

SPRING PROGRAM SCHEDULE — ALL ARE WELCOME!

Keep an eye on our website, CobblestoneSprings.org, for more program details and updates.

Traveling Through Uncertainty: The Journey to Your Best Self by Judy Rowe and Lisa Rustici

March 7, 14, 21, 2 to 3:30 p.m. via Zoom

This workshop in three sessions is designed to help you navigate the constant uncertainty that we are faced with today as a result of multiple issues facing our nation as well as those in our personal lives. The goal is to have you obtain tools that will give you viable options to leave you feeling much more empowered than you were before. Fee: \$10 per session

Judy Rowe focuses on training, facilitation, coaching, career development, and wellness at her consulting company. Lisa Rustici is a certified Life Coach as well as an instructor at Corning Community College.

Native American Flute Practice with Jan Carr

March 20, April 17 1 to 2:30 p.m., via Zoom

The Native American style flute carries a special magic in its simplicity. You can learn to play your heart's melodies with no previous musical experience. Learn to use your breath and the wood of the flute to combine and create a special harmony that is all your own. This is a beginning class where we will learn basic set up of flute, breathing, fingering scales, and playing from then heart. Having a flute is essential as we will be sharing and practicing together.

Jan is co-founder of Cobblestone Springs and led our workshop in crafting flutes last fall.

Active Hope: How to Face the Mess We're in Without Going Crazy with Joann Kowalski (Suggested donation, \$10 for 4 sessions)

Apr 13, 20, 27; May 4, 6:30 to 8 pm via Zoom

Active Hope, based on the book by Joanna Macy, offers a way to strengthen our capacity to face our world crises so that we can respond with unexpected resilience and creative power. Sessions provide a structure for experiential activities and practice with what Joanna Macy calls *The Work That Reconnects* – coming from gratitude, honoring our pain for the world, seeing with new eyes, and going forth in facing the mess we're in. There will be opportunities for discussion and sharing.

Sunday Suppers: Monthly, last Sunday April through August, 4 to 7 pm

Outdoors on Cobblestone's grounds.

Garden Work/Meditation Day May 3rd

Awakening the Dreamer, Changing the Dream

By Tim McGowan

May 15 10 a.m. to 1 p.m. via Zoom

This online symposium is a two-hour interactive program focused on a deeper understanding of what is happening in the world at this time and on opening to inspiration, and to the power of acting with others to effect meaningful change. It offers to each local community an integrated global vision for personal and community empowerment. ATD looks at 4 main questions facing humanity; Where Are We ? How Did We Get here ? What Is Possible Now ? and Where Do We Go From Here ? In the midst of it, we learn of The New Story of the origin of the universe and the difference that story makes in understanding our connection with all of Life.

Tim is a retired social worker, a spiritual growth counselor, and a climate activist living in Rochester. Tim has been a member of the Pachamama Alliance of Rochester community since its inception 8 years ago.

Let's Plant a Pollinator Garden (project)

(see page 3 for information)

Overcoming Racism (see page 4-5 and website)

Beginning Drawing, 4 sessions, June 11-12, Aug 13-14

Crafting Gratitude: Writing Workshop

by Barbara Regenspan

Friday July 9—Sunday July 11

This three-session workshop series will focus on the difficulties writers face in conveying joy and gratitude during periods of social and political upheaval. Participants will collectively examine examples of published poetry and prose written during difficult times and compose their own work to share with the group. Register for any or all dates, 2 hr sessions.

Barb is a Professor of Educational Studies, Emerita, at Colgate University.

SPRING PROGRAMS, CONTINUED

Classics in Spirituality: 1st and 2nd Mondays, 11 a.m. to Noon, via Zoom

Our lineup of programs for the first six months of 2021 covers a variety of topics; we hope some will be of interest to you. Additional details on our website. As in the past, Classics will break after the June programs and resume in September.

February 8 *C. S. Lewis's The Problem of Pain*

Dr. Christopher Wright

C.S. Lewis wrote *The Problem of Pain* in 1940. It was his first major Christian work. In the book he seeks to reconcile God's power and goodness with the presence of evil. Lewis delves into many areas of Christian thought—apologetics, God's goodness, the Fall of humanity, heaven. God can use evil and pain to mold us and make us into who we each were made to be.

March 1 *Saying Yes More than No to God's People* **Sandi Perl**

"We miss so many opportunities, God driven and inspired, because we go right to no." What are the reasons for no and the reasons for yes. I have used this outline to listen and pray about ideas, projects, interactions with people, and "crazy ideas" when developing ministry and community programs. Let's talk about why we say no, when we should say no, and risks involved in saying "YES."

See these on Vimeo!

If you missed any of these sessions, most are being recorded, thanks to Alex at the PY Public Library. Selections can be found at our Vimeo channel (<https://vimeo.com/user125029033>) or via the Classics pages on our website, at **CobblestoneSprings.org**.

To support Classics and other programs, consider donating! Send checks to Cobblestone Springs Retreat Center, 4306 Lakemont-Himrod Rd, Dundee, NY 14837. Or donate online using the button on our homepage. Recommended: \$5 per session.

March 8 *Finding the Story in Yourself*

Laurie Gifford Adams

Everyone has a story to tell but sometimes you have to dig deep to unleash it. Hear the motivation that author Laurie Gifford Adams finds to create stories that explore themes relevant to everyday life: family dynamics, love, trust, choices, forgiveness, and faith.

April 5 *Introduction to Science of the Soul*

Dr. William G. Christ

Dr. Christ will introduce Radha Soami Satsang Beas (RSSB), a religious organization based in India and active in 90 countries. RSSB focuses on serving others through voluntary outreach programs. RSSB teaches that human life has a spiritual purpose: to experience the divinity of God who resides in all of us.

April 12 *A Brief Introduction to Druidry*

Alex Andrasik

Alex will raise a torch toward the mysterious and misunderstood world of the Druids—their ancient origins, their modern revival—and will offer a taste of the complex and beautiful belief system that has grown up around the memory of these old Celtic priests.

May 3 *The Teachings of Black Elk*

Jan Carr

Hehaka Sapa, known as Black Elk, Oglala Lakota, was a warrior, a Medicine Man, and a converted Catholic. Who was this spiritual leader, this teacher recognized as a Medicine Man of the Lakota and yet converted to Catholicism? How do his visions seem to span all faiths?

May 10 *Africa and the Early Church*

Dr. Henry Thomas

June 7 *Introduction to Paganism*

Karen Marsh

June 14 *Seeking the Numinous through*

Photography **Dr. Christopher Wright**