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The Servant Leadership School  
OF GREENSBORO

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A CHRISTIAN  
WISDOM SCHOOL

LEADING with an awakened heart

SEEDING a local-global movement of compassion and hope

SERVING God's Dream for a transformed world

WINTER/SPRING  
2010 OFFERINGS

[www.servantleadergreensboro.com](http://www.servantleadergreensboro.com)

# CALENDAR OF OFFERINGS



## JANUARY

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1	First Fridays in the Quiet Garden (10 a.m.-3 p.m.) .....	14
13	The Enneagram, the Labyrinth and the Lord's Prayer (9-10:30 a.m.) .....	14
18	Labyrinth Walk for Healing (12:15-1 p.m.) .....	12
19	Group Spiritual Direction (12-1:30 p.m.).....	7
	Servant Leadership School Reception (5:30-6:30 p.m.) .....	5
20	Calling All Non-Singers (6:45-8 p.m.).....	14
21	Servant Leadership School Reception (11 a.m.-12 p.m.) .....	5
25	Service as a Spiritual Practice (10:30 a.m.-12 p.m.) .....	6
	Being Present to Children in Poverty (4-6 p.m.).....	6
26	Jesus Wants to Save Christians (12:30-2 p.m.) .....	7
	Communion (6:30-8:30 p.m.).....	5
27	Contemplative Prayer (12-1 p.m.) .....	7
	Senior Men's Spirituality Group (6-8 p.m.) .....	7
28	Communion (10 a.m.-12 p.m.) .....	5
	Half the Sky Wisdom Circle (12:30-2 p.m.) .....	14
	From Wild Man to Wise Man (7-9 p.m.).....	8
30	Intro to Compassionate Communication (10 a.m.-12 p.m.) .....	9
31	365 Days of Walking the Labyrinth meeting (2-3:30 p.m.) .....	12

## FEBRUARY

10	Transforming Conflict (6:30-8 p.m.).....	8
11	"Servant as Leader" Session 1 (7-8:30 p.m.) .....	6
13	Intro to Walking Meditation Using the Labyrinth (10 a.m.-12 p.m.) .....	9
18	"Servant as Leader" session 2 (7-8:30 p.m.) .....	6
19	Spiral of the Seasons (10 a.m.-3 p.m.).....	15
20	Intro to Spiritual Direction (10 a.m.-12 p.m.) .....	9
27	Intro to Centering Prayer (10 a.m.-12 p.m.) .....	10

## MARCH

6	Awakening the Intelligence of the Heart (10 a.m.-12 p.m.) .....	11
13	Integral Transformative Practice (10 a.m.-12 p.m.) .....	11
15	New Earth Study Group (7-9:30 p.m.) .....	15
20	Discovering the Enneagram (9 a.m.-4 p.m.) .....	11
25	Discovering the Truth of Who We Are Wisdom Circle (6:30-8:30 p.m.) .....	15
29	Holy Week Labyrinth Walks (5 days, 12:15-1 p.m.) .....	13

## APRIL

13	Compassion (6:30-8:30 p.m.) .....	5
15	Compassion (10 a.m.-12 p.m.).....	5
17	Living in Layers of the Landscape (10 a.m.-3 p.m.) .....	16
30	Spring Labyrinth Walk with Music (5:30-7 p.m.) .....	13

### FATHER WILLIAM MENINGER ON FORGIVENESS

*Saturday, June 12, 2009 from 10 a.m.-3 p.m. at Holy Trinity*

Father William Meninger is back by popular demand! This Trappist monk, retreat master and one of the founders of the Centering Prayer movement will lead a one-day workshop on the subject of "forgiveness." A cost of \$55 includes lunch.

Visit [www.4thdayjourney.org](http://www.4thdayjourney.org) for details or to register.

# OUR VISION



A core belief of our school is that every church in the world, by nature, is called to prepare servant leaders to follow Jesus Christ and serve God's dream for a transformed world. The Servant Leadership School of Greensboro, now in our twentieth year, invites participants to a deeper relationship with God and with others in community, as we explore both an inward journey of personal transformation and an outward journey of sacred service. Our hope is to nurture a generation of Christian leadership which brings renewal to our churches, creates life-giving alternatives in the workplace and home, and calls forth creative new ministries to serve our local community, and helps to shape our future in accordance with God's dream.

## SERVANT LEADERSHIP: A PATH AND A PRACTICE

### THE PATH OF SERVANT LEADERSHIP: THE FIVE-FOLD PATH OF SACRED SERVICE

1. Serving God with the whole of our being.
2. Serving ourselves as sacred instruments of divine co-creation, by keeping ourselves whole through proper diet, rest, exercise, prayer, growth, healing.
3. Serving the divine image in others, by recognizing that everybody (everything) we meet is the face of God.
4. Serving in our local community, by paying attention to what "stirs your soul" or "breaks your heart" and discerning what you realistically can do and are called to do in the local community.
5. Serving the planet as a global citizen ("citizen of the kingdom"), by nurturing conscious awareness of the impact our lifestyle, decisions, energy and actions are having on the planet and its peoples.

### THE PRACTICE OF SERVANT LEADERSHIP

The content of servant leadership, as we teach it, invites us to "practice resurrection" in our daily life through the following three practices:

**COMMUNION:** *Prayer and the Practice of Presence*

**COMPASSION:** *Awakening the Intelligence of the Heart*

**CO-CREATION:** *Alignment with Divine Power and Purpose*

# CURRICULUM (Revised and Restructured)



Our work continues to evolve. Over the past several years, we have made substantial revisions to the core curriculum. The result is a significantly more clear, vivid, emotionally resonant and conceptually coherent sequence of teaching and practices.

Our revised curriculum guides participants through a carefully designed process of genuine emotional and spiritual transformation.

