

# Sacred Circles

A Celebration of Women's Spirituality 2009

FEBRUARY 13-14, 2009

WASHINGTON NATIONAL CATHEDRAL

Come be empowered to live with love  
as the collective priority for action.  
Join this diverse chorus of voices and reap  
a harvest of pragmatic spiritual learning.



Renowned  
religious historian  
**Karen Armstrong**



Afghan women's  
empowerment activist  
**Sakena Yacobi**



Latina music  
bridge-builder **Diana Sáez**  
with **Coral Cantigas**



Pioneer of spiritual  
transformation  
**Elizabeth Lesser**



Christian interfaith leader  
**the Rev. Joan Brown  
Campbell**



Green jobs visionary  
and MacArthur "genius"  
**Majora Carter**



Award-winning  
singer-songwriter  
**Beth Nielsen Chapman**

*Experience a deep sense of women's spiritual community, woven by guides  
from diverse traditions who honor our common roots in compassion.*

Workshops on putting love into action by more than 40 teachers of transformation including  
**Tsultrim Allione, Marjory Zoet Bankson, Sera Beak, Esther de Waal, Marita Golden,  
Helen LaKelly Hunt, Joanna Macy, M.J. Ryan, and Gail Straub.**

Topics include transforming conflict, romantic love as a spiritual path, healing the mother-daughter  
relationship, empowerment through writing, spiritually grounded activism, and much more.

**Opportunities for sister-teacher conversations with keynoters.**

Love takes time: daylong pre-conference sessions for extended exploration.

LOOK  
INSIDE  
FOR  
MORE!

# WEAVING COMMUNITY

## Conference Schedule

**W**hether we arrive tired at the end of a busy week or keyed up for the celebration, these seasoned leaders of creative play, meditation, and religious rituals will usher us into a spiritual community of trust and care.



Co-founder of the transformative practice *InterPlay*, **Cynthia Winton-Henry** will lead us in simple movements that embody our own wisdom and also encourage us to begin to move together.



**The Rt. Rev. Carol Gallagher** is a Cherokee Episcopal bishop who will invoke the presence of the divine and call in the sacred directions of the living planet from the physical heart center of the Cathedral.



**Sharon Salzberg** is an internationally recognized Buddhist meditation teacher and founder of the Insight Meditation Society. She will help us tap inner reserves of compassion and weave a non-judgmental silence filled with lovingkindness.



**Rabbi Phyllis Berman**, Jewish Renewal Movement leader, assisted by **Holly Taya Shere**, will conduct an interfaith Shabbat open for all to participate. This holy time begins Friday evening, and we will all celebrate its close at the end of Saturday.



Celtic and Benedictine spirituality scholar and wise elder **Esther de Waal** will offer blessings of courage and peace from these historic Christian traditions.

### Friday, February 13

10 AM-4 PM

**Pre-Conference  
Intensives**

4-6:30 PM

**Dinner Break**

7-9:30 PM

**Evening Plenary  
Gathering**

with keynotes by  
Karen Armstrong and  
Sakena Yacobi, and a  
Coral Cantigas  
interactive concert

### Saturday, February 14

7:30-8:15 AM

**Early Morning  
Spiritual Practices**

8:30-9:30 AM

**Morning Plenary  
Gathering**

with keynote by  
Elizabeth Lesser

10-11:30 AM

**Morning Workshop  
Session**

11:30 AM-1:30 PM

**Lunch Break  
and Booksigning**

1:30-3 PM

**Afternoon Workshop  
Session**

3:30-5 PM

**Afternoon Plenary  
Gathering**

with keynotes by  
Joan Brown Campbell and  
Majora Carter, and a  
Beth Nielsen Chapman  
closing concert



## Dear Friends,

**T**he energy of love is abundant and resilient—and immune to the Dow Jones Industrial Average. Science affirms that neural intelligence also resides in the heart. Brain scans show our capacity to generate compassion. We understand more fully that self-fulfillment and helping others are complementary and generative ingredients of health and happiness. The force of love will define this extraordinary era of change if we continue putting it into creative action, deepening and widening the spheres in which we commit to this sacred task. This year's Sacred Circles is designed to help you do just that.

With love,

**Grace Ogden**, Convener  
and the Sacred Circles Advisory Committee

P.S. You are invited to join the new circle of friends stepping up to sustain Sacred Circles now and into the future. If you are someone who needs tuition assistance to be able attend this year, please contact us.

*Special thanks to the Sister Fund, the Episcopal Church Office of Women's Ministries, As Kindred Spirits, and the many individual supporters whose gifts help make Sacred Circles 2009 possible.*





# FRIDAY PRE-CONFERENCE INTENSIVES

10 AM-4 PM

## 101 Feeding Your Demons:

### Transforming Conflict

#### Tsultrim Allione

Tibetan Buddhism teaches a powerful method for facing and dissolving fears,



illnesses, and emotional stumbling blocks—our “demons.” Come learn this approach, first developed by a twelfth century Tibetan yogini, that can help us meet and release “demons” we battle every day. To transform these difficulties into allies is to practice compassion and love instead of fear and animosity. Co-sponsored by Insight Meditation Community of Washington. One of the first Western Buddhist teachers, Tsultrim Allione is founder of Tara Mandala Retreat Center and author of *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*.

