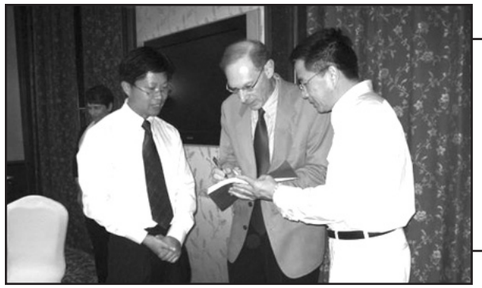
Pathwork in China

See **China,** Page 2

the combined population of all fourteen countries in which Pathwork currently has a meaningful presence. Given China's growing influence in world affairs, the introduction of Pathwork to China could, over time, make a significant difference in a country where many of its citizens are searching for greater meaning and deeper spiritual connections. Any helper interested in traveling to China to help further the introductory process can contact David for the names of contacts and background information. For those interested in a very engaging and informative description of their two week adventure see Jan's blog at www.janrigsby.com.



David Schwerin signing a copy of the book, 'Undefended Self.'

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
- **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

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

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

PHILADELPHIA PATHWORK REGION
Presidential-Madison House
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Philadelphia, PA 10131
www.philapathwork.org

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.
- **February 5, 2010** The Defense, PGL#101
- **March 5, 2010** Finding One's Faults, PGL#26
- **April 2, 2010** Real Needs, False Needs, PGL #192

PATHWORK STUDIES FOLLOW-UP WORKSHOPS
10:00AM-4:00PM / $50.00
To register, please call by the Wednesday before the workshop.
- **February 2010** Winter Break: No Workshop
- **March 20, 2010** Finding One's Faults, PGL#26
  Carolyn Tilove 215-752-9894.
- **April 2, 2010** Real Needs, False Needs, PGL#192
  Pnina Polishook 610-667-1176

FREE FIRST FRIDAY

See back page for locations

February 2010 Edition

PHILA PATHWORK REGION
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Pathworkers Volunteer at MANNA

By Valerie Applebaum

Thanksgiving Day was a little different for me this year. Instead of typically sleeping in late, I woke up early and went downtown to join Elaine Stogo's Volunteer Crew at MANNA. MANNA is an organization who provides food on a daily basis to 500+ people living with serious and/or terminally ill diseases within the Philadelphia area.

Renee Whatley and I definitely had our work cut out for ourselves, as we unwrapped some 250+ steaming, piping hot turkeys, which we then handed over to our fellow volunteers, who sliced them up and placed them into trays over a bed of greens. (There were ten pathwork volunteers in all – some sold pies, some packaged vegetables, etc.) All of this was accompanied by soup and all the Thanksgiving sides anyone could ask for. It was a beautiful feast.

We also had a surprise visit from Mayor Michael Nutter & his wife Lisa, along with PA House Representative, Dwight Evans, who came in to cheer us all on, as we stood in our aprons, covered in Turkey grease. It was a great day !

MANNA's operation is an incredibly impressive act to witness and it was with a full heart that I was part of such a group, banding together to help those who are going through such tremendous, physical ordeals, so that they could enjoy a simple holiday meal.

I wish all the recipients many, many blessings, healing and peace, and I am reminded, yet again, of all that I have to be thankful for.

If you wish to donate or volunteer at MANNA, please visit their website at www.mannapa.org. They are definitely worth it!

A BIG THANK YOU from Elaine Stogo:
MANNA and I would like to say thank you to all those who volunteered for Thanksgiving dinner. GREAT JOB EVERYONE. To Donna and Clarissa for helping to sell the pies; to Barbara and her 4 kids for packaging the vegetables and stuffing; to Kathleen, Valerie and Renee for working at the 'turkey table'.
Many many thanks.

An Invitation To Membership

Pathwork Membership
Your membership will help us be all that we can be, so we can help you be all that you can be.

The Pathwork Board counts on your membership to support the work of our region, e.g., nurturing the individual growth of every participant through programs such as First Fridays, workshops, continuing studies, the Transformation Program (TP), and the teacher-training program. The Board also counts on your membership to support the growth of our community through events such as CCC Day (Community, Commitment, and Celebration) and other Board-sponsored events.

Join us by becoming a member or renewing your membership at one of two levels:
Angel Members: $50 to $150; **Archangel Members:** $151 to $500 or more.

Free Abundance Workshop for members: All members will be eligible to attend the free, members only, Abundance Workshop, offered by Carol Day, Summer 2010, date t.b.a.

Please send your membership offering to: Philadelphia Pathwork Region, c/o of Joan B. Schwerin, 299 Bangor Lane, Ambler, PA 19002-2025. Please include your name, address, email, and phone number along with your check. All contributions are tax deductible in the year they are made.

Pathwork Travels to Pittsburgh

One of the many benefits of the second year Teacher Training program, led by Renee Whatley and Sharon Balsama, is that each of the nine students are expected to lead First Fridays. One of the students happens to be from Pittsburgh so that western Pennsylvania has its first formal PW program. Sue Van Doeren reports that fifty some people are registered and have attended at least one of the sessions so far and that most consider themselves registered for the series even though they may not be able to attend all of the sessions. All but four are new to Pathwork.

The participants are from a wide range of walks of life: students, therapists, doctors, healers, nurses, sales and business people, scientists, executives, retirees, teachers, pro golfer, dancer and fitness expert. The group meets in the home of one of the participants in an old restored Pittsburgh Victorian home warmed by two blazing fireplaces. Most people read the lecture and prepare homework ahead of time that has been assigned by email.

An email response to the last lecture, 'The Idealized Self Image' quoted, "...last Friday's lecture and work was amazing - thanks so much", captures some of the level of energy and excitement within the group.

What is your story?

How did you come to discover Pathwork?

Why did you decide to follow this spiritual Path?

The Board of Directors of the Philadelphia Pathwork region invite you to share your story with the wider Pathwork Community.
Please reply to Ernie Curtin by snail mail at:
8 Coventry Square, Ewing, NJ 08628
or email at: ecurtin@msn.com