

Courage to Be at Work: The Power of Self

Dr. Martha Summerville
Executive Consultant in Leadership and
Organization Development
New Haven, CT

April 21-22

Fri. 5:00 pm – Sat. 5:00 pm
\$75 (dinner and lunch included)

Poetry Engendering Courage

Drs. Beth & Mel Keiser
& Guilford College Alumni

May 19-20

Friday 5:00-9:00pm, Sat 9:00am-5:00pm
No registration fee, two meals \$16

--And More Programs for 2006

Qigong Classes, Film Series on Courage, Round
Table Dialogues on Courage, Reading Group on *The
Plague* by Albert Camus—all to be scheduled.

Scholarships Available

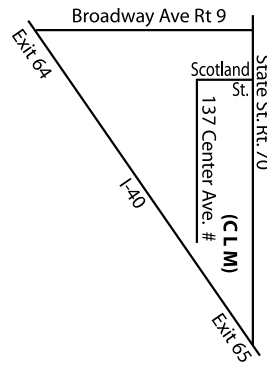
Register/ inquire at: Common Light Office
phone: **828-669-3616**
email: info@commonlight.org
www.commonlight.org

Ongoing Rentals 2005-06

Swannanoa Valley Friends Meeting
QuakerWorship (Sundays 9:30-10:30am)

Present Moment Massage Therapy
By appointment, 828-664-9574, \$50 hour
Margaret Jones, RN, LMBT

Rentals available, on one-time or extended basis,
to those sympathetic with spiritual nurture in
inclusive community



COMMON LIGHT OFFICE
804 North Fork Road
Black Mountain, NC 28711



**a Quaker-based initiative
to deepen and integrate
our wellbeing
--spiritual, intellectual, imaginative, bodily—
working together
to cultivate personal wholeness
and to mend the world**

invites you to participate in

YEAR TWO: DIALOGUES ON COURAGE

through
weekend seminars, art and movement
and peacemaking classes, and more

Experience stillness, simplicity, spaciousness
on wooded site where Flat Creek meets
the Swannanoa River at

Common Light Meetingplace
137 Center Avenue
Black Mountain, NC 28711

Co-Directors: Beth and Mel Keiser
Professors Emeriti, Guilford College

*True godliness doesn't turn men [and women]
out of the world,
but enables them to live better in it,
and excites their endeavors to mend it.*

(William Penn)

EVENTS CALENDAR

Fall/Winter 2005

Flow Yoga, All levels

Debra Kiliru

Certified Yoga Instructor, Black Mountain

beginning September 19

Mondays 6:00-7:30 pm, \$10 drop-in,
or \$50 for series of six classes

Poem & Story Sharing

Facilitated by Margaret Jones

Black Mountain, NC

Writer, Artist, and Massage Therapist

Monthly, generally on final Fridays

7-8:30 pm, all welcome, donations accepted

Meditative Circle Dancing

Barbara Nerenz-Kelley

Teacher and Choreographer of Meditative Dance,
and Artist

Munich, Germany & Asheville, NC

**"Lord it is time;
the summer was immense"**

September 17

Saturday 10:00 am – 5:00 pm, \$50

Deep Dancing for Fall

September 29

Thursday, 6:00-8:00 pm, \$12

The Harvest of Life

October 20-December 1

Six Thursdays 11:00 am – 1:00 pm

\$10 a session (for those who attend
the series of six, last one free)

Deep Dancing for Winter Solstice

December 22

Thursday, 6:00-8:00 pm, \$12

Intuitive Painting: Exploring the Artist Within

Dr. Gaetana Friedman

Artist, Teacher, Gestalt Psychologist

Asheville, NC

October 26 – November 30

Five Wednesdays 12:30-3:00 pm

(first and last session are longer)

\$120 (includes materials)

Reading by MariJo Moore

Poet, Essayist, Novelist

Candler, NC

"How Madwomen Survive"

November 4

Friday 7:00-9:00 pm (prior to Workshop)

Open to public; \$5-10 suggested donation

Women Claiming Courage: Native Journeys, Ancestral Pathways

MariJo Moore – Poet, Essayist, Novelist

Candler, NC

Dr. Laura Donaldson – Professor of Native

American Studies, Cornell University

November 4-5, 2005

Friday 7:00 pm – Saturday 5:30 pm

\$60 for workshop (lunch included)

Day of Mindfulness

Larry Ward & Peggy Rowe

Dharma Teachers with Thich Nhat Hanh

Lotus Institute, Asheville, NC

(recently teaching at Pendle Hill,

Quaker Study Center, Wallingford, PA)

December 3

Saturday 9:00 am -5:00 pm

\$25 suggested donation

COMING EVENTS

WINTER/SPRING 2006

Civil Rights Veterans of Hope: Courage to Work for Justice

Rev. Nelson Johnson, Pastor

Faith Community Church, Greensboro, NC

Dr. Zohara Simmons, Asst. Prof.

Dept of Religion, U of FL Gainesville

February 25

Saturday 10:00 – 5:00 pm

\$50 (lunch included)

Courage To Be At Home In The Body

Barbara Nerenz-Kelley

Meditative Dance Teacher and Artist

March 10-11

Fri 6:00-9:00 pm Sat 10:00am- 5:00 pm \$60

(\$10 reduction for early registration)

Compassionate Communication: Two-Day Intensive Workshop on Skills To Resolve Conflicts with Self and Others

Catherine Clement

Organizational Development Consultant

Boulder, CO

March 24-25

Friday 9:00 am-5:00 pm

Saturday 9:00 am – 5:00 pm

\$120 (two lunches included)

Non-Violence, Prayer, & Peacemaking: Deepening the Journey

Dr. Daniel O. Snyder

Psychologist & Peace Studies Teacher

Springe, Germany & Black Mt., NC

8 Wednesdays: April 12 – May 31

6:00-8:00 pm, \$75