

Fall 2013



The Red Shoes

A CENTER FOR PERSONAL & SPIRITUAL GROWTH

The Red Shoes, A Center for Personal and Spiritual Growth, is a non-profit organization with a 501(c) 3 tax status under the Federal Internal Revenue Code.

The Red Shoes is a women's center for personal and spiritual growth.

Our commitment is to value and support all women on their life's journey.

We celebrate, empower and nurture women.

We offer space for women to explore and develop their inner life.

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

We focus on what we hold in common rather than what divides us.

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Please register for our programs by phone, email or online.

The Red Shoes

2303 Government Street

Baton Rouge, LA 70806

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info@theredshoes.org

Executive Director: wendy@theredshoes.org

Scholar in Residence

Ubuntu:

Creating a Mosaic of Humanity

Our individual well-being and the well-being of the entire human race are inextricably joined together.

A Weekend Retreat

with

Naomi Tutu

Human rights advocate,
daughter of Archbishop Desmond Tutu

Friday, September 27

Saturday, September 28

In partnership with, and hosted by,
the Unitarian Church of Baton Rouge



Ubuntu: The Challenge of Being Human

Friday September 27 7-9 pm

The Unitarian Church 8470 Goodwood Blvd

Naomi Tutu opens our hearts as she illuminates the South African concept of *ubuntu*, being truly human. With *ubuntu*, one senses the sacred within each person, and understands that our individual well-being and the well-being of all people are inseparable. Through personal stories, Naomi inspires us to become the fully human people we are called to be.

\$15

Healing Ourselves, Our Relationships, Our World

Saturday September 28 10 am-4 pm

The Red Shoes 2303 Government Street

As we look around the world, we sense brokenness in others and ourselves. What happened to our dreams, to the great things we were going to do in the world? Naomi leads this powerful and inspiring workshop, taking us on a journey to heal our broken world from the inside out. Poetry, meditation and conversation open us to the process of deep reconciliation: first healing and accepting ourselves, then our relationships with family and friends, and finally with the larger world, "the them and us." Influenced by experiences in South Africa, Naomi's stories of oppression and empowerment illuminate this transformational journey.

\$40



Facilitated by Naomi Tutu, who has served as program coordinator at the Race Relations Institute at Fisk University, and the African Gender Institute, University of Cape Town.

Naomi founded Nozizwe ("Mother of Many Lands"), with the mission of bringing different groups together to learn from and celebrate differences, and acknowledge shared humanity.

As we move into the fall of the year, we become aware of our unfinished business, the things we meant to do this year, the things that still call us to action. How can you make a difference before this year ends? Our fall program offers opportunities for each of us to co-create a more loving and just world. Join our discussion with Lisa Delpit to improve public education, participate in the Dialogue on Race or volunteer with us at the food bank or Sweet Dreams Shelter. Naomi Tutu, our Scholar in Residence during Women's Week, will challenge us to think and act from a perspective of oneness, embracing the idea that our individual lives are interconnected with all of humanity, our futures are one. Join a book study on the works of Wendell Berry or John O'Donohue, or a sacred circle; each has the potential to transform us from within, so that we can see more clearly how we are called to heal the world. As the year ebbs, let your spirit flow. Find inspiration for action at The Red Shoes, so together we will usher in a brighter, more compassionate new year. Enjoy the lights of the holiday season.

Wendy Herschman, Executive Director

September

Complete Yoga & Nia schedule on page 8

Community Chant

Sunday September 1 3:30-4:30pm

HU is an ancient prayer song or chant used throughout the ages to bring into our awareness the presence of the Divine and help us experience Divine love. This community HU song is a time for people of diverse faith traditions to leave stress at the door and come together to chant and bring peace and calm into our lives.

Facilitated by a team of Louisiana Eckankar members.

No Fee

Continuing Community (details p. 11)

Tuesdays Weekly 4:30-6pm

Join a caring and supportive circle of women that encourages personal and spiritual growth. Come together to share thoughts and inspirations, a sacred "show 'n tell" within the context of a spiritual circle.

Dialogue on Race: Advanced Series

Tuesdays Septmeber3-24 6-8 pm

The Dialogue on Race is a unique opportunity for people of diverse backgrounds to speak frankly and safely about racial issues. The advanced series enhances participants' understanding of race, fosters better communication and facilitates intelligent action when confronting racial issues. Participants learn how racial hierarchy was created and institutionalized, and discuss ways to use this information in their search to eliminate racism. Prerequisite: The 6-week Dialogue series.

