

UPCOMING *events*

Upcoming Events from Page 3

Year Long Post Graduate Pathwork Studies

"REAL SELF-ISH": LIVING FROM WHAT MATTERS. Once a month September – May 2012-13. We will combine Pathwork Lectures, process and meditation with a new book Emotional Chaos to Clarity by Phillip Moffitt. To become "real self-ish" is about living more from our real selves - authentic, coming from our inner intentions and making choices from what we truly value. What are your values? How do you make decisions in your life? This is a year of discovery... ★ Led by: Gayle Lacks. 215-576-7933. gaylelacks@verizon.net. Location: 711 West Avenue, Suite 2, Jenkintown, PA 19046. Please call for specific dates and times. RSVP by August 24th. Cost: \$85/month.

One Day Workshop, Pathwork Studies. PGL#14*

HIGHER SELF, LOWER SELF, MASK. Sunday, October 7, 10AM-4PM. With these three concepts in our pockets there is so much we can understand, do and have fun with! Come to find out how these concepts apply to you - or to learn new aspects of them for yourself. We'll get to learn, play a little, teach each other and deepen our connection with ourselves. ★ Led by Carolyn Tilove and Pam Jones. 215-752-9894. Ctilove647@gmail.com. Location: Lower Bucks County, PA. Cost: \$50.

One Day Workshop: Pathwork Studies*

FINDING BALANCE. Sunday, November 18, 2012. 10AM-4PM. Come explore the "Three Cosmic Principles: The Expanding, The Restricting and The Static Principles, PGL#55. In this all day follow-up to First Friday, we'll use the lecture, process work, meditation and movement to look at the rhythm of growth in your life. Are you too pushy? Too held back? Stuck? Find what you need to get back in balance. ★ Led by: Gayle Lacks. 215-576-7933. gaylelacks@verizon.net. Location: 711 West Avenue, Suite 2, Jenkintown, PA 19046. Please send payment by November 9, 2012. Cost: \$50.

*Pathwork Studies Workshops can be offered at a low cost because they are sponsored by the region. All Pathwork lectures are available on www.Pathwork.org.

4| August 2012

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

FREE FIRST FRIDAY FREE FIRST WEDNESDAY LOCATIONS

PENNSYLVANIA:

FIRST FRIDAY:

- **Ambler:** David Schwerin 215-793-0712
- **Philadelphia:** Renee Whatley 215-472-6454

FIRST WEDNESDAY:

- **Garnet Valley:** Donna Neilson 610-761-3583
- **Chadds Ford:** Deb Mazza 610-793-2036
- **Pittsburgh:** Sue Van Doeren 412-434-0400

NEW JERSEY:

FIRST FRIDAY:

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

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.

PHILA PATHWORK REGION

Volume 9 - Issue 3 - August 2012

INSIDE PAGES

- | | |
|------------------------|--------------------------|
| 1 Celebrate Growth | 2 Regional News |
| 1 Being Called ... Yes | 2 Dinner At Joe's |
| 1 Board Message | 3 Upcoming Events |
| 1 Fundraiser | 3 Region's Helpers |
| 2 Personal Reflections | 4 Upcoming Events Cont. |
| | 4 First Friday/Wednesday |

CELEBRATING A NEW SEASON OF GROWTH

by Sharon Lee Balsama

Dearest Pathworkers,
Here we are in the heat of summer ... hopefully a time to relax and vacation before fall when everything starts up again. As I sit here, it is a time for reflection for looking back over the last year of Pathwork as well as a time of looking forward and anticipating the Pathwork year ahead. There were many completions: TP classes ended for the year and two classes graduated from TP. We had seven new Helpers complete the Helpership Training and all seven claimed Helpership. The number of Helpers in the Philadelphia Pathwork Region has nearly doubled. We now have 15 Helpers!

We are already planning a joint meeting of the seasoned and new Helpers in October when we will meet with Lorraine Marino in an effort to have a smooth integration of the two groups.

I can't help pondering what the Region will be like now... what will change, what will stay the same? It is breathtakingly exciting to think about. One of the new Helpers, Mary Elliott, will be joining the Helpers' Council, a new voice with new ideas. The same can be said for the Board. Some dear friends have finished their terms and have rotated off: Gayle Lacks, Michael Ann Walstad and Joe Balsama; and new members have stepped forward: Sue Walker, Carol Day and

new Helpers, Donna Neilson and Amy Rhett. Amy is also taking on the positions of Communications Liaison and Special Events Coordinator. EJ Carreiro who has been on the Board but who just became a new Helper is stepping into the Presidency. Another new Helper, Pam Jones is taking over as First Friday/First Wednesday and Pathwork Studies Coordinator. We are looking forward at some point to beginning to hold Pathwork Studies in two locations: one in the Philadelphia area and one in New Jersey each time!

