LOOK WHAT'S HAPPENING TO FIRST FRIDAYS!!

Oh my, how we've grown! The excitement this year is that we have expanded from 6 locations to 13 locations!! That means that on the First Friday of every month (in January the 2nd Friday) from October to June, folks new and old to the Pathwork will be gathering to discuss the same Pathwork Lecture in 13 locations at the same time. These meetings are FREE.

How has this expansion been possible? The students in the current Teacher Training Program worked all last year to learn how to teach, prepare a lecture and hold a group. They observed Helpers as they delivered a First Friday in class and shared how they prepared the session using their unique styles. The students each prepared a written First Friday plan every month and then each presented a First Friday "evening" to the group. The level of creativity and attention to detail was inspiring. They are ready! They are eager! They are dedicated and committed! Please grab a friend, check out a location near you and attend one of these wonderful gatherings. You will come away infused by the words of the Guide, excited at our Regions' blossoming and knowing you have personally supported this exciting new growth whether you are attending an evening with one of the seasoned Helpers or one of our new teachers.

Also remember to attend the follow-up to First Fridays - The Pathwork Studies Workshops which are one-day workshops that deepen your experience and are led by Helpers in the Region.

Check out the topics on the front of this flyer and the locations below. (Information is also available on www.PhilaPathwork.org.)

WE'VE GROWN!

FIRST FRIDAY LOCATIONS:

(Please call to let us know you will be attending.)

NEW JERSEY:

- **Hamilton:** Pam Jones 609-631-6873
- **Hillsborough:** Mary Elliott 908-625-2238
- **Kingston:** Rich Carlson 609-638-8194
- **Trenton:** Carol Day 609-392-7855

PENNSYLVANIA:

- **Ambler:** David Schwerin 215-793-0712
- **Boothwyn:** Donna Neilson 610-761-3583
  Valerie Bennett 610-565-7187
- **Chadds Ford:** Deb Mazza 610-793-2036
- **Jenkintown:** Gayle Lacks 215-576-7933
- **Longwoood Gardens:** Joyce Belmonte 610-793-4321
- **Maple Glen:** EJ Carreiro, Jr. 215-653-7212
- **Paoli:** Pnina Polishook 610-667-1176
- **Philadelphia** *(City Line Ave.)*: Renee Whatley 215-472-6454
- **Pittsburgh:** Sue Van Doeren 412-434-0400

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FIRST FRIDAY IS A FREE GATHERING which takes place in several locations. Pathwork lectures are read and discussed and there is opportunity for meditation, prayer or exercises related to the lecture. These sessions are open to all who would like to become more acquainted with the Pathwork material. Participants can come to one or all of the sessions.

PATHWORK STUDIES is a new program offering a deepening of each First Friday lecture. Education, prayer, meditation, exercises and personal process may be a part of the Pathwork Studies experience.

FREE FIRST FRIDAY

See back page for locations

First Friday and Pathwork Studies dates:

FIRST FRIDAY: 7:00PM-9:00PM / FREE
Please RSVP by the Wednesday before FF date.

- **October 2, 2009** Higher Self, Lower Self & Mask, PGL#14
- **November 6, 2009** Self Will, Pride and Fear, PGL#30
- **December 4, 2009** The Idealized Self Image, PGL#83

PATHWORK STUDIES FOLLOW-UP WORKSHOPS
10:00AM-4:00PM / $50.00
To register, please call by the Wednesday before the workshop.

- **October 24, 2009** Higher Self, Lower Self & Mask, PGL#14
  Renee Whatley. 215-472-6454.
- **November 20, 2009** Self Will, Pride and Fear, PGL#30
  Carolyn Tilove. 215-752-9894.
- **December 2009** Winter Break: No Workshop

PHILADELPHIA PATHWORK REGION
www.philapathwork.org
Presidential-Madison House
3900 City Avenue, Suite D-105
Philadelphia, PA 10131

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a PIECE OF CONSCIOUSNESS

By Michael Ann Walstad
August 17, 2009

What an incredible discovery! I have been entrusted by God to carry a beloved piece of consciousness through this lifetime. It is a divine spark, a tear drop of multi-colored light, like a seed whose light was once concealed within an ebony case and now appears as a prismatic bud of light, not yet entirely freed of the dark traces which were once its hull. I am frightened by the fragments of darkened hull which still attach to the seed. Am I brave enough to enter here? Will the blackness engulf me? Will I be lost or annihilated? I stop.

