

Fall Schedule

September 1, 2021 – December 31, 2021

The Art and Spirituality Center is temporarily closed; however, a variety of virtual programs are currently available. Once registered for a workshop, you will receive an email confirming your spot. Instructions on how to access the workshop will be sent to you by our facilitator before the start of your scheduled session.

The Art and Spirituality Center is located at Mercy Hospital Downtown in the Marian Building (near the corner of A Street on Truxtun Avenue). Look for the "Welcome to Art for Healing" sign outside of our front door on Truxtun Avenue.

Art for Healing provides opportunities for art-making, writing, music, and other creative experiences free of charge. We hope that each participant may become practiced in the skills of letting go, living in the moment, artful reflection, and relaxation. All programs are led by experienced facilitators and are for persons 18 and older (unless otherwise noted) who are seeking a respite from stress or health concerns.

You may register online at www.dignityhealth.org/central-california/services/art-and-spirituality-center/register-for-workshops, via email at MHB-ArtforHealing@DignityHealth.org, or by phone by calling our Art Registration line at 661-632-5747. We ask that you register for our workshops **no more than one month in advance** and only register for workshops you are sure to attend. Many of our workshops reach maximum capacity and a waitlist is created for those who express interest once the workshop is full. If you cannot attend a scheduled workshop, please contact us as soon as possible to open your spot to those on the waitlist.

The schedule lists our programs by type and by date of the first program as follows:

- | | |
|--------------------------------|-----------|
| • Contemplative and Reflective | Page 2 |
| • Drawing and Painting | Pages 3-4 |
| • Handmade Creations | Page 5 |
| • Music and Movement | Pages 6-7 |
| • Writing and Poetry | Page 8 |

Following our program schedule you will find:

- | | |
|-----------------------------|-------------|
| • Facilitator Biographies | Pages 9-10 |
| • Additional Information | Page 11 |
| • Monthly Program Calendars | Pages 12-15 |

Contemplative and Reflective Programs

Healing Breath: Registration required

Morning sessions held twice per month on select Wednesdays

September 1st & 29th, October 13th & 27th, November 10th & 24th, December 8th & 22nd

10:00 AM – 10:45 AM via Zoom

Evening sessions held twice per month on select Tuesdays (October through December only)

October 12th & 26th, November 9th & 23rd, December 7th & 21st

6:00 PM – 6:45 PM via Zoom



During this workshop you will learn and practice breathing techniques which will increase oxygenation in the body for greater overall health. These techniques are designed to calm and quiet your nervous system. Additional benefits include: entering into a state of relaxation, release of stress and peace of mind. Join us on this intentional breathing journey that will leave you feeling light, calm and grounded.

Facilitated by Gwen Mitchell

Music & Meditation: No registration required

Every First Friday: September 3rd, October 1st, November 5th & December 3rd

via YouTube video link



Did you know that meditation is a simple, fast way to reduce stress and bring inner peace? Join us and take a stress-reduction break by redirecting your thoughts and calming your mind. This video series features live, ambient music and relaxing sounds. Participants are encouraged to watch, listen and relax. These soothing sounds and visual aids will become available on the first Friday of each month.

A YouTube video link will be posted to our [Facebook](#) and [Instagram](#) pages and will be emailed to those on our email list.

Facilitated by Kyle Whitaker

Drawing and Painting Programs

Family Fridays: Art that Inspires Family Bonding: No registration required
Every Third Friday: September 17th, October 15th, November 19th & December 17th
via YouTube video link



Research shows that experiencing art with loved ones can be very beneficial for child development and family bonding. Experiencing art together as a family allows for some undivided attention between parents, grandparents, children, and other family members in a one-on-one holistic setting. In this workshop, be prepared to strengthen family relationships by spending dedicated time with one

another, listening to each other, respecting each other's opinion and having a wonderful art piece to show for it. Join us for this artistic intergenerational togetherness experience. A YouTube video link will be posted to our [Facebook](#) and [Instagram](#) pages and will be emailed to those on our email list.

