

UPCOMING *events*

Upcoming Events from Page 3

Four Week Lecture Study

SPIRITUAL PRACTICES ... THE WHO, WHAT, WHEN, WHERE, AND HOW. Four Mondays, August 8, 15, 22, 29. 7PM-9:30PM. This class will be geared to a subject matter that is near and dear to my heart ... Spiritual Practice. I am learning more and more how to incorporate this into my daily life and the deep benefits that spiritual practices can have in my life. So what does this mean? This means some sort of body practice or meditation, prayer, and Daily Review. Each week we will build your spiritual practice, from the bottom up...working with the various resistances that show up, and all of the "how-to's" and "what to look for next" and "when do I have the time" and "why don't I find the time"... you know all the reasons why not, so now let's work on creating the reasons why we want this. We will work with several lectures that I will put together pre-class for you to begin your practice. This class is open to new Pathworkers as well as experienced Pathwork community members who still struggle with their Daily Review and Spiritual Practice. ★ Led by: Carol Day 609-392-7855; CarolDay3@comcast.net. Location: 21 Whittier Ave., Trenton, NJ 08618. Deposit of \$50 due by August 1, please. Cost: \$125.

The Philadelphia Pathwork Board seeks two new members

for the 2011-2012 year: a Treasurer and an At-large Member. If you have completed TP-2 by September of 2011, you are eligible to serve on the Board. We invite prospective Board members to attend either the May or June Board meeting in order to get a sense of how the Board works, ask any questions, discuss the work of the Board, as well as Board member commitments. Please contact Norm Danis, abovethenorm@verizon.net or 215-855-2258. *

4 May 2011

Philadelphia Pathwork® Region is a non-profit organization. Regional leader: Sharon Balsama, 272 Center Point Lane, Lansdale, PA 19446. 610-222-4688. Published four times annually.

FREE FIRST FRIDAY FREE FIRST WEDNESDAY LOCATIONS

PENNSYLVANIA:

FIRST FRIDAY:

- **Ambler:** David Schwerin 215-793-0712
- **Doylestown:** EJ Carreiro, Jr. 610-653-7212
- **Jenkintown:** Gayle Lacks 215-576-7933
- **Philadelphia:** Renee Whatley 215-472-6454
- **Pittsburg:** Sue Van Doeren 412-434-0400

FIRST WEDNESDAY:

- **Boothwyn:** Donna Neilson 610-761-3583
- **Chadds Ford:** Deb Mazza 610-793-2036

NEW JERSEY:

FIRST FRIDAY:

- **Hamilton:** Pam Jones 609-631-6873
- **Skillman:** Mary Elliott 908-625-2238
- **Trenton:** Carol Day 609-392-7855

FIRST WEDNESDAY

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

✓ **PLEASE CALL TO LET US KNOW YOU WILL BE ATTENDING.**
Topics are listed on the front of this newsletter.

RELATIONSHIP TO GOD

FREE FIRST FRIDAY

FREE FIRST WEDNESDAY

See back page for locations

May 2011 Edition

FIRST WEDNESDAY & FIRST FRIDAY ARE FREE GATHERINGS which take 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 program offering a deepening of each First Friday & First Wednesday lectures. Education, prayer, meditation, exercises and personal process may be a part of the Pathwork studies experience.

• **FIRST FRIDAY & FIRST WEDNESDAY: 7:00PM-9:00PM**
Please call to register and get directions by the Wednesday before the event for First Friday and Monday before the event for First Wednesday. (If you do not call and register you may miss an event and find it has been cancelled.)

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

• **May 4 & 6 • Shame of the Higher Self**
PGL#66: Shame of the Higher Self
Pathwork Studies • Saturday, May 14 • Renee Whatley 215-472-6454

• **June 1 & 3 • Prayer**
PGL#36: Prayer
Pathwork Studies • Sunday, June 12 • Renee Whatley 215-472-6454

*Pathwork Studies Workshops can be offered at a low cost because they are sponsored by the region.

www.philadelphiapathwork.org
PHILADELPHIA PATHWORK REGION
Sharon Balsama
272 Center Point Lane
Lansdale, PA 19446

PHILA PATHWORK REGION

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An Invitation to CCC Day 2011 Saturday June 4th

9:30AM-4:30PM

St. Luke's Episcopal Church
Newtown, PA 18940

9:30-10:00 Greet and Eat

10:00-12:30 .. Kim Rosen

12:30-1:30 Lunch &

Silent Auction

1:30-2:30 Commitment

Ceremony

2:30-3:45 Class Presentations

3:45-4:30 Closing, Auction

Winners & Money
Collection



Kim Rosen

teacher and therapist, she gives 'Poetry Concerts', inspirational lectures and workshops throughout the U.S. and abroad.

