

WHOLEHEARTED Community Newsletter

December 2017

HOLIDAY SINGING CALENDAR

Saturday, Dec. 2 – Informal Caroling at Elizabeth Murray’s Art Show. Details below.

Monday, Dec. 4 – Drop-in Singing Class & Caroling Prep at UUCMP

Wednesday, Dec. 6 – Drop-in Singing Class & Caroling Prep at the Big Sur Grange

Friday, December 9 – Monterey & Carmel Caroling! Details below.

Monday, Dec. 11 – Drop-in Class & Potluck with Special Guests from Maasai Tribe @ UUCMP

Wednesday, December 13 – Drop-in Singing Class & Caroling Prep at the Big Sur Grange

Monday, December 18 – PG Caroling! Details below.

Friday, December 22 – Carmel Caroling! Details below.

December 23 – January 14 – WINTER BREAK

HOLIDAY CAROLING WITH WHOLEHEARTED

You are warmly invited to join fellow Wholehearted Singers in sharing your voice through these holiday caroling opportunities. The singing we share at this time of year can be so impactful and rewarding as we touch hearts in our local communities. CDs and lyric books with Wholehearted holiday song repertoire will be available at December drop-in classes.

Here are details for all events. These events are entirely optional - join us at one or all! New singers and kids are welcome to join in too, as we will sing many simple, traditional carols. Lisa will not be at these events, but they will be joyfully led by trained Wholehearted songleaders.

Saturday, Dec. 2, 2pm – Caroling at Elizabeth Murray’s Home Art Show. Chorus members are invited to gather and sing some Christmas carols! No preparation needed, caroling books will be provided for this fun, informal event at Liz Murray’s home. Arrive a little early to gather. Liz’s beautiful home is at 62 Ave Maria Rd. in Monterey. See community calendar for more.

Saturday, Dec. 9, 1:30 – 4pm – Caroling at Sunrise Senior Living and Carmel Hills, led by Gail & Wholehearted Songleaders. Thanks to Gail and MaryAnn who have organized these two afternoon caroling events. We’ll sing for an hour at Sunrise Senior Living in Monterey- first a holiday sing-along in their living room and then caroling through the halls in their facility. Then we’ll go to Carmel Hills and sing there for another hour or so. **Please email Gail at skypilot12000@comcast.net to RSVP if you will join in, or you can sign up at class on Dec. 4 or 6.** Details, directions and carpooling opportunities will be sent to those who RSVP.

Monday, December 18, 6 – 9 – Caroling in Pacific Grove. Gather at 6pm and join in a holiday singalong at the **Gateway Center in Pacific Grove.** The Gateway Center serves disabled members of our community and is located at **850 Congress Ave. in PG.** Afterward, head over to **Happy Girl Kitchen at 173 Central Ave.** for a warm winter meal and holiday singalong. For details about the Happy Girl event and to RSVP, please go to: <https://tinyurl.com/happygirl2017>

Friday, December 22nd, 6:30pm – Caroling at Cozy Christmas Gathering, with storytelling and song, hosted by Pilgrim's Way at the Carmel Art Association - Dolores & 6th in Carmel. Singers come gather at 6:15pm! Details about this event are in the community calendar. There is no charge for carolers to attend.

LOOKING AHEAD: 2018 CALENDAR

January 15 – April 30, 2018 – Wholehearted Spring Season
January 19-21, 2018 - Lisa's Esalen Weekend Singing Workshop
February 9-11 – Flight School Songleading Retreat at Hidden Valley
April 7-8, 2018 – Wholehearted Spring Retreat
Friday, April 27 – Spring Concert at the Big Sur Grange
Monday, April 30 – Spring Concert at Hidden Valley
June 11 – July 28, 2018 – Special 6-week Summer Season with MaMuse

COMMUNITY CALENDAR

Saturday, Dec. 2nd – 9 – 10am. Succulent Saturday with Cynthia in the Secret Garden. \$20 in advance, \$25 on the day (includes materials, ages 14 and over.) This is a private group so knock or call when you arrive. Materials for your unique potted succulent garden are included. *Dolores & 6th, Carmel, [831.624.4955](tel:831.624.4955) www.pilgrimsway.com*

Saturday, Dec. 2nd – 12 – 1:30pm – Monterey Museum of Art Family Day with the Ukelele Songbirds. Join Wholehearted member Gail Piper de Mesa at this fun and FREE family event. Sing along with the Ukulele Songbirds while you stroll the museum, enjoying the Miniatures exhibits.

