

Numina Center  
for Spirituality & the Arts  
550 Mendocino Avenue  
Santa Rosa, CA 95401



Center For Spirituality & The Arts

## The Arts of Spiritual Practice Nov 3-5, 2006

**Celebrating spiritual  
practices originating from  
the Christian tradition  
both ancient and modern,  
for people of all faiths  
or no particular faith**

**A weekend of music,  
arts, movement, poetry,  
dance & chant**

### **Concert & Labyrinth Walk**

Friday, November 3rd

#### **6:30 PM Labyrinth Walk**

Candlelit introduction to the practice of walking the Chartres 11 circuit Labyrinth, and ancient tool of movement meditation—Kayleen Asbo & Diane Schoenrock

#### **8 PM Concert**

**“Beyond the Grave:**

**Music to Honor the Dead”**

*Schola Cantorum San Francisco*

John Renke, Director

Tickets \$15 \$12 in advance \$10 students w/ID

Labyrinth open after the concert

### **Spiritual Practice Workshops**

Saturday, November 4th

**9 :00 AM - 3:00 PM**

Personal Altars, Haiku, Visual Journaling,  
Dance & Movement, Rosary & Chaplets,  
St. Francis in the Visual Arts

Complete agenda in this brochure.

#### **All Saints Evensong**

Sunday, November 5th, 7PM

Prayers, Chant & Healing Prayers

Learn more: [www.centerpointplace.org](http://www.centerpointplace.org)

### **Saturday. November 4 Spiritual Practice Workshops**

#### **-Schedule of Activities-**

- 9:00 AM Gather, Introduction & Morning Snack
- 9:30 AM Early Morning Workshops
- 11:00 AM Prayer Stations Open
- 11:15 AM Late Morning Workshops
- 12:45 PM Lunch & Prayer Stations
- 1:30 PM Afternoon Workshops
- 3:00 PM Brief Closing

There will also be concurrent children's activities—Ages 4-10 . Older children are welcome to attend workshops in the company of an adult.

**SCHOLA SAN FRANCISCO  
BEYOND THE GRAVE CONCERT  
TICKETS MAY BE PURCHASED AT  
707-579-3079.**

**LEAVE YOUR NAME AND NUMBER  
AND**

**WE'LL GET BACK TO YOU.**

**ALL EVENTS TAKE PLACE AT  
The Church of the Incarnation  
550 Mendocino Avenue  
Santa Rosa, CA 95401  
Visit our website: [www.numinacenter.org](http://www.numinacenter.org)  
707-579-2601**

## The Arts of Spiritual Practice Workshops Saturday Nov 4th 2006

### REGISTRATION :

The Arts of Spiritual Practice Workshops introduce hands-on spiritual practices to enrich your everyday connections with the divine. For each time slot you will need to select which of two concurrent workshops you will attend.

Please note: You might like to consider our specially planned "All Saints track," Workshops A, C, & E (Art & Our Ancestors, Visual Journaling & St. Francis & Visual Arts) celebrating the All Saints day. This track will particularly focus on honoring those who have gone before us, but who still live within us

We recommend early registration since the workshops will be filled on a first come first serve basis. Spaces are limited and you may not get your first choice.

### EARLY MORNING (9:30-11 AM)

#### [A] Art and Our Ancestors—

Through art and writing, we'll use our creative powers to remember and bond with our ancestors. We'll create a group shrine to commemorate the departed, and a personal shrine to let us each remember those who have passed from our lives. *Please bring copies of pictures, letters or other memorabilia that you feel comfortable using as part of a creative collage.* —Magnus Asbo

#### [B] Anglican Rosary & Chaplet

We will explore the symbolism of the Anglican Rosary, and the smaller Chaplet along with making personalized prayer beads of our own. We'll discuss the many prayer possibilities with rosaries and learn how to customize and incorporate them into our own personal devotion.  
—Sharon Landon

### LATE MORNING: (11:15-12:45)

**C] Visual Journaling**—There are many ways of keeping a journal. We will concentrate on collecting and saving memories of those who have died—our parents, grandparents, great-grandparents, or others—as one of the most valuable ways to honor them. It is also a legacy, a gift for the younger generation.  
—Helen Caswell

**[D] Dance as Living Scripture**—We'll explore the language & poetry of the 23rd Psalm through dance, breath meditations, centering prayer and music. People of all ages and movement ability are welcome!  
—Liza Brickey

### AFTERNOON (1:30 PM– 3 PM)

**[E] St Francis in Visual Art**—We'll study the most popular of all saints and perhaps the most Christlike. By looking at aspects of his life and his canticles as portrayed in the visual arts—from works by Giotto, a near contemporary of Francis, down to works in our own lifetimes. —David Steadman

**[F] Haiku: Mining the Riches of the Gospel**—An introductory hands-on workshop exploring the meaning of stories from the gospels by writing haiku in response to them. Open to all—you don't have to be a poet to reap the riches of this practice.  
—Patricia Moore

## Workshop Leaders

**Kayleen Asbo**—a *Veriditas* trained labyrinth facilitator, who has assisted in pilgrimages with Dr. Lauren Artress at Grace Cathedral, San Francisco and in Chartres, France.

**Diane Schoenrock**—also trained as a Labyrinth facilitator by Dr. Lauren Artress of *Veriditas*, Diane has used the labyrinth in her own meditation practice for the past 8 years. She has traveled to the Chartres Labyrinth for week-long pilgrimages.

**Magnus Asbo**—member of Incarnation and the Community of Hope, and has worked in the Sonoma County men's movement on reconnecting with grief and ancestral heritage through creative ritual.

**Sharon Landon**—a passionate Artist/Designer who also serves on the Vestry and Numina board, developed this workshop while exploring ways to creativity enhance her own spiritual practices.

**Helen Caswell**—celebrated artist known for her oils and portraits of people and places. Helen is a sought-after workshop leader both as an artist and journaler. Her depiction of Celtic angels hangs in the parish hall of our church.

**Liza Brickey**—shares her feeling for prayer and scripture through dance and movement awareness. A professional movement educator for over 2 decades, Liza was trained by Moshe Feldenkrais in Awareness through Movement and Functional integration.

**David Steadman**—an art museum director for 30 years, David was educated at Harvard, Berkeley & Princeton. He serves as deacon at St. Stephen's Church, Sebastopol and is a well-known workshop leader.

**Patricia Moore**—parish priest, retreat leader, Bible study teacher, and seeker after all these years! She is on the staff of Incarnation parish.

REGISTRATION: THE ARTS OF SPIRITUAL PRACTICE —SATURDAY, NOV 4, 2006

NAME: \_\_\_\_\_ PHONE # (day) \_\_\_\_\_

WORKSHOP REGISTRATION: (SELECT (CIRCLE) ONE IN EACH TIME SLOT)

9:30-11 [A] Art & Our Ancestors or [B] Anglican Rosary & Chaplet

11:15-12:45 [C] Visual Journaling or [D] Dance as Living Scripture

1:30-3:00PM: (E) St Francis in Visual Art or (F) Haiku: Mining the Riches of the Gospel

\$15 (\$10 students w/ID) donation includes lunch and cost of materials. Please enclose check w/registration

CHILDREN'S PROGRAM (runs concurrently w/adult activities) Name and ages of children participating:

CHECKS SHOULD BE MADE OUT TO: Church of the Incarnation MEMO: NUMINA

Send to: Attn: Vicki Garcia, Church of the Incarnation, 550 Mendocino Avenue, Santa Rosa, 95401 Call 579-2604 for more info.