

Joshua's Place

a not for profit

For Spiritual, Emotional, Physical Enrichment

www.joshuasplace.org

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FALL & WINTER 2011 - 2012 PROGRAMS

We have changed the format of our newsletter. We trust that it will be easier for you to access the information on the programs you are interested in.

We will list our ongoing year round programs first.

Please make sure you check the dates as some of our ongoing programs are once a week and others are once a month.

Additional fall/winter programs will be listed separately.

Please sign up for our weekly email announcements to get the latest program events, reminders, and information.

Visit www.joshuasplace.org today.

 **FALL / WINTER 2011-2012**
ON-GOING YEAR ROUND PROGRAMS

MONDAYS:

7:30A.M.

AA Meeting (O) Literature Grab Bag

This is an open meeting of Alcoholics Anonymous.
Pass the basket offering

7:30P.M.

MEDITATION & CHANTING

Enter the Heart of the Divine Splendor

This light yet in depth course will teach you ways to still the mind and find pathways to uncover inner peace and happiness. Energy will build and regular attendance is most beneficial. Individual sessions may be taken. It is suitable for experienced and emerging meditators.

Every Monday

Cost: \$10.00 (\$50.00 for a booklet of six)

Teachers: Monica & Tim Kadash



TUESDAYS:

7:30A.M.

AA Meeting (C) Grapevine Meeting

This is a closed meeting of Alcoholics Anonymous.
Pass the basket offering

12:00 Noon to 1:00

NEW

PRE NATAL YOGA can relax your mind, strengthen you muscles, bond with your baby and prepare you for childbirth.

Every Tuesday

Teacher: Monica Kadash – has been practicing and teaching Yoga and meditation for many years and throughout her own pregnancies. She is a sensitive and deeply caring Doula, who does her work with great Love and enthusiasm. Qualities she brings to you, along with her knowledge, wisdom and wonderful personality

Cost: \$15.00 if combined with the next class save \$5.00



1:00 – 2:00

NEW

WOMENS GATHERING

Expectant Mothers & Friends

Time to share experiences and discuss important questions regarding pregnancy and birth with the intention to inform, encourage, uplift and empower every woman present.

Every Tuesday

Teacher: Monica Kadash - Trained Doula & Yoga Instructor

Cost: \$15.00 if combined with the yoga class save \$5.00

♥ *I carry your heart with me - I carry it in my hearte.e. cummings*

WEDNESDAYS:

7:30A.M.

AA Meeting (C) Step Meeting

This is a closed meeting of Alcoholics Anonymous.

Pass the basket offerings

4:00P.M.

Wednesday Yoga

Renew the rest of your week with an energizing yet relaxing, restorative yoga class that incorporates gentle stretching, breathing exercises, yoga poses and relaxation. It is perfect for beginners and intermediate level students.

Teacher: Linda Muse

Kripalu Certified for 16 years

Cost: \$ 15.00 each session

\$80.00 for six classes

\$150.00 for 12

Every 24 classes get 3 free



7:30P.M.



REIKI CIRCLE

Reiki is an ancient healing art. Through Reiki you will experience the blessings of spiritual growth and change. The benefits of Reiki can be felt physically as well as emotionally.

As in most things in life Reiki must be experienced to be appreciated.

Come and experience the energies for an utterly *mystical and enchanting evening!!!*

1st Wednesday of Each Month

Hosted by: Susan McArdle, RMT

All lineages welcome - free will offering.



7:30P.M.

DAWNING OF THE AGE OF AQUARIUS

Looking at the Year Ahead

The "Dawning of the Age of Aquarius" and all the Aquarian energies are surrounding us at this moment.

This monthly Astrology class will focus on the planetary cycles, transits and progressions and how far they will affect your chart in the year to come. Bring a copy of your natal chart or call ahead with date, time and place of birth.

2nd Wednesday 10/12, 11/9, 12/14, 1/11, 2/8, 3/14

Cost: \$20.00

New students should call Kate 725-9133 with your birth time and place so you can have your chart in class.



Kate Plumb has been studying astrology since 1971. She is certified by NCGR (National Council for Geocosmic Research) as a level IV astrologer and as an ACG map reader. She lectures at conferences in NYC, writes for the national astrology magazine, teaches classes locally and sees clients in her own home.

7:30P.M.



REIKI PRACTITIONERS NIGHT is a way to share our wonderful gifts with each other and be in the company of like-minded people. Reiki will be exchanged among all practitioners.

This evening is open to practitioners only. All lineages and levels welcome.

3rd Wednesday of each month

Hosted by: Jo Ann Schepps

Love Donations Appreciated

WEDNESDAYS *continued:*

7:30P.M.