Facilitated by Brittney Rivera

September



October



November



December



Zentangle®, Meditative Art through Patterned Drawing: Registration required

Wednesday: October 6th, 13th, 20th & 27th

3:00 PM – 5:00 PM via Zoom



Facilitated by Terry Hall

Zentangle® is a meditative drawing process intended to quiet the mind while creating art. One of the many benefits of Zentangle® is that people of all ages, regardless of drawing experience, can engage in this mindful activity and achieve a satisfying sense of creative accomplishment. During each workshop we will take the Zentangle® art form, apply its eight steps and combine it with fun and simple designs to create an inspired work of art. Let's tangle together!

Praying in Color: Registration required

Tuesday: November 30th, December 7th & 14th

3:00 PM – 4:30 PM via Zoom



Facilitated by Rose Lester

Prayer is defined as spiritual communion with the divine. Using simple art materials, participants will learn a new way to express their hopes and their heart's deep longings, gratitude, blessings and concerns for others and the world through visual imagery. Each week we will explore a different aspect of that communication. This workshop can be enriching for any person who wants to develop a deeper connection with a spiritual life, regardless of one's particular faith journey. Each session will be self-contained or can be attended as a series.

Handmade Creations Programs

Sending You Love: Registration required

Wednesday: November 3rd & 10th, December 1st & 8th

9:30 AM – 11:30 AM via FaceTime accompanied by YouTube video link



During four virtual workshops, we will create homemade greeting cards as a way to connect with those dear to us while bringing joy to the maker. We will use a variety of water media to make greeting cards suitable to send, print, or even frame. Our facilitator will provide each participant with a welcome letter including a holiday-themed introduction and a reminder of the close connections we create with a hand-crafted item and personal note. Our

facilitator will release a series of 4 instructional YouTube videos including a list of supplies needed the day before each FaceTime session. Additional instructions, handouts, and facilitator discussion will be available via FaceTime throughout each workshop. Class projects may be shared on a private Facebook page or by emailing MHB-ArtforHealing@DignityHealth.org. All ages and skill levels are welcome.

Facilitated by Norma Neil

Music and Movement Programs

Ukulele Basics (five-part series): Registration required

(Note: Each attendee must have a working ukulele during each workshop)

Thursday: September 2nd, 9th, 16th, 23rd & 30th and

Thursday: November 11th, 18th, December 2nd, 9th & 16th

6:30 PM – 8:00 PM via Zoom



Playing an instrument promotes healing by focusing inward and outward, and it's beneficial to the overall well-being and mental health of a person. Join us as we learn to progress in our musical journey together through the ukulele. Over five sessions, we will discover the history and makeup of the ukulele, learn to tune your instrument, and practice techniques to make

single notes and chords. Making your own music can be a lifelong passion and fulfilling pastime. Come play ukulele with us and discover the healing power of music!

Facilitated by Kyle Whitaker

Threshold Choir

Every First and Third Friday:

September 3rd & 17th, October 1st & 15th, November 5th & 19th, December 3rd & 17th

9:30 AM – 11:30 AM via Zoom



We are part of an international network of a cappella choirs whose mission is to sing gentle songs for those at the threshold of life and for those in need of comfort. We offer the gift of singing to bring ease and calm. As singers, the songs we learn also nourish our own bodies and souls. We look forward to welcoming you to our practices. If you would like to communicate kindness with your voice, can carry a tune and are able

to hold your part (or sincerely want to learn), please contact us at 661-632-5874.

Hosted by Threshold Choir members

Guitar Basics (five-part series): Registration required

(Note: Each attendee must have a working guitar during each workshop)

Thursday: October 7th, 14th, 21st & 28th, November 4th

6:30 PM – 8:00 PM via Zoom



Facilitated by Kyle Whitaker

Studies show that the guitar is beneficial to the overall well-being and mental health of a person - just another example of the healing power of music. In five sessions you will be able to tune, play and progress in your musical journey. Making your own music can be a lifelong passion and fulfilling pastime. Come play guitar with us and discover the healing power of music.

Writing and Poetry Programs

A Time to Write: Registration required

Saturday: December 4th

10:00 AM – 11:30 AM via Zoom



Spark your creativity as you honor your life and spirit by taking the time to write. A surprising freedom and gentle healing may be found when working within a framework of suggested writing "starters" or prompts. This workshop will offer a unique approach to writing which may include prose, poetry, journaling and more. Materials for this

workshop include: notebook or journal, pens and/or pencils, or you may choose to use your computer.