## CORE CURRICULUM STRUCTURE

### YEAR 1

**Fall Term** – *Servant Leadership 1: Foundations for Growth and Transformation* for 12 weeks (24 hours)

**Winter/Spring Term** – *Communion: Prayer and the Practice of Presence* (7–8 weeks) and *Compassion: Awakening the Intelligence of the Heart* (7–8 weeks)  
(Total of 28–32 hours)

### YEAR 2

**Fall Term** – *Servant Leadership 2: Divine Therapy–Healing the Emotional Body* for 12 weeks (24 hours)

**Winter/Spring Term** – *Money: From Cultural Addiction to Spiritual Freedom* (7–8 weeks) and *Power: The Practice of a Third Way* (7–8 weeks)  
(Total of 28–32 hours)

### YEAR 3

**Fall Term** – *Call: Co-Creation and the Commitment to Sacred Service* for 12 weeks (24 hours)

**Winter/Spring Term** – *Servant Leadership 3: Practicing Resurrection* for 14 weeks (28 hours)

### PARTICIPANT OPTIONS

**Three-Year Certification Program for The Servant Leadership School of Greensboro:** A Certificate of Completion will be awarded to those who satisfactorily complete the three year course work (156–164 hours of classroom instruction/experience) offered through The Servant Leadership School of Greensboro. If you would like more information or to apply for this program, please go to [www.servantleadergreensboro.com](http://www.servantleadergreensboro.com).

**Non-Certificate Process** whereby students are encouraged to participate in our classes, practices and the opportunities listed in our brochure in a sequence and at a pace that nourishes them.

# CORE CLASSES

## RECEPTION FOR SERVANT LEADERSHIP STUDENTS: TWO GATHERINGS

*Tuesday, January 19, 2010 from 5:30–6:30 p.m. or*

*Thursday, January 21, 2010 from 11 a.m.–12 p.m.*

Come to learn about the principles and practices of the Servant Leadership School of Greensboro, and to hear about our basic curriculum, winter/spring courses, retreats and other learning opportunities. This is a great opportunity for continuing students to reconnect and for interested students to learn about our certification program. Registration forms will be available.

*Location: The Gospel Café, 211 W. Fisher Avenue*

*Led by: The Rev. Timothy Patterson and Ruth D. Anderson, Ph.D.*

See  
registration  
form for class  
tuitions.

## SERVANT LEADERSHIP 1: FOUNDATIONS FOR GROWTH AND TRANSFORMATION

*This foundational course will be offered Fall term each year.*

## COMMUNION: PRAYER AND THE PRACTICE OF PRESENCE

(Prerequisite: Servant Leadership 1)

*Tuesdays from 6:30–8:30 p.m. or Thursdays from 10 a.m.–12 p.m. beginning*

*January 26 or 28 for 8 weeks. Register for both Communion and Compassion (total of 15 weeks) at the same time to receive a discount.*

In this course, we explore spiritual practices which will help us to deepen our experience of communion with God, to be more “present” in our daily living and, thus, to become increasingly transparent to the Divine Presence. The central emphasis of the course will be on establishing and/or deepening our own daily spiritual practice, particularly using *Centering Prayer and Inner Awakening* by Cynthia Bourgeault, and drawing support and strength from the class as a community of practice.

*Location: Roe Library, Holy Trinity Episcopal Church*

*Led by: Ruth D. Anderson, Ph.D. and the Rev. Timothy Patterson*

## COMPASSION: AWAKENING THE INTELLIGENCE OF THE HEART

(Prerequisite: Servant Leadership 1)

*Tuesdays from 6:30–8:30 p.m. or Thursdays from 10 a.m.–12 p.m. beginning*

*April 13 or 15 for 7 weeks. Register for both Communion and Compassion (total of 15 weeks) at the same time to receive a discount.*

Compassion is at the very heart of the teaching of Jesus. Compassion flows abundantly in our own lives when our hearts are awakened to the presence of God. Recent scientific research supports pre-modern religious traditions in understanding that the human heart is much more than just a “pump” but is, rather, a center of profound emotional/spiritual intelligence and the instrument by which we may bring our lives into alignment with Divine energy, love and compassion. Drawing upon research by the HeartMath Institute and classic teachings and practices of the Christian wisdom tradition, this class will support students in an experiential process of awakening the intelligence of our own hearts, that we may increasingly serve as instruments of God’s compassion in the world.

*Location: Roe Library, Holy Trinity Episcopal Church*

*Led by: Ruth D. Anderson, Ph.D. and the Rev. Timothy Patterson*

# COMPANION CLASSES

*For the most part,  
there are no pre-  
requisites to any of  
these classes. See  
specific classes for  
requirements, and  
see registration  
form for class fees.*

## **SERVICE AS A SPIRITUAL PRACTICE**

*Mondays from 10:30 a.m.–12 p.m. beginning January 25 for 8 weeks*

In this circle of practice, we will agree to “A Blessing Way in Life” each day. This “Blessing Way” includes: 1) Holding a sacred intention for each day; 2) Giving thanks each day; and 3) taking a life-affirming action each day. We will use the new book *Spirit of Service: Your Daily Stimulus for Making a Difference*, which offers daily meditations and suggestions for taking action in the areas of: money, energy, focus, compassion, support, and passage. At each class, we will check in with one another, then spend time with the daily suggestions from the book. After some time in silence and reflection, we talk about the topic of the morning and end by coming back together for a circle to check out. This is a gentle, invitational circle where we come together in faith to support and be supported as we continue to deepen on the spiritual journey through acts of service.

*Location: The Upper Room, 211 W. Fisher Avenue  
Led by: Ruth D. Anderson, Ph.D.*

## **SACRED ACTIVISM: BEING PRESENT TO CHILDREN IN POVERTY**

*January 25, February 22, March 29, April 26 and May 24, 2010 from 4–6 p.m.*

Come to any of our monthly meetings to hear about our work with children in poverty in our community. We go to a local community housing environment and offer after-school programming two times a week. Come and see if this might be a volunteer opportunity that is life-giving for you at this point in your life.