HEALING, KARMA-CLEARING, AND WORKING WITH PAST LIVES

The people we're involved with in this lifetime are people we've known and dealt with in other lives; and depending on our actions and consequences, we will deal with them again and again until all the karma we've created is balanced and healed.

Every day-to-day relationship and situation we're in builds ripple effects that pull everyone involved either further up, or further down their karmic path. The choices we've made in both the past and the present of this life will inevitably affect our future, not only in this life, but in all our many other lives as well.

In this workshop, we'll discuss the many fascinating aspects of how all this works, and how we can make it all work better for us. We'll do a guided meditation to create a clearer connection to our own reincarnational experiences, and we'll use all the information the evening offers to move more consciously towards better outcomes for ourselves, and all those whose lives we touch.

Last Wednesday of each month

Time: 7:30P.M.

Cost: \$20.00

Facilitator: Juana *M*artinez is a Past Life Regressionist, trained and certified by Dolores Cannon. www.pastlifegateway.net

THURSDAYS:

7:30A.M.

AA Meeting (C) Tradition Meeting

This is a closed meeting of Alcoholics Anonymous.

Pass the basket offerings

9:45A.M.

Thursday Morning Kripalu Yoga

Kripalu Yoga is often referred to as "Meditation in motion". A relaxed awareness is cultivated during the entire time of practice. Classes are gentle but allow you to challenge yourself at your own pace and provides a through body/mind workout.

Teacher: Mary SA.M.mon,

Kripalu Certified

Time 9:45A.M.

Cost: \$ 15.00 each session

\$80.00 for six classes

\$150.00 for 12

Every 24 classes get 3 free



FRIDAYS:

7:30A.M.

AA Meeting (C) Daily Reflections

This is a closed meeting of Alcoholics Anonymous.

Pass the basket offerings

Think Like a Tree

by Karen I. Shragg

Soak up the sun
Affirm life's magic
Be graceful in the wind
Stand tall after a storm
Feel refreshed after it rains
Grow strong without notice
Be prepared for each season
Provide shelter to strangers
Hang tough through a cold spell
Emerge renewed at the first signs of spring
Stay deeply rooted while reaching for the sky
Be still long enough to
hear your own leaves rustling.

FRIDAYS *continued:*

7:30P.M.

EFT *NEW*

Emotional Freedom Technique

EFT (Emotional Freedom Techniques) or "tapping" as **EFT** is often called is based on the Chinese acupuncture system.

EFT involves tapping on acupuncture points whilst thinking about an issue that bothers you.

So far it has helped people with many issues including emotional and physical pain, confidence, weight control and fears and phobias to name a few.

EFT seems to be able to make a positive difference to almost any life issue, ailment or challenge.

This circle is about the **EFT** experience. Whether you want to de-stress, collapse limiting beliefs, live free of fear and phobias, emotionally detach for painful memories, or just come check out what **EFT** is all about, you are welcome to join the circle. No prior **EFT** knowledge or experience is necessary.

1st Friday of each month

11/ 4 – 12/2 – 1/6 – 2/3 – 3/2

Cost: \$10.00 suggested donation

Facilitator: Gene Hamilton, LMT and EFT practitioner, is a native of the Hamptons. Gene studied massage therapy and health sciences at the Swedish Institute in New York and has been a massage therapist for 27 years. After five years of using EFT emotional freedom technique for his own personal well-being he became certified in EFT. Gene has been interested in the wellness world since the age of 12 when his mother gave him a book on reflexology. He resides in Quogue, New York and has clients from coast to coast.



Loving Your Enemies Meditation

- 1 Get into a comfortable, seated position, either in a chair with your legs uncrossed, or on the floor. Adjust your posture so that your spine is upright, yet your body feels relaxed. Rest your hands in your lap or on your thighs, with the palms facing up or down.
- 2 Close your eyes and bring your attention to your breathing. Take a few conscious and deep abdominal breaths. Let your exhalations carry out any tension or anxiety you're feeling, use this throughout your meditation to expel any tension or anxiety that comes up. If it is helpful, you may use the affirmations—"I AM" on the in-breath and "calm and relaxed" on the out-breath—to center yourself during this practice
- 3 Bring your awareness to your heart. Allow your breaths to massage this area. Notice any specific feelings or thoughts you may have about yourself, people you know, or any particular event. Cultivate a detached and nonjudgmental attitude to anything that comes up for you.
- 4 Continue to focus on the heart area while doing the following:
 - Cultivate a friendly and accepting attitude toward yourself and your friends.
 - Develop feelings of compassion and understanding for all those who suffer.
 - Be joyful in your thoughts about a particular person who's important to you or a saint or guru you hold in high esteem.
 - Maintain feelings of indifference and equanimity to anyone who has harmed you or anyone else. Don't get sucked into their mean-spiritedness or harmful deeds.
 - To complete your meditation, take three to five deep abdominal breaths. Open your eyes and slowly get up.