## 102 “Redvolution”

#### Sera Beak

Based on a combustible cocktail from Beak’s *The Red Book*, we’ll explore mixing ancient religious traditions and new spiritual beliefs



to create a “redvolutionary” life guided by the sacred feminine. Discover and activate your spiritual superpowers through creative exercises, meditation, ritual, journaling, and dialogue. We’ll learn to trust our unique path and inner authority, and create some delicious, divine mischief that can help heal the world. *Sera Beak is a Harvard-trained scholar of comparative religion and author of The Red Book:*

*A Deliciously Unorthodox Approach to Igniting Your Divine Spark.*

## 103 Dancing with Shakti

#### Cheryl Catranbone

Align with the divine in this joyful and centering day of Anusara yoga practice. *Shakti* is the Sanskrit name for the sacred



feminine creative power. Invite this divine energy within your heart to flow through and empower your body according to yoga’s universal alignment principles. Our revitalizing morning yoga session will lead to an afternoon of gentle poses, meditation, journaling, breathwork, and Yoga Nidra. *Cheryl Catranbone is a certified Anusara yoga teacher affiliated with the Willow Street Yoga Center and the Yoga Center of Columbia, Md.*

## 104 Inspiration from

### the Soul

#### Beth Nielsen Chapman

Unlock your creative gifts with an inspiring guide who is navigating a spiritual road in



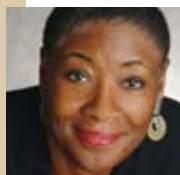
the world of popular music. Chapman will share a variety of techniques and approaches for overcoming blocks and fears of failure to allow our creative fire to shine through. She’ll perform songs and illustrate the many ways we can explore this uniquely direct, powerful, and healing form of communication and expression. *Ranging from contemporary Christian to flat-out rock styles, singer-songwriter Beth Nielsen Chapman has written hits for Faith Hill, Willie Nelson, and Elton John.*

## 105 Writing from a

### Sacred Space

#### Marita Golden

Writing can be both a transforming expression of inner divinity and a way to engage ourselves in the



wider world. Practice writing exercises in different genres, consider your and others’ writing life histories, try techniques to allay emotional obstacles, and discuss your writing goals. By day’s end you’ll have created a blueprint to continue writing and exploring in projects going forward. *Marita Golden is author of 14 works of fiction and nonfiction, including the award-winning novel AFTER. She is writer-in-residence at the University of the District of Columbia.*

## 106 Rediscovering Ancient

### Paths of the Divine Feminine

#### Rabbi Jill Hammer and Holly Taya Shere

Do you feel called to embody the divine feminine? In the Hebrew Bible are many paths of women’s sacred service—hidden and



revealed. Prophetess, midwife, wise woman, seeker, weaver, and others offer us surprisingly contemporary models. Through text study, ritual, and experiential practice, we’ll clarify our personal journeys and gifts of leadership. *Rabbi Jill Hammer, Ph.D., directs spiritual education at the Academy of Jewish Religion and is author of Sisters at Sinai: New Tales of Biblical Women. Holly Shere serves as spiritual leader of Olney Kehila Jewish Congregation. They co-founded the Kohenet Hebrew Priestess Institute.*

## 107 World as Lover,

### World as Self

#### Joanna Macy

To heal our world, let us experience it afresh as a living body in which all beings are connected.



Contemporary science, deep ecology, and all major religious traditions contain this vision. Experience this radical shift in perspective: seeing the world as lover and partner who opens us to a wider identity. Joanna will guide us with teachings and experiential practices drawn from world-wide movements for peace, justice, and a sane ecology. *Joanna Macy is an author and scholar of Buddhism, General Systems Theory, deep ecology, and the Gaia hypothesis.*

## 108 Art, Being, and Becoming:

### A Sufi Exploration

#### Salima Raoui

Embark on this day’s journey of color, Sufi chant, and creativity. Invoking the divine as we paint and collage,



we will open to a dynamic inner dialogue, offering prayer and receiving guidance through what our hands create. We will pair the visual art that emerges with writing our reflections to deepen our understanding of the experience. *Salima Raoui is an artist whose Islamic-Sufi path and study of healing practices inform her art and teaching. She lives in New York and her native country of Morocco.*

## 109 The Soul Loves

### the Body

#### Cynthia Winton-Henry

Mystics know that a body at play, dancing, singing, and opening to the



world is how we find holy ground. InterPlay is an invitation both mystical and pragmatic—for restoring the soul, gaining insight, and creating grace-filled communion. With and without partners, we will enter paths of movement, voice, stories, and stillness for celebration, healing, and discernment. The day includes times of quiet and reflection.

All abilities welcomed. *Cynthia Winton-Henry co-founded InterPlay. She authored What the Body Wants, and the forthcoming Chasing the Dance of Life.*

# Love in Action

## FRIDAY EVENING PLENARY PRESENTATIONS

### Karen Armstrong



#### Practical Compassion

**W**hat will heal human society? How will we end the clash of religions or solve the crucial problems of poverty, climate change, and the rest? Karen Armstrong, author of more than

20 books on the world's religions, articulates the primary solution.