No Fee

Compassion in Action Circle (details p. 11)

Wednesdays 10:30-11:30 am

Join us to explore Sr. Jose Hobday's book *Simple Living: An Invitation to Joy and Freedom*. Sr. Hobday, a Native American elder and Franciscan nun offers a practice to simplify life, the key to spiritual freedom.

Spiritual Awakening and Meditation (details p. 11)

Wednesdays Weekly 5-6pm

Come for a quiet time of exploration and meditation. Enjoy stillness that creates a time to empty and reconnect to Source.

Dream Discovery

Thursdays 10:30 am-12 noon

Discover more about yourself as you learn to work with your dreams. The language of dreams offers valuable insights into understanding your relationships, your choices, your past and your future. Basic elements of Carl Jung's work are a part of this exploration. While studying and sharing dreams, you will learn ways to interpret and understand them in a meaningful way.

Facilitated by Joan McCaskill, Spiritual Director MA.

\$40

Spiritual Journey Circle (details p. 11)

Thursdays 6-7 pm

Find inspiration on a journey that opens the door to the ideas of diverse spiritual teachers. We will begin this season learning from Pema Chodrun's *Start Where You Are: A Guide to Compassionate Living*.

The Key: Searching and Sharing (details p. 11)

Thursdays 6-7 pm

The key we seek is the one that opens the door to a life of meaning. Join our group and enter a supportive place for men to meet that encourages authentic conversation about coming to a deeper understanding of the healthy masculine and the natural yearning for spirituality.

Lisa Delpit: Education Vexation

Sunday September 8 3:30-5 pm

Join Dr. Lisa Delpit, award-winning educator, author of *Multiplication is for White People* and MacArthur "Genius Award" winner, as she returns to The Red Shoes to continue our discussion on public education. How can we raise expectations for all children and foster excellence in the classroom? Explore how the community can help the public school system and how we can restore a positive story for poor children of color. Bring your experiences and ideas to share with the group.

Facilitated by Lisa Delpit, author, Felton G. Clark Professor of Education at Southern University in Baton Rouge and a board member of The Red Shoes.

Suggested donation \$5

Fairy Tales: Stories of Feminine Transformation

Mondays September 9-23 6:30-8 pm

Why do we pass down fairy tales from generation to generation? Stories of enchanted princesses and talking animals resonate throughout the ages because they are archetypal stories of transformation and development. The tales give hints about how change happens, as if by magic, but magic that is soul work. Exploring fairy tales will help us discover the “magical” journey of the development of the feminine.

Facilitated by Joan McCaskill, Spiritual Director MA.

\$30

Stay Fit While You Sit

Wednesday September 11 6:30-8 pm

Sitting for long hours at work or home may be hazardous to your health! Learn simple techniques, including natural stretching, to avoid back and neck injuries and repetitive motion injuries like Carpal Tunnel Syndrome. We will discuss posture, chair quality and height, and desk placement. Learn correct monitor and keyboard placement, too. Ergonomics is key to a healthier you.

Facilitated by Dr. Jay Perniciaro, B.S., and Dr. Peter Dickinson, B.S., Doctors of Chiropractic Medicine.

\$10

Therese Knowles: Moment of Creation Series

Sundays Sept 15, Oct 20, Nov 17 3-4:30 pm

Have you passed by a piece of art work and said “Wow, that looks easy, I can do that!” But *can* you? What is the artist communicating? What influences an artist’s style? Each month we will bring an artist to life, learning about the culture, politics and music that contribute to the moment of creation. Then guided by Baton Rouge artist Therese Knowles, we will get in touch with our inner artists and create an original work in the style of the artist we have studied.

Class 1 - American artist Wayne Thiebaud: Come and enjoy a cupcake and hear why he loves desserts!

Facilitated by Therese Knowles, local painter, potter and art teacher extraordinaire.

Monthly \$15

Nia Fall Frolic! It’s Healthy, Healing and Fun

Saturday September 21 10-11:30 am

Celebrate the balance of darkness and light with the autumn equinox! Come into balance as summer moves silently into fall. Reaping the harvest of movement in our bodies and spirits, we release what is no longer needed and lift lightly like dancing leaves in the wind. Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

Facilitated by Kate Finlayson, certified black belt Nia instructor, who has found healing through Nia.

