

Mandala

Adventurous Learning for Wholistic Living



*Please join us for one or more
of our Mandala offerings.
Explore wholistic living that
will deepen spirituality,
strengthen wellness and
promote common good.*

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Adventurous Learning for Wholistic Living

Mandala* is a community learning environment offering explorations and experiences for wholistic living that deepen spirituality, strengthen wellness and promote the common good. We live in a multi cultural world facing multiple challenges and complex issues. Mandala offerings will encourage sensitivity to a variety of spiritual perspectives through learning, sharing and dialogue.

You can learn how...



To listen to the soul, our deepest wisdom, speaking through thought and feeling, intuition and imagination, guiding us to creative solutions and practical actions.



To seek wellness for self and society through multi disciplinary approaches, rather than polarized, one way only solutions.



To see nature as a living community, not just “the environment”, of which humanity is an inseparable part, thriving and diminishing along with the rest.



To respect this multi-cultural, multi-religious world, with openness to truth from many sources, and deep rooting in our own faith and traditions.

Classes, workshops, explorations and experiences are offered for a nominal fee. Registration is required.

**Mandala (circle) is a universal image of totality, wholeness, at-homeness. “Since ancient times in many cultures, mandalas have had a powerful role in depicting, containing and expressing the sacred. They offer us a profound way to examine our inner reality, to integrate that understanding with our physical selves and to feel connected to the greater universe.” (Susanne F. Fincher, The Mandala Work book) We carry within us, at the center of our being, a sanctuary, a holy place where the human and divine meet. We have the imprint of our own wholeness embedded in us and we seek to connect with it and become fully alive. Many say the symbolic nature of a mandala can help one reach deeper levels of consciousness.*

Mandala is funded by the R. Murphy Williams Community Fund.

SPIRITUALITY: *New Steps on Ancient Paths*

A Larger Life: Discovering Meaning in our Human Existence

One of the great existential struggles involves the quest for a meaningful life. The search continues throughout the life course and changes as life circumstances change. We will excavate our own interior lives to identify what grounds our lives in purpose. Through applied practice, participants will chart their own journey in the search for meaning.



Leader: Gwen Hummcutt, PhD, is professor of Sociology at UNC-Greensboro. She teaches and publishes regularly on a number of topics spanning self and society.

3 Sundays, Sept. 19, 26 & Oct. 3; 4 5:30 pm. Total cost 20 maximum 12 participants

Fairy Tales: A Mirror for Unconscious Behavior

Fairy tales can teach us to “keep our wits about us,” to be present as we go through our day, and to understand that different situations call for different responses. They contain wonderful expressions, images, and patterns of human behavior, which can provide insights into experiences of life. Working with two tales, participants will reflect on their own reactions and associations to images and actions to become aware of unconscious patterns of behavior in their own everyday lives.

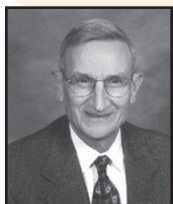
Leader: Dee Follin, J.D., LAAP, is a Jungian analyst in Greensboro. She practiced law in NC for a number of years before moving to Boston to train as an analyst. She is a graduate of the C.G. Jung Institute in Boston.



6 Mondays, Sept. 13 Oct. 18; 7 8:30 pm, Total cost 75 maximum 12 participants

Jesus' Radical Message

In his book (title above), Z. Holler shares his understanding of the gospel, testifies to the wound of racism and to how gospel faith changes personal and political geographies. As Z. reviews this book, he will share the passion and convictions that brought him to write the book and the message he hopes others will understand.



Z. Holler, PhD, is a retired Presbyterian pastor, having served Covenant for 14 years. He is co-founder of the Beloved Community Center and served as co-chair for the Greensboro Truth and Community Reconciliation Project.

Sunday, Oct. 10; 4 6pm. Free

Lectio Divina

Lectio Divina is an ancient, classic practice of “holy reading” that leads to receiving personal guidance for living. This meditative process allows for gentle centering, hearing the sacred text and connecting one’s life for meaning and guidance. When Lectio Divina is practiced faithfully, it leads to a deeper knowledge of the Divine, the self and the world. It also helps us stay “on the beam.” Participants will engage in this practice with a small group and need only to bring an open heart.

Leaders: Helen Wolff has been an educator in NC serving as teacher, principal and administrator of programs. Since retiring from the Greensboro school system several years ago, she has been active in social justice issues and served as a leader in spirituality groups. Joyce McKenzie is a retired Clinical Social Worker with Family Services of the Piedmont. She is currently active with Peer Counseling and Crossings: Alternative Care.