Millions admire Armstrong's personal and scholarly understanding of the major faiths. She identifies compassion as a core value in all the world's religions, expressed as the Golden Rule: that which is hateful to you, do not do to your neighbor.

"We are torn apart as never before but we are also pulled together in our global village," she says. "We must implement this universal principle globally. If you practice the Golden Rule all day, every day, you will experience enlightenment. But you must go back to the marketplace and there practice compassion of all living beings."

Armstrong is the 2008 TED prize winner whose goal of a Global Charter of Compassion will advance this healing imperative. Recharge your spirit and intellect for the work ahead.

### Sakena Yacoobi



#### Love's Power

**W**hen faced with the provocation to act from fear or anger, how do we choose love instead? Confronted with the daily trials of war-torn Afghanistan, Sakena Yacoobi says, "My work is all about love—love for my country, love for the women and the men."

Yacoobi is a driving heart of change in her ravaged country, serving more than 350,000 young girls and women with education and healthcare. At a Christian graduate school in the U.S., she witnessed students' faith inspire social justice action. Recommitting to Islam, she returned to Afghanistan to empower women and children with the very source used to oppress them—the Koran. "If the Taliban can use it, so can I," Yacoobi says.

Hers is the dynamism of love in action—what is possible for any of us at the edge of conflict today.

Let her story re-ignite your aspirations to serve and heal your own community—be it local or global.

### Coral Cantigas



with  
**Diana Sáez & Cecilia Esquivel**

#### Diversity in Harmony

**"M**usic has the power to build bridges of understanding among people," says Coral Cantigas Director Diana Sáez. She knows whereof she speaks. The Latina women in this choral group come from all over the Americas. Using a variety of languages and dialects, their fiery blend of song and musical culture weaves a great tapestry of diversity.

This interactive concert will celebrate our collective spirit through the sounds and rhythms of Latin America. Cecilia Esquivel of Argentina and Diana Sáez of Puerto Rico invite us to join in bringing this music alive in a vocal expression of our Sacred Circles community.

Experience the power of the heart in this fusion of song, rhythm, and chant.



"We live as part of a fabric of a greater whole. Every spiritual tradition and every faith tradition shows us this. Science shows us this. Economics shows us this, and to respond from that wisdom is compassion."

—SHARON SALZBERG, SACRED CIRCLES PRESENTER





# Love in Action

## SATURDAY PLENARY PRESENTATIONS

### Elizabeth Lesser



#### *Awakening Spiritual Intelligence*

**I**t's time to trust the wisdom of our hearts and the genius of our souls," says Elizabeth Lesser, co-founder of Omega Institute, a top holistic learning center.

As the traditionally feminine values of nurture and empathy are proving essential for leadership, so too our understanding of human intelligence is expanding to include emotional and spiritual intelligences. Lesser calls us to trust these inclusive and healing powers, to elevate them in our work, our families, and in the solving of national and global problems.

"Let's stand up for a world where every child is taught and every adult knows how to communicate well, handle conflict, cultivate happiness, grieve loss, and give and get love," says Lesser.

Author of *Broken Open* and *The Seeker's Guide*, Lesser recently created the Women's Institute at Omega and assisted Oprah Winfrey in guiding the online educational seminar with Eckhart Tolle, which drew two million participants. Her sister-teacher rallying cry will fill our hearts this Valentine's Day morning.

### Joan Brown Campbell



#### *Making the "Beloved Community" Real*

**F**rom her days as a young mother persuading the Rev. Dr. Martin Luther King, Jr., to preach at

her white Cleveland church (then persuading the church to invite him!), to raising a daughter to be that city's first woman mayor, to serving as a presidential election monitor for Nelson Mandela, the Rev. Dr. Joan Brown Campbell has manifested King's dream of the "beloved community" throughout her life.

She says, "If we are to love our neighbor as ourselves, we must expand this idea to understand that our neighbor lives next door to us around the world."

A grandmother of eight, Campbell continues vigorously to exercise her Christian faith at the Chautauqua Institution and the Global Peace Initiative of Women. This Valentine's Day she reminds us of the distance love's power has come and heralds the future from the perspective of a wise elder.

### Majora Carter



#### *A Green Valentine for the Future*

**I**magine a life-sustaining and thriving economic system. Toxic manufacturing, wasteful consumption, and hazardous disposal: consigned to history. Possible? "Yes," says Majora Carter,

"and practical."

A prominent green-collar jobs advocate, Carter challenged New York City's plan to process 40 percent of its garbage in her South Bronx neighborhood—and won. Leveraging a \$10,000 loan into a park and job source, she built an entire community of hope. Now this MacArthur Genius grantee is taking the "beloved community" national for environmental justice and profit.

"No community should be saddled with more environmental burden and less environmental benefit than any other. She says, "We all want to live in a world that is sane and happy and healthy."

Love. Dignity. Justice. As we look ahead with Carter, may we fuse these shared passions into commitments that spread healing far and wide.

### Beth Nielsen Chapman



#### *Singing the Heart Resilient*

**T**he heart is an accordion," says Beth Nielsen Chapman, a Grammy-nominated singer-songwriter whose own heart has been crushed more than once. At 36, she lost her

husband to cancer then faced her own battle with breast cancer. "I've shaken my fist at the sky," she laughs, "but my faith is in hope. My heart keeps opening up. That's one of the great things about love."