Now the seed transforms and reappears as an ear of corn, whose velvet husk of blackened green cannot totally obscure the light within. It is as though the darkened ear emanates an aura. I am strangely unafraid of the husk. How many shades of blackness are there, I wonder. This one seems especially beautiful to me, and I imagine that blackness must come in an infinite variety of hues and textures.

It is summer, my favorite time of year, and the sound of the cicadas rises and falls in rhythmic cadence. I am happy this morning, and in the split second before I identify this thought, that I am happy, I really am at peace. Quickly, however, a fear attaches to the thought. Will it last? How long can I sustain it? Happiness is transient and fragile, and can be snatched away at any time. Now I watch as the happiness begins to ebb, not altogether gone, but diminished. What has happened?

A cloud floats in front of the sun, its light temporarily diminished. That is all. It is that easy. I am changed. Suddenly, that which I believed to be fleeting, I now see is enduring. I have mistaken the passing cloud for the permanent reality behind it. I have believed it was the sun and not the cloud that was ephemeral. Just that one shift changes everything. It is happiness that is enduring, not the clouds which temporarily obscure it! Oh, hallelujah! I do not have to be afraid of the clouds anymore. They will always pass. They may be momentary whiffs that dispel on their own or they may be storms that I have to abide, but they will move. They will pass away.

I have understood for a long time that life here has ups and downs. It is not that I have believed there should be no hardship; but I have grasped at happiness, fearing that I would lose it, rather than allowing its felt presence to ebb and flow with the rhythms that life brings.

Each morning I feel excited as I think of that piece of consciousness with which I have been entrusted. Somehow all the previous regrets, the guilt, the shame about what I have and have not done are irrelevant. The self who used to shrink away from who I was when I acted in unconsciousness is freed. The blacknesses, the husks and hulls, are all a part of the total creation that I have agreed to carry. They are only me, no more, no less. And some of them seem very beautiful — the rich dark sable of anger unnamed, the deep purple inkiness of passion suppressed. Are these mysterious clouds of color designed to attract me to explore their meaning? Is each a part of the prism of light that has been temporarily darkened. Have I come here to know them each a little or one a lot? Are they part of the gift, not part of the burden?

Here is my hope, my prayer — to know that I cannot fail, that I have never failed, to trust each step of the journey no matter where it takes me, to know that the clouds are part of what I have agreed to carry here and that they will part and disperse, and to recognize that every glimpse of the light illuminates my connection to all that is enduring.

Marriage Musings

By Kathleen Thinnes

I had the pleasure to attend, *The Spiritual Meaning of Marriage Workshop,* on Sat., June 20, 2009. It was wonderful seeing the "old timers" and meeting new people on this journey. It just warms my heart to experience the commitment, clarity and honesty of all gathered that day.

When reading the lecture, *Spiritual Significance of Sexuality-PGL #207,* I was hit with a 4x4.

See **Marriage,** Page 2

An Invitation To *Invest In Yourself*

TRANSFORMATION PROGRAM (TP) YEAR 1 in PAOLI, PA. Starting This September

This is the most intensive program we offer in the Pathwork. Meeting for one full day a month and a strong curriculum, allow your group to become the intimate container to hold deep personal work.

Each individual also completes sixteen individual sessions during the year so that the work is held in many ways. While the Transformation Pathwork Program is a five year program, you are committing to participate one year at a time.

Starting in September, TP 1 will be offered in Paoli. This is an opportunity for you to invest in yourself; an opportunity to create and manifest your longings through deepening connections to the innermost gifts of your authentic Self.

This program focuses on building healthy egos to deal with the world while simultaneously powerfully strengthening the connections to the divine consciousness within. There is nothing like the Pathwork to go to the root of worldly and spiritual problems and use them as doorways into a new understanding of reality and ourselves. You will come away with a new experience of the sweetness of life, your own power and your own connection to the greater reality. You are invited to give the gift of this life enhancing spiritual program to yourself and join this group.

Leader: Pnina Polishhook. In addition to being a Pathwork helper, Pnina is a former teacher of eleven years at the Barbara Brennan School of Healing. She is a graduate of the School for Enlightenment and Healing and a graduate of A Society of Souls, currently participating in the advanced training program for Kabbalistic Healing. She brings an integration of these experiences to her Pathwork Helpership.

Dates and Times: The dates for the first four months are Sept. 26, October 17, Nov 14, Dec. 12, 2009. Additional dates TBA.

Contact: Pnina Polishook, 610-667-1176 to register or to receive additional information. Additional information is also provided on our Web site, Philapathwork.com.

YOU are invited to give this gift to yourself and to gift all of us with the gift of YOU.