Each Wednesday, Sept. 15 Nov. 17,
Noon 1 pm. Free.

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

Pierre Teilhard de Chardin

To register for Mandala offerings, please visit www.athinkingchurch.org or call the church office at 336-275-6403.

Questioning Old Answers

The doctrines of the church held a degree of life for people with an ancient worldview that modern ways of understanding the world cannot approach. For meaning, we have to approach them from the perspective of our place in time – re-imagining them in light of our view of the world. This class will be a springboard into that process.

Leader: Jim Dollar enjoys asking, seeking, knocking and walking through the world taking photographs because a camera helps him see. He's always looking to see things he hasn't seen and to see things he has seen in different ways.



2 Mondays, Nov. 15, 22; 7 8:30 pm. Total cost 10

WELLNESS: Meditation, Healing and Body Work

Grace, Self Awareness and Efficiency

After an introduction of theory and description, there will be a demonstration of Trager® Neuromuscular Re-education. Participants will be guided in self awareness, grounding, gentle self help movement and postural suggestions. The movement adjustments affect one's mental, physical, emotional and spiritual well being.



Leader: Betsy Oldenberg is a certified Trager® Movement re-education Practitioner and tutor. She trained in a number of other modalities, including the Cranio Sacral system, Ortho Bionomy, Dynamic Structural Learning, Tai Chi, Chigong healing, Reiki, Reflexology, the Bowen technique and Neural Structural Integration.

Saturday, Sept. 25, 9 am Noon. Total cost 20

Soundings: Creative Expression For Well-Being

Sound has the power to permeate our being, uplift and restore harmony to mind and body on cellular levels. This series will be an interactive experience in creating your own sounds, rhythms and movements through facilitated improvisation and sound meditations. Included will be hand drumming, vocal toning, gesture painting, movement and stillness to live sound.



Leader: Betsy Bevan, composer, pianist, visual artist, and educator, has been composing since age 11. She earned a masters degree from the Eastman School of Music and has been influenced by improvisational studies as a colleague with cellist-composer, David Darling of the Paul Winter Consort and process art painting, working with Stewart Cubley, author of Life, Paint and Passion. She is currently studying as a sound healer practitioner.

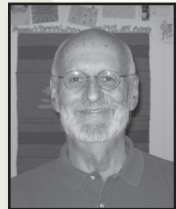
4 Tuesdays, Oct. 19, 26, Nov. 2, 9; 7 8:30 pm. Total cost 50 maximum 12 participants

Healing Emotional Stress and Energy Healing

Participants will be guided in the art of mindfulness, in which emphasis is placed on effortlessness, present-moment awareness. Group members will be supported in being mindful with their stressful mental emotional states, thus promoting movement toward insight, resolution and self actualization. The leaders will also convey subtle, or spiritual, energy to all participants.

Leaders: Lorenzo Cree is a gifted healer who has practiced integrative holistic therapy worldwide since 1972. He was selected three times for research studies funded by the National Institutes of Health on distant healing. Judy Mitcham RN, MSN, first connected with Lorenzo Cree for healing support after 20 years of unsuccessful treatment for a debilitating autoimmune illness. She is receiving his mentoring to further her development as a healer and has completed three levels of the Healing Touch International curriculum.

Thursday, Oct. 7, 6 9pm. Total cost 30



*“Live with intention.
Walk to the edge.
Listen hard.
Practice wellness...
Live as if this is
all there is.”*

Mary Anne Radmacher

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COMMON GOOD: Living With Each Other and the Earth

Workshop 1. Co-Creating a Sustainable Culture

People all over the country, are discovering ways to live in a mutually beneficial relationship with the natural world as our society grapples with environmental crises and the diminishing returns of a consumer culture. Learn in this workshop how to frame your decision making in ways that prioritize personal health, responsible self actualization, social well being and ecological resilience.

Workshop 2. Shifting Expectations: Life During the End of the Oil Age

Respected and credible energy analysts expect 21st century Americans to live through one of the most difficult periods in modern history: transitioning to a society less dependent on petroleum as this vital transportation fuel declines and becomes more expensive. Find out why it is important for you to understand your vulnerability to future price shocks and what steps you can take to reduce your and your community's dependence on this potent but non renewable resource.

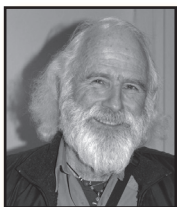
Leader: Morgan Josey Glover is a journalist who helped create goGreenTriad.com and formerly reported on green and sustainability issues for the Greensboro News & Record. She is a community gardener and burgeoning urban homesteader.



Sunday, Nov. 14, 2:30 - 4 pm workshop 1 & 4:30 - 6pm workshop 2
Total cost 10 for one workshop and 15 for two.