Beth's closing concert will lift us up and into the "human family songbook." Join Chapman as she explores musical traditions ranging from a favorite Zulu hymn of Archbishop Desmond Tutu, to an ancient Gaelic hymn, to a classic Persian melody.

Let us close this gathering in song and "shine all our light in the sun."



**MORNING  
WORKSHOPS**

**10–11:30 AM**

**201 Feeding Your Demons**



**Tsultrim Allione**

Do you struggle with difficult emotions, illness, or turbulent relationships? Come explore the idea that the harder we fight these “demons,” the stronger they become—and that instead the solution is to nurture them. This adaptation of teachings by Tibet’s greatest woman adept, Machig Labdrön, is a five-step method for healing

negative emotions and self-defeating patterns. This stand-alone session is also compatible with the Friday Pre-Conference Intensive. Co-sponsored by IMCW. *Tsultrim Allione is the founder of Tara Mandala Buddhist Retreat Center in Colorado, and author of Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict.*

**202 The Soulwork of Clay**



**Marjory Zoet Bankson**

Clay is the earthy, ancient material of creative expression. Join your power of imagination with your inner mud-loving child in this interactive experience of clay and color, personal sharing, and creativity. Grounded by the earth in our hands, we’ll pinch “beloved bowls” and connect our personal creation story to the larger story of

creation. *Marjory Zoet Bankson is an author, artist, and seasoned retreat leader. She leads a yearly work pilgrimage to Guatemala, was the CEO of Faith at Work, and published Faith@Work magazine for 20 years. Her new book is The Soulwork of Clay.*

**203 A Time for Every Purpose Under Heaven**



**Phyllis Berman**

Ritual helps us bear witness to life’s important transitions—joyous or painful, fearful or exciting. Learn the concentrated listening theory and practice of Sh’ma, a key skill that fosters compassion and lowers separation. Enhance your capacity to lead enlivening life-cycle rituals and identify varied opportunities to respond to the

emotional and spiritual needs of your family and community. Both traditional and non-traditional life cycle rituals will be discussed. *Rabbi Phyllis Berman is facilitator for the Tent of Abraham, Hagar, and Sarah, an author, and ESOL educator.*

**204 A Conversation with Joan Brown Campbell**



Joan Brown Campbell’s decades of progressive Christian leadership are a history of compassionate love in daily action. The fruits of her labor are robust—but just how did she do all this and raise a family? Thus we might ask ourselves: What has emanated from what we have given? How can we learn to do all the good things we do with more ease? *The Rev. Dr. Joan Brown Campbell now heads the*

*religion department at the venerable Chautauqua Institution and co-chairs the Global Peace Initiative of Women.*

**205 Yoga Nidra Meditation:**



**The Power of Rest and Receptivity**  
**Robin Carnes**

Much of our life energy is spent striving—at great cost to our physical and spiritual selves. Yoga Nidra is an ancient Tantric meditation practice that cultivates the divine feminine qualities of receptivity and loving acceptance. Discover this practical, simple way to rest the nervous system

and restore a sense of connection to self and others. *Robin Deen Carnes is a certified yoga and iRest® Yoga Nidra instructor who offers workshops nationally and internationally and at the Walter Reed Army Medical Center to military service members with PTSD.*

**206 A Conversation with Majora Carter**



Majora Carter’s environmental and social justice activism earned her the title “grand-daughter of Martin Luther King” from Tom Brokaw. She calls for a complete paradigm shift in how we respect our environment and our people. Her ability to question and then demand change in American life comes from one who knows the problems but

lives the solution. If your hunger is to put your talent and love in service of green-collar jobs and sustainability, come learn from this brilliant luminary. *A 2005 MacArthur “Genius” Fellow, Majora Carter is founder of the Majora Carter Group, a green-collar economic consulting company, and Sustainable South Bronx.*

**207 Leela—Divine Play**



**Cheryl Catranbone**

Do children’s playful spirits show us a sacred truth? Called *Leela* in Hindu philosophy, the energy of divine play is thought to be the essence of our existence. In this session of Anusara yoga, we will tap into the playful dimension of ourselves so often put aside for other “more important tasks.” Here you are invited to share your laughter

and your beauty with each other and connect freely to an innate joyfulness within. *Cheryl is a certified Anusara yoga teacher and teacher-trainer based in Maryland.*

**208 Creativity’s Healing Power**



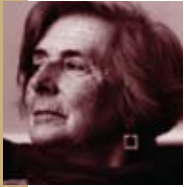
**Beth Nielsen Chapman**

Connection and compassion can be experienced most profoundly when we open to the creative impulse during times of loss and grief. This natural healing capacity is available to us all at any level of adversity. Come sing and talk with Beth Nielsen Chapman as she shares her experience of this realm, and celebrate together the sacred gift

of creativity. *Beth Nielsen Chapman is a songwriter and performer who has written hits for Faith Hill, Willie Nelson, Elton John, and many others.*



## 209 Seeking Holy Wisdom through Poetry



### Esther de Waal

It is said that poets are the prophets of our time. Explore how the language of poetry can open up our experience of God and draw us more profoundly into prayer. Experience allowing poetry, and the poet inside each of us, to encourage the prophetic voice to enter our tasks and missions, and nurture our hearts and spirits. *Esther de Waal is an Anglican scholar of the Cistercian, Benedictine, and Celtic traditions of Christian spirituality. Her most recent book is Lost in Wonder: The Spiritual Art of Attentiveness.*