*Location: First Floor Conference Room, 211 W. Fisher Avenue  
Facilitated by: Ruth D. Anderson, Ph.D. and other spiritual activists*

## **TWO SESSIONS ON THE CLASSIC ESSAY, “SERVANT AS LEADER”**

**BY ROBERT K. GREENLEAF**

*Thursday, February 11 and Thursday, February 18, 2010 from 7–8:30 p.m.*

Come and explore the relevance and applicability of the ideas of servant leadership as expressed in the classic essay, “The Servant as Leader” by Robert K. Greenleaf. This provocative piece, which initiated a world-wide movement, begins this way: “Servant and Leader. Can these two roles be fused in one real person, in all levels of status and calling? If so, can that person live and be productive in the real world of the present? My sense of the present leads me to say yes to both questions. This paper is an attempt to explain why and to suggest how.” If you are in business or nonprofit or are an active volunteer in our community (or just curious about the leadership opportunities available to us all in our everyday lives) and have wondered about the possibility of leading with more emphasis on service, imagination and inner authority, come together with others who are reading and reflecting on this essay to help deepen our understanding of these original ideas.

*Location: The Gospel Café, 211 W. Fisher Avenue  
Facilitated by: Ruth D. Anderson, Ph.D. and Russ Moxley, M.Th.*

### GROUP SPIRITUAL DIRECTION

*Tuesdays from 12–1:30 p.m. beginning January 19 for 6 weeks*

Are you seeking some regular time to enhance God’s presence in your daily living? Do you sense the need for a small community that could support contemplative listening? Group spiritual direction is a unique way of tending to the Spirit of God through regular sharing in a sacred space with a community of four or five persons of faith, plus facilitators.

*Location: The Upper Room, 211 W. Fisher Avenue*

*Led by: Marion McCollum and Nancy Nikiforow*

### JESUS WANTS TO SAVE CHRISTIANS

*Tuesdays from 12:30–2 p.m. beginning January 26 for 10 weeks*

The Rev. Frank Dew, chaplain at Greensboro Urban Ministry, will facilitate a discussion of the book, *Jesus Wants to Save Christians: A Manifesto for the Church in Exile* by Rob Bell and Don Golden. The class begins at 12:30 p.m. at the service for the guests at Greensboro Urban Ministry and then transitions into a time for discussion of the book in the chaplain’s office. The book is a very modern version of the Biblical story – one that will make you laugh out loud and cringe at the same time. For example, chapter one begins: “What started with two people and some fruit has escalated to murder among family members, to an entire civilization at odds with God.” The authors weave the biblical story into our current cultural and personal stories in new and surprising ways.

*Location: Greensboro Urban Ministry, 305 W. Lee Street*

*Led by: The Rev. Frank Dew*

### CONTEMPLATIVE PRAYER

*Wednesdays from 12–1 p.m. beginning January 27 for 10 weeks*

We will meditate in silence for 20 minutes, followed by journaling and further sharing in circle format. Together, we will become a community of meditation as we explore being Present to the love of God together. All levels of seekers most welcome.

*Location: The Upper Room, 211 W. Fisher Avenue*

*Led by: Ruth D. Anderson, Ph.D.*

### SENIOR MEN’S SPIRITUALITY GROUP

*Wednesdays from 6–8 p.m. beginning January 27 for 10 weeks*

The Senior Men’s Spirituality Group is a group providing a safe place for senior men to inquire, share, and learn in a spirit of acceptance, caring, and encouragement: a place where we can speak truths from our hearts, explore our spiritual lives and our relation with God, ourselves and others, and an avenue to becoming Wise Men and Sages. The group will begin with a meal together at 5:30 p.m. (bring your own or purchase a takeout meal from Holy Trinity’s kitchen, available beginning at 5:30 p.m.). Our time is devoted to checking in where we are in our journey with ourselves and God, a time of study, and a time of prayer. We will be using the book *Winter Grace: Spirituality and Aging*, by Kathleen Fischer as a source of discussion.

*Location: The Upper Room, 211 W. Fisher Avenue*

*Led by: Paul C. Volk, MSW, Spiritual Director*

## COMPANION CLASSES CONTINUED...

### **FROM WILD MAN TO WISE MAN: A MEN'S SPIRITUALITY GROUP**

*Thursdays from 7-9 p.m. beginning January 28 for 10 weeks*

Drawing on Richard Rohr's book, *From Wild Man to Wise Man*, this men's spirituality group will become a center of learning, devoting study time to deepen our faith and knowledge; a place for pastoral care as we pray and support one another in our own spiritual formation; and a safe place where we can speak from our "true self," not just from the head but the heart. We will follow Rohr's outline for men's groups. During the first section (lasting about 30 minutes) we will discuss what is going on in our lives. The second section is given to the study of Rohr's book. The last section will focus on individual needs, praying for personal ministries and for the concerns of all members. Timing will be flexible, and we will adapt each section according to the group's needs and interests.

*Location: The Upper Room, 211 W. Fisher Avenue*

*Led by: Paul C. Volk, MSW, Spiritual Director*

*"If we do not transform our pain we will transmit it in some form."*

*-Richard Rohr*

### **TRANSFORMING CONFLICT: WORKING WITH DIFFICULT CONVERSATIONS**

*Wednesdays from 6:30-8 p.m. beginning February 10 for 6 weeks*

Our speech is the main way we communicate with one another, but so often we take the things we say for granted and very seldom do we examine what we say or hear from a place of presence or awareness. This lack of awareness can be the source of conflict, both large and small. Becoming aware of our communication and the feelings and needs behind it can help us to become better communicators and enable us to navigate conflict more effectively. We can also learn to hear what others say through a lens of understanding and compassion, which renders us less vulnerable to being hurt by those we love. Using the process of Nonviolent Communication (NVC) as taught by Dr. Marshall Rosenberg and using circle practice, we will learn and practice NVC through bringing our own issues and concerns to our community of practice.

*Location: First Floor Conference Room, 211 W. Fisher Avenue*

*Led by: Amelia Poole, M.A.*

#### **THE SACRED GARDEN BOOKSTORE:**

**COFFEE - BOOKS - GIFTS - SPIRIT**

Monday-Thursday 11 a.m.-6 p.m., Sunday 10-11 a.m.

Located at 215 West Fisher Avenue in downtown Greensboro, the bookstore, with its adjacent café and meditation garden, is an inviting sacred space to come rest, read and reflect. We strive to provide a unique selection of books, gifts, and cards that open our minds, awaken our hearts, and center our bodies. The bookstore also hosts a number of classes, book signings and other events throughout the year. If you would like to volunteer, please contact Kristen Southworth, bookstore manager, at 544-1225 or [bookstore@holy-trinity.com](mailto:bookstore@holy-trinity.com). For more information please visit [www.sacredgardenbookstore.com](http://www.sacredgardenbookstore.com).