**ADDITIONAL PROGRAMS
FOR
FALL / WINTER 2011-2012**

These programs are limited to the specific dates listed



☺ Wu Ming QiGong for Breast Health ☺

In this class you will learn QiGong movements to improve the energy flow through your body and to the breasts.

Three major meridians or pathways run through the breasts. Chi (vital life force energy) which runs through these meridians can become stagnant and lead to the decrease of circulation and eventual formation of cysts in the breasts.

QiGong exercises restore, renew, centers and opens the meridians.

By keeping the flow of chi balanced through QiGong exercises, you can assist in the prevention of stagnation, regeneration of healthy tissues and recuperation from surgical procedures and other forms of treatment.

Come and participate in this class to learn seven unique Wu Ming QiGong energy movements to use in your healing journey

**Sunday
October 30th 9:00A.M. – 11:00A.M.
Cost: \$40.00
Teachers**

KATHERINE LOSCALZO, R.N., B.S.N., C.N.A.T., CNT I Katherine received her degree in Nursing at Fairleigh Dickinson University and has worked as a clinical nurse for the past thirty years at The Mount Sinai Medical Center, New York City, in the areas of medicine, surgery and critical care. Katherine is a Certified Nurse A.M.M.A Therapist. She is a Reiki Master, holds a Black Belt Degree in Eight Martial Arts for Health and is a Certified Natural Trainer I. She is a former nationally ranked athlete in the martial art/sport of fencing and a member of the United States Fencing Association.

CHERIE STRICKLAND, R.N., M.A., M.Ed., C.N.A.T. Cherie received her B.S. Degree in Nursing from Syracuse University and her M.A. and M.Ed. degrees in Nursing Administration from Columbia University. She was in Nursing Administration at The Mount Sinai Medical Center for sixteen years in the roles of Clinical Director for Medical/Surgical Nursing and Associate Director of the Nursing Department. Cherie served in the Viet N.A.M. War as Captain in the U.S. Army Nurse Corps. Cherie is a Certified Nurse Therapist. She is a Reiki Master and holds a Black Belt Degree in Eight Martial Arts for Health. Cherie teaches Holistic Nursing at William Paterson University. She is an accomplished musician in the areas of voice and guitar



Prayer of Heart and Body Workshop Series

With Doreen Corwith Eckert, M.S., CYT
Certified Himalayan Institute Yoga Instructor

Since yoga is not a religion, but a science and psychology of spiritual awakening, it can be practiced by those of many faiths. Join Doreen as she takes you on a journey of yogic and Biblical scriptures, prayerful postures, sacred breathe and deep, deep listening. Yoga's gift of systematic techniques to bring about a healthy body, and a calm mind can improve your capacity to go inward to hear God's call and live an outward life of skillful service and awakened Grace.

Classes include gentle to moderate postures and breathwork followed by guided and silent meditation. Students must be able to get up and down from the floor.

(Chairs are available for meditation)

For more information or to register
631-276-2517 * 631-726-3376 * doreen@corwith.com



Reiki Circle

❄️ **Winter Solstice 2010** ❄️

The Winter Solstice Reiki Circle is one of the most powerful celebration/ceremonies here at Joshua's Place.

It is a time of letting go and the tradition of this evening is that we release the prayers and intentions that we have been the guardians and keepers of all year in a sacred fire based on Native American tradition for their transformation.

You will experience the mystery of transformation of death and rebirth of light emerging from darkness, of the new emerging from the ashes of the old.

This evening is transformative, magical and enchanting.

Come and celebrate the winter solstice and call forth the light and the love that is in everyone.

Please bring an offering for the altar. If you are unsure what to bring please call.

Wednesday:

December 7th 7:30P.M.

Suggested donation for solstice is

\$5.00

Because of the overwhelming response we have had in the past years and to keep the space sacred to all who come, it is advisable to reserve your space.

Limited space available for this event.



The Angels - You - And the Changing Times

Come find out what messages and information your Angels have for you during these fast changing times! *Ushering in the New Era with Grace and Power~*

"I teach people who are on a spiritual path, to more clearly receive Divine guidance. When they've got an important decision or an important question, and they are confused about the next step to take, I help them receive clear answers so they can move out of the confusion, and feel clear and confident with their choice and next steps."

In this workshop you will learn:

- *How to Discern the truth!
- *How to lift yourself from the "dumpies"!
- *How to Access Divine Guidance.
- *Forgiveness, and the important role it plays... Right here, right now!

Wednesday
February 22nd

Time: 7:00P.M.

Cost: \$30.00

Facilitator: Kathy Bradley

Kathy Bradley is a psychic intuitive, ANGEL THERAPY PRACTITIONER & medium, having studied under Doreen Virtue. She has been given the gift to act as messenger and teacher, allowing her to remain in touch with the spirit world and in touch with the physical world. The messages that Kathy delivers are divinely guided and always loving.