## 210 Personal Solitude as a Call to Wholeness



### Florence Falk

What if being alone is our challenge? Partnered or single, each life stage brings a form of aloneness, with its doubts, hesitations, and fears. Yet an inner freedom is possible when we befriend aloneness. Through guided meditation, reflection, and movement, we discover “creative solitude”—a state brimming with the potential for personal freedom and resources for renewed life. *Florence Falk, Ph.D., M.S.W., is a writer, teacher, and psychotherapist in private practice for many years. She is the author of On My Own: The Art of Being a Woman Alone.*

## 211 Transforming Conflict



### Michelle LeBaron

When we consciously engage the light and dark aspects of self and community, we may find flashes of peace. Choosing natural objects to help us reflect on an inner conflict, we will identify an aspect of our most benevolent selves and one of pain or shadow and then engage them in written dialogue. When ready, we will braid them together through movement. We will then repeat the process to resolve a conflict we have in the world. Embodying this potent practice will give us tools we can use in a variety of situations. *Michelle LeBaron is professor of law and director of the Program on Dispute Resolution at the University of British Columbia. Conflict transformation, spirituality, and the arts have been central to her work for 25 years.*

## 212 What Does Love Look Like in Your Life?



### Kiamsha Leeke

Every woman deserves to know what love looks like in her life so she can see where it is flourishing and where greater cultivation is needed. Using contemplative practices, collage, and journaling, we'll develop a clear picture of the love we have and what we can do to bring love into every action of our daily lives. *Kiamsha Ananda Leeke is an artist, author, creativity coach, yoga teacher, Reiki Master, and radio host. Her books include Love's Troubadours: Karma Book One and That Which Awakens Me.*

## 213 The Great Turning



### Joanna Macy

A quiet revolution is underway: the transition from self-devouring consumer society to life-sustaining civilization. This “great turning” features the rediscovery of our interconnectedness with all life forms and the power it provides us for healing our world. Truth-telling, meditation, interactive exercises, and sharing are practices we will explore to sustain the immediacy and power of this reconnection. *Joanna Macy is teacher, author, and creator of the Work that Reconnects. Her many books include World as Lover, World as Self.*

“The ocean starts with one drop, and Sacred Circles is a powerful one drop in healing the world and closing off the ‘us-them’ belief.”

—ESPERANZA, SACRED CIRCLES PARTICIPANT

## 214 Listening with the Heart



### Kathy Nelson

Listening is an art of concentration and openness. Listening with the heart goes beyond words to the heartbeat of love. Using the prayer form *lectio divina*, we will gaze at photographs and use texts to draw us closer to the divine. This allows us not only to hear words, but open to color and light, pain and joy, vastness and intimacy. *Dr. Kathy Nelson, a Presbyterian pastor, is president of F.I.S.H. Foundation, Inc. She has been a lecturer at Princeton Theological Seminary and is an author and photographer.*

## 215 Spiritual Art Journaling



### Salima Raoui

Can working with image and color expand your meditation and prayer life? Try painting a journal page while in a heart-centered dialogue with the divine. You will be guided by an international artist who draws deeply from Sufi spiritual practice and healing wisdom. Raoui uses Rumi's words to describe her—and our—focus: “in your Light I learn how to love.” *Salima Raoui is an artist and fiber designer who leads transformative programs for adults and children in the U.S. and her native Morocco.*

## 216 Returning to Our Mother's House: Taking Back Our Feminine Wisdom



### Gail Straub

Do you wonder if your inner life is being sacrificed for outer accomplishment? Find clues in Straub's story to the five most common ways women lose their inner female wisdom and learn the seven practices for taking it back. Our time is intended to empower your deepest essence. Lecture, guided meditation, and dyads will help us reclaim the natural freedom of our true selves. *Co-founder of the Empowerment Institute, Gail Straub's new memoir is Returning to My Mother's House: Taking Back the Wisdom of the Feminine.*

## 217 “You Do Not Have to Be Good”



### Devon Ward-Thommes

Mary Oliver's “Wild Geese” poem inspires all ages. Yet for women in our 20s and 30s, an inner sense of home is crucial amid the vast and hurried world. Engage the flow of creativity and joy through yoga, poetry, and artistic wordplay. We'll investigate our relationships with our bodies—so often governed by conditional, critical love—and discover how specific physical practices can open places of lovingkindness and compassion within. *Devon Ward-Thommes, M.F.A., R.Y.T., is a poet, essayist, and yoga teacher who practices Vajrayana Buddhism.*

## 218 A Conversation with Sakena Yacoobi



Sakena Yacoobi embodies love-based peacemaking in international development. If you hunger for a path of direct service in conflict zones, come prepare yourself with stories from a singularly courageous and deeply faithful front-line Muslim warrior of healing. Whether you come to this desire early or late in life, yours can be a life of service in the most intense places. Hear how this service can be a compelling form of love in action. *Sakena Yacoobi heads the Afghan Institute of Learning, based in Kabul, Afghanistan.*