# SPIRITUAL PRACTICES on SATURDAYS



*These classes offer an opportunity for students and for the general public to sample practices used in The Servant Leadership School before making a longer commitment to a class or workshop.*

## INTRODUCTION TO COMPASSIONATE COMMUNICATION

*Saturday, January 30, 2010 from 10 a.m.–12 p.m.*

Nonviolent Communication (NVC) is a process of communication developed by Dr. Marshall Rosenberg that enables persons to communicate their needs and feelings to others in a way that does not produce shame, blame or guilt in either the speaker or the listener. The process is based on the assumption that the greatest joy one can experience is giving freely to another, and that when everyone's needs are expressed without evaluation or judgment, a solution can be found which meets the needs of everyone. This class will be a brief introduction to the principals and practice of NVC, otherwise known as compassionate communication.

*Location: Broome Hall, Holy Trinity Episcopal Church  
Led by: Amelia Poole, M.A.*

## INTRODUCTION TO WALKING MEDITATION USING THE LABYRINTH

*Saturday, February 13, 2010 from 10 a.m.–12 p.m.*

What do you do in the labyrinth? If you have been curious about the labyrinth as a spiritual tool, this two-hour workshop will provide you with gentle instruction and support for beginning your labyrinth journey of transformation. If you are a veteran walker, you will benefit from this “mini retreat” in the context of a supportive community of labyrinth pilgrims walking and praying together. Although there is no “right” or “wrong” way to walk the labyrinth, some simple guidelines are helpful, as the labyrinth can appear quite awesome at first. Lauren Artress says there are many reasons to walk a labyrinth – solace, strength, clarity, celebration, insight, to quiet the mind or to solve a problem, to name a few. Meet first in Broome Hall, and we will move as a group to the outdoor labyrinth.

*Location: Broome Hall and Outdoor Labyrinth, Holy Trinity Episcopal Church  
Led by: Marjorie Donnelly, M.Ed.*

## INTRODUCTION TO SPIRITUAL DIRECTION

*Saturday, February 20, 2010 from 10 a.m.–12 p.m.*

Many people today want to grow in the spiritual life. Among other things, they wonder, “Should I seek and find a spiritual director to help me on my way?” But that soon generates other questions. What exactly is spiritual direction, how do you go about it, and what is supposed to come of it? Within each of us lies the desire to find meaning in the moment; to discover our true selves; to grow closer to God and to one another. A spiritual director can help you satisfy that longing. Marjorie Donnelly, an experienced spiritual director and graduate of the spiritual guidance program of the Shalem

## SPIRITUAL PRACTICES CONTINUED...

Institute of Spiritual Formation, will offer answers to your questions and help you explore whether spiritual direction is the next step in your journey.

*Location: Broome Hall, Holy Trinity Episcopal Church*

*Led by: Marjorie Donnelly, M.Ed.*

### INTRODUCTION TO CENTERING PRAYER

*Saturday, February 27, 2010 from 10 a.m.–12 p.m.*

After a short description of the guidelines of Centering Prayer, we will sit in silence, then journal and share this place of deep silence and connection.

Beginners and more practiced participants are most welcome.

*Location: Broome Hall, Holy Trinity Episcopal Church*

*Led by: Ruth Anderson, Ph.D.*

### THREE-YEAR CERTIFICATION PROGRAM FOR THE SERVANT LEADERSHIP SCHOOL OF GREENSBORO

A Certificate of Completion will be awarded to those who satisfactorily complete the three-year course work (approximately 160 hours of classroom instruction/experience) offered through The Servant Leadership School of Greensboro. Application for the class of 2012 is due by January 31, 2010.

The purpose of this Certification is to support our students in their movement towards a “rule of life” as servant leaders. This “rule of life” includes what we call “the five-fold path of sacred service:

1. Serving God with the whole of our being.
2. Serving ourselves as sacred instruments of divine co-creation, by keeping ourselves whole through proper diet, rest, exercise, prayer, growth, healing.
3. Serving the divine image in others, by recognizing that everybody (everything) we meet is the face of God.
4. Serving in our local community, by paying attention to what “stirs your soul” or “breaks your heart” and discerning what you realistically can do and are called to do in the local community.
5. Serving the planet as a global citizen (“citizen of the kingdom”), by nurturing conscious awareness of the impact our lifestyle, decisions, energy and actions are having on the planet and its peoples.

If you would like to apply for this program or need additional information on elements of the Certification program, please go to [www.servantleadergreensboro.com](http://www.servantleadergreensboro.com).

**DISCOVERING THE ENNEAGRAM:  
AN INTRODUCTORY WORKSHOP**

*Saturday, March 20, 2010 from 9 a.m.–4 p.m. (lunch included)*

The Enneagram, a nine-point geometric figure which maps the human personality, has roots in the early spirituality of the desert fathers and mothers of the fourth century. In this seminar, we will introduce the nine Types and discuss how we all have each Type in us; how to use this knowledge for deeper understanding of ourselves and others; and ways this understanding helps us as servant leaders.

*Location: Broome Hall, Holy Trinity Episcopal Church*

*Led by: The Rev. Timothy Patterson and Dee Irwin, Ph.D.*

*“The true value of a human being can be found in the degree to which he has attained liberation from the self.”*

*–Albert Einstein*

*“Transformation happens when our ordinary perspective shifts and we attain a new understanding of who we really are. We must remember, however, that awareness of who we really are happens – as do all moments of grace – only always now. When it is all said and done, this is the wisdom of the Enneagram.”*

*–Russ Hudson and Don Riso*

**AWAKENING THE INTELLIGENCE OF THE HEART**

*Saturday, March 6, 2010 from 10 a.m.–12 p.m.*

Contemporary research, including the work of The HeartMath Institute and others, shows how to transform emotional and mental energy into new, satisfying feelings and intelligent perceptions. These simple practices help to shift our often automatic responses etched into our neural circuitry to an awakening the intelligence of the heart to Divine Presence. These methods focus on positive feelings such as appreciation, care or compassion, which help to create a coherence in our heart rhythms that has been shown to bring the emotions, body and mind into balance.

