

WHOLEHEARTED Community Newsletter

August 2017

UPCOMING SINGING CALENDAR

Sunday, August 13 – Wholehearted Sings at the Center for Spiritual Awakening (see below)
Wednesday, August 23rd – NO BIG SUR CLASS
Monday, August 28th – SPECIAL GUEST-LED ROUND ROBIN class at Evolution
Wednesday, August 30th – NO BIG SUR CLASS
Monday, September 4th – LABOR DAY, NO MONTEREY CLASS
Wednesday, September 6th – NO BIG SUR CLASS

WHOLEHEARTED FALL SEASON STARTS September 11!

We will meet for 10 weeks and share our final concerts just before Thanksgiving. **Our fall season is open for registration now!** Season cost is \$225.

<http://wholeheartedchorus.org>

October 14-15 – Big Sur Wholehearted Campout Retreat
Friday, November 17 – Big Sur Grange Hall Fall Concert
Monday, November 20 – Center for Spiritual Awakening, PG Fall Concert

FALL SEASON REGISTRATION OPEN NOW OR BECOME A WHOLEHEARTED SUBSCRIBER

Registration is now open for the Fall Season – September 11 – November 20th. Registration is \$225 and covers all classes (Monterey and/or Big Sur), both concerts, lyric sheets and practice CDs, as well as the October camping retreat. You may pay Lisa directly with cash or check, or register online at <http://wholeheartedchorus.org>.

Subscriptions offer a significant support to the community. I am deeply grateful for your support! You can contribute an ongoing monthly subscription of \$65/month which covers all your drop-in classes and Wholehearted seasons for the year. Subscribers also receive a free private lesson. There is also a legacy subscription option of \$100/month for those who wish to offer a deeper, sustaining patronage to our community. Subscribe at: <http://wholeheartedchorus.org>. Or make one up-front annual subscription by cash or check (\$780 standard, \$1200 legacy.)

SING AUG 13th at the CENTER FOR SPIRITUAL AWAKENING

Please join us as we share our voices and music medicine with the community at the Center for Spiritual Awakening at their **Sunday morning service on August 13th**. The CSA is where we have our season concerts.

We can still use several more singers for this event! Please let Lisa know if you can join us.

We will gather inside promptly at **9am** to run through the songs and the service goes from 10-11am. We will sing *We Shall Be Known* and *Go Down Deep* (and possibly *Good News*.) We will brush up on these in the Monday night classes prior.

MORE! SPECIAL UPCOMING SINGING EVENTS

Friday, August 25 – 7-8:30pm – HEARTSTRINGS: A Very Special Evening of Music Medicine with Lisa G, Britta Gudmunson and Ben Gould at Evolution Studio. This is a fundraiser for my dear friends to go to choir leadership training and start a community chorus in Santa Barbara. Get your tickets now: <http://thebirdsings.com/events>.

Friday, September 22 – 7-9pm – Fall Equinox Community Sing! with Lisa G. & Debbie Nargi-Brown at the Center for Healing in Felton. Register now at: <http://thebirdsings.com/events>.

September 29-October 1 – EAT, PLAY, LOVE: A Community Harvest at Mesa del Sol, with Vernon Bush! Join Jen Haydu & Friends for a playful weekend camping retreat gathering filled with music, dance, yoga, swimming and time to just play and relax. Registration includes three organic meals. Contact Jennifer for details: jenhay72@gmail.com.

Sunday, October 29 – 4:15-7pm – Community Sing! with Lisa G., Heather Houston & Debbie Nargi-Brown at the Pacific Cultural Center in Santa Cruz. Registration open soon at <http://thebirdsings.com/events>.

Monday, October 30th – A Special Night of Singing & Community Featuring Barbara McAfee. The Wholehearted Chorus will meet for our regular fall concert practice from 5:30-6:30, followed by a community potluck from 6:30-7:30 and then you get to experience a taste of Barbara's groundbreaking work celebrating and liberating our **full voices** from 7:30-9pm. Minnesota-based, veteran song leader Barbara McAfee has been a Full Voice coach for over 25 years, supporting people from all walks of life to "find their voice," whatever that means to them. She is the author of *Full Voice: The Art & Practice of Vocal Presence*. Barbara's workshop is open to the public. Learn more and register at <http://thebirdsings.com/events>

January 19-21, 2018 - Lisa's next full weekend workshop at Esalen! Registration opens soon.

August Birthdays

Susie Joyce	8/11	Bill Hunter	8/16
Pauline Allen	8/24	Tanja Roos	8/27
Travis Kenyon	8/29		

Community Calendar

Saturday, August 5, 7 – 9pm Annual Hiroshima-Nagasaki Remembrance Day commemorated by a Peace Lantern Ceremony at Lovers Point Beach Cove, Ocean View Blvd., at 17th Street, Pacific Grove. 7:00 pm: Taiko Drummers and lantern making, 7:45 pm: Music, poetry, and messages of hope and peace. 8:15 pm: Launching of the peace lanterns. More info: Catherine [\(831\) 394-1915](tel:8313941915).

Thursday, August 10, 7:30pm – This fun and enlivening group will assist you to connect with others in a more meaningful and harmonious way. You will learn ways to soften conflict, develop more healthy, honest, warm, empathetic and open relationships with others and yourself. The peaceful communication group is held on the second Thursday, 7:15 arrival.

