

Living An Abundant, Joy-filled Life: No Matter the Circumstances! Fully Human and Fully Divine

A six-week series of experiential workshops tapping into and connecting with joy, creativity and abundance from the inside out!

Westport Point Methodist Church

Westport Point, MA

Sunday Afternoons

3:00pm – 5:00pm

Dates: 2/21, 2/28, 3/7, 3/14, 3/21, and 3/28

There is no charge for this series and Love Offerings are appreciated.

All proceeds go to the Westport Point Methodist Church.

If you are able, please RSVP for each individual session

508-636-7361

Or girijasings@yahoo.com

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that **everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.**"

Viktor Frankl, *Man's Search for Meaning*

"Life is going to unfold however it does: pleasant or unpleasant, disappointing or thrilling, expected or unexpected, all of the above! What a relief it would be to know that whatever wave comes along, we can ride it out with grace." ~~ Sylvia Boorstein

**Life continually challenges us to live courageously, from our hearts,
versus living in fear of "what's to come."**

How do we live joy-fully in the midst of everyday life?

How do we choose our own way and stay connected with others and ourselves in the midst of Life, especially when 'Life Comes Knocking' at our door?

How do we access that 'something more' that carries us and lifts us during difficult times?

How do we build community that supports each of us in times of difficulty and sorrow as well as times of joy and celebration?

These are questions we will explore during this mini-series.

**Join Karen Moore Holliday, Pastor Katherine Mitchell
and local practitioners Tracy Hawes, Kerry Cudmore, Steve Martin, Kim Bella,
Rhonda-Matson Plourde and Sheryl Worthington Turgeon
in exploring our relationship with the experience of joy and abundance.**

Karen Moore Holliday is a local holistic practitioner, workshop leader and teacher. For over thirty years Karen has supported others through meditation, yoga, spiritual companionship, dream work and more in connecting with that which has heart and meaning for them.

Katherine Mitchell has been the pastor for the Westport Point United Methodist Church for the past three years. Her interest and focus reside in building a community of joy and justice.

Presenters and Presentations

February 21, 2010 Climbing the Sacred Mountain of Our Being with Tracy Hawes

Self-awareness, self-care and the spiritual practice of being human. How do we discover and reclaim that which is sacred within us? And how do we maintain that awareness in the midst of our every day lives? In this workshop, Tracy will guide us through the journey of our own being with practical, every day practices that engage all parts of ourselves – body, mind, and spirit.

Bio: Tracy Elizabeth Hawes, CLMT has an extensive background in the healing traditions and brings an integrated approach to her work with others. She has a passion for world cultures and healing and her studies have brought amazing insights into her work, as well as her life. For more information visit: www.adamsvillehealingarts.com

February 28, 2010 A New Relationship With Money with Kerry Cudmore

“A New Relationship With Money” will introduce a new way to think about and relate to money. We will explore our relationship with money through story, discussion, practical perspectives and experiential exercises. Join Kerry as she gives us a taste of her popular and life-changing 8-week Spiritual Finance class series. Interesting, insightful, engaging and fun!

Bio: Kerry Cudmore, BS, PCC, CPCC has made a lifetime study of human expression. She helps people from all walks of life bring their unique voice to the world. Kerry is the founder of the Spiritual Finance Initiative -- providing unlimited scholarship opportunity to anyone interested in recreating his or her core relationship with money. She is a Professionally Certified Life & Business Coach, and a graduate of the Coaches Training Institute's acclaimed Co-Active Leadership program. For more information visit: www.kerrycudmore.com

March 7, 2010 Flowing Like Molasses: The Gift of Stuckness with Steve Martin & Kim Bella

We are creative cosmic beings, meant to adapt, flow and change. We may find times in our lives where we feel unable to move forward mentally, emotionally, creatively, or spiritually. What happens to us when we feel stuck? Why does it feel so important to become unstuck? What gift does stuckness have to give us? In this experiential workshop, we'll have the opportunity to explore the different ways stuckness shows up in our lives and some ways to work with it when it does.

Bios: Kim Bella, Ph.D.(c), is an artist, educator, psychotherapist, and yoga teacher who has studied stuckness extensively. Steve Martine, M.S., is an astronomer, teacher, and author whose work weaves together the cosmic, the spiritual, and the personal in everyday life. Steve's website is: www.cosmicconversations.org

March 14, 2010 The Sustenance of Song with Rhonda Matson-Plourde

Join Rhonda Matson-Plourde for an afternoon of music making, and discussion about the sustaining power of song. Through an experiential process, shower singers, performers and even those shy about sharing their voice, will tap a most abundant resource; the aptitude for musical expression each of us carries every day.

Bio: Rhonda Matson-Plourde is the Director of South Coast Music Together & South Coast Singing Circles, both of which are programs that emphasize the process of musical creation, over the product. She has been formally trained in voice and has participated in many dramatic productions. Visit www.southcoastmt.com for more information.

March 21, 2010 Whole, Fresh and Feeling Great: Foods That Make You Come Alive and Thrive with Sheryl Worthington Turgeon

If you experience mood swings, fatigue, irritability, cravings or low energy, it may be the foods you eat or don't eat. Our session will cover ways to incorporate whole foods into your diet, the benefits of even small changes to your eating habits and the foods that can keep you from feeling your best. When what you eat changes, everything changes. Join us to find out how you can come alive and thrive!

Bio: Sheryl Worthington Turgeon, MPH, CHC, CMMS, is a certified health, nutrition and life-purpose coach, who helps women to enjoy healthy nourished bodies, experience exhilarating transformation and fall in love with their lives!

Areas of specialty include: Sugar Sensitivity, Weight Loss, Whole Food/Organic Transitions, Relief of Chronic Symptoms from PMS to Menopause, Food Sensitivity Testing and Analysis, Mid-Life Quests and Life-Purpose Business Strategies. You can learn more on her website: www.yourhealthpotential.com.

March 28, 2010 Shaking Out the Bones of Our Spirit with Karen Moore Holliday

Once upon a time, we knew how to move our bodies to stay healthy, to clear the mind and engage the spirit. We have become so sedentary that it's actually become a national focus regarding the health and well being of our culture. Experience the joy of moving your body in a way that is just right for you! Karen will guide us in learning how to shift our moods and energy to a higher state of well being as well as connect with that light-hearted and joyful self we've been wanting to see.

(See Karen's bio on the previous page)