*Location: Broome Hall, Holy Trinity Episcopal Church*

*Led by: The Rev. Timothy Patterson*

**INTEGRAL TRANSFORMATIVE PRACTICE (ITP): A SPIRITUAL PRACTICE  
REALIZING THE POTENTIAL OF OUR BODY, HEART, MIND AND SOUL**

*Saturday, March 13, 2010 from 10 a.m.–12 p.m.*

Combining movements and gentle stretching, progressive relaxation, visualization, and centering prayer, Integral Transformative Practice allows us to balance and ground our bodies, open our hearts, and clear our minds to become more present to God’s Presence within us and among us. Come ready and dressed for easy movement. Bring a mat if you have one. Materials will be provided to begin a home practice if desired.

*Location: Broome Hall, Holy Trinity Episcopal Church*

*Led by: The Rev. Timothy Patterson*

# THE LABYRINTH



You are invited on a modern-day pilgrimage at Holy Trinity's outdoor labyrinth, located adjacent to the sanctuary in the gracious and peaceful columbarium garden. In the center of the beautifully crafted 11-circuit Chartres-style stone labyrinth is a fountain of flowing water, and a replica of the Muiredach Celtic high cross bears witness to this sacred place. By walking the labyrinth alone or in a guided group, you may experience a kind of body prayer or walking meditation that quiets your mind, allowing your spirit to become more receptive to the still small voice of God. The Holy Trinity labyrinth, located in a cloistered and well-lighted outdoor space, is always available for individual walkers. Opportunities also abound for you to experience labyrinth walks facilitated by the Holy Trinity Labyrinth Keepers. Visit [www.labyrinthkeepers.com](http://www.labyrinthkeepers.com) for the most current labyrinth information.

## **LABYRINTH KEEPERS**

*First Monday of each month from 12:15–1 p.m.*

The Labyrinth Keepers are an ecumenical group dedicated to providing education and opportunities for people to experience transformation through walking the labyrinth. Our primary focus is to energize and expand the use of the outdoor labyrinth located in the center of downtown Greensboro at Holy Trinity Episcopal Church. In conjunction with The Servant Leadership School and InnerWalk, we plan, advertise, train, and provide facilitators for a variety of community-wide labyrinth offerings. Call 275-0431 or email [innerwalknc@aol.com](mailto:innerwalknc@aol.com) for more information about how you can become active in the mission of the labyrinth.

*Location: 211 W. Fisher Avenue*

*Convener: Marjorie Donnelly, M.Ed.*

## **LABYRINTH WALK FOR HEALING**

*Third Monday of each month from 12:15–1 p.m.*

The labyrinth offers a blueprint for connecting the mind, body, and spirit to support the forces of healing. Join the Holy Trinity Labyrinth Keepers in a monthly service for healing on Holy Trinity's outdoor labyrinth. Before walking the labyrinth, you will have the opportunity to name people aloud or in your heart to receive prayers for healing. If desired, you may wear a prayer shawl during the labyrinth walk to remind you that you and those for whom you pray are wrapped in God's love and protection.

*Location: Outdoor Labyrinth, Holy Trinity Episcopal Church*

*Led By: The Labyrinth Keepers*

## **365-DAY WALKERS FOR PEACE**

*Organizational meeting: Sunday, January 31, 2010 from 2–3:30 p.m.*

Someone walked Holy Trinity's labyrinth every day in 2008 and 2009! We are excited to continue this inspirational project into 2010. Join the Labyrinth Keepers and connect with others of like heart to walk the labyrinth. You can pledge to walk as often as you want – one day a week, one day a month, or one day during the year. Perhaps, you will want to walk on

your birthday or your anniversary or some other special day. Some people sign up for the same day each week or each month. Walkers pray for one another and for the community and the world as they walk. The 2010 organizational meeting will include a group labyrinth walk as well as time to share your labyrinth experiences. Go to [www.labyrinthkeepers.com](http://www.labyrinthkeepers.com) to sign up for specific days to walk.

*Location: Roe Library and Outdoor Labyrinth, Holy Trinity Episcopal Church*  
*Led by: Marjorie Donnelly, M.Ed.*

#### **HOLY WEEK WALKING MEDITATION USING THE LABYRINTH**

*Monday, March 29–Friday, April 2, 2010 daily from 12:15–1 p.m.*

During this solemn and sacred week leading up to Easter, experience the labyrinth's sacred pattern and sacred path. Walking the labyrinth helps you to quiet your mind, reconnect with your body, and see your life in the context of a path, a pilgrimage. As you symbolically make the walk with Christ to Jerusalem, use the labyrinth as a tool for silent reflection and prayer in the company of other pilgrims on the way. A Holy Week reflection facilitated by one of the labyrinth keepers and a time of blessing in the center of the labyrinth will precede each day's walk. Attend any or all of these walks as your schedule allows. Bring a journal if desired.

*Location: Outdoor Labyrinth, Holy Trinity Episcopal Church*  
*Led by: The Labyrinth Keepers*

#### **INTRODUCTION TO WALKING MEDITATION USING THE LABYRINTH**

*Saturday, February 13, 2010 from 10 a.m.–12 p.m.*

What do you do in the labyrinth? If you have been curious about the labyrinth as a spiritual tool, this two-hour workshop will provide you with gentle instruction and support for beginning your labyrinth journey of transformation. If you are a veteran walker, you will benefit from this “mini retreat” in the context of a supportive community of labyrinth pilgrims walking and praying together. Although there is no “right” or “wrong” way to walk the labyrinth, some simple guidelines are helpful, as the labyrinth can appear quite awesome at first. Meet first in Broome Hall, and we will move as a group to the outdoor labyrinth.

