

WHOLEHEARTED Community Newsletter

October 2017

WHOLEHEARTED FALL SEASON RETREAT – OCT 14 & 15

All Wholehearted Singers are invited to please join us for a season highlight, our Fall Campout Singing Retreat in Big Sur on Saturday, October 14th and Sunday, October 15th. The bridge to Big Sur will be open and we will gather on Wholehearted patron Peter Harding's epic, oceanfront private property just north of Esalen. This is a truly unique opportunity and a total joy. We will do a lot of singing and learning, and have a lot of time for fun, eating, relaxing and connecting. This retreat is open to singers who are joining us for the season plus a guest if you wish.

RSVP's required before Thursday, October 12th! Get details, sign up for your food and supply or service contributions and RSVP here:

<http://wholeheartedchorus.org>

FALL SEASON PRACTICE CDs

Practice CDs will be available at the Monday and Wednesday evening practices during the week of October 16th, immediately following the retreat. Two CDs are provided for each singer – one with all the voice parts and one with your voice part loudest. These are free for Wholehearted season dues payers and subscribers or \$20 for drop-in singers. **Because the CDs are customized for each of you they must be ordered in advance.**

In order to receive your CD the week of October 16th you must order no later than Thursday, October 12th. Order your CDs now here:

<http://wholeheartedchorus.org>

WHOLEHEARTED MERCHANDISE

We now have 3-ring binders and durable tote bags for sale! Purchase them for \$20 each at Wholehearted rehearsals.

FALL CONCERTS

Friday, November 17 – Big Sur Grange Hall Fall Concert

Monday, November 20 – Fall Concert – Location TBA

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

HOLIDAY SEASON WITH WHOLEHEARTED

Stay tuned for details in the November newsletter for an opportunity to lift spirits and sing holiday carols in a variety of locations this December. The outreach singing Wholehearted does at this time of year offers some of the most impactful and rewarding opportunities to touch hearts in our local communities. You are very encouraged to join us! CDs and lyric books with Wholehearted holiday song repertoire will be available to purchase in November so you can learn the songs. We will have 3 weeks of classes for learning and the rest can be done on your own with the CD's. Most of this holiday season singing will be led by the wonderful, emerging song leadership within the chorus.

Holiday song classes will be offered by drop-in donation the weeks of November 26, December 3 and December 10.

Community Calendar

Wednesday, October 4th-12:00 noon- Dramatic Author Presentation & Book Signing of CORN HOLLOW, by author, LaVerne McLeod, hosted by San Benito County Retired Teacher's Association at San Juan Oaks Golf Club, 3825 Union Road, Hollister, CA 95023. Free & Open to the public. Contact geoffreyholl@gmail.com if you plan to attend the luncheon prior to the presentation.

Thursday, October 12 – 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, October 15, 2pm – Chorus member Michael Lojkovic takes to the stage (as the character of Botts) on pm in the Re-enactment of the California Constitutional Convention. House of the Four Winds, [540 Calle Principal](#), reservations required, [831-646-5640](tel:831-646-5640).

Sunday, October 15, 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.

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 class 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 songleader Barbara McAfee has been a Full Voice coach for over 25 years, supporting people from all walks of life to "find their voice." Barbara's workshop is open to the public. **Register now at:** <http://thebirdsings.com/events>

Post on the Wholehearted Facebook Page!

Please use our Facebook group to post your announcements, photos, appreciations and more:: <https://www.facebook.com/groups/inspirechoir/>

October Birthdays

Jack Hildreth	10/4	Nancy Stewart	10/11
Sarita Silverman	10/12	Ted Hill	10/14
Rayner Marx	10/27		

Meet Wholehearted Member Liz Murray

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.



When you see her in a Song Circle, you see her radiate the essence of the Sun. If this was all you knew of her, you wouldn't know why she radiates so. To reveal that knowledge, we discover Elizabeth Murray is a popular award-winning author, widely published photographer, sketch & watercolor artist, oil painter, workshop teacher, storyteller, keynote speaker, master gardener, tour guide to foreign lands, while passionately expressing her talent in her profession of teaching others what she does.

In her own words, *“For more than 40 years my passion for nature and spirit has inspired my dedication to cultivating beauty in diverse projects around the world from remote African villages, the Amazon rain forest, and Japan. My work has shown in Museums with Monet, permanent installments in corporate collections and my own home and garden.”*

Her intriguing history entitles her to being one of an elite few with privileged access to Monet's Garden in Giverny France. In the 80's, Elizabeth participated in the restoration of the garden, one of Monet's greatest loves and inspirations. With that love she inherited, she still returns every year, guiding a group of those with whom she shares her stories of 'Being in the Garden'.

Her photos travel worldwide with Monet's paintings on display in museums, are published annually in calendars (available on Amazon), and forever documented in her award winning book, [*Monet's Passion: Ideas, Inspiration & Insights from the Painter's Garden*](#). Checking Amazon, I find five other books she authored on gardening, landscaping, photography, and *Cultivating Sacred Space*. They all resonate with the resounding vibration of *Awakening The Artist Within*, which is evidently the intention she uses in all that she does. If you have yet to meet, please introduce yourself to Elizabeth at one of our gatherings... while you bask in the glow of her warm sunshine.

Angels, Appreciations & Spreading the Love

From Lisa:

David and Blaze Lazarony are two founders of Wholehearted's Monterey chapter. When I began offering circles at Evolution five years ago, they were both in that very first small circle and have been with us ever since. I have watched them both transform from those first courageous days into two of our most solid, dedicated and generous members, who I deeply love and admire.

The winds of change are blowing David and Blaze toward new horizons. They recently decided to sell their home and pursue a new chapter, and they are likely moving away from our community this month. Communities are formed by those who are dedicated enough to plant themselves as the first seeds, growing into the roots that offer a foundation for growth. I also recognize that the tone of each new community is set by the attitudes and hearts of its early membership.

Blaze and David, you have deeply served us with the immeasurable gift of your presence. I have a hard time imaging our tribe without you, and I know that your contributions will reverberate through our circle for years to come. We send you on your way with our deepest blessings. Please come back to visit and know you are dearly missed and loved.

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 November newsletter listings by
TUESDAY, OCTOBER 31 to lisa@thebirdsings.com.