

# The Red Shoes Circle

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2022 Newsletter



The Red Shoes

A Center for  
Personal and Spiritual Growth

## Project Hope

**Did you know all of our programs are available at no cost to anyone in treatment for Cancer or other chronic health conditions?**

**In 2022, you have helped us offer over 700 scholarships.**

While doctors and medication are key to restoring health, we also know that yoga, creative arts, meditation and general self-care are vital to the healing process.

***Your gift today insures the future of Project Hope.***

**Project Hope** provides scholarships for these enrichments that help individuals regain their sense of self, their relationship with their healing body and their personal power.

***In the coming year, your donation will help someone recover.***

## 2022: A Year of Good News

### ***The Art of Healing: The Power of Paint***

Sometimes we can't find the words to touch into the deep wound that keeps us from living the fullest expression of our soul. Dr. Leslie Grover and Dr. Reva Hines, of Assisi House, joined us to offer a series of art experiences to uncover internalized messages about race and gender, messages that limit the way we show up for ourselves and others. They explain the work of their non-profit:

***"Here at Assisi House, our equity and internal transformation series are built on the power of storytelling, healing, and arts."***

Paint & collage became vehicles for shedding harmful, imposed beliefs.



***"I had not previously processed how early bias entered my life,"*** shared one participant. Art and storytelling created the language of healing. Like peeling back the layers of an onion, there is so much more to uncover in exploring the damage and working towards equity.

***We were able to say "Yes" to this opportunity because of your support. Your gifts helped 30 people engage with this healing art series.***

With your donation today, we can grow this transformational work and continue healing the individual, the community and the world.

***Announcing ...***

**Our New Partnership with Manship Theatre.  
Enjoy outstanding performances at discounted prices.  
Check our 2023 Schedule now: [www.theredshoes.org](http://www.theredshoes.org)  
Register early: Limited discounted tickets available.**

## Open Mic: Open Hearts



Open Mic night brought an air of intimacy to our space: Feelings were shared about moments close to the heart. Each person exposed a delicate part of themselves, trusting that it would be handled with care. The healing power of witnessing transformed grief, love and loss.

**Your gift today insures future opportunities to speak one's truth, and truly be seen and heard.**



**Celebrating 23 years as a source of healing and harmony.**

**Our inclusive community broadens understanding & encourages self-discovery.**

### Our Circle of Leadership:

Celia Bailey      Charity Parsons  
Lisa Delpit      Sandy Patrick  
Tracie Garrett      Monique M Piper  
Lydia Lafleur      Celia Strickler

Founder: Roberta Guillory  
Executive Director:  
Wendy Herschman  
Assistant Program Director:  
Angela Grillo

**We are a 501(c)3 non-profit.**

## Environmental Activism: Spiritual Ecology Circle Feeling the Pain of Mother Earth

Can you imagine a world where decisions are based on the care of our planet as a priority, and economics and efficiency are secondary concerns? Wildfires, hurricanes, coastal erosion, drought, flooding, species extinction - each day we hear one more story that breaks our heart. It's overwhelming, and individually, we feel powerless. The gift of our weekly *Spiritual Ecology Circle* is that our readings in *Active Hope* and *Spiritual Ecology: The Cry of the Earth*, are connecting a strong group of women to their roots in the earth and the realization that hope and learning are valuable facets of activism. Through discussion and group experiences in nature, new perspectives emerge that inspire action.

We can either sit idly by and watch the future unfold as it is, or we can educate ourselves, reconnect with the soul of the earth and make different lifestyle choices. **You can choose to fund small changes with big effects.**

*Be a part of systemic change: Your dollars will continue the unfolding activism of this invested circle of women. Your donation today raises awareness about choices like buying eco-friendly detergent sheets rather than plastic bottles of detergent. Thank You for caring.*

## Connecting the Dots for Women in Business

*How do you keep trying when the cards are stacked against you?*

When The Yellow Brick Academy convened for the first class in a series hosted at The Red Shoes, we had a room full of competent and inspired business owners. But they all faced challenges particular to *women in business*. The Academy addressed the greatest obstacles to success: debt management, insurance, credit, budget and even self-care. The program invited professionals in each of these areas to attend and serve as free resources for each person who participated in the program.

*Your donation will support equity for women in business. Their success insures the welfare of families and community economic growth.*

The Yellow Brick Academy is facilitated by The Middleburg Institute, with funding provided by The Community Collaborative: By the Community, For the Community at The LSU Center for Media & Public Affairs.