*Location: Broome Hall and Outdoor Labyrinth, Holy Trinity Episcopal Church*  
*Led by: Marjorie Donnelly, M.Ed.*

#### **SPRING LABYRINTH WALK WITH LIVE MUSIC**

*Friday, April 30, 2010 from 5:30–7 p.m.*

Rejoice and have fun! Spring has arrived, and the Labyrinth Keepers are throwing a party. You are cordially invited to attend, and bring your family and friends to walk, skip, or perhaps even dance the labyrinth's winding path. Holy Trinity's outdoor labyrinth will come alive the evening of April 30 during a festive celebration of live music and the awakened footsteps of many walkers. At 5:30 p.m. there will be an introduction for those new to the labyrinth. Feel free to join the brief presentation or simply come and walk at your convenience. There will be Labyrinth Keepers on hand throughout the evening to guide you. Please plan to enter the labyrinth no later than 7 p.m. In the case of inclement weather, the walk will take place in the Haywood Duke Room on a canvas labyrinth.

*Location: Outdoor Labyrinth, Holy Trinity Episcopal Church*  
*Led by: The Labyrinth Keepers*

# HEALING GROUND

*Suggested  
donations are  
just that –  
suggestions.*

Healing Ground is a retreat center located in Summerfield, North Carolina that supports the mission of the Servant Leadership School. It is offered to the community as a place to experience renewed spiritual strength and nourishment. A skilled group of retreat leaders is available to facilitate retreats and are willing to tailor programs to meet the needs of individuals or groups of up to 15. To schedule a retreat, or to register for one below, call 336-643-8898 or visit [www.healingground.org](http://www.healingground.org).

## RETREAT OFFERINGS

### FIRST FRIDAYS IN THE QUIET GARDEN AT HEALING GROUND

*First Friday of each month from 10 a.m.–3 p.m., January 1–June 4*

*Beverages and snacks provided; please bring a bag lunch. A love offering will be taken.*

Join us at the beginning of the month as we take time to slow the pace and enjoy a quiet place to pause and let our bodies and minds rest and our hearts awaken. We begin with an opening meditation and gather again at the end of the day for a closing circle. The time in between is intentionally unstructured to allow each person time and space to do what is most nurturing, whether it is expressing with creative materials, reflecting, praying or meditating in the outdoor chapel or the labyrinth garden, enjoying one of the many gardens and natural areas, reading or even napping. Visit [www.healingground.org](http://www.healingground.org) for the themes for each month.

*Led by: Pat Bailey and Dee Irwin, Co-Directors of Healing Ground, and Healing Ground volunteers*

### THE ENNEAGRAM, THE LABYRINTH & THE LORD'S PRAYER: A WISDOM CIRCLE

*Every other Wednesday from 9–11:30 a.m., January 13–May 5*

*Suggested donation: \$100*

An opportunity to explore the intersection of three powerful tools for spiritual growth—the teachings embedded in the Lord's Prayer, the universal truths charted in the Enneagram (with particular attention to the Holy Ideas and the Virtues), and the experiential grounding offered by walking the labyrinth (with our fingers, our eyes, or our feet). The writings of Richard Rohr, Kathleen McGowan, and Lauren Artress will help shape and inform this experiential Wisdom Circle.

*Led by: Dee Irwin, Enneagram teacher, spiritual director and retreat leader*

### CALLING ALL NON-SINGERS! SOUND PLAY FOR ADULTS

*Wednesdays from 6:45–8 p.m., January 20–February 10*

*A love offering would be appreciated but is not necessary*

Are you one of the many folks who do not sing – even in the shower? Do you sometimes feel you would like to try but are too afraid to after years of being silent? Have you been told not to sing, you can't sing, or something similar? If so, this class is for you! It is not a class to teach you to sing. Instead, we will

share our stories about our silent voices, “play” with sound, explore the role of singing in other cultures, and reclaim our right to creative expression.

*Led by: Sharon Wertz, a Holy Trinity parishioner who holds a B.A. in music and an M.A. in music education*

*Location: Sharon’s home, 210 W. Fisher Avenue*

#### **HALF THE SKY: A WISDOM CIRCLE ON MICRO-FINANCING AS A WAY TO HELP CHANGE THE WORLD**

*Thursdays from 12:30–2 p.m., January 28–March 18*

*Suggested Donation: \$75*

A Chinese proverb states, “Women hold up half the sky,” yet gender inequality in the developing world routinely puts women and girls at risk of terrible oppression. Micro-financing is a way to empower women and be part of the change that we seek in the world. Our goal is to explore micro-financing opportunities at both the global and local level through a book study and discussion of *Half the Sky* by Nicholas D. Kristof and Sheryl WuDunn, the only journalistic couple to be awarded the Pulitzer Prize. One-third of the tuition will be invested in micro-financing opportunities, to be determined by class members. Co-sponsored by the Servant Leadership School of Greensboro.

*Led by: Pat Bailey and Dee Irwin, Co-Directors of Healing Ground, and Ruth D. Anderson, Ph.D.*

*Location: The Upper Room, 211 W. Fisher Avenue*

#### **THE SPIRAL OF THE SEASONS: WELCOMING THE GIFTS OF LATER LIFE**

*Friday, February 19, 2010 from 10 a.m.–3 p.m.*

*Suggested donation: \$30 (lunch included)*

Join local author John Sullivan for a walk through the seasons, focusing on how each has prepared us to grasp and live out the gifts that may come with aging. We invite you to come sit in circle to explore ways that will help us view aging, not as a time of decline, but as one of opening into a vast and deep ocean of recognition of our true nature.

*Led by: John Sullivan, Powell Emeritus Professor of Philosophy at Elon University and author of The Spiral of the Seasons: Welcoming the Gifts of Later Life*

#### **NEW EARTH STUDY GROUP**

*Mondays from 7–9:30 p.m., March 15–April 19*

*Suggested donation: \$100/person or \$175/couple*

This highly interactive study group, based on Eckhart Tolle’s book, *A New Earth*, will encourage participants to look at their life purpose. Experiential processes will engage the group so that issues such as how we make ourselves happy or not; how to get our minds unstuck; managing our ego so it becomes a more effective servant; practicing Presence and more will be offered in a safe and supportive learning environment.