Saturday, Dec. 2nd & Sunday, Dec. 3rd – 11am – 5pm – Holiday Open House & Art Sale with Liz Murray. Please feel welcome to come by and enjoy some holiday cheer and community spirit. 62 Ave Maria Rd. in Monterey. See holiday caroling for details about Wholehearted caroling.

Thursday, Dec. 7th & Fri. Dec. 8th – Community Singing Campout, hosted by Lily on the south coast of Big Sur. Lily's new song circle, SouthCoast Sings, is hosting this very special community singing camp out at Pacific Valley School in Big Sur, This is a community-wide, family-friendly, free event. All are welcome! This gathering will be a deeply nourishing experience with a potluck dinner, singing workshop led by Lily Buzzard, and a night of singing and storytelling around the campfire. Please RSVP for this event: <https://lilybuzzard.wixsite.com/southcoastsings/events>

Saturday, Dec. 9th – 9 -10am - Tea & Tarot with Wendy at Pilgrim's Way Community Bookstore & Secret Garden. This is a ticketed session with a cost of \$15 in advance and \$20 the day of event. Your ticket includes tea and individual mini-sessions shared with the group. This is a private group so knock or call when you arrive. Space is limited so make sure to RSVP! *Dolores & 6th, Carmel, [831.624.4955](tel:831.624.4955) www.pilgrimsway.com*

Monday, Dec. 11th – 5:30 - 9pm - Special Holiday Class with Maasai troupe members at UUCMP. Wholehearted members and their families and partners are invited to this special Monday night singing class with members of our friends from Kenya. We will share songs of the season with the internationally acclaimed Sironka and Friends Dance Troupe that many of our members have supported over the years. After class, the troupe will join us for a potluck dinner. Hand-made traditional, jewelry will be available for purchase.

Thursday, Dec. 14th – 7 – 8:30pm - Friends of Sironka Dance Troupe Performance at Evolution Studio. Join us for an evening of song, dance, and cultural exchange with Maasai friends visiting on a special tour. Jewelry sales will follow the presentation. Enjoy an up close and intimate sharing of their cultural traditions and artistry and support them on their tour of our area of the world. Contact Janette with questions: 831-915-0849.

Thursday, Dec. 14th – 7:30pm – Peaceful Communication Group. See Community Announcements for details.

Saturday, Dec. 16th – 9 – 10:30am - Poetry in the Secret Garden with Elliot Roberts - Ruchowitz, reading, mini workshop and booksigning, Dolores & 6th, Carmel. Tap into your inner poet with this interactive private group for reading/mini-workshop experience. COST: \$20 in advance, \$25 on the day Dolores & 6th, Carmel, [831.624.4955](tel:831.624.4955) www.pilgrimsway.com

Saturday, Dec. 16th, 5:00- 6:30 pm - Monterey Peninsula Gospel Community Choir presents “Christmas with Gospel Flava” at Community Church of the Monterey Peninsula, [4590 Carmel Valley Road, Carmel, CA](http://www.pilgrimsway.com). Come see our own LaVerne McLeod and Penny Vierrege!

Friday, Dec. 22nd, 6:30pm – Caroling at Cozy Christmas Gathering, with storytelling and song, hosted by Pilgrim's Way at the Carmel Art Association, Dolores & 6th in Carmel. \$20 in advance/\$25 at the door. *Local legend, Taelen Thomas performs the Dylan Thomas classic “A Child’s Christmas in Wales” and other stories. Amy Krupski, virtuoso Celtic harpist & members of the community-based Wholehearted Chorus will accompany.* Location across the street at the Carmel Art Association, Dolores & 6th, Carmel [831.624.4955](tel:831.624.4955) www.pilgrimsway.com

Saturday, Dec. 23rd – 6pm - Shepherd’s Play at Louden Nelson Community Center, [301 Center St. Santa Cruz](http://www.pilgrimsway.com). This will absolutely MAKE your Christmas! Come see our own Wholehearted Kristin Ramsden play the Angel in the Shepherd’s play, a rustic, simple Medieval play about the timeless paradise and Christmas stories. \$12 adults/\$8 children- no one turned away.