\$15

Ubuntu: Creating a Mosaic of Humanity

A Weekend Retreat with

Naomi Tutu

(details page 1)

Friday September 27 7-9 pm

Saturday September 28 10 am-4 pm

Naomi Tutu, daughter of Desmond Tutu, will share stories of growing up black and female in apartheid South Africa, which shaped her life an activist for human rights. With humor and uplifting spirit, she will inspire us to live up to the African ideal of *ubuntu*, being fully human, & help us heal from the inside out.



Bringin’ In Da Spirit - Documentary

Sunday September 29 2-3:30 pm

This film, narrated by Phylicia Rashad, illuminates the little-known history, challenges and triumphs of African-American midwives. Two intertwining narratives define this film: the struggle for African-American equality in the face of racism and oppression, and the struggle for the midwives to retain their profession’s traditional practices under increasing government regulations.

Facilitated by Kathe Hambrick Jackson, founder and executive director of River Road African American Museum in Donaldsonville.

\$5

Lifting Loans: Fulfill Your Potential through Entrepreneurship

Monday September 30 7-8:30 pm

Are your personal passions aligned with your business goals? Denise will help you build a business that will enrich your life. If you are looking for startup funds, join us to learn about The Red Shoes’ Lifting Loans program, which combines low-interest micro-loans with business mentoring. Fulfill your potential as a successful entrepreneur.

Facilitated by Denise Palmisano, Certified Integrative Coach Professional; Celia Vine and Wendy Herschman, Lifting Loans Coordinators.

\$5

**The Red Shoes’ facility is available
to rent for meetings and special events.**

Call today to schedule your event.

225-338-1170

**Please register for our programs
by phone, email or online.**

225-338-1170

info@theredshoes.org www.theredshoes.org



October



Weekly Programs:

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Gift of Goals: Introduction

Tuesday October 1 6:30-7:30 pm

Have you lost touch with your dreams and passions? Is there something you've always wanted to do, but don't have a clear plan for how to do it? This introduction to Gift of Goals blends Eastern techniques for centering and focus with Western strategic planning to create an inspiring life vision and a workable plan. Join us to make your goals into realities.

Facilitated by Jan Bernard and Elena Keegan, co-creators of Gift of Goals.

\$5

Say It with Paper: Recycled Paper

Wednesday October 2 10:30 am-12 noon

Envelopes don't have to be standard. Reused magazine pages, maps and music scores become beautiful, one-of-a-kind envelopes. Learn to make envelopes for gift cards, correspondence or just to make you smile. We will also create unique note cards using simple collage techniques. Handmade cards and envelopes are a treasure for business associates, friends and family. Materials supplied.

Facilitated by Pam Arnold, collage artist.

\$5

The Gift of Inner Peace: Meditation

Wednesday October 2 5-6:30 pm

Meditation: What is it and how will it bring calm and balance into your life? A meditation practice helps you escape from your endless mental to-do list and "monkey chatter." Like any new skill, it may be challenging at first, but you will reap amazing benefits. Experience guided and silent meditation to ease stress and tension, and improve concentration. Join us for tools, tips and support.

Facilitated by Wendy Herschman, meditation facilitator and Executive Director of The Red Shoes.

\$5



Dreams, Images and Spirit

Thursday October 3 10:30 am-12 noon

All of us dream but few of us know how to interpret our dreams and how to connect our dreaming to our spirituality. The language of dreams is timeless, presenting us with eternal motifs and archetypes. A guided meditation will help us enter the world of images alive in our imagination and in our subconscious. Using the images that arise in meditation, we will learn how to approach a dream and what aspects of a dream to focus on. Dreams will become a mirror to your soul.

Facilitated by Joan McCaskill, Spiritual Director MA.

\$5

Ava Haymon: What If?

Thursday October 3 7-8:30 pm

What if? Two short words loaded with emotion, like "What if I had listened to Mother?" We often use it for self-criticism: "What if I lost 15 pounds?" Using it against ourselves creates mental chatter that comes between us and self-acceptance. Your "what ifs" will inspire a little word art, using poetry, pastels and paint. No talent required! *What if I tried something new?*

Facilitated by Ava Haymon, Poet Laureate of Louisiana and visual artist.

\$8

Open Mic Poetry and Music

Friday October 4 7-8:30 pm

Celebrate the arts in Baton Rouge! Enjoy musical performances and original poetry in our coffeehouse atmosphere. If you're a musician, singer or poet, we welcome you to share your gifts; call early to reserve your 5 minute spot. Join our audience to experience the best of Baton Rouge. Celebrate good music, good poetry and good company; stay for coffee and desserts.