*Led by: Kevin Haggerty, counselor, executive coach, and consultant for Farr Associates*

#### **DISCOVERING THE TRUTH OF WHO WE ARE: AN ENNEAGRAM WISDOM CIRCLE**

*Thursdays from 6:30–8:30 p.m., March 25–May 6 (no class April 8)*

*Suggested donation: \$75*

We know that we are made in God’s image, but most of us have lost sight of the numinous. The Enneagram is a powerful spiritual tool for helping us uncover the layers of ego that cloud the gifts and virtues that are part of our True Self. While it is not required for those who have had an introduction to

## HEALING GROUND CONTINUED...

the Enneagram, this Wisdom Circle builds on the introductory workshop offered on March 20 (see page 11). It will focus on deepening our understanding of ourselves and others as we strive to remember who we are and what we have come here to do.

*Led by: Dee Irwin, Enneagram teacher, spiritual director and retreat leader  
Location: The Gospel Café, 211 W. Fisher Avenue*

### LIVING IN LAYERS OF THE LANDSCAPE: DESIGNING AS IF ALL LIFE MATTERED

*Saturday, April 17, 2010 from 10 a.m.–3 p.m.*

*Suggested donation: \$30 (lunch included)*

Learn how to create an eco-friendly yard, no matter the size, by incorporating the practices of using native plants, water collection systems, and other techniques that help us create a beautiful space that benefits all who reside there today, and in the future. We will explore the elements of design in the layers of the landscape, the interdependence of native plants, insects, birds and wildlife, and also participate in the installation of a garden area to gain hands-on experience. There will also be a variety of native plants for sale for those who are ready to head home to work on their own projects.

*Led by: Judith Kramer, garden designer, master gardener and master naturalist who helped design many of the sacred spaces at Healing Ground and the Sacred Garden at Holy Trinity Episcopal Church*

## 2010 HEALING GROUND PILGRIMAGE

### IN THE STEPS OF MARY MAGDALEN

*May 10–21, 2010 in Provence, France*

*Deposit to reserve your space due no later than January 10, 2010*

This 12-day pilgrimage is designed for those who seek to discover and deepen their understanding of Mary Magdalen. We will examine Magdalen's relationship to Jesus and her role in spreading early Christianity, especially in France, where many believe she lived the last decades of her life. We will journey through France from Paris to Chartres Cathedral to the Provence area, exploring legends and stories of the presence of the Magdalen along the way.

Pilgrimage leaders are Pat Bailey and Dee Irwin, co-directors of Healing Ground, and Marcy Walsh of Summerville, South Carolina who has led a previous Magdalen pilgrimage that received rave reviews from members of our board. Visit [www.healingground.org](http://www.healingground.org) for more details.

#### **A BOOK RECOMMENDATION FROM RUTH ANDERSON, PH.D., DIRECTOR OF THE SERVANT LEADERSHIP SCHOOL**

My favorite book of daily meditations is *Sacred Space: The Prayer Book 2010* by Irish Jesuits (available in the Sacred Garden Bookstore). This book is an ideal year-long prayer book for thoughtful Christians with busy lives. The daily scripture readings and reflections are in the Ignatian tradition, drawing on material available on the Web site [www.sacredspace.com](http://www.sacredspace.com). Popular with servant leaders, portable and accessible, the annual prayer book reminds us of the loving presence of God in our daily lives.

# FACULTY AND BOARD



**\*RUTH D. ANDERSON, PH.D.** received her M.A. from Kent State University and her Ph.D. from the University of Oregon in Communication. Ruth, a professor at North Carolina State University for 15 years and then vice-president of Kindermusik International for eight years, brings both theory and practice to servant leadership. Currently, Ruth is Director of the Servant Leadership School of Greensboro where she teaches and learns in Servant Leadership 1, Centering Prayer, Compassion Circles, Enneagram and through other servant leadership experiences.

**\*ROBIN BRITT** serves as the Executive Director of Guilford Child Development. He received a law degree from UNC-CH in 1973, a graduate law degree from New York University, and became a partner in the Smith Moore law firm in Greensboro. He served in the cabinet of Governor Jim Hunt from 1983-1987 as Secretary of the NC Department of Human Resources.

**THE REV. FRANK DEW** is a chaplain at Greensboro Urban Ministry and a pastor at New Creation Community Presbyterian Church. He holds a B.A. from Wake Forest University and a M.Div. from Duke Divinity School. Frank provides guidance for Stephen Ministers and teaches classes at Greensboro Urban Ministry for The Servant Leadership School of Greensboro.

**MARJORIE DONNELLY**, founder and director of InnerWalk, is a guide for the inward journey of exploring spirituality, psychology and creativity. As an experienced teacher, retreat leader, labyrinth facilitator, and spiritual director, she provides tools and practices that have changed her own life. Marjorie's faith is grounded in the Judeo-Christian tradition, and she encourages contemplative awareness and practice. In her work, she incorporates a variety of traditional and non-traditional educational trainings, including a M.Ed. in counseling from the University of Virginia and certifications as a Shalem spiritual director, Veriditas labyrinth facilitator, and Enneagram teacher. She has been the coordinator of Holy Trinity's labyrinth since 2006.

**\*DEE IRWIN, PH.D.** retired after 30 years of teaching child psychology and human development in university settings (Columbia University, Teachers College, Stanford University, UNC-Greensboro). With Pat Bailey, she founded Healing Ground in 2000, a small retreat center in Summerfield, NC that supports the mission of The Servant Leadership School of Greensboro. She loves teaching, offers spiritual direction, does conflict resolution work with churches, educational institutions and non-profit organizations, and is a student and teacher of the Enneagram.

**MARION MCCOLLUM, ED.D.** is a licensed psychologist in private practice with the Center for Psychotherapy and Life Skills Development. She is a trained spiritual director and retreat leader and has been offering individual spiritual direction in Greensboro for the past 13 years. She has degrees from Agnes Scott College, Boston College, and Indiana University. For over 35 years, Marion has worked professionally in mental health centers, schools, and churches. She

## FACULTY AND BOARD CONTINUED...

offers educational programs on the second half of life through her ministry, *Courage to Age*. She is a member of Holy Trinity Episcopal Church.