**AFTERNOON  
WORKSHOPS**  
1:30-3 PM

**301 Kirtan: A Calling of the Heart**



**Vidarbha Agarwal**

There is an intense river of surrender and prayer known as Bhakti yoga, the yoga of devotion or personal relationship with the divine. We can engage this through the practice of Kirtan. Chanting the ecstatic call-and-response songs of ancient India, we will enter a space of prayer and heartfelt expression that rejuvenates and refreshes

the soul. *Vidarbha Agarwal teaches yoga, meditation, and the philosophy of the ancient Gita. She heads a Bhakti yoga club at George Washington University and has trained in devotional music since childhood.*

**302 A Conversation with Karen Armstrong**



This present-day veteran of high-stakes interfaith dialogue teaches us the courage of vulnerability. Karen Armstrong has grappled profoundly with her own faith tradition and emerged with a liberated spirit that clearly has God's hand in it. Discover how you can nurture compassionate behavior and repair your misunderstandings and interpretations of your own faith. Learn more

about the new Global Charter of Compassion and how you can help. *Karen Armstrong is author of more than 20 books and winner of numerous prizes promoting global religious understanding.*

**303 "Redvolution" Mini-Workshop**



**Sera Beak**

Ignite your divine spark—your true self, your red heart, your inner chili pepper—through fiery meditation, intuitive journaling, free movement, and inspiring inner dialogue. This gathering reintroduces spirituality in a style and lingo that fits our modern and often complicated lives. Emphasis will be placed on trusting your

unique path and becoming your own spiritual authority. *Sera Beak is a Harvard-trained scholar of comparative religion who has traveled the world exploring spirituality. She is author of The Red Book: A Deliciously Unorthodox Approach to Igniting Your Divine Spark.*

**304 Finding Your Voice**



**Cecilia Esquivel and Diana Sáez**

Whether you sing onstage or in the shower, come discover the beautiful sounds and harmonies of your voice—and our collective voices—as we sing together. We'll meditate on music, tell our stories of music, and improvise songs from our lives and work. Laughter is part of the empowerment, and the singing will nurture your soul and sense of community. *A native of Argentina, Cecilia Esquivel mixes expertise in social work and music to teach and perform in the groups Cantaré and Coral Cantigas. Originally from Puerto Rico, Diana Sáez is founder and artistic director of Coral Cantigas and directs other choral groups in the D.C. area.*



**305 The Talking Circle: Rebuilding Community**



**Carol Gallagher**

The talking circle is a practice of reconciliation through storytelling used by Native peoples for millennia. After creating a shared altar, we will use this practice to explore its value in healing families and communities after breakdown. Learn how joy and conflict can coexist when

opposing people are in sacred communion with

one another. *The Rt. Rev. Dr. Carol Joy Gallagher is an Episcopal bishop of Cherokee origin and the first indigenous woman bishop in the worldwide Anglican Communion. She practices a ministry of reconciliation in the Episcopal Church.*

**306 I Want to Write, But...!**



**Marita Golden**

Our imagination is a portal into worlds that enlarge and sometimes save us. Release the writer in you so the words in your head and heart reach the page. We'll use a variety of techniques to help you write through anxiety, fear, and self-censorship, and experiment with methods that enable you to write from a sacred place of power

and authenticity. *Marita Golden has distinguished herself as a novelist, essayist, teacher of writing, and literary institution builder.*

**307 Freeing Love's Energy**



**Robbins Hopkins**

Profound love is the energetic foundation of being. Yet its flow is often physically blocked. With the support of group prayer, chant, silence, and meditation, we each will identify an internal place where love is blocked and diagnose the anger, fear, or other cause. Using a repeatable, guided practice of focused healing, we will release

this struggle and reopen love's flow. *Robbins S. Hopkins, Ed.D., facilitates healing, spiritual learning, and meditation groups through her interfaith practice and as a member of a global Benedictine community.*

**308 Drawing Courage from Our Sisters Before Us**



**Helen LaKelly Hunt**

Elizabeth Cady Stanton found her voice and became an agent of change. Inspired by her and four other historic women, we will free-write, reflect, and discuss action steps to join the chorus of women worldwide who are the healers of our times. *Helen LaKelly Hunt has worked for the empowerment of women and girls for more than 25 years*

*through a global network of women's funds. She is founder of The Sister Fund, author of Faith and Feminism: A Holy Alliance, and a Women's Hall of Fame inductee.*



## 309 Restore the Sacred Feminine Within



### Neva Ingalls

Does your soul direct your life? Journey to the heart of this inner sanctuary through visualization. We'll identify the concerns and dreams found there and then embody them through a restorative flow yoga practice culminating in an impassioned dance that frees us to act with courage and vitality. A brief closing practice of Yoga Nidra helps us integrate

the experience. *Neva Ingalls is a certified yoga therapist, ERYT500 with Yoga Alliance, and director of Inner Domain Yoga teacher training program.*

## 310 Romantic Love as a Spiritual Path



### Nancy Kadian

Many of us hold "being in love" as the ideal partnered relationship, yet find this unrealistic or hard to maintain. In the Sufi tradition, our relationship with God as "Lover and Beloved" informs all intimate relationships. Using breath, sound, imagery, movement, and meditation, we'll delve into the holy state of being in love and touch

courage and joy that can permeate our lives. *A psychotherapist who integrates spirituality and psychology, Nancy Zarifah Kadian, L.C.S.W., has been a student and teacher in the Sufi Order International for more than 30 years.*

