during normal business hours (see page 16), where you can enroll in your courses and pay by cash, check, or credit card. You can also go ahead and purchase your course books while you are here!
- **By Phone:** Call (336) 544-1225 to register and pay with a credit card.
- **By Mail:** Complete the form on the next page, tear it off, and mail it in with your check made payable to: The Servant Leadership School, 215 W. Fisher Ave., Greensboro, NC 27401.
- **Online:** Visit [www.servantleadergreensboro.com](http://www.servantleadergreensboro.com) to enroll in courses using our online form. After enrolling, you will need to pay tuition fees using one of the methods listed above.

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

## WINTER/SPRING 2017 REGISTRATION FORM THE SERVANT LEADERSHIP SCHOOL OF GREENSBORO (336) 275-0447 • [WWW.SERVANTLEADERGREENSBORO.COM](http://WWW.SERVANTLEADERGREENSBORO.COM)

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

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

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

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

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

Does your contact info need correcting or updating?  Yes  No

WINTER/SPRING 2017 COURSES	TUITION
<input type="checkbox"/> Communion Choose one: Tues.____ Thur.____	\$90*
<input type="checkbox"/> Compassion Choose one: Tues.____ Thur.____	\$90*
<input type="checkbox"/> Let Your Life Speak	\$50
<input type="checkbox"/> Making Room: Welcome As a Way of Life	\$50
<input type="checkbox"/> Peace Pilgrimage & Seminar	\$50
<input type="checkbox"/> The Sacred Art of Forgiveness	\$50
<input type="checkbox"/> America's Original Sin	\$50
<input type="checkbox"/> Prayerful Yoga Session 1	\$100
<input type="checkbox"/> Prayerful Yoga Session 2	\$50
<input type="checkbox"/> Chair (Gentle) Yoga	\$80
<input type="checkbox"/> Singing & Chant as a Spiritual Practice Workshop	\$10
<input type="checkbox"/> Transformational Breath Workshop	\$50
<input type="checkbox"/> Yoga & The Labyrinth Workshop	\$10
<input type="checkbox"/> Intro to Walking the Labyrinth Workshop	\$10
<input type="checkbox"/> Presence of Breath Workshop	<i>see page 11</i>
<input type="checkbox"/> The Divine Dance Workshop	\$50

\*If you register for both Communion & Compassion, the cost is \$160

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