\$5

Moving as One with the World: Bodies in Motion

Saturday October 5 10-11:30 am

Rather than feeling powerless against the violence in the news, open yourself to becoming a container of compassion. Imagine feeling that you can become an agent of peace to heal a broken world. Through improvisational and interpretive movement, combined with the positive energy of the labyrinth, your energy will transform, helping you experience a sense of unity and connection with all.

Facilitated by Anne Marks, owner/director of Art at Work, LLC.

\$5

Food for the Soul: Open House Party

Sunday October 6 4:30-6 pm

Discover an oasis for relaxation and transformation. Feed your spirit, nourish your creativity and drink from our deep well of inspirational programs. Our open house will feature a buffet of experiences: program samplings, imaginative activities and delicious delicacies. Experience our inclusive, supportive community and learn about our wide array of offerings.

No Fee



Introduction to *A Course in Miracles*

Mondays Oct. 7-Dec. 16 7-8:30 pm

 A *Course in Miracles* is a self-study spiritual thought system that teaches us to look through our God eyes, not our body's eyes. As an introduction to a *Course in Miracles* group that will begin in January, we will begin tapping into this powerful experience of transformation. Join us to experience meditations and practices from *A Course in Miracles*. You will treasure the inspiring lesson each week.

Facilitated by Anita Faye Leclercq, who has been studying A Course in Miracles since the 1980s.

Suggested Monthly Donation \$20

Solutions to Everyday Stress

Wednesday October 9 6:30-8 pm

Are there too many pressures and demands on you? Losing sleep worrying about work, health or family? You're not alone. Everyone experiences stress. Stress can disrupt the hormonal and neurological balance of your body. While you can't avoid stress, you can understand what stress does to the body and reduce or eliminate the negative effects. Learn a natural approach that can restore your physical health and lessen the adverse effects of stress.

Facilitated by Dr. Jay Perniciaro, B.S., and Dr. Peter Dickinson, B.S., Doctors of Chiropractic Medicine.

\$10

Energy Psychology: Shift Unwanted Thought Patterns

Sunday October 13 2-5 pm

Learn new techniques for relieving stress and healing emotional blockages including phobias, anxiety and depression. Energy psychology uses innovative interventions that balance, restore and enhance human functioning by stimulating the subtle energy system. Join us for an introduction to this emerging field and the amazingly effective technique of EFT (Emotional Freedom Technique), modalities combining Chinese medicine and exposure therapy to create "acupressure for the emotions." 3 CEUs: LPC & LCSW

Facilitated by Dayle Malen, LCSW, M.Ed., an Emotional Freedom Technique master practitioner and trainer.

\$20

MELT

Tuesday October 15 6:30-8 pm

 As seen on Dr. Oz, the MELT Method is a simple, self-treatment technique that reduces pain and helps you stay healthy and active for a lifetime. Daily stressors leave our bodies full of tension affecting the body's connective tissue. This tension causes dehydration and cellular damage leading to aches, stiffness and chronic pain. Ten minutes of MELT three times a week can reduce the effects of accumulated tension, rehydrate connective tissue and quiet the nervous system.

Facilitated by Tony Guarisco, a certified MELT Hand and Foot Treatment Instructor.

Early bird (paid by Oct. 10) \$10; After Oct. 10 \$15

A Thin Thread of Faith: Wendell Berry's Wisdom

Wednesdays October 16-30 6:30-8 pm

Do unto those downstream as you would have those upstream do unto you.

We are all beggars telling others where we have found bread. Wendell Berry's work has been "bread" for me. Berry's contentment with his "spot"—his love of land and people, and his acknowledgment of the sacredness of the ordinary—helps ground my own life and quiet my discontent. Across his poetry, essays and fiction, Berry's message is the same: we must learn to live in harmony with the natural rhythms of the earth or perish. Chris Andrews will guide a discussion of Berry's novel *Jayber Crow*, a work that honors a sense of place and demonstrates the spiritual strengths of simplicity.

Facilitated by Chris Andrews, leader of the Jubilee Pioneers, formerly a Methodist minister. Chris is the Executive Director of Rebuilding Together B.R.

\$30

Gift of Goals

Saturday October 19 9:30 am-3:30 pm

Do you have a feeling that there is more to life
...but have lost touch with your dreams and passions?
Would you like more time for yourself
...but stress & responsibility keep getting in the way?
Is there something you have always wanted to do?
... but don't have a clear plan of how to step forward?