Angel Therapy Readings

Would You Like To Know The Messages the Angels Have for You

Do you need help in discovering your true path and purpose? Are you hoping to connect with your deceased loved ones? Do you have questions about home and family, work or love?

Your angels have the answers you have been searching for! **Kathy Bradley** is a psychic intuitive, ANGEL THERAPY PRACTITIONER & medium, having studied under Doreen Virtue. She has been given the gift to act as messenger and teacher, allowing her to remain in touch with the spirit world and in touch with the physical world. The messages that Kathy delivers are divinely guided and always loving.

*This event has limited seating
(only 4 people per event. So call early for the best time available for you)*

Pre-registration is necessary

Wednesday: Nov30 – Jan 25 – March 28

Time: Starting @ 5:00P.M.

½ hour \$40.00 Hour \$90.00



Imprinting

Michael Hoare back by popular request!

Imprinting is an ancient form of instilling certain “Truths” into the core of our being, our Heart/Soul. By doing so, it helps you heal on a physical, emotional and spiritual level. Thus bringing us to a deeper level of Trust, Forgiveness, and Acceptance, which enable us to live a richer, fuller more peaceful life.

Saturday

December 3rd

Time: 10:00A.M. – 1:00P.M.

Cost: \$45.00

Michael Hoare is an ordained minister, certified angel therapy practitioner, and a spiritual counselor. He has lead or facilitated support groups for over 20 years. Having grown up in an abusive home, Hoare lost both his parents to the alcoholism that nearly claimed his life as well. Finally sober, he began his healing process. He credits his willingness to surrender to God and to forgive and feel compassion and love to those who had abused him for helping him reach a place of deep peace and acceptance. His unique journey enabled him to create the Ah-Man counseling program. to help others find their spiritual anchor, see things from a different perspective, and open their hearts to forgiveness, trust, compassion and love. Dedicated to helping others free themselves from their repetitive cycles of self-destruction, Hoare also writes a monthly newsletter and a weekly blog. Visit his website www.Ah-Man.com to learn about retreats, workshops and more.

INDIVIDUAL WELLNESS APPOINTMENTS

Craniosacral Therapy:

Paulette Phillippe, LMT

Craniosacral therapy is a gentle yet powerful hands on method of enhancing and releasing restrictions in the craniosacral system to improve the functioning of the central nervous system. \$60.00 hour

Massage Therapy:

Paulette Phillippe, LMT

Trained and certified in European Massage, Oriental A.M.ma Therapy, Desert Stone Massage and Healing Touch. \$60.00 hour

Reiki Energy Healing:

Susan McArdle, RMT

Reiki is one of the most ancient forms of healing known to mankind. It promotes self healing, reduces stress, relieves pain, releases emotional blocks and more... \$50.00 hour

Spiritual Direction:

Dr. Richard M. Lawless

Richard Lawless is a therapist and holds a doctoral degree in theology. He specializes in addiction & recovery, couples work and trauma recovery as well as supporting people on their spiritual life's journey.

Private Yoga Sessions:

Mary Sammon Certified Kripalu Yoga Instructor all levels

Individual & Group Therapy:

Maura Quealy LCSW, BCD, CHT

Maura specializes in marriage counseling, addictions and trauma. Maura is trained in EMDR and Hypnotherapy. Most insurance accepted and sliding scale fee is available.

T'ai Chi and Qi Gong

Tina Curran has been a teacher of T'ai Chi & Qi Gong and Chinese philosophy for over 30 yrs and teaches classes at Joshua's Place. Call for schedule.

Foot Reflexology ***NEW***

Walk Your Feet Well ... by **Marlene Mac Vicar**

Reflexology is a scientific art based on the premise that there are zones and reflex areas in the feet, hands, and ears which correspond to all body parts. The physical act of applying specific pressures using thumb, finger and hand techniques result in stress reduction which causes a physiological change in the body.

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Pat Mongiello Scholarships

The Pat Mongiello scholarship was established in 2001 as a tribute in loving memory of Mrs. Mongiello, co-founder of Joshua's Place.

In keeping with Pat's commitment to holistic well-being and community mindedness, Joshua's Place offers a scholarship to local residents to promote both these goals which Pat clearly had in mind when she and Sister Catherine Bennett created Joshua's Place.

Pat was a great believer in education. This award was created to provide financial support for education endeavors and personal growth and learning opportunities for persons in financial need who reflect a commitment to spirituality, human service and or social welfare to keep her memory and dream. alive.

You can help and support this project as well by either becoming a donor (tax-exempt), or passing this information on to someone who reflects these qualifications.

For further information please contact us at: info@joshuasplace.org