## 311 Activating the Heart that Yearns for Justice



### Julie Kiser, Marianne Loewe, and Catharine Quinn

Do you want your social justice activism to be a clear expression of spiritual principles? Learn from this trio of international development practitioners whose work is recognized for its authenticity in honoring, empowering, and healing the war wounds of the rural villagers they serve. Through discussion and reflection, we will weave together our own lives and purpose, using the threads of indigenous wisdom, the life and work of Jane Addams, and the



living systems theory of ecology. *Guatemala-based Julie Kiser, M.D., community nurse Catharine Quinn, and Executive Director Marianne Loewe work for the refugee aid organization Concern America.*

## 312 Heart and Soul: Developing Your Emotional and Spiritual Intelligence



### Elizabeth Lesser

Brain and social scientists identify up to 10 kinds of intelligence, yet only one—logical-mathematical—is measured on an IQ test. Come validate your multi-intelligences, especially the emotional and the spiritual. Through discussion, exercises, meditation, writing, and guided imagery,

we will learn to access, trust, and actualize interpersonal skills of compassion and communication, and intrapersonal skills of introspection and faith. *Elizabeth Lesser is the co-founder and senior adviser of Omega Institute. She is the author of Broken Open: How Difficult Times Can Help Us Grow.*

## 313 Beijing Circles: A Social Justice Resource for Circles



### Kim Robey

"Start sweeping at your feet," is a Tanzanian woman's advice to Westerners wanting to solve global poverty and advance women's human rights. Come learn a faith-based education/reflection/action tool based in the circle model that you can use to call small groups together for the sacred work of social justice. The content is based on the Beijing

Platform for Action dealing with education, health, poverty, and violence from a gender perspective. *Kim Robey is the program officer for women's ministries and leadership development at the Episcopal Church Center in New York.*

"Movement for me is a very strong connection. We are so head-oriented that to connect with the body is a great way to crack open the soul."

—SUSANNA, SACRED CIRCLES PARTICIPANT

## 314 Gratitude: A Great-Fullness



### M.J. Ryan

No matter your circumstances, you can learn to be more joy-filled. Through discussion, journaling, and paired exercise, we'll explore how and why gratitude is one of the most powerful actions to increase mental and physical well-being. You'll leave this "happiness makeover" with simple practices to experience greater daily happiness and peace of mind. *M.J. Ryan is one of*

*the creators of the Random Acts of Kindness series, and the author of many books. A member of Professional Thinking Partners, she is Health magazine's life coach columnist.*

## 315 The Force of Kindness



### Sharon Salzberg

His Holiness the Dalai Lama has stated, "My true religion is kindness." Although frequently denigrated as simplistic and weak, kindness has an inherent power to transform our worldview from fear and isolation to clarity, courage, and compassion. Through dharma talks, guided meditations, and questions, Salzberg will explain the relevance of right intention, right speech,

and right action in cultivating kindness as a force. *Sharon Salzberg is co-founder of the Insight Meditation Society in Barre, Mass. She is one of America's leading meditation teachers and authors, guiding meditation retreats worldwide since 1974.*

## 316 Loving Our Mothers, Loving Our Selves



### Holly Taya Shere

Few connections hold more charge and potential for transformation than that of mother and daughter. In women's spirituality circles, we are drawn to the Divine Mother, yet often relationships with our own mothers are fraught with ambivalence and challenge. Through ritual, reflective writing, experiential practices, and chant, we will engage, reframe, and transform the

experiences of our own mother, our inner mother, and Mother Divine. *Holly Shere is co-founder and co-director of Kohenet Hebrew Priestess Institute, and serves as spiritual leader of Olney Kehila Jewish Congregation.*

## 317 The Dance of Love



### Meena Telikicherla

Do you believe that dance can be a form of devotional worship? Come learn Bharatanatyam, an ancient rhythmic dance that originated in southern India nearly 2,000 years ago as an expression of social and moral values. Embody narratives through your dance using simple movements, facial expressions, and hand gestures that convey the greatest of human

emotions—love. Then see stories of compassion in action from the Hindu tradition. *Meena Telikicherla, a dedicated choreographer and performer, is artistic director of Nrityanjali, a dance institution in Maryland.*

## 318 Your Body as Spiritual Director



### Cynthia Winton-Henry

Life can be easier, less stressful, more fully satisfying, and more fun. Using InterPlay, a method that helps us unlock the wisdom of the body, we'll investigate four soul paths: movement, voice, stories, and stillness. In the group, with partners, and solo, you will learn gentle ways to witness and affirm your own body wisdom and that of others. *Cynthia Winton-Henry collaborated with*

*husband Phil Porter to develop InterPlay in 1989, and they have been sharing it around the world ever since.*

# Sacred Circles 2009 REGISTRATION FORM & INSTRUCTIONS

**To register:**

**Online:** (Visa/MasterCard only) Visit our secure Web site [www.nationalcathedral.org](http://www.nationalcathedral.org).

