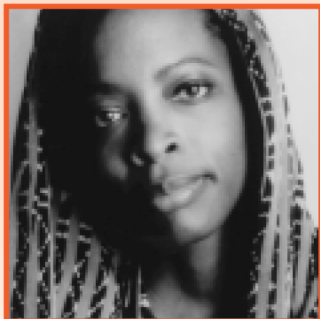


Weaving Community

Whether we arrive tired at the end of a busy week or keyed up for the celebration, four seasoned leaders of voice, dance and religious rituals will usher us into a spiritual community of trust.

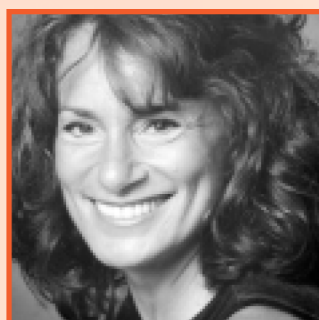


RACHEL BAGBY
vocal artist, writer
and land steward

RACHEL BAGBY understands the heart-throat connection as a powerful conduit for compassion. When faced with a tense situation, our throats often constrict and limit our ability to respond. Through song and chant, we will learn to release tension and allow our true voices their freedom of expression.



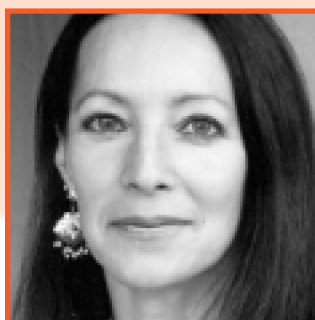
MARJORY ZOET BANKSON
Christian lay leader
and author



RABBI TIRZAH FIRESTONE
author, psychotherapist
and spiritual leader

MARJORY ZOET BANKSON and **RABBI TIRZAH FIRESTONE** will guide us in rituals that employ darkness and light, silence and speech, movement and stillness to weave our sacred community. They will invite us into "the creative crucible" of infinite compassion.

ZULEIKHA offers us the conscious choice to drop into our bodies and rest more deeply in them. She believes that when we are present in our bodies, compassion naturally arises. Her appearance is made possible by Eileen Fisher, Inc.



ZULEIKHA,
dancer, storyteller and
healing movement artist

EARLY MORNING SPIRITUAL PRACTICES

Saturday, February 19
7:30 am to 8:15 am

Separate Sessions
Pick a familiar approach or
experience a new one!

Bhajan

Karnamrita will lead call-and-response Hindu devotional singing that expresses self-surrender and a multi-dimensional love of God.

Buddhist Insight Meditation

Luisa Montero-Diaz will guide this meditation practice that brings calm and focused awareness to the mind-body experience.

Contemplative Eucharist

Marjory Zoet Bankson, the Rev. Jean Milliken, Terri Lynn Simpson and the Rev. Carol Wade will lead a creative liturgy that blends the Christian contemplative practices of chant and silence with the celebration of the sacred, communal meal.

Jewish Prayers for Peace and Compassion

Nancy Schmitz and Carol Rubin will lead a session of music, meditation, ancient Jewish prayers and contemporary midrashim to open our hearts to our interconnectedness.

Labyrinth

Walking the labyrinth is a form of meditation that can help us calm our minds and center ourselves inwardly.

Sufi Zikr

Pythia Peay will lead this mystical Sufi practice that combines seated movement of the body with chanting to awaken compassion in the heart.

Yoga

Robin Carnes will lead a session of yoga from the Kripalu and Anusara traditions to gently explore compassion's presence in our bodies.

Explore the power of compassion
in your life and our life together
at Sacred Circles 2005.