If you answered "yes" to any of these questions, the Gift of Goals is perfect for you. This seminar blends the best of Eastern techniques for centering and focus with Western strategic planning to create an inspiring life vision and a workable plan. You will leave with a binder filled with personal action steps and goals, and the clarity and inspiration to choose what you want as you move forward in life.

Facilitated by Jan Bernard and Elena Keegan, co-creators of Gift of Goals. Jan is the owner of Public Affairs Consulting; Elena is a registered yoga teacher and has an Integrative Life Coaching degree.

\$125

Walter Anderson Day Trip to Biloxi

Saturday October 19 9:00 am-8:00 pm

Join The Red Shoes on a day trip to learn about the art and artists of the Gulf South. In Ocean Springs, we will have a guided tour of the Ohr-O'Keefe Museum of Art, designed by Frank Gehry.

Discover the unique legacy of Biloxi potter George Ohr and the diverse cultural heritage of the area. After a delicious lunch at McElroy's, overlooking the harbor in Biloxi, we will be guided through the Walter Anderson Museum of Art to learn about Anderson's life and the spirituality of nature in his works. Our last stop will be Shearwater Pottery to see his family's pottery shop, in business since 1928. Enjoy the color, shapes, sounds and tastes of the Gulf Coast. Carpool drivers requested.

(Lunch not included) **\$30**

Therese Knowles: Moment of Creation Series

Sunday October 20 3-4:30 pm (details p. 3)

Learn about the culture, politics and music that give birth to an artist's style. Then create an original work in the style of the artist we study each month.

Money Matters: Budgeting for Success

Mondays October 21 & 28 6:30-8 pm

Are you eager to be an entrepreneur? One of the first steps to financial security is planning and following a personal spending budget. Learn how to make the right choices—choosing how to make spend money.

Our second class will take you one step further. With personal budgeting in place, learn how to manage your business finances. Create a business budget, track income and expenses, and create reports designed to keep your business on the right track. Learn about The Red Shoes' Lifting Loans micro-loan program for women.

Facilitated by Phyllis P. Phillips, Executive Director of Louisiana Association for Personal Financial Achievement and Celia Strickler and Wendy Herschman, Lifting Loans coordinators.

\$15

A Novel Journey: Author Ronlyn Domingue

How *The Mapmaker's War* Was Written

Tuesday October 22 6:30-8 pm

Long before you hold a new book in your hands, the author has been on a journey of her own. She has endured periods of quiet and chaos, times when the words dry up or flood, frustration and illumination. Learn about Ronlyn Domingue's experience as she developed her novel *The Mapmaker's War*, Book One of the *Keeper of Tales* Trilogy. Books will be available for purchase and signing.

Facilitated by Ronlyn Domingue, critically acclaimed author of The Mercy of Thin Air. Her work has appeared in New England Review and Shambhala Sun.

\$5

Save the Date: Holiday Luncheon - December 6

Nia Workshop: Gratitude and Grace

Saturday October 26 9:30-11 am

Giving thanks for the miracle of our bodies and the magic of our emotions, we will discover the beautiful tools of free dancing and sounding, Nia style. Come and sense gratitude for life by moving your body's way to uplifting music, and using your voice to express healing vibrations with joy. Open up to deep gratitude!

Facilitated by Kate Finlayson, certified black belt Nia instructor, who has found healing through Nia.

\$15



November



Weekly Programs:

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Yin Yoga Workshop: Relax and Release

Saturday November 2 2-4 pm

Learn how to release stress as you develop a yin yoga practice. Yin yoga is a slow paced practice that uses poses held for 3-5 minutes. This helps to increase circulation and flexibility in the joints and allows the connective tissues to be gently opened. Learn the basic principles of yin yoga, and hear an overview of philosophy and spirituality regarding physical and emotional release. Yin yoga complements your regular yoga practice; this workshop is for beginners and advanced students alike.

Facilitated by Delisha "Dee Dee" Poullard, certified yoga teacher in the Amrit and Yoga Nidra methods.

\$25

Community Chant (details p. 2)

Sunday November 3 1:30-3:30 pm

The HU song is an ancient technique that brings into our awareness the presence of the Divine.

Film: *Jump at the Sun—Zora Neale Hurston*

Sunday November 3 4-6 pm

Zora Neale Hurston was a path-breaking novelist and one of the first black women to enter the American literary canon with her novel *Their Eyes Were Watching God*. This documentary brings to life the encouraging

Did you know you can make donations and register for any of our classes online?