**RUSS MOXLEY, M.Th.**, was a Senior Fellow at the Center for Creative Leadership in Greensboro until April 2002. He currently designs and delivers leadership development workshops for nonprofit and for-profit organizations, does executive coaching, and facilitates formation retreats. Russ is the author of *Leadership and Spirit*, published in 1999 by Jossey-Bass. He is co-editor and one of the authors of the Center's *Handbook for Leadership Development* (Jossey-Bass, 1998), and he has authored chapters for four edited books. Russ received a B.A. and M.Th. degree from Southern Methodist University.

**NANCY NIKIFOROW** is a graduate of the Shalem Institute's Spiritual Guidance program and has a B.A. in Social Work and Spanish from Cleveland State University. Nancy is a spiritual director, retreat leader and workshop facilitator offering ecumenical programs in contemplative prayer, dreamwork and self-led sabbath days. She serves on the Board of Directors of the Spirituality Network in Columbus OH. Nancy enjoys traveling, yoga, tennis and hiking. She is married to C. Brent DeVore, who is serving as Interim President at Greensboro College. Nancy and Brent have four grown children and three grandsons.

**\*THE REV. TIMOTHY PATTERSON** is one of the founders of The Servant Leadership School of Greensboro. A graduate of Duke University and Duke Divinity School, Tim's experience includes six years' work as a counselor on an in-patient psychiatric unit, two years of Clinical Pastoral Education at Duke Medical Center, and completion of the certificate program in Spiritual Direction at General Theological Seminary in New York. Since arriving in Greensboro in 1989, Tim has served at Holy Trinity Episcopal Church where he became Rector in 1995. He was awarded the 2001 Leadership Medal by Leadership Greensboro for his work in community outreach and establishing The Servant Leadership School.

**\*AMELIA POOLE** holds Master's Degrees in Biology and Conflict Resolution and has worked as a Research Biologist for 15 years and with the Servant Leadership School for over five years. She has been trained as a small-group facilitator for Disciple Bible Study, Companions in Christ and Peer Spirit Circle Practice, and has completed Enneagram training with Russ Hudson and Don Riso. She has been trained in Nonviolent Communication with Dr. Marshall Rosenberg and other NVC trainers. She is a member of Holy Trinity Episcopal Church, where she is outreach coordinator. She is also a mediator for One Step Further, Inc., teaches classes on communication, and coaches private clients on handling conflict more effectively.

**PAUL C. VOLK** is a small-group facilitator, workshop leader and spiritual director. Paul has 30 years' experience working with special education students and their families. He also had a private counseling practice in New York. Paul holds a Master's Degree in Social Work from Fordham University's School of Social Service, and a Master's of Education (Special Education) from the College of New Rochelle. He also completed the certificate program in spiritual direction at General Theological Seminary, and the two-year program at the School of Christian Healing at St. Luke's Episcopal Church in Darien, Conn.

*\*Currently serving on the Board of Directors of The Servant Leadership School of Greensboro.*

**REGISTRATION FORM**  
**SERVANT LEADERSHIP SCHOOL OF GREENSBORO – WINTER/SPRING 2010**  
**(336) 275-0447 WWW.SERVANTLEADERGREENSBORO.COM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Denomination: \_\_\_\_\_ Occupation: \_\_\_\_\_

Are you on our mailing list?     Yes     No, please add me

Does your contact information need correcting or updating?     Yes     No

*Confirmations are made by email. Please include an email address when possible.*

**WINTER/SPRING TERM**

**TUITION PER COURSE**

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Communion __ Tues. __ Thurs.         | <input type="checkbox"/> \$90      |
| <input type="checkbox"/> Compassion __ Tues. __ Thurs.        | <input type="checkbox"/> \$90      |
| <input type="checkbox"/> Both Communion and Compassion        | <input type="checkbox"/> \$170     |
| <input type="checkbox"/> Service as a Spiritual Practice      | <input type="checkbox"/> \$75      |
| <input type="checkbox"/> Sacred Activism: Children in Poverty | <i>No fee, but please register</i> |
| <input type="checkbox"/> Group Spiritual Direction            | <input type="checkbox"/> \$50      |
| <input type="checkbox"/> The Servant as Leader                | <input type="checkbox"/> \$50      |
| <input type="checkbox"/> Jesus Wants to Save Christians       | <input type="checkbox"/> \$75      |
| <input type="checkbox"/> Contemplative Prayer                 | <i>No fee, but please register</i> |
| <input type="checkbox"/> Senior Men's Spirituality Group      | <i>A love offering is accepted</i> |
| <input type="checkbox"/> Half the Sky Wisdom Circle           | <input type="checkbox"/> \$75      |
| <input type="checkbox"/> From Wild Man to Wise Man            | <input type="checkbox"/> \$90      |
| <input type="checkbox"/> Transforming Conflict                | <input type="checkbox"/> \$75      |

**SPECIAL EVENTS**

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Intro to Compassionate Communication    | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Intro to Walking Meditation/Labyrinth   | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Intro to Spiritual Direction            | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Introduction to Centering Prayer        | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Awakening the Intelligence of the Heart | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Integral Transformative Practice (ITP)  | <input type="checkbox"/> \$10      |
| <input type="checkbox"/> Discovering the Enneagram               | <input type="checkbox"/> \$75      |
| <input type="checkbox"/> Spring Labyrinth Walk                   | <i>No fee, but please register</i> |

Total Enclosed \$ \_\_\_\_\_

**Make checks payable to:**  
**THE SERVANT LEADERSHIP SCHOOL of GREENSBORO**

**IMPORTANT:** Please register early! A \$10 charge will be deducted from any refunds made for cancellations to cover the costs involved in processing. Classes meet at Holy Trinity Episcopal Church, 607 N. Greene Street and 211 W. Fisher Avenue, Greensboro (just north of downtown) and at Greensboro Urban Ministry, 305 W. Lee Street. The Servant Leadership School office is located at 215 W. Fisher Avenue, behind Holy Trinity.

For further information, contact Ruth D. Anderson, Ph.D., Director of The Servant Leadership School of Greensboro, at 336-275-0447 or rdanderson@triad.rr.com.

The Servant Leadership School of Greensboro  
215 West Fisher Avenue  
Greensboro, North Carolina 27401

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# The Servant Leadership School OF GREENSBORO



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