In addition to the Board and Helpers' Council, many of the new Helpers are becoming active in other areas. EJ Carreiro, Amy Rhett

and Rich Carlson are planning on working with John Stritzinger over the summer and to help update the website and are planning to work with Ernie Curtin regarding more visibility on the internet. Sue Van Doeren is very busy with a large following of new Pathworkers in the Pittsburgh area. It is a booming area and Sue is interested in getting a TP up and running as soon as is feasible.

Yes, go ahead, imagine along with me... what the "new" larger Philadelphia Pathwork Region might be like by CCC Day, June 1, 2013. May we continue to serve God's will for this Region moving forward.

Blessings to each of you,
Sharon Balsama

BEING CALLED TO THE BOARD...YES...YES...YES

by Carol Day

And it is a good thing. I have been sitting back doing my Pathwork routine...usually two Transformation Classes a month, plus First Fridays...and then once a month a meeting with several other Helpers for Helper's Council. You would think I have enough Pathwork to keep me busy, right?

Well, a few months ago I felt a calling...to join the Board. Or maybe I should say...to re-join the Board. For those of you who don't know me and my history, I was the original

Chairperson, many moons ago, that led what we called a "Visioning" Committee...to see where and what we could do to get Pathwork more rooted in our region. At that time, we were not yet a non-profit region and there was work that had to be done to become a region. And, at that time, I felt a calling to lead...so I stepped up and led a group of us to see what we wanted to be when we grew up...grew up into an "official" Pathwork Region. What fun!!!

So after many months of meeting once a month, and help from many

members, we wrote the first by-laws and we were incorporated as the Philadelphia Pathwork Region, an official region within the parent group of "International Pathwork." This

incorporation gave us certain rights as non-profit members...and it was a big step.

And...as part of that incorporation, Called continued on Page 2

www.philapathwork.org

FREE FIRST FRIDAY

FREE FIRST WEDNESDAY

See back page for locations

The Power of Three

"There are many trades in the spiritual facets of life. Each trade forms a whole." PGL#119

One aspect of the trad harmoniously combines with the other two.

October 3, 5:
PGL#14: Higher Self, Lower Self, Mask
Pathwork Studies • Saturday, October 7, 2012 • Carolyn Tilove/Pam Jones • 215-752-9894

November 2, 7:
PGL#55: Three Cosmic Principles: The Expanding, the Restricting and the Static Principles
Pathwork Studies • Sunday, November 18, 2012 • Gayle Lacks • 215-576-7933
*Pathwork Studies Workshops can be offered at a low cost because they are sponsored by the region.

FREE FIRST FRIDAY & FIRST WEDNESDAY 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 show up at 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.

Augusts 2012 Edition

Sharon Balsama
272 Center Point Lane
Lansdale, PA 19446

PHILADELPHIA
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Board Message — Norm Danis, President

Happy Summer! My wish is for you and your families to enjoy a fun, rejuvenating summer. This is wonderful time of year to acknowledge your past years' work and accomplishments. CCC day was a excellent event to do just that, for yourselves and our community. It was special to have Moira, Bert and Carolyn inspire us and to connect us with our "roots." We are truly blessed! And, what a treat to see our TP5 students and Helpership Training students graduate and listen to their heartfelt reflections. Special appreciation to those who worked to plan our "Community" day (and you know who you are!) and make it a "Celebration." Another positive aspect, besides having "all" of us together to schmooze, is to welcome our newest Board members (Carol Day, Donna Burns, and Susan Walker). We continue to grow and create a stronger foundation. It certainly does take a village and we appreciate the volunteers behind the scenes who keep our programs moving forward. This is my last communication as President (though I remain on the Board). It was a rewarding time and I enjoyed the team work of a dedicated group. The baton has been passed onto EJ Cairreiro. Please give him and our community the support it needs and deserves. Thanks for the memories and a warm summer to all!

Norm Danis

FUNDRAISER
Proceeds Shared With Winning Bingo Card Holder & The Philadelphia Pathwork Region

Bring your family and your friends

B I N G O

& Talent Show
Saturday, August 25
10AM-4PM
St. Luke's Church
100 East Washington Avenue
Newtown, PA 18940

Talent Show
Calling all performers, singers, dancers, poets, storytellers, musicians and comedians. What is your talent that you want to share with our community.

Lunch
What's better than sharing a meal? We will put together our own Philadelphia Pathwork Region **potluck** and share and nurture each other with another talent, the talent of good food.

• CONTACTS •
Potluck: Carolyn Tilove - ctilove647@gmail.com; 215-752-9894
Talent Show: Carol Day - carolday3@verizon.net; 609.392.7855
RSVP to Carol by August 15th