Kim is a Pathwork Helper and a certified practitioner of the Breathwork and the Work of Byron Katie. Her work is also inspired by her training in Core Energetic Therapy, Gestalt Therapy, Drama Therapy and Hands-on Healing as well as her personal immersion in the teachings of Gangaji and other non-dual teachers.

Carolyn Tilove will be organizing a **DESSERTS EXTRAVAGANZA** - a chance for you to let us enjoy your favorite sweet creations. Please call 215-752-9894 or ctilove647@gmail.com.

Kim Rosen has touched listeners around the world with poetry's power to awaken, inspire and heal. She is the author of *Saved by a Poem: The Transformative Power of Words* (Hay House, 2009). Combining her devotion to poetry with her background as a spiritual

Doin' Sumthin' Right

by Norm Danis, President

A Happy Spring and many Blessings to our Community!

It is with pride and pleasure that I inform you that Pathwork in the Philly region is growing and thriving. Our Board works extremely well together and soon we will be having a joint meeting with Helpers as a follow up to our Visioning retreat. Because of this strong bond and confidence in our Helpers (second to none), we are able to do what we do.

Also, the new Helpership class has been receiving glowing comments and has done a phenomenal job of

attracting new members by expanding our free First Friday offerings (and special appreciation to the Helpers who lead First Friday, also).

So, in this time of new beginnings and blossoming – we hope you are enjoying Pathwork and its programs. Please accept my special invite to participate in the upcoming "CCC Day" and enjoy Kim Rosen, a gifted and seasoned Helper from the West, and support our Region by bidding in the silent auction – we have some great donations. All the best and many blessings *

Fundraiser 2011 - In Three Parts -

Part One: Online Auction

The online auction is reserved for donations over \$300 and for time-sensitive donations, such as intensives and summer homes. This auction is open to the Philadelphia Pathwork community only, beginning Monday, April 25, 7:00 a.m. and ending Monday, May 2, 7:00 p.m.

Part Two: Direct Sale Workshops

Four workshops will be sold directly at a set price, beginning Monday, April 25, on a first-come, first-serve basis. Because the online auction is not set up to handle items with multiple spaces (such as workshops) and because workshops are time sensitive (people need time to plan), they will be offered for direct sale. Purchases will be made by directly emailing or calling a Board member to buy a space. Complete information and instructions will be emailed prior to the April 25. If you are interested in participating and do not receive email, please contact Michael Ann Walstad, 609-912-1043.

Part Three: Silent Auction on CCC Day, June 4

The silent auction will include services that are valued over \$100; and goods valued over \$50. Items not sold at the online auction and remaining workshop spaces will also be available. An email describing the offerings will be sent closer to CCC Day. If you are interested in bidding and cannot attend CCC Day, please contact Michael Ann, mwalstad@comcast.net or 609-912-1043 with the item you are interested in and your highest offer.

• FUNDRAISER WORKSHOPS •

One Day Workshop

A PATHWORK APPROACH TO WEIGHT LOSS - AN INTRODUCTION. Saturday, June 25. 10AM-5PM.

"Some people believe they need gurus or esoteric practices. But you have food - and it is your greatest teacher. Obsession is an unexpected path because it relentlessly puts you back to yourself; wherever you want to eat when you're not hungry or don't want to stop when you've had enough, you know something is occurring that needs your kindness and attention.", Geneen Roth, "Women, Food and God." If this quote resonates in your being, then this day is for you. We hope that you receive from this introductory day some tools, practices and experiences that will give you "real and justified hope" as the Pathwork Guide says. You will not be "cured". Waking up happens over time and needs persistence, kindness, clarity, creativity, flexibility, wisdom and help from our higher selves and God. However, we can certainly make a good start using this particular approach to healing our relationship with food, appetite, and need. There is space for 12 participants. ★ Led by Carolyn Tilove and Donna Neilson, Apprentice. 215-752-9894; ctilove647@gmail.com. 901 Bellevue Avenue, Hulmeville, PA 19047. Sign up online or at CCC Day. After June 4th contact Carolyn to register. The proceeds from this workshop will be donated to the Philadelphia Pathwork Region. Cost \$75.

One Day Workshop

CHRIST IN YOU: YOU IN CHRIST - PRAYER AND PROCESS. Saturday, July 9. 10AM-5PM.

For some of us the drawing near to Christ or Jesus, surrendering to Christ or Jesus, knowing our fulfillment

Fundraiser Workshops continued on Page 2