

Doing Grief Community Healing Project

SPRING CALENDAR 2023



A Community of Grievers & Healers



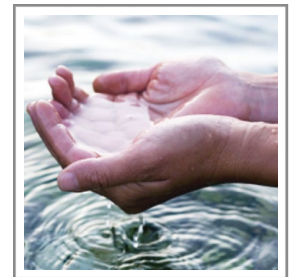
Empowering grievers to heal in mind, body, and spirit - individually and in community with others.

Rev. Shea Darian

Shea Darian is founder and director of Doing Grief Community Healing Project. She is an ordained minister of the United Church of Christ, certified spiritual director, and creator of the Model of Adaptive Grieving Dynamics – a tool to help grievers navigate the grieving process in their own way and time. Shea facilitates Healing Circle small groups and is the author of *Doing Grief in Real Life: A Soulful Guide to Navigate Loss, Death & Change*.



Doing Grief Community Healing Project at the Palms provides spiritual care, contemplative prayer and meditation practices, healing through the arts, and grief education for grievers, caregivers, professional healers, and grieving communities. If you're seeking healing, hope, cherished meaning, and a sense of belonging, you can find it here.



INTERFAITH CHAPEL FOR HEALING AT THE CHURCH OF THE PALMS
14808 N Boswell Blvd, Sun City, AZ 85351 – QUESTIONS? 602.315.8480

SPRING CALENDAR

SATURDAY, MARCH 25 – “Story Circles” with John Genette, Ph.D., co-founder, Storyscope Project at ASU; co-host/facilitator trainer for Arizona Interfaith Power & Light’s story circle program.

9:30-10:15 A.M. An Introduction. Learn more about the story circle process, its cultural and theological roots, and practice sharing brief personal stories in pairs on a common theme.

10:30-12 Noon. Story Circle. We’ll gather in supportive, facilitated small groups to share our stories, open our hearts, and make deep connections with one another. Theme: “When Grieving Is Healing.”



APRIL OFFERINGS

SUNDAY, APRIL 2, 4-5:30 P.M. & Wed, April 12, 6-7:30 P.M. – “Art Share” with Rev. Shea Darian (see bio)
Come to experience the healing of artistic sharing in an atmosphere of acceptance and care in this facilitated gathering. Each participant is invited to bring and share a singular song, poem, painting, photograph, crafted item, etc. that has been a source of healing for you. Shared art may be original or from another artist.



SATURDAY, APRIL 15 – “The Healing Properties of Slow Stitching” with Jane Jones, a lifelong needle worker/artist – including embroidery, crochet, pattern making, needlepoint, and eco-dying. “Slow stitching” brought Jane hours of peace after a traumatic, life-changing experience.

2-3:30 P.M. You will create small pieces of art, using the slow stitching method (incorporating recycled fabric and fibers). Through informal discussion we’ll explore how this simple act can bring peace, centered thoughts, and healing. All supplies will be provided.

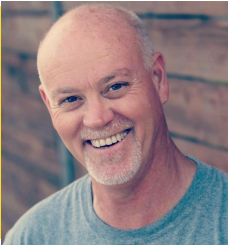
SUNDAY, APRIL 16 – “Drum Circles” with Dr. Lydia Woods, poet, educator, and founder & CEO of Drum Arizona, Inc., a non-profit organization, formed to provide communities with the experience of African Djembe and Native American style drumming. Lydia has facilitated over 700 drum circles.

3-4 P.M. Introduction: Learn Native American beats in the (7) directions, their spirit keepers & meaning.

4-5 P.M. Drum Circle. Join in the fun, healing, and stress release of this facilitated djembe drum circle. We will make up the music together as we go along. All drums provided. No experience necessary.



SATURDAY, APRIL 22 (Earth Day) – “Story Circles” with John Genette, Ph.D. (see 3/25 for bio and descriptions)
9:30-10:15 A.M. Introduction & 10:30-12 noon. Story Circle. Theme: “Communing With the Earth as a Healer.”