Please visit our website: www.theredshoes.org

words of her mother to "jump at de' sun" and never let being black and a woman stand in the way of her dreams. It portrays Zora in her controversial complexity with interviews and rare footage of the rural South. Join us to watch the film and enjoy a discussion.

Facilitated by Kathe Hambrick-Jackson and presented in partnership with the River Road African American Museum. Dr. Tonja Lee will co-facilitate our discussion.

Donation \$7

Anam Cara: Becoming Friends with Your Soul

Tuesdays November 5-26 6:30-8 pm

Behind your image, below your words, above your thoughts, the silence of another world waits.

Welcome to the world of Celtic spirituality, beautifully articulated by John O'Donahue in *Anam Cara*. Celtic spirituality embraces the unity of life and a love and respect for nature that we urgently need to inform the choices we make for our land, air and water. The Celts believed that forming an *anam cara*, "soul friend," relationship would awaken an awareness of our own nature in order to free the wild possibilities within. Join us to discover a spirituality that touches your soul.

Facilitated by Joan McCaskill, Spiritual Director MA.

\$40

Volunteer: Sweet Dreams Fall Fiesta

Thursday November 7 6:30-8 pm

Location: 1623 Convention Street

Volunteer to participate and help plan a Fall Fiesta for women and children, complete with games, crafts and treats. But rather than giving, you will receive the greatest gift: the smiles of those you meet during this heart-warming evening. Register today and we will coordinate this special evening via email! (Women only)

No Fee

Taking Care of Health and Home, Naturally

Saturday November 9

Aromatherapy for Women 10 am-12 noon

Are you sick and tired of being sick and tired? Improve your health and balance your hormones naturally, using pure, therapeutic grade essential oils. We will address health issues including weight gain, mood swings, hot flashes, night sweats, fatigue, depression, libido, skin and hair care, and more!

Make and Take Natural Home Cleaning 1-3 pm

Are you looking for safe and effective alternatives to harsh, toxic chemicals for cleaning your home? Join us for this "make-and-take" workshop and make your own all-natural cleaning products to take home. We'll provide the recipes, ingredients and containers. Both class includes handouts, door prizes and biosurvey body scan.

Facilitated by Janice Ladnier, aromatherapy specialist.

Morning \$20

Afternoon Make & Take \$25

Combo \$40

Volunteer: Greater Baton Rouge Food Bank

Tuesday November 12 10 am-12 noon

Location: 5546 Choctaw Drive

There are many in need - you can help. The food bank counts on volunteers for over 20,000 hours of help each year. All food donated must be sorted and categorized for distribution. The holiday season is their busiest time of year. That is where we come in: we will meet at the food bank to sort food for 2 hours. Join our team, call us today to volunteer. (Closed-toe shoes.)

No Fee

Timeless Pathways for Today's Spirit Keeper

Thursday November 14 6-7:30 pm

There is an ancient spiritual pathway that transcends all Spirit Keepers. Common threads running through indigenous wisdom traditions add depth and a state of timelessness that catapult us beyond the self. Woven into this talk are Carla's experiences with the Quechua and Q'ero people of Peru, the Maya of Mexico and Guatemala, and the Hopi people of northern Arizona.

Facilitated by Carla Woody, founder of Kenosis Spirit Keepers, helping to preserve Indigenous wisdom ways, and the author of several books including Calling Our Spirits Home: Gateways to Full Consciousness.

Suggested donation \$10

Therese Knowles: Moment of Creation Series

Sunday November 17 3-4:30 pm (details p. 3)

Learn about the culture, politics and music that give birth to an artist's style. Then create an original work in the style of the artist we study each month.

Heart of the Holidays: A Haiku Journey Workshop

Wednesday November 20 6:30-8 pm

The holidays are approaching: thoughts of family dinners and holiday baking dance through our heads. For some it is a warm memory, for others merely a holiday fantasy. Take time to center yourself and connect with the essence of the holiday season. What will warm your heart and illuminate your soul? Family? Gift giving? A deeper spiritual commitment? Helping in the community? Shopping for gifts? Clarity will emerge through a process that involves guided meditation, interactive discussion, journaling and reflection. Gathering words that resonate and insights that arise, we will create haiku, short 3-line poems that reveal the essence of what the heart of the holidays holds for you.

