

# UPCOMING *events*

**Upcoming Events** from Page 3  
 Location: Landsdale, PA (*Sharon's house*). Cost: This workshop will be up for bid at the online auction. Instructions for bidding will be emailed to the Philadelphia Pathwork Region's list. For those without email, contact Michael Ann Walstad, mwalstad@comcast.net at 215-855-2258 or Norm Danis, abovethenorm@verizon.net at 609-912-1043 for instructions on how to bid.

*4-week Lecture Study*  
**EXPERIENCING THE LIFE ENERGY CENTERS. Mondays, August 9, 16, 23, 30. 7:00PM-9:00 PM.** "...there exists in the body an outer and inner relaxation. As you become more attuned to yourself — your mind, your thinking processes, your feelings, your emotional responses, and your body state — you will be able to distinguish and experience quite distinctly both of these layers of reality. It always begins with the outer, which man is not at all naturally aware of." (*Basic Attitudes and Practices to Open the Centers, PGL#173*). As the Guide states above, as you become more and more attuned to body sensations, your journey into deeper levels of the unconscious underpinnings of these aches, pains, and sensations, organically opens. The 'outer' sensations will lead you to deeper meanings and connections to your own 'inner' world, including emotional contact with yourself, as well as deeper self-understanding. Join me in my traditional August lecture study as we journey through the body, with movement, exercises, meditation, and process, to discover new parts of self, and new ways to communicate with our inner world. ★ Led by: Carol Day 609-392-7855. carolday3@comcast.net. 21 Whittier Ave., Trenton, NJ 08618. This class is limited to 12 people, experienced Pathworkers as well as newcomers. To hold your space, please send a deposit of \$50 by July 26. Cost: \$125.

## FREE FIRST FRIDAY Locations

**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
- **Longwood 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
- **Princeton:** Amy Rhett 609-577-6336

★ *Topics are listed on the front of this newsletter. (First Friday information is also available on www.PhilaPathwork.org.)*

### 4 April 2010

Philadelphia Pathwork® Region is a non-profit organization, Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA 10131. Published four times annually.

April 2010 Edition

FREE FIRST FRIDAY

See back page for locations

**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.

**First Friday and Pathwork Studies dates:**

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

• **May 7, 2010** Healthy and Unhealthy Motives in Desire, PGL#56

• **June 4, 2010** Infinite Possibilities of Experience Hindered by Emotionality, PGL#157

**PATHWORK STUDIES FOLLOW-UP WORKSHOPS**

**10:00AM-4:00PM / \$50.00**

*To register, please call by the Wednesday before the workshop.*

• **April 17, 2010** Real Needs, False Needs, PGL#192

• **May 22, 2010** Healthy and Unhealthy Motives in Desire, PGL#56

• **June 26, 2010** Infinite Possibilities of Experience Hindered by Emotional

Dependency, PGL #157

Carol Day 609-392-7855

# PHILA PATHWORK REGION

Volume 7 - Issue 2 - April 2010

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## CCC Day • Saturday, June 5, 2010



*A Special INVITATION to a special CCC DAY*

**Renee Whatley, Philadelphia Pathwork Region Leader, passes the mantle of leadership.**

For the past 6 years, the Philadelphia Pathwork Community has gathered on the first Saturday of June to celebrate together, to do some pathwork together and to make commitments. CCC Day does stand for Community, Celebration and Commitment, for those who don't know and for some of us who have forgotten.

This CCC Day is special for several reasons. First, Judith Garten, who spoke at our Pathwork Gathering many years ago, is returning to work with us. This is the first time we have brought someone in from outside our Region to present to us on CCC Day.

### Saturday, June 5, 2010

- **9:30 am** Gather with Food & Drink
- **10:00 am** Judith Garten Presentation
- **Afternoon** Class Presentation; Passing of the Mantle; Graduation Commencement

**At St. Luke's Episcopal Church**  
 100 East Washington Avenue  
 Newtown, PA 18940-1980

Secondly, there will be the passing of the mantle of leadership for the Region. At that time you will have the opportunity to say good-bye to Renee as Regional Leader and offer your encouragement and support to Sharon Balsama as she takes on the task of shepherding the Region for the next two to three years.