**LSU**

Reilly Center for  
Media & Public Affairs  
Manship School of Mass Communication



**LSU Student Group at The Red Shoes for New Monthly Circle**

## Be the Change: Join With Us in Shaping the Future

### From Food Scarcity to Smiling Faces

**Delete, Delete,** I was going through email and then: *“Hello! My name is Devin. I’m a single mother of four, two boys and two girls. We are in dire need of groceries but don’t have transportation. Please help!”* Wouldn’t that stop you?

Imagine how it feels to not have enough food for your children... to work hard to provide and still not have enough funds for groceries for a growing family. While transportation remains a challenge, now that Devin knows about our Community Fridge, she can sometimes find a ride to access food.

**But it is not enough. Sometimes the fridge is empty.** There are so many families like Devin’s. Now that I know these four appreciative and lively children, I want to be sure we have food for them when they are able to come by.



*Imagine how good you will feel knowing your gift helped a family like Devin’s. Dropping off food regularly helps mothers who are doing their best to raise healthy children.*

#### Meet Gwen:

Gwen heard about our BR Community Fridge and knew she wanted to help. She came with bags and boxes of food.

*Please donate today: It costs about **\$100 a month** for The Red Shoes to maintain the Fridge.*

We occasionally supplement the food inventory, but the fridge relies on donations from good people like you and Gwen. Buy a little extra when you grocery shop. You can even donate leftovers from holiday gatherings.



*You can donate today to help maintain the fridge and keep food available. Families are depending on you. Your dollars help prevent food scarcity.*

#### Touching a New Generation

Madison was feeling alone and disconnected as one of over 35,000 students at LSU. She came to The Red Shoes with a deep need. She was searching for a way to explore her inner life and find other students who valued spirituality and felt the same sense of awakening to the sacred feminine.

As an emerging visionary, Madison asked The Red Shoes to collaborate with her new group, *“Sofia on Campus.”*

*Could we offer a monthly program in our space to inspire a budding campus community, and bridge the gap between campus life and inner growth?*

**With your help, we said, YES!**

This fall, we provided a Dream Group and a New Moon Ritual. We look forward to providing monthly circles for meditation, spiritual exploration, and soulful discussion. Finally, Madison has a community and is able to share her passion.

*Seed the future: With your donation, we can mentor this campus gem and welcome awakening young souls into our supportive and inclusive community of discovery.*

## The Red Shoes Circle: Giving and Receiving

Dear Friends,  
Each day, The Red Shoes is dedicated to actively helping to repair our world: providing access to healing opportunities, to nutritional needs, to building wellness and self-care habits and ecological awareness. **When you make a gift today, you are helping feed someone in need, protecting Mother Earth and giving someone the opportunity to come to a deeper understanding of what is limiting them from becoming the fullest expression of their divine being.**



If you are reading this, you are probably someone who has already benefitted personally from this sacred space. Think about the times we get together for a retreat weekend, as in the picture above, or a yoga class or at our Summer Soiree Open House when we welcomed so many into our inclusive community. We all feel nurtured, held in love, and truly seen for who we are.

**You have the opportunity to be sure others can experience this feeling of acceptance and these gatherings that inspire our hearts and feed our souls. If your experiences at The Red Shoes have been important to you, make sure it stays available for everyone by joining this Circle of Giving today.**

Thank you to everyone who has supported The Red Shoes this year and in the past. If you have not given a donation and you believe in this work, **you can make the decision to join with us today to make 2023 a year of evolutionary growth.** Join with us to build this community that increases understanding and embraces diversity. ***Mail in your end of the year, tax-deductible donation now!***

**Invest in a future that shows you care. Please remember, your dollars can change the world.**

*Sandy*

*Sandy Patrick, Leadership*

*Wendy*

*Wendy Herschman, Executive Director*

*Roberta*

*Roberta Guillory, Founder*

***P.S. - Every Donation Matters: Partner with Us. Be a Change-Maker in 2023.***

**The Red Shoes Circle of Giving. Your Gift Today Creates Change for a Better Tomorrow.**

Name \_\_\_\_\_

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

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

\_\_\_ up to \$50 Open Hearted Circle

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

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

\_\_\_ \$201-\$500 Circle of Compassion

\_\_\_ \$501- \$1000 Circle of Change

\_\_\_ over \$1000 Sustaining Circle

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

Also acknowledge to this name and address: \_\_\_\_\_

( ) Check enclosed — our preference to avoid credit card fees.

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

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

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