Facilitated by Rose Marie Mustain, M.B.A., B.A. English literature, and owner, Azalea Consulting Group, L.L.C.

\$15

*Full and partial scholarships
are always available.*

*Please do not let the cost of a program
deter you from attending.*



December

Yoga & Nia



Ongoing programs:

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Community Chant (details p. 2)

Sunday December 1 3:30-4:30 pm

The HU song is an ancient technique that brings into our awareness the presence of the Divine.

Film: You Can Trust Your Life

Featuring Louise Hay and Cheryl Richardson

Wednesdays December 4 & 11 6:30-8 pm

Two amazing spiritual teachers reveal life-changing tools to create a life that honors the soul. Learn to develop a more loving relationship with yourself that will reward you with the life of your dreams. Topics include forgiveness, self-acceptance, quieting your inner critic and getting back on track when you feel overwhelmed. We will watch part of the film and then Carolee will guide a discussion and an exercise to deepen our experience of the teachings.

Facilitated by Carolee Laffoon, certified Heal Your Life Coach and mind-body skills practitioner.

\$20

Holiday Luncheon

Friday December 6 12-1:30 pm

Looking for the perfect way to nourish your holiday spirit? Join us for a festive luncheon with friends from The Red Shoes community. Our catered lunch will be buffet style, and from salad to dessert, you can be assured of conversations and connections that will be gifts you truly enjoy. Let us know if you would like to bring a gift: a favorite holiday dessert for the group. Take time for a gathering that will warm your heart and brighten your holiday season.

Reservations by Dec. 4, please! \$10

Looking for the perfect holiday gift?

We offer gift certificates in any amount or for a specific program.



The gift no one will want to exchange!

Thank you for your support of The Red Shoes mission. Through your participation and generous gifts, we make a difference in the lives of women.

Morning Yoga: A Perfect Beginning

Monday-Friday 8-9 am

Get your day off to a great start! Wake up the body and invigorate your mind and spirit with morning yoga. Starting your day with gentle stretching increases circulation, improves posture and enhances your energy level. This integrated class offers a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Enjoy reduced stress, increased flexibility and a sense of balance in life. Drop-ins and all levels of experience welcome.

Facilitated by Tina Ufford (Mon. & Wed.), Dee Dee Poullard (Tues. & Thurs.), and Reba Robertson (Fri.).

\$8 per class / 7 classes \$48 / monthly unlimited \$75

Yoga for Cancer Survivors

Mondays 10:30-11:30 am



This gentle practice combines simple movements, stretching, meditation and breath work to increase flexibility, strength and relaxation to promote healing. Yoga practitioners report improvements such as better quality sleep, faster recovery from treatments and increased energy. No yoga experience required.

Facilitated by Kate Suchanek, certified yoga instructor, KYT, RYT.

Sponsored by Cancer Services - No Fee

Gentle Yoga

Mondays and Thursdays

5:30-6:30 pm

Melt away tension and stress at the end of your day through this revitalizing practice. Relax your body and quiet your mind with gentle physical movement, breathing exercises and meditation. Classes are designed to enhance well-being, increase flexibility and gradually build strength through restorative yoga postures. Perfect for beginners, or for experienced students who enjoy a slow-paced, less strenuous practice. Drop-ins welcome.

Facilitated by Tina Ufford, RYT 200 through Yogasteps, who has been practicing yoga for the past 13 years.

\$8 per class / 7 classes \$48

Nia: Healing in Motion

Tuesdays

9:15-10:15 am

Experience the joy of Nia, a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Heal yourself while having fun!

Facilitated by Kate Finlayson, certified black belt Nia instructor, who has found healing through Nia.

\$12 per class / Registration requested monthly \$38

Sacred Circles

There is something about Circles The Beloved likes.
Hafiz

A Course in Miracles

Mondays **Begins October 7** **7-8:30 pm**

A Course in Miracles is a self-study spiritual thought system that teaches us to look through our God eyes, not our body's eyes. As an introduction to *A Course in Miracles* group that will begin in January, we will begin tapping into this powerful journey of transformation. Join us to experience meditations and practices from *A Course in Miracles*. You will treasure the inspiring lesson each week.

Facilitated by Anita Faye Leclercq, who has been studying A Course in Miracles since the 1980s.

Suggested monthly donation \$20

Continuing Community: Reflection and Renewal

Tuesdays **Weekly** **4:30-6 pm**

Would you like to be a part of a caring and supportive circle of women that encourages personal and spiritual growth? Each Tuesday, we come together to share our thoughts, our frustrations and our inspirations within the context of a spiritual circle. Beginning with a period of quiet reflection as an invitation to go within, our conversation takes us on a journey to things that matter in our lives.

