

## SPECIAL ACKNOWLEDGEMENT

### Soul Desires

Books, Hospitality & Holy Hardware  
1026 Jackson St.  
Omaha, NE 68102  
Ph. 402.898.7600 Fax: 402.898.7601  
www.soul-desires.com  
hello@soul-desires.com

### R&S Press, Inc.

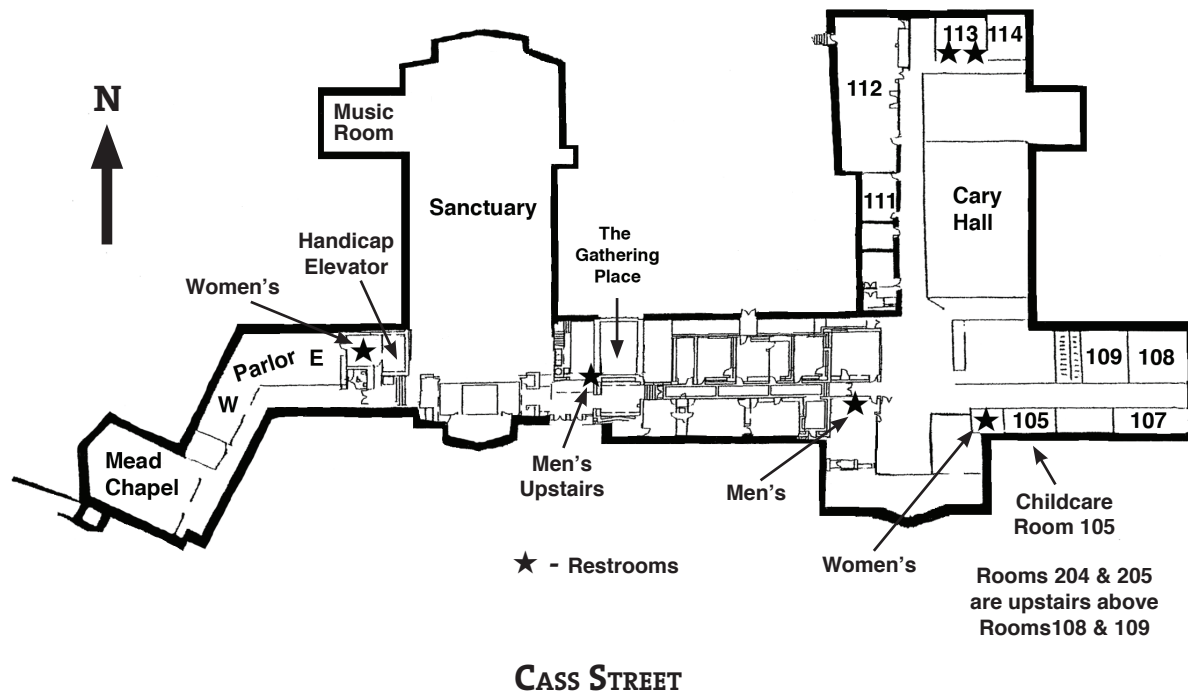
6550 S. 84th Street, Suite 400A  
Omaha, NE 68127  
Ph. 402.593.7490 Fax: 402.593.7491  
Email: myorder@rspressinc.com

*Please do not leave personal items unattended.*

### FIRST UNITED METHODIST CHURCH

7020 Cass Street • Omaha, NE 68132  
402.556.6262  
www.fumcomaha.org

Sunday services at 8:30 and 10:50 a.m.



# CELEBRATION OF SOULFUL HEALING



## FIRST UNITED METHODIST CHURCH

Sunday, February 27, 2011

1:00 p.m. to 5:30 p.m.

## CELEBRATION SCHEDULE

1:00 p.m. Registration begins

1:20 p.m. Welcome and Blessing

1:30 - 5:30 p.m. Workshops

## DISPLAYS

1:00 - 5:15 p.m. in Cary Hall

**FREE CHILDCARE for Preschoolers**

1:00 - 5:30 p.m. Room 105

## WORKSHOPS

**1:30 - 2:15 p.m.**

**Deep Heart Healing** – Deep Heart Healing is a practical wisdom. It offers a meditative approach that facilitates awakening to the experiences of The Spirit and the development of intuitive guidance for the realization of wholeness of body and mind.

Steven Distefano & Ulrike Basile **Room 112**

**Centering With Mandalas** – Using pastels, oil pastels and crayons, create your own mandala to facilitate meditation and find your way to your soul.