Thursday, August 17th, 7 - 9pm - Dramatic Author Presentation & Book Signing, of *CORN HOLLOW* by author, LaVerne McLeod, hosted by Whites for Racial Equity at Unitarian Church, 490 Aquajito Road, Carmel, CA 93923. Free & open to the public. Contact lavernemcleod@ymail.com for inquiries.

Meet Wholehearted Member Penny Vieregge

Each month Johnny Pierce is interviewing a different member of our community and writing up a short piece for the newsletter, offering an opportunity to deepen our connections.



The best word I can use to describe Penny is Generous. When I asked her what 'I Am' affirmation best describes her, she replied simply "I Am, therefore I Love and Laugh". Love seeks not to possess, so she freely gives everything. Penny raised 30 children; 3 biological and 27 foster children. After her pulling up roots in Marin in 1971, she lived at the Big Sur Campground in an 8' tent and later in a trailer.

Penny was a volunteer EMT for over 35 years, volunteering on the Red Cross free ambulance, and joined the staff of the Big Sur Health Center for its first 7 years. I believe she has been on the Board of Directors of any entity that has a Board in Big Sur. She founded the Big Sur Cliff Rescue Unit, authored a book instructing children on emergency procedures, was a long-time volunteer preschool teacher at Captain Cooper School, and a staff member for 37 years at the Gazebo Park Preschool of the legendary Esalen Institute, just for starters. That doesn't even cover all the innovation, acting, theater productions, and racial integration she pioneered in Marin County before getting to Big Sur.

Penny can name numerous close personal friends who are legendary; well published authors, activists, jazz musicians, Esalen founders and a whole litany of spiritual leaders who considered her an equal. Many remarkable people have expressed gratitude for having Penny in their lives.

With destruction by fire and water all around, she had a recent brush with death at 88 years old. In her own words, she remains a resilient strong spirit imprisoned in a frail aged cage of bones, not certain about her future safety. Fragile and future are two words on minds in Big Sur. Reach out to Penny for she will always greet you with Loving Kindness.

Angels, Appreciations & Spreading the Love

I thank and acknowledge the commitment and courage of the seven singers in our six-week voice class series! Each of them are building their vocal practice to step into their voices with greater confidence and joy. Their commitment is a gift to our whole group! I see, admire and appreciate each of you: **Elizabeth Viciano, Joy Graham, Pauline Allen, Elizabeth Murray, Cynthia Fernandes & her husband Paul (a regular in our Tuesday night tribe), and Leigh Fitz.**

To help offset medical costs, Michael is now taking orders for Christmas angels that can be custom-painted to your liking or painted in mermaid style, based on the Erica Franke decorations used by the city of Monterey. For more info, contact: mlojkovic@yahoo.com or [831-869-2819](tel:831-869-2819).

From Lynda Sayre: Call to Support Michael Lojkovic:

Our dear friend and chorus member, talented and kind Michael, is out of work due to a back injury and currently has NO INCOME. If you would like to help out anonymously, give donations to me at class or by mailing to Lynda Sayre, 153 Del Mesa Carmel, Carmel, CA 993923.

Thanks & Update on Nancy's family in Kenya: Thanks to everyone who has helped out Nancy's family with contributions for food and Magdalena's high school sponsorship. A reminder to those who have offered a donation but not paid yet-I'll send another gift before Aug. 15. An GIFT from Creative Hands Global. I would like to make a gift of jewelry from my Kazuri inventory to anyone who has or decides to donate to Nancy's fund. Just contact me at janettemoody@comcast.net to make an app't to choose your gift. Asante sana, Janette

Community Announcements & Business Listings

Sustainable & reusable JOY WRAPS replace plastic wrap, they are made with cotton gingham fabric, beeswax, pine rosin & jojoba oil. Sizes (14x14/11x11/8x8) are sold in 4 different packages: Variety S/M/L \$12, 1 Large \$8, 2 Medium \$10 or 3 Small \$6- contact paciaplatzek@mac.com or call/text [559-676-3022](tel:559-676-3022).

I would like to find a venue to share eurythmy with a group of any size interested in singing/ speaking with their limbs! Eurythmy is known as "visible speech & visible song" - a beautiful, wholesome, centering and healing form of movement for our time. Are there any interested participants out there? Does anyone know where a class could take place? Thanks!
Kristin R. [207-208-7888](tel:207-208-7888).

Tuesdays, 7- 8:30pm – Songs of the Spirit – Devotional Singing Classes with Lisa G

A wonderful, restorative and healing group singing class each week in the magic dome at the **Secret Garden behind Pilgrim's Way Bookstore** in Carmel, on Dolores Street between 5th and 6th. \$10-20 drop-in class, details and summer schedule here: <http://thebirdsings.com/classes>.

Poetry in the Grove: 1st Saturdays of each month - Poetry in the Grove meets at the little house in Jewel Park (next to the Pacific Grove Public Library) to read and discuss poetry. Free! To learn more, send Susie an email request and she will add you to the mailing list. soosea@sbcglobal.net.

Submit your September newsletter listings by
TUESDAY, SEPTEMBER 5th to lisa@thebirdsings.com.