

WHOLEHEARTED Community Newsletter

September 2017

WHOLEHEARTED FALL SEASON STARTS SEPTEMBER 11 AT OUR NEW LOCATION!

Please join us in our new, larger location at the Unitarian Universalist Church of the Monterey Peninsula (UUCMP) at 490 Aguajito Rd. starting 5:30pm Monday, September 11th. We will meet for 10 weeks and share our final concerts just before Thanksgiving. The Big Sur group meets at the Grange every Wednesday at 5:30.

<http://wholeheartedchorus.org>

October 14-15 – Wholehearted Campout Retreat in Big Sur

Friday, November 17 – Big Sur Grange Hall Fall Concert

Monday, November 20 – Center for Spiritual Awakening, Pacific Grove Fall Concert

LOOKING AHEAD

January 15 – April 27, 2018 – Wholehearted Spring Season!

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

April 7-8, 2018 – Wholehearted Spring Retreat

June 11 – July 28, 2018 – Special 6-week Summer Season with MaMuse!

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.)

Partial scholarships are available for those in financial hardship. Please email your request to Lisa at lisa@thebirdsings.com.

Contributions to the scholarship fund are deeply appreciated! Please consider rounding up your season payment to \$250 to support other community members in need.

Community Calendar

Thursday, September 7 – Peaceful Communication Group. 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 friends, acquaintances, relatives and most importantly yourself. Finally, it will help you to make requests in a ways that are more clear and less demanding. The Peaceful Communication Group is held on the 2nd Thursday of each month. Contact Ted Hill for details: tedsup@live.com.

Sunday, September 17, 5pm – DANCES OF UNIVERSAL PEACE are held **every third Sunday** from 5-7 pm in the Sanctuary of the Unitarian Universalist Church of the Monterey Peninsula. Friends from the Santa Cruz Sufi Community will be on hand to teach the simple, easy-to-learn melodies, words, and steps. A donation of \$10 per person is suggested to help support this ongoing event.

Wednesday, September 20 – 7-10pm – Arms of Angels 5th Annual Benefit Concert at the Center for Spiritual Living – 400 West Franklin Street. Featuring Wildcard, Blues at Eleven and Tommy Ayres. For tickets or to sponsor/ donate, call Leigh at 831-521-3672.

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>.

Sunday, September 24, 2-3:15pm – Fly to the Moon: Jazz Concert at the Community Church of the Monterey Peninsula, 4590 Carmel Valley Rd. Steven Yoo on voice, Michael Martinez on keyboard, Edward Youn on saxophone, with guest vocalist Arthur Wu. It will be an exciting concert, featuring jazz standards from the great American Songbook.

Thursday, September 28th, 7:00-9:00pm – Dramatic Author Presentation & Book Signing, of *CORN HOLLOW*, by author, LaVerne McLeod, hosted by Carmel Valley Community Chapel, Paso Hondo & Village Drive in Carmel Valley. Free & Open to the public. Contact lavernemcleod@ymail.com for inquiries.

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 now 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. Then 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>

Wholehearted is on Facebook & Meetup

Post your announcements and share your conversations in our Facebook group:

<https://www.facebook.com/groups/inspirechoir/>

If you're not a member yet, please send Lisa G Littlebird a friend request and we'll add you. Go to the page to like and share posts there to be more likely to see them come up in your news feed.

Welcome new members to our tribe by RSVPing to our classes on Meetup:

<https://www.meetup.com/Wholehearted-Chorus/>

September Birthdays

Jay Burriss	9/1	Jamie Oksas	9/6
Jill Bernier	9/11	Katherine Malengo	9/25

Meet Wholehearted Member LaVerne McLeod



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.

She had regressed to an African American child on a long bus trip in the early 1950's during the Jim Crow-era. With a ribbon in her hair and the lace collar of a young girl, she masterfully transported 50 of us to that bus. We played our part as people in the front of the bus when her mom went to sleep and she went strolling up the aisle to visit with the white folks. When she leaned in to me and spoke, I dared not look at her because, I was holding back a flood of tears. I was surprised at the deep pain I felt for a young

girl who was just now learning she could no longer be her innocent self in a prejudiced world expecting to know her place. What place?" she quizzed.

LaVerne was reenacting a chapter in her book, *Corn Hollow - A Journey of Sorrow and Triumph*. The book is a vivid description of some part of her life (some true and some fictitious) as this is not a memoir. It is a timely view of racism. While I cringe at the accounts of cruelty, I found her storytelling could be a comforting aide to many of us who have only witnessed these atrocities in the media. You see, it gave me hope to read how people have not only survived the oppression; they rose above it, the characters in *Corn Hollow* did.

Living now in Big Sur, LaVerne is a distinguished educator, wife, mother, artist, and storyteller with a Bachelor's degree in Education and a Master's in Counselor Education. She has many direct experiences dealing with racism and works constantly to bring people together in healing. She is active in leading workshops designed to expedite that healing and cultivate compassionate activism... and she shares with our Tribe an Angelic voice.

Angels, Appreciations & Spreading the Love

Endless appreciation for **Jennifer Haydu** and all she has done to host, nurture and grow our singing tribe these past five years at Evolution Transformative Arts. Our Monterey tribe will never forget our roots there and we look forward to staying connected and supporting the wonderful programs and events you continue to provide.

A deep bow of thanks to the members of the **Wholehearted Advisory team** for your dedication, heartfelt support, wisdom, guidance and leadership as our tribe grows and evolves. Thank you Pauline Allen, Cynthia Fernandes, Leigh Fitz, Cheryl Fraenzl, Joy Graham, Ellie Kincade, David Lazarony, Karen Lehman, Michael Lojkovic, Rayner Marx, LaVerne McLeod, Janette Moody, Liz Murray, Sandoor Nagyszalaczy, Sylvia Shih & Penny Vierrege.

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).

Community Announcements & Business Listings

Threshold Choir of Pacific Grove is seeking compassionate singers for bedside singing. Requests have increased and we need more choir members to meet the demand. We often have the privilege to sing to those who are dying. If this interests you, we practice on Tuesday evenings from 7:00 to 9:00. Please contact me if you would like to attend a practice, Susie [707-815-0745](tel:707-815-0745).

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 October newsletter listings by
WEDNESDAY, SEPTEMBER 27 to lisa@thebirdsings.com.