Kim Mueller & Lisa Kee **Room 111**

**Centering Prayer** – Learn about Centering Prayer and experience a 20 minute silent session.

Carol McClellan **Room 109**

**Alcoholics Anonymous** – This session will describe what AA is and how it impacts lives.

Mr. K. **Room 107**

**Healing Touch Energy Therapy** – The philosophy of HT and the techniques of magnetic un-ruffle and Chakra Connection will be explored.

Millie Strangthan **East Parlor**

**Sacred Drumming** – Your heartbeat will lead you. Let the rhythm of your soul unite with the pulse of the universe. No experience or drum is needed. (20 person limit)

Jane Florence **Music Room**

**Belly Dance: The Ancient Art** – Using the slow movements of belly dance can be an effective way to practice meditation. You don't have to be a skilled dancer to experience these soothing movements as you breathe, focus and feel the movements in your body. Celebrate your spirit!

Della Bynum **Sanctuary**

**Bowen Therapy for Stress & Pain Management** – Compassionate Healer and Osteopathic Practitioner, Tom Bowen, an Australian, identified precise bodywork moves that send a message for the body to follow the divine blue print of balance and relaxation. Come learn with Omaha's first Bowenwork practitioner.

Patrick Davis **West Parlor**

**CHILDREN'S CLASS** – Gr. K - 6  
**Traditional Yoga** – Postures, philosophy, meditation, and relaxation presented for young learners  
Mary Franck **Chapel**

**2:30 - 3:15 p.m.**

**SoulCollage®: Discover Your Wisdom, Change Your World** – Introduce SoulCollage® with experiential exercises as an assist to access your inner wisdom. It is a creative process that is easy and fun and will help you with life's questions.

Julia Ponce **Room 112**

**Learning to Use Tapas Acupressure** – This gentle, safe, healing technique helps dissolve stressful thoughts, beliefs and emotions. Instructions for a technique that you do yourself, while allowing reflection and a return to peaceful center, will be available.

Lois Weber

Room 111

**Mindful Eating** – An introduction to the “Am I Hungry?” approach to eating and weight management, based on the award winning book *Eat What You Love, Love What you Eat* by Michelle May, M.D. Learn about a peaceful, joyful relationship with food.

Carol Beaty

Room 109

**Introduction to R.I. Discovery** – Recovery International, founded in 1937, exists worldwide focusing on self-help aftercare for people with mental health issues.

Various presenters

Room 108

**Therapeutic Touch** – A healing modality developed by Deloris Krieger, RN, the energy work can be done without touching the body, by feeling into another's energy field; a balancing of self and others.

Diane Estes

Room 107

**Bowen Therapy for Stress & Pain Management** – See description under 1:30-2:15 p.m. offerings

Patrick Davis

West Parlor

**Alcoholics Anonymous** –

See description under 1:30-2:15 p.m. offerings

Mr. K.

East Parlor

**Traditional Yoga** – Postures, philosophy, meditation, and relaxation will be experienced.

Mary Franck

Mead Chapel

**Sonic Meditation** – Focus attention and widen awareness through producing and listening to sounds. Mainly vocal sounds will be utilized, but there are no prerequisites for singing ability or reading music. Anyone can participate.

Mark Kurtz

Sanctuary

**Tai Chi** – Described as meditation in motion, Tai Chi is a graceful form of exercise used for stress reduction, help with balance, joint lubrication, muscle strengthening and other health conditions.

Shandalee Ramet

Gathering Place

**CHILDREN'S CLASS** – Gr. K - 6

**Centering With Mandalas** – Using pastels, oil pastels and crayons, create your own mandala to facilitate meditation and find your way to your soul.

Kim Mueller & Lisa Kee

Room 204

**3:30 - 4:15 p.m.**

**Deep Heart Healing Reiki** – Individual 5-8 minute sessions emphasizing the importance of intuitive guidance, are offered with one or both practitioners. Sign up for a time on schedule outside room.

Steven Distefano & Ulrike Basile

Room 113

**SoulCollage®: Discover Your Wisdom, Change Your World** –

See description under 2:30-3:15 p.m. offerings

Julia Ponce

Room 112

**Introduction to R.I. Discovery** –

See description under 2:30-3:15 p.m. offerings

Various presenters

Room 111

**Radical Forgiveness** – Based on Radical Forgiveness by Colin Tipping, this healing process can culminate in an entirely new way of living in the world. It can help to transform anger, fear, and resentment into unconditional love, gratitude and peace.