Donations appreciated

Compassion in Action Circle

Wednesdays **Weekly** **10:30-11:30 am**

Simple living is about a freedom to choose open and generous living.

Join us to explore Sr. Jose Hobday's book *Simple Living: An Invitation to Joy and Freedom*. She asks that we discern what we actually need, what will be helpful in our daily lives, what we might prefer to have and what we must count as luxury. This practice leads to simplifying life, the key to physical and spiritual freedom. Together, we will explore this book of practical spirituality, based on the author's background as a Native American elder and a Franciscan nun, and reflect on the gift of simplicity for the holiday season.

Facilitated by Ingrid Matens, community volunteer, retired nurse and life-long spiritual seeker.

Suggested monthly donation \$20

Consider Rounding Up!

Each time you pay for a program, consider making a small donation by rounding up. Those few dollars really add up; they can cover a scholarship for someone in need.

Spiritual Awakening and Meditation

Wednesdays **Weekly** **5-6 pm**

Join us for a relaxing time of spiritual renewal. Create a sacred time and space for yourself in our meditation group each Wednesday evening. Guided meditation leads us into silence, a time to empty and re-connect with Source. Meditation is enriched with brief readings and listening to a variety of spiritual leaders. As a community of seekers we strive, through reflection and meditation, to access present moment awareness.

Facilitated by Wendy Herschman, who enjoys sharing the energy of group meditation.

Suggested monthly donation \$5

Spiritual Journey Circle

Thursdays **Weekly** **6-7 pm**

Find inspiration on a journey that opens the door to the ideas of diverse spiritual teachers. This fall we will discuss Pema Chodrun's *Start Where You Are: A Guide to Compassionate Living*. Share in discussions taking you to a spirituality that will enrich you on a deeper personal level. Return each week for spiritual connection and community.

Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & members of Spiritual Journey Circle.

Suggested monthly donation \$20

The Key: Searching, Sharing and Living

Thursdays **Weekly** **6-7 pm**

The key we seek is the one that opens the door to a life of meaning, rich with spiritual purpose. Join our group and enter a supportive place for men to explore a deeper understanding of the healthy masculine and the natural yearning for spirituality. Together we discover new energies and joy grounded within our souls.

Facilitated by David Dragon and Tom Lastrapes, who envision lives lived fully in relationship with the Divine.

Suggested monthly donation \$20



The Red Shoes is a 501c3 non-profit.

- We depend on our friends for support throughout the year. Our program fees do not cover our expenses.
- Your donations make it possible for us to continue reaching more and more women in the Baton Rouge community.
- Your word of mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

Special Thanks

To our President, Sandy Patrick, and our board members who generously share their time, expertise and resources.

To the Program Committee for planning and coordinating our fall programs: Joan McCaskill (chair), Roberta Guillory, Mary Jacob, Becky Simmons, Celia Strickler, Ann Trousdale and Melissa Washington.

To all who participate in our programs.

To our wonderful volunteers who offer office assistance, hospitality and help throughout the year.

To our volunteers who join us at the Greater Baton Rouge Food Bank and the Sweet Dreams Shelter, making it possible for The Red Shoes to assist our neighbors.

Easy Ways to Stay Connected



For up to date information, follow us on Facebook: www.facebook.com/TheRedShoesBR



Visit our website www.theredshoes.org and at the bottom of our calendar page, click the **Google** link. With one click all posted events will be added to your personal calendar!

The Red Shoes' Lifting Loans Program

The Red Shoes is a center dedicated to the spiritual growth and empowerment of women. Through our Lifting Loans micro-loan program, we are able to assist women who are trying to start up or grow small businesses, and help them transition to economic success and independence. Our supportive program combines education, understanding, mentorship and very low interest loans, and is helping women in our community. We are proud to be a catalyst for women entering the world of entrepreneurship.

If you are ready to start a business, or know a woman who lacks start-up capital for a new business, please call The Red Shoes, 338-1170, for more information about this low interest business loan opportunity.

Women helping women, that's what
The Red Shoes' Lifting Loans
program is all about!

Scholar in Residence
Naomi Tutu
daughter of Desmond Tutu
Human Rights Advocate

The Red Shoes
A CENTER FOR PERSONAL & SPIRITUAL GROWTH



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