

# The Red Shoes Circle

2303 GOVERNMENT STREET BATON ROUGE, LA 70806 WWW.THEREDSHOES.ORG INFO@THEREDSHOES.ORG 225-338-1170

2013 NEWSLETTER



## The Red Shoes

A Center for  
Personal and Spiritual Growth

Founded in 1999, The Red Shoes is an important source of healing and harmony in our community.

We are a non-profit center offering opportunities for spiritual enrichment and personal growth. Our warm, open community broadens understanding and encourages self-discovery.

Our unique offerings include:

- Inspiring speakers from around the world
- In-depth studies of spirituality and faith
- Thought-provoking book and film studies
- Weekly meditation and daily yoga
- Creative art experiences

Our programs open hearts and minds that transform the world.



## You Help Us Change Lives: Donna Badon's Story

Not long ago, I found myself in a very bleak place. I was overwhelmed with uncertainties and spiraling down into a depression. I landed in an emergency room at Our Lady of the Lake Hospital. I thought I was having a heart attack. I learned I was suffering from stress, both mentally and physically. I knew that the battle was too big for me and the only way to survive was to surrender. The words "let go and let God" finally resonated.

Through prayers and a place called The Red Shoes, I am now experiencing a true awakening and rediscovery of self. I started out just looking for a place to do yoga, but what I found was so much more. The Red Shoes is unique: you feel the phenomenal energy the moment you walk through the doors. It is a place that is true to its mission, providing a space for growth and healing, and it has contributed greatly to my life. It is a place I affectionately call my "New Club House."

Through creative and educational workshops, and inspirational speakers, The Red Shoes has helped me to see how important my role is as a woman. I am part of a movement for living as a healthy and empowered woman, leading the way for others to follow.

**Please help us offer a safe space for self-discovery for women like Donna.**



Donna Badon

## You Help Us Bring New Vision to Our Community

### A Modern Message From 1,000 Years Ago

Partnering with our friends at the Unitarian Church, we welcomed author and theologian Matthew Fox to Baton Rouge. Fox's recently published book brought Hildegard of Bingen to the center of our spiritual retreat. Invoking the strength and compassion of the Divine Feminine, Fox challenged us to recognize the Oneness, the interconnections of all beings, land, air and water, and the need to care for all with respect and awe.

He spoke powerfully about providing innovative educational opportunities that recognize students as creative and intuitive beings rather than vessels to be filled with an approved quantity of facts. With beliefs seeded in books like his *Original Blessing*, Fox pleaded that we are all perfect, complete creatures worthy of love and responsible for all.

**Your gifts made this amazing and inspiring weekend possible. Thank You!**



Matthew Fox spiritual retreat hosted in partnership with the Unitarian Church of Baton Rouge. L to R: Matthew Fox, guest speaker; Wendy Herschman, The Red Shoes; Reverend Steve Crump, Unitarian Church of Baton Rouge.

### 2013 Board of Directors:

President: Sandy Patrick  
Secretary: Celia Bailey  
Treasurer: Omayya Jazairli

Founder: Roberta Guillory  
Ex Officio: Becky Simmons

Kerri D'Amico  
Lisa Delpit  
Kay James

Maida Owens  
Janice Villarrubia

## The Red Shoes: Stepping Out in the Community

The Red Shoes is a valuable resource to these diverse groups in Baton Rouge. Your donation enables us to provide information and services in a variety of ways.

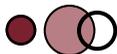
Cancer Services of GBR  
Baton Rouge Earth Day  
Pennington Wellness Day  
for Women

Dialogue on Race Louisiana  
Woman's Hospital: Women  
Living with Cancer

Bishop Ott Sweet Dreams  
Shelter

STAR: Sexual Trauma  
Awareness & Response  
Center

The GBR Food Bank  
Slow Food Baton Rouge  
Baton Rouge Pride Fest



### Did you know?

- In 2013, we offered over 267 programs.
- Over 6,400 people benefitted from our programs in 2013.
- Our low fees keep our programs inclusive, but do not cover our operating expenses and facilitator fees.
- Your gifts help us provide uplifting and affordable programming.
- Thanks to your donations, program scholarships are always available.

## You Help Us Bring Caring to Our Community *Crocheting Compassion*

For the past two years, Gerry Stark has gathered a circle of women, first expanding their awareness of women's issues and then exploring the spiritual practice of compassion. After reading *Same Kind of Different as Me*, a story about homelessness, the group was ready to turn their growing awareness into action.

### A place to lay down, a cushion during the hard times.



Susan Lambert crochets her first mat.

Inspired by an article in *The Advocate* about making plastic yarn (*plarn*) and crocheting mats for the homeless, the group has learned to cut and tie plastic grocery bags to make *plarn* and crochet the *plarn* into mats. These plastic mats create a soft, insulated surface for people living on the streets.

**Your support helps us provide space to nurture compassion, incubate ideas and discover new ways to help in the community. Thank you!**

If you would like to learn to make something positive out of plastic bags, our Compassion in Action group will be teaching a class in spring 2014.



Group leader Gerry Stark: proud of her *plarn*!

## One Billion Rising

One in three women on the planet will be raped or beaten in her lifetime. That is one billion women. In February, one billion women and men shook the earth through dance to end violence against women and girls. The Red Shoes partnered with Nia dance teachers, STAR (Sexual Trauma Awareness and Response Center) and Cangelosi Dancers for an event in North Boulevard Town Square raising awareness about this issue. Members of the community stopped by to dance and show support for the cause, as women took the microphone and shared stories of pain and abuse.

**"Imagine one billion women releasing their stories."**

As a partner with STAR, we also hosted a Day of Healing retreat for survivors of sexual assault.