Two Meditative Hikes

Experience the beauty of the woods in late fall and in very early winter on two walks on a Greensboro watershed trail. The first walk will afford the opportunity to see the leaves in their fall glory and on the second the opportunity to view the more severe beauty of the leafless trees as the sun descends in the west. Beginning at 2 pm in Covenant parking lot, each walk will last approximately 2 hours and will take place on the Towns' End trail, just north of town.



Leader: Vance Arnold is a retired Psychotherapist who has always been an avid fan of natural settings, enjoying canoes and water routes as well as hiking boots and land trails. Vance enjoys good company and is good company, and his presence on a trail will be a highlight in anyone's day.

Oct. 17 and Nov. 21. Free

Friday Night@The Movies

Wholistic living includes laughter. Fall programming includes two movies "just for fun." Parody. Camp. Sight gags. Silliness. Join us for a simple Friday night supper of soup and bread followed by popcorn and cinema. Mitch Fore, AP professor in UNCG's School of Music, Theatre and Dance, will host.



Airplane! (1980) 88 minutes – Oct. 15

This is THE quintessential movie spoof that spawned an entire genre of parody films and ranked in the top 5 Entertainment Weekly's list of the 100 funniest movies ever made.

The Abominable Dr. Phibes (1971) 94 minutes – Nov. 12

Vincent Price, who rose to fame in such 50s horror classics as House of Wax, The Fly, and The Bat, parodies himself in a wonderful over the top portrayal of Dr. Anton Phibes, a horribly disfigured musical genius and religious scholar who avenges the operating table death of his beautiful wife by murdering the doctors he holds responsible in grizzly methods inspired by the Old Testament plagues.

Total cost for each movie and supper 5.

"Unless we work for the common good there won't be any."

Unknown

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Ongoing Opportunities at Covenant

Meditation Techniques and Contemplative Practices

Leader: Julie Lapham, PhD, has been a teacher and learner of meditation techniques and contemplative practices for almost 40 years studying with Swami Rama, Jack Kornfield, Maharishi Mahesh Yogi, Jon Kabat-Zinn, Thich Nhat Hanh and others. Research shows that adding a meditation practice of 15 minutes to each day reduces stress, improves health and brings a sense of well being to the practitioner. *Every Monday, 6-8pm, Free (contributions are welcomed)*

The Power of Drumming

Leader: Betsy Bevan, MA in Music, artist and sound healer practitioner, has been a teacher of drumming for years. Drumming is known for its powerful healing effect on the body. In this fun and energizing class, participants learn traditional African rhythms on the djembe as well as improvisational structures for jamming. Drumming helps us connect to each other and ourselves and is accessible to everyone. Drums are provided. Join in the fun! *Every Thursday, 6:30 - 7:30 pm (starting Sept. 16), Cost \$10 each class*

Yoga/Pilates

Leader: LeAnne Case is an experienced fitness instructor and a certified instructor for yoga and pilates. Yoga and pilates offer opportunities to improve flexibility, muscle strength, balance, coordination and breathing. Persons of all levels of movement are welcome. *Every Tuesday, Pilates, 5:30 - 6:30 pm; Every Thursday, Yoga, 5:30 - 6:30, Cost \$10 per class or \$30 per month.*

Upcoming Special Events in 2011

Robin Meyers – April 1-2, 2011

For over 20 years, Robin Meyers has been pastor of Mayflower Congregational UCC Church, Oklahoma City, an “unapologetically Christian, unapologetically liberal” church in the most conservative state in America. He is a tenured professor in the Philosophy Department at Oklahoma City University, a syndicated columnist, a peace activist, and an award winning commentator for national Public Radio. Meyers has appeared on Dateline NBC, ABC World News Tonight, and the NewsHour with Jim Lehrer. Meyers writes regularly for The Christian Century and is the author of five books, the most recent being Saving Jesus From the Church: How to Stop Worshiping Christ and Start Following Jesus March 2009; HarperOne

Rumi by Candlelight – April 16, 2011

Come and experience the wonder of Rumi, a 13th century mystic who is America’s most popular poet today. He comes across 800 years and from the other side of the world; yet his poetry is timeless and is as relevant now as it was then. Accompanying Rumi’s poetry will be original music by Betsy Bevan, piano, Will Ridenour, Kora African harp and Meredith Holladay, vocals. The poetry will be read by Adrian Vyner Brooks.

*Watch for the announcement of new Spring offerings by
Mandala for more adventurous learning for wholistic living.*



COVENANT

Inclusive, Open-Minded and Home for Your Soul.