SUNDAY, APRIL 23 – “Playing With Color: Watercolor Painting” with Andrew Darian, Ph.D. Director of Pedagogy at Desert Marigold School (Pre-K-12), certified Waldorf Teacher and Professor of Education with over 3 decades of experience Pre-K to college.
3-4:30 P.M. A fun, relaxing experience of playing with color through wet-on-wet watercolor painting. Materials supplied. Age 9 to adult. *No experience needed.*

WEDNESDAY, APRIL 26 – “Healing the Parent & Grandparent Within” with Vanessa Chamberlain, M.A. founder of the Cultural Wellness & Family Enrichment Center, director of *Childhood Wellness Project* and creator of the *Guardians of Childhood* program.

6-7 P.M. A contemplative practice exploring the full spectrum of emotions that accompany being a parent and/or grandparent and the healing power of love, faith, and forgiveness.



MAY OFFERINGS



SATURDAY MAY 6 – “World Labyrinth Day Walk for Peace” with Dr. Robin Dilley, Advanced Veriditas Labyrinth Facilitator and Founder of Arizona Labyrinth Connections.

9-10:30 A.M. Create a wave of peace with labyrinth enthusiasts all around the globe! The morning includes a 20-min introduction to the Labyrinth followed by a guided Labyrinth walk with time for questions and conversation at the end. Join us to be a force of peace in the world.

SUNDAY, MAY 7 – “Experiencing Sacred Geometry” with Andrew Darian, Ph.D. (4/23 bio)

3-4:30 P.M. A focused, healing experience of learning a systematic path to draw six-point and twelve-point stars with curved or straight lines using colored pencil, compass, and straight edge. Materials supplied. Age 12 to adult. *No experience needed.*



WEDNESDAY, MAY 10 – “Healing with Audible Sound Vibrations” with Andrew Strong Jordan, lifetime musician and artist – creator of the “Shard Dancer” technique using broken pieces of contemporary Indigenous pottery and feathers, designer, painter, writer and empath.

6-7 P.M. Experience sounds to create balance in your energy centers – the body chakras. Let go and relax into your sacred nature, the still, quiet place of Higher Consciousness.

SATURDAY, MAY 13 – “Introduction to Reiki Self-Healing” with Georgia Feiste, Reiki Master Teacher. Reiki practitioner trainer in Reiki I, II, and III, visual artist, and certified Life Coach.

2-3 P.M. What is Reiki? Where did it come from? How can you use it to relax and create energetic balance in your body? We will explore a technique for cleansing the chakras to improve the flow of Qi, the life force that each of us has. Learn to use Reiki to balance yourself throughout the day.



WEDNESDAY, MAY 17 – “Doing Grief in Real Life: A Workshop” with Rev. Shea Darian (see bio page 1)

6 pm - 7:30 P.M. Through stories, reflections, guided contemplations, and conversation, this practical workshop offers everyday tools for you to identify unique needs and preferences for grieving in ways that provide balance and healing.



SATURDAYS, MAY 20 & 27 – “Memoir Writing” with Nancy Tsuchiya, a memoir writing teacher for 30 years, ghost writer, and author of *Telling Tales: A Memoir Guidebook* and *Telling Tales II: Memoir Guidebook Considerations and Encouragements*.

10 A.M. - 12 noon. Re-collect your life from different perspectives with wisdom, new discoveries, and fun! We will do some writing. We will do some sharing. Two sessions, two weeks apart. Come as you are with a lifetime of experiences to explore.

SUNDAY, MAY 21 – “Drum Circles” with Dr. Lydia Woods (see 4/16 for bio and descriptions)

3-4 P.M. An Introduction to Beats on a Native American Drum & 4-5 P.M. Djembe Drum Circle.

ALL EVENTS ~ \$5 SUGGESTED DONATION AT DOOR
DOING GRIEF COMMUNITY HEALING PROJECT AT THE PALMS