And this year, we are proud to be graduating our first class of Pathwork teachers. These ten souls have come forward, answering their call and have been through an arduous and thorough two year training. So come celebrate with Donna Neilson, Mary Elliott, Sue Van Doren, Valerie Bennett, Pam Jones, David Schwerin, Rich Carlson, EJ Carreiro, Deb Mazza and Amy Rhett (*who joined us this last year*) as we acknowledge together their work and offer support to those that choose to move on into Helpership Training.

CCC Day will be held at St. Luke's Episcopal Church annex (*aka Ernie's church*) beginning at 9:30 am as we gather for coffee/tea and munchies and catch up with old Pathwork buddies. Judith Garten's presentation, "Answering Albert's Question: Is the Universe a Friendly Place?" begins at 10am followed by lunch (*which is supplied by the Board*) Class presentations, passing of the mantle and graduation will conclude our day together in the afternoon. ♦

## Question: Is the Universe Friendly?

*An exploration with Judith Garten*

Years ago Albert Einstein posed the query, "What's the most important question you can ask in life? Is the universe a friendly place or not?" Our rigorous self-inquiry in the Pathwork asks us the same question.

If we sit with this question, peeling away the top layers of

facade and shallow response, we may just discover the true seed of our discontent. We may find out that our lack of bravery to love and our penchant for over-activity or non-receptivity and vice versa

**Question continued on Page 2**



This year, our annual Pathwork auction will be ONLINE. We raise money every year to run our many programs and we hope this will be an easy and effective way to do it.

Friday, April 23rd to Sunday, May 2nd

## ONLINE AUCTION FUNdraiser

Can you possibly resist bidding?

**A week on Martha's Vineyard in Chilmark, Massachusetts** approximately 20 minutes from Edgartown, Vineyard Haven, Oak Bluffs, or pretty much anywhere on the Island. Enjoy nearby beaches, St. Lucy Vincent and Menemsha, each with its own unique personality. At Menemsha, purchase food, use the restrooms, view the harbor activity, fish on the jetty, use your boogey board, eat lobsters on the beach and relax in the sun. At St. Lucy Vincent, pack a picnic lunch and enjoy the quiet and beauty surrounding you, or take a break from the sun and go out for lunch at one of the many wonderful nearby restaurants. This jewel of a house is located on a three-acre wooded lot (*wonderfully quiet*). It has three bedrooms (*sleeps 7 comfortably*) and a recently remodeled kitchen. **Week: between June 1 and October 1**, date to be confirmed in May after rental contracts are signed.

**A week AND a long weekend on the bay at Sea Isle City, NJ.** Watch the beautiful sunsets off the deck, stargaze from the master bedroom balcony, or enjoy nature's display of egrets, ducklings, and hermit crabs from the dock. This spectacular house, just 3 blocks from the beach, includes 4 bedrooms, 3 baths, and a main living space on the second floor, with living room (*fireplace and TV*), kitchen, and dining area (*table seats 10*). There is a large balcony off the main living area with table and deck chairs; plus single and double kayaks and two or three bikes. Boat slip available at no charge. **Week:** Your choice of mid-May or mid-September to late October. **Long weekend:** mid-October to mid-May.

**"Swimming The River at Night," a three day small group intensive for 3-5 People.** Offered by Carolyn Tilove and Sharon, Friday, July 30 - Sunday, August 1. Leaving your regular activities and concerns behind for three days: No phones, no computers, much silence, deep transformational work. Returning home at night with interaction held to a minimum. Trusting very deep spiritual forces to help us 'swim', we will follow a guided rhythm of silence, prayer, individual process, group process, energy work and invocation of spiritual intervention for mental, emotional, physical and/or spiritual healing.

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