Fred Wilson

Room 109

**The Enneagram: An Introduction** – A psycho-spiritual overview of the transformational power of the enneagram will be presented.

Initial discovery of individual numbers may occur, if there is interest.

Jennifer Duffy

Room 108

**Healing Touch Energy Therapy** –

See description under 1:30-2:15 p.m. offerings

Millie Stranghan

Room 107

**Bowen Therapy for Stress & Pain Management** – See description under 1:30-2:15 p.m. offerings

Patrick Davis

West Parlor

**Chakras & the Breath** – Enjoy simple kundalini kriyas--chakra-based breathwork, movement and meditations--to harness the untapped potential waiting in your energy centers. Heal and empower body mind and soul.

Lyndyn Sophia Stratbucker

East Parlor

**Sacred Dance** – Explore the use of movement as a form of prayer. Consider the theological concept of incarnation as it relates to the body and use of the body for prayer.

Anna Terman-White

Mead Chapel

**Sound Healing** – Uses the vibrations and tones of music to slow and relax the body and mind and uplift and inspire the spirit, helping us experience more joy and ease in daily life.

Lois Weber

Music Room

**Belly Dance: The Ancient Art** –

See description under 1:30-2:15 p.m. offerings

Della Bynum

Sanctuary

**Tai Chi** –

See description under 2:30-3:15 p.m. offerings

Shandalee Ramet

Gathering Place

**CHILDREN'S CLASS** – Gr. K - 6

**Sacred Drumming** – Your heartbeat will lead you. Let the rhythm of your soul unite with the pulse of the universe.

Jane Florence

Room 202

**4:30 - 5:15 p.m.**

**Deep Heart Healing Reiki** –

See description under 3:30-4:15 p.m. offerings

Steven Distefano & Ulrike Basile

Room 113

**SoulCollage®: Discover Your Wisdom, Change Your World** –

See description under 2:30-3:15 p.m. offerings

Julia Ponce

Room 112

**Introduction to A Course in Miracles** – Learn how the Course in Miracles came about, what it is, and how it has impacted many lives.

Steve Gehring

Room 111

**Pendulums: An Ancient Tool for Our Times** – Learn about a way to help us attune to our own intuitive wisdom.

Ruthie Lees

Room 108

**Journal to Contentment** – Write to release, write your journey, or draw, color, whatever you want. Just express yourself and learn about you.

Marj Phillips

Room 109

**Introduction to R.I. Discovery** –

See description under 2:30-3:15 p.m. offerings

Various presenters

Room 107

**Bowen Therapy for Stress & Pain Management** – See description under 1:30-2:15 p.m. offerings

Patrick Davis

West Parlor

**Chakras & the Breath** –

See description under 3:30-4:15 p.m. offerings

Lyndyn Sophia Stratbucker

East Parlor

**Sacred Dance** –

See description under 3:30-4:15 p.m. offerings

Anna Terman-White

Mead Chapel

**Sound Healing** –

See description under 3:30-4:15 p.m. offerings

Lois Weber

Music Room

**Sonic Meditation** –

See description under 2:30-3:15 p.m. offerings

Mark Kurtz

Sanctuary

**CHILDREN'S CLASS** – Gr. K - 6

**Hand Massage** – Learn a wonderful way to give and receive a gift of comfort, care, and relaxation.

Ranita Lilyhorn

Room 203

## EXHIBITORS (in Cary Hall)

**Alcoholics Anonymous**

**Center for Healing and Hope** – Lisa Kee

**Centering Corporation**

**First United Methodist Church**

**Flower Essences** – Debbie Cady

**Horizons of Faith**

**Knitting Into the Mystery** – Susan Sievers

**Life unLeashed Coaching** - Carol Beaty

**Mandala Display** by Kim Mueller

**Methodist Hospital Community Counseling**

**at First United Methodist Church** –

Becky Herber and Victor Schuermann

**Nirvana Pointe Enlightenment Center**

– Lyndyn Sophia Stratbucker

**Omaha Doula Association** – Michelle Smith

**PFLAG Omaha** – Carrie Spencer

**Recovery International** – Kathy Fosberg

**Soul Desires Bookstore** – Michelle Smith

**Stephen Ministries**

**The Tea Smith** – Tim Smith

**Ted. E. Bear Hollow: A Center for Grieving**

**Children and Teens**

**A Time to Heal** – Lisa Ellis