**Your support makes healing work possible.**



## Who benefits from our scholarships?

- College students
- Women on disability
- Women who are currently unemployed or underemployed
- Women who are supporting families and have limited disposable income
- Women who are trying to get their lives back on track

**“If not for your generous scholarship, I would not be able to attend.”**

“I just wanted to say how great last night's gentle yoga class was. Tina can challenge us without hurting us and that is EXACTLY what I've needed for a while! I was an athlete before I got fibromyalgia. Although I was 19 then, now I am 38, but still have the spirit of that athlete. I'm really enjoying being able to attend yoga at The Red Shoes. If not for your generous scholarship offer, I would not be able to attend. Please know that when I do have cash, I will be donating to The Red Shoes. Thank you for giving me a healing place to exercise my mind and body.”

Sincerely,  
Amy Walsh

**Thank you for your support that makes scholarships available on request.**

## You Help Us Bring Forgiveness and Understanding to Our Community

In our fragmented and polarized world, Naomi Tutu's words during Women's Week resonated: if we are not all free, no one is free; if we are not all well fed, no one is nourished. *Ubuntu*, the African phrase meaning to be truly human, requires us to see the divine in each person and realize that our lives are inextricably interconnected.

***There is a pearl of great price within you...***

Opening with the words of this poem by Gregory Norbet, Naomi facilitated a powerful, healing workshop at The Red Shoes. Recognizing and nurturing this “pearl” were the first steps on a journey of transformation, as Naomi guided participants to a place of reconciliation and restored wholeness.

**With your participation in Circles of Giving we can continue to create uplifting opportunities for growth.**



**“Naomi was able to help us become open to the process of reconciliation and work to free ourselves of things that bind us from living a whole life ~ our best life! This is a testimony to all the good work The Red Shoes does for our community. Bravo!”**

- -Fran Harvey

## Previously Incarcerated Women Open Doors of Understanding

Giving faces, voices and souls to an overlooked population, we welcomed The Graduates, a theatre group that began at the Louisiana Correctional Institute. *Do You See Me?*, a dramatic performance piece, features four previously-incarcerated women and opens hearts to the struggles each woman experienced behind bars. Inspired by their own hard journeys, Sherral\* and Carry\* have a dream: Miracles Manor, a home for rebuilding life. They want to offer those leaving prison the chance to say, **“I'm not going back, I'm going forward.”**

**Your financial support allows us to provide a venue to assist and raise awareness about problems faced by underserved populations.**

## Dialogue on Race Louisiana

Because of your generosity, we donated space to hold a 6-week Dialogue on Race and a 4-week Advanced Dialogue, both meaningful steps to understanding institutionalized racism.



**The Graduates: Carmen, (Directors: Ausettau and Kathy) Sherral\*, Ernestine, Carry\* and Wendy, E.D. The Red Shoes**

## The Red Shoes Circle - Your Gift Makes a Difference

Why is your participation in the Circle of Giving important right now? We want to reach all who can benefit from our programs in 2014. You can see how gifts in the past have created opportunities and changed lives. The dollars you give are transformed into inspiring programs, economic education, assistance for underserved populations and circles of support. Each life we touch - each person who heals a wound, who grows in self acceptance, who finds her inner wisdom - brings us one step closer to a world of justice and peace.

### Each step depends on your support.

The mission of the Red Shoes is inspired by the "divine feminine," the gentle nature of the Divine that cultivates compassion and collaboration. Our vision is to create circles of community that empower the individual, increase understanding and embrace diversity. If you believe this vision is an antidote to the violence and polarization that surrounds us, please help us continue to offer programs and invite speakers that foster these ideas.

### Your dollars create our budget.

We partner with many outstanding agencies in the community to broaden the work of our unique non-profit organization. Each partnership allows us to address a different need and become a resource for a growing circle of people inclusive of all faiths, cultures, ages and socio-economic groups.

There is more work to be done. Participate in our **Circle of Giving**. Join us in work that will transform individual lives, the community and the world.

*Sandy Patrick, Board President*

*Wendy Herschman, Executive Director*

*Roberta Guillory, Founder*

## You Help Us Reach Those in Need

How do we touch lives? Just a few examples:

Our **Lifting Loans program** continues to educate and support women entrepreneurs.

We offer free **yoga classes for cancer survivors** each Monday, in partnership with Cancer Services.

Our volunteers plan a party at the **Sweet Dreams Shelter** each season.

Our Red Shoes volunteers work regularly at the **Food Bank** to help sort food and fill food backpacks for school children.



Food Bank volunteers: Celia Strickler, Susan Bueche, Son Martinez, Susan Lambert

## The Red Shoes Circle of Giving

### Taking steps to assure a better tomorrow

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_ \$25-\$50 Circle of Understanding

\_\_\_ \$51-\$100 Circle of Caring

\_\_\_ \$101-\$200 Circle of Compassion

\_\_\_ \$201-\$300 Circle of Change

\_\_\_ \$301 - \$500 Sustaining Circle

\_\_\_ ( ) Open Hearted Circle

Gift ( ) in memory of ( ) in honor of \_\_\_\_\_

Also acknowledge to this name and address:

( ) Check enclosed ( ) My pledge: I have set up an automatic monthly transfer from my bank for \$\_\_\_\_\_.

( ) I prefer to put this on my credit card. (one time gift or recurring monthly donation)

Make your donation right now at [www.theredshoes.org](http://www.theredshoes.org) - click "Support."

Or provide your credit card information and we will process the charge for you:

Amount \_\_\_\_\_ Is this a *one time* or *monthly* credit card auto charge? (circle one)

CC# \_\_\_\_\_ Expiration date \_\_\_\_\_ Security Code \_\_\_\_\_

Billing address if different than above: \_\_\_\_\_

**Thank You!** May we print your name as a member of our Circle? Yes No Thanks