**By Fax:** (Visa/MasterCard only) Complete the registration form in its entirety, including credit card information, and fax to (202) 537-2930.

**By Mail:** Complete the registration form in its entirety and mail to WNC Box Office, P.O. Box 822764, Philadelphia, PA 19182-2764.

**Early Bird registration deadline is December 31.** Advance registration deadline is February 9. Registrations received after that date and registrations at the door will be processed and confirmed onsite.

**Refunds will be made if a** written request is received by the Cathedral Box Office on or before February 9. There is a nonrefundable administrative fee of \$30 for conference and Intensive registrants, and \$12 for Friday night only registrants. Refunds cannot be made for meals or for requests received after February 9.

**Sacred Circles is committed to helping people with limited finances attend.** You can help by including an optional contribution with your registration. To inquire about partial or full scholarships to Sacred Circles 2009, write to [sacredcircles@cathedral.org](mailto:sacredcircles@cathedral.org) or call (202) 537-5649.

**Parking:** Enter our onsite underground parking garage at the dedicated traffic light on Wisconsin Avenue in front of the Cathedral. Rates are posted at the entrance. Visit our Web site for public transportation information.

**Hotel Accommodations:** Sacred Circles discounted room rates are available at two nearby hotels on a first-come, first-served basis. Savoy Suites (use code #7223) (800) 944-5377, [www.savoyuites.com](http://www.savoyuites.com); and Holiday Inn Georgetown (use code #SCP) (800) 972-3159, [www.higeorgetown.com](http://www.higeorgetown.com).

**For questions about your registration,** please call (877) 537-2228, fax (202) 537-2930 or e-mail [tickets@cathedral.org](mailto:tickets@cathedral.org).

Please photocopy this form to use for additional registrations. Submit one completed form for each attendee.



## Sacred Circles 2009 REGISTRATION FORM *(please print)*

Keycode 0209SCWB1

First Name

Last Name

Address

City

State

Zip Code

Daytime Phone

Evening Phone

E-mail

### REGISTRATION CATEGORY

Please check the appropriate category below:

	EARLY BIRD <small>(postmarked by 12/31/08)</small>		REGULAR		AMOUNT
	General	Student*	General	Student*	
All Inclusive (Friday Pre-Conference Intensive, Friday Evening, & Saturday)	<input type="checkbox"/> \$199	<input type="checkbox"/> \$169	<input type="checkbox"/> \$239	<input type="checkbox"/> \$203	\$ _____
Friday Pre-Conference Intensives	<input type="checkbox"/> N/A	<input type="checkbox"/> N/A	<input type="checkbox"/> \$99	<input type="checkbox"/> \$85	\$ _____
Friday Evening & Saturday	<input type="checkbox"/> \$139	<input type="checkbox"/> \$118	<input type="checkbox"/> \$179	<input type="checkbox"/> \$150	\$ _____
Friday Evening Only	<input type="checkbox"/> \$49	<input type="checkbox"/> \$42	<input type="checkbox"/> \$55	<input type="checkbox"/> \$47	\$ _____
Lunch Friday (Order by 2/9/09)	<input type="checkbox"/> \$15	Check one: <input type="checkbox"/> Veg. (dairy) <input type="checkbox"/> Vegan <input type="checkbox"/> Non-veg.			\$ _____
<b>New!</b> Dinner Friday (Order by 2/9/09)	<input type="checkbox"/> \$24	Check one: <input type="checkbox"/> Veg. (dairy) <input type="checkbox"/> Vegan <input type="checkbox"/> Non-veg.			\$ _____
Lunch Saturday (Order by 2/9/09)	<input type="checkbox"/> \$15	Check one: <input type="checkbox"/> Veg. (dairy) <input type="checkbox"/> Vegan <input type="checkbox"/> Non-veg.			\$ _____

\*With copy of valid photo ID

Conference Scholarship Contribution \$ \_\_\_\_\_

**TOTAL DUE \$ \_\_\_\_\_**

### FRIDAY PRE-CONFERENCE INTENSIVE CHOICES

The Friday intensives have limited enrollment and assignments are made on a first-come, first-served basis. Please list multiple choices.

	<b>First Choice</b>	<b>Second Choice</b>	<b>Third Choice</b>	<b>Fourth Choice</b>
Friday Intensives (101-109)	_____	_____	_____	_____

### SATURDAY WORKSHOP CHOICES

Many of the Saturday workshops have limited enrollment and assignments are made on a first-come, first-served basis. Please list four choices.

	<b>First Choice</b>	<b>Second Choice</b>	<b>Third Choice</b>	<b>Fourth Choice</b>
Saturday morning workshops (201-218)	_____	_____	_____	_____
Saturday afternoon workshops (301-318)	_____	_____	_____	_____

### METHOD OF PAYMENT (U.S. dollars only)

Check (Make checks payable to Washington National Cathedral)  Visa/MasterCard

_____ - _____ - _____	_____ - _____	_____
Credit card no.	Exp. Month/Year	Validation no.*

\*This three-digit number is located in the signature box on the back of your card.

Cardholder's signature

Name as on credit card (print)

Billing zip code

**Questions on Registration?**  
**Call (877) 537-2228 for more information, or e-mail [tickets@cathedral.org](mailto:tickets@cathedral.org).**