

# The Red Shoes Circle

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2021 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?**

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.

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

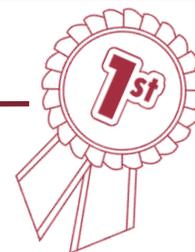
**Your gift today insures the future of Project Hope.**

**To date in 2021 you have helped us offer**

- 836 scholarships
- \$7,200 value

**Your giving makes such a difference!**

## 2021: A Year of Firsts!



### Baton Rouge Community Fridge: A Solution to Food Scarcity

At the end of October, it was finally ready! Baton Rouge Community Fridge, 2 people with a purpose, had made it known they wanted to place refrigerators around our city. **The Red Shoes was eager to host a Fridge as a way to make good food easily accessible.**

Step 1: A donated fridge became available.

Step 2: We wired for outdoor electricity and built a shed with the help of a generous and able

volunteer. A little paint and then... we were open for food. Since then, it is a daily miracle: The fridge is empty, someone brings sandwiches, containers of gumbo, beautiful vegetables, a sack of satsumas, it's full again. Until the food is all taken and the cycle begins again. Please be a miracle maker and bring healthy, nutritious food to stock the fridge. People come by and take what they choose—no rules, no forms to fill out. It's a way to let people know they matter and we care.

*We were able to say "Yes" to this opportunity because of your support.*

*Your gifts helped make this vision come to life. You help us put food into the mouths of hungry people. Thank You!*



Our unique and varied offerings are offered in person, on Zoom or outdoors:

- Studies of spirituality and faith
- Thought-provoking book discussions
- Daily Yoga Classes
- Creative art experiences
- Anti-racism discussions
- Regular volunteer action at The Food Bank
- Outdoor meditation walks
- Weekly Spiritual Circles
- Yoga at the park

Please join us often. A complete list of programs is on our website: [www.theredshoes.org](http://www.theredshoes.org)



## First Black Women's Retreat: Promoting Equity for All

The Red Shoes mission is inclusive, calling us together, as one: "We provide a place of healing and reconciliation." However, the effects of the pandemic made it quite obvious there is a disparity between health and wellness opportunities for people of color. How could The Red Shoes help? With funding from lululemon's Here to Be initiative, we hoped to create a day retreat that would promote self-care and healing. Then one day...

### Meet Erin White, an entrepreneur with her own skincare business, Thomas Therapeutics.

During the pandemic, Erin felt so much emotional distress surrounding the murder of George Floyd and the many other innocent black victims. From this place of pain, Erin gave birth to a new aspect of her business: *The Passion Project*. First she developed a series of virtual discussions with professional women leading a conversation of shared truths, "I had to know that what I was feeling was completely valid." Then Erin was ready for a next step - she wanted to offer an escape, a retreat for black women holding trauma related stress, "a time to breathe and escape living in fight or flight mode." Inspired, she came to The Red Shoes to ask about renting space, though she had no funds in hand. At that moment, we realized we could partner and with our Here To Be grant, offer a full day of self-care and trauma-informed activities in a space that, Erin said, is known as a safe space. Yoga, an inspiring Tea & Talk, creative art and a circle of sharing offered the 22 participants a restorative and replenishing day, a day to speak hard truths and share some memories and tears. And we helped Erin's vision emerge.



*Your gift will help us partner for days of healing to address trauma and racial inequity. A donation today will help women process feelings in a supportive group and build life-affirming practices of self-care.*



**Being Heard: Sharing inter-generational pain stored in body and soul, and finally feeling understood**

Celebrating 22 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  
Susan Lambert    Celia Strickler  
Lydia Lafleur  
Founder: Roberta Guillory  
Executive Director:  
Wendy Herschman  
Assistant Program Director:  
Lilia Kapsali

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

## Weaving the World\*

There is a story from Indigenous American tradition, that tells of a woman who lives in a hidden place, the cave of knowledge. In this cave, she is weaving the most beautiful garment in the world and she is almost finished. The only time she leaves this weaving, is when she has to walk to another part of the cave to stir the cauldron that contains a soup with all the seeds of all the plants in the world. But as soon as the woman leaves, a big black dog who lives in the cave, comes and tears out first one thread and then another, until the garment is just a heap of colored threads and textures. When the old woman finishes her stirring and returns to weave, she stares at the chaos, the tangle of undone threads. She does not lament. She quietly looks upon what remains until she notices a shimmering thread and picks it up and begins again to imagine and weave the most beautiful garment in the world.

So it is with The Red Shoes, we are picking up the threads and weaving them into something new and beautiful, suited for our changing times.

***A gift today helps us weave a renewed vision of service and spiritual experiences.***

## Be the Change: Join With Us in Shaping the Future 2022



### First Spiritual Ecology Circle: Living in Right Relationship with Nature

How can The Red Shoes create change that will impact the ecological challenges we are facing? How can we be part of systemic change that will heal rather than hurt nature? How can caring outweigh convenience?

At the end of his book, *Spiritual Ecology: The Cry of the Earth*, author and Sufi teacher, Llewellyn Vaughan-Lee shares a prayer:

*“May we remember our role as guardians of the earth, custodians of its sacred ways, and return once again to live in harmony with its natural rhythms and laws.”*

Through our new Spiritual Ecology Circle, led by Lilia Kapsali, our assistant program director, we hope to cultivate awareness and gratitude for the natural world that will bring us into a spiritual relationship, altering the way we live in this world. What we cherish, we take care of.

***The need has never been greater to address this global issue. Your gift today helps us provide meaningful experiences that promote feelings of responsibility and relationship that will re-connect us with nature.***



### First Sacred Cacao Ceremony: A Ritual of Appreciation

We all enjoy chocolate, but don't think much about the cacao plant. A carefully created ritual encouraged us to connect with the plant, drink pure cacao, and then, with guided breathwork, experience its heart opening properties. Taking time to celebrate the plant and drink it in ceremony, brought us into deeper appreciation and connection with Mother Earth. ***Your donations make inspiring new experiences possible. Our fees do not cover our expenses.***



Chanting as we wait to fill our cups with Cacao

## A Year of Firsts: Evolution and Weaving

Dear Friends,

I've been thinking about evolution: a process of growth and development. This year of coexisting with Covid has been a year of evolution for The Red Shoes. We have heard



the call to grow in new directions, while maintaining the threads of the past. On page 3 of this newsletter, please read the story, *\*Weaving the World*, from *Why the World*

*Doesn't End*, by Michael Meade. We learn that change is unavoidable and "reweaving" never ends.

Weaving our year of "Firsts," we hosted our annual Open House, but we welcomed everyone in the parking lot as a Covid precaution. Responding to current global ecological concerns, we wove together a new Spiritual Ecology Circle of book studies, speakers and videos to develop a deeper feeling for our relationship with the earth. We are reweaving our program offerings to include virtual seminars with speakers who previously traveled to The Red Shoes for retreats. Our yoga classes are now offered as "hybrid" classes, accessible in person or from home. As life patterns change, we are picking up the threads and putting them together in new ways. While we have always been an inclusive organization, we are threading together new textures of experience that we hope are even more comfortable for women of color. **Your donations encourage us to weave a new cloth that will support the evolution needed in the world 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 2022 a year of evolutionary growth.** Join with us to build this community that increases understanding and embraces diversity. Your end of the year donation is tax-deductible.

**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 2022.  
Please make your gift today to our Circle of Giving.***

**The Red Shoes Circle of Giving . Your Gift Today Creates Change for 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 \$\_\_\_\_. (No credit card fees lost in transaction!)

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