Tuesday, Dec. 26th – Song Bath Offering from Threshold Choir. See Community Announcements for details.

Saturday, Jan. 6th - Envision 2018 Vision Board Workshop in the Secret Garden with Cynthia Fernandes & Wendy Burch, Intuitive Consultant. We will be making 14" x 9" vision boards with photos, focal points and words of inspiration. Tickets on sale \$35 in advance and \$40 at the door, includes all necessary supplies and materials. Dolores & 6th in Carmel. [831.624.4955](tel:831.624.4955) www.pilgrimsway.com

Our Facebook group: <https://www.facebook.com/groups/inspirechoir/>

December Birthdays

Penny Vierrege	12/8
Jennifer Haydu	12/13
Caitlin Davies	12/27

ANGELS, APPRECIATIONS & SPREADING THE LOVE

TIS THE SEASON TO HELP OUR FRIENDS & NEIGHBORS

Update on Sonoma and Napa County Fire Victims from Susie:

The Threshold Choir brought peaceful healing songs to shelters around Santa Rosa during evacuations. It is a reminder that we have the ability spread love and healing through song. Those who lost homes and everything they own to the fires, including my 97 year old friend, are still scrambling to find permanent housing. At this point, we are waiting for folks to settle before we know what is needed to help them through the winter. We will spread the word when we hear.

From Janette:

I am looking for 3-4 helpers for setup/cleanup/tickets at Maasai performance at Evolution Studio on Thursday , 12/14. See the community calendar for details and contact Janette, if available.

Are you interested in helping me co-sponsor Nancy's daughter, Magdalena, in high school? I'm looking for 5 more sponsors (\$25/term or \$75/year) to meet the "extra" costs of uniforms, books, transportation, medical needs,etc. I am also collecting donations for food if you'd like to assist them with an end of year gift. Call me at 831-915-0849.

If you can donate gently used jackets/shoes, warm clothing for Nancy and family, They are cold in Kenya. I'll send them back with her to Kenya on the plane. Contact Janette for specifics/sizes. Thank you for all the heartfelt ways you have supported this family already!

From Lynda Sayre:

Get a massage in your own home. Our dear friend and fellow singer, Lynette Tolentino didn't sing with us this season because she and her husband, Julian, were forced to leave where they had been working and living for years during the storms last winter. They now live in Palo Colorado and are seeing massage clients both in their home and in client homes. They are good! Give them a call if you want a great massage. 831-620-1447 or NamasteTherapeuticBodyworks@gmail.com.

SUPPORT FRIENDS OF WHOLEHEARTED CHORUS THROUGH MONTEREY GIVES!

Please consider the **Monterey Peace & Justice Center**, a wonderful organization with longtime support from Wholehearted Members **Catherine Crockett & Sylvia Shih** and **Arms of Angels**, founded and run by Wholehearted member **Leigh Fitz** in your year-end giving. Maximize your gift's impact by giving through the Monterey Gives! Campaign: <http://montereycountygives.com>.

COMMUNITY ANNOUNCEMENTS & BUSINESS LISTINGS

Threshold Choir of Pacific Grove - The next Song Bath offering is on December 26. Song Bath recipients are invited to get cozy and be nourished by gentle comforting songs in the middle of our song circle. We are also looking for new members to help us provide service in the community and to hospice patients. To learn how to be a part of this opportunity to use song to support community members in need, please join us at Tuesday evening practices. Call Susie if you're interested in joining or know of a community member who would benefit from compassionate bedside singing. 707-815-0745.

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 healthy, honest, warm, empathetic and open relationships with friends, acquaintances, relatives and most importantly yourself. The group is held on the second Thursday of each month (Dec 14 this time). 7:15 – 7:30 arrival time and 7:30 the group starts. Call, text or email Ted for directions &/or Information [831-449-1953](tel:831-449-1953) [901 Major Sherman, Monterey](mailto:901@majorsherman.com).

Johnny's Love ~ Crystals with Benefits ♥ Jewelry that will get you Compliments ♥ Custom Handmade Gifts ♥ Meet with me and you could cover a bunch of your Christmas giving from hundreds of choices for not much cash ♥ Johnny Pierce ♥ [831-277-9114](tel:831-277-9114).

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>.

Submit your January newsletter listings by
FRIDAY, DECEMBER 29 to lisa@thebirdsings.com.