Facilitated by Annis Cassells

The Ancient Enduring Well is Me: Registration required

Thursday: September 30th

10:00 AM – 11:30 AM via Zoom



Join us as we uncover the healing art of poem-making. During this 90-minute workshop, we will identify healing metaphors that sustain us and then use the power of those words to create poetry. We will start by making connections to our daily lives. What does your life feel like? Maybe it feels like a bar of soap, a skittering leaf, or perhaps a waterfall waiting to take us into poetry as medicine.

Facilitated by Anke Hodenpijl

Meet Our Facilitators



Annis Cassells is a writer, life coach and teacher who divides her time between California and Oregon. She facilitates memoir-writing classes for senior adults and has conducted writing workshops through Art for Healing since its inception in 2010. She claimed her voice as a poet in 2015 and has had poems published in print and online journals. In 2019, she published her first poetry collection, *You Can't Have It All*. She is a contributor in the social justice anthology, *ENOUGH "Say Their Names..." Messages from Ground Zero to the World*, which was released October 2020. She is a contributor in *Chicken Soup for the Soul: Inspiration for the Young at Heart* and is a member of Writers of Kern, a branch of the California Writers Club.



Terry Hall was introduced to Zentangle® in 2011 and immediately fell in love with it. In 2017 she became a certified Zentangle® instructor and joined the Art and Spirituality Center in 2019. Terry states that Zentangle® has helped her through many different and sometimes difficult phases in her life. She is passionate about sharing the positive and healing benefits of this art form with others. Zentangle® is intended to teach you to focus, relax, relieve stress, become more confident in your creative skills, find gratitude and provide a bit of quiet time. Terry encourages anyone interested in this meditative art form to allow yourself the time to begin this journey. It will benefit not only your creative journey, but also your life journey. Destination: meditation.



Anke Hodenpijl joined the Art and Spirituality Center team in 2010. She enjoys facilitating workshops utilizing poetry as a creative force for healing, as well as helping writers to develop their craft. Her own poetry reflects on the mystical, spiritual and creative forces of nature. She is a contributor to several Writers of Kern Anthologies, The Frost Meadow Review, the CSUB Writing Series; "*Flora, Fauna,*" "*Work,*" "*Sound,*" and "*Fields,*" and most recently to "*In the Midst*" (A COVID-19 Anthology), and as a wordsmith for *ENOUGH "Say Their Names..." Messages from Ground Zero to the World*. She is a member of Writers of Kern, a branch of the California Writers Club and a founding member of our local Threshold Choir.



Rose Lester is a licensed Marriage and Family therapist in private practice and has been part of the Art and Spirituality Center team since its inception in 2010. Throughout the past 10 years she has facilitated numerous creative workshops in-person and virtually, and is an active member of the Creative Council. She is fluent in a number of creative modalities, including both visual arts and writing. She is a certified SoulCollage® facilitator and is certified in the Creative Journal Expressive Arts method. She has also taught a variety of workshops in the community at large for over 20 years. She believes in the power of creative expression to support healing processes physically, emotionally and spiritually.



Gwen Mitchell is a certified Yoga and Breath Work instructor and a talented artist. She joined the Art and Spirituality Center in 2018 and enjoys her work in the Art for Healing programs. Gwen began her time at the center as an Open Studio Host volunteer where she shared her knowledge of mindful breathing techniques and yoga with the participants. Shortly after, she began facilitating a Healing Breath workshop. During her time with the center, her love of drawing and painting led her to increase her workshops by adding an Acrylic Painting workshop to her repertoire. Gwen is also an active member of the Creative Council and the Mercy Auxiliary volunteer program.



Norma Neil joined the Art and Spirituality Center in 2015 and has facilitated a variety of workshops including Explorations in Water Media, Personal Coaching in Painting Skills and Sending Your Love. She is a retired art and elementary school teacher. She works in watercolors and pastels and shows her work at the Bakersfield Art Association Art Center. Besides painting and teaching art classes, she is a world traveler. She seeks the essence of nature in her paintings and always tries to combine art with her travels. Norma continues to explore her craft by teaching workshops and attending those led by others.



Brittney Rivera began her journey with the Art and Spirituality Center in 2014 as an Open Studio Host volunteer. She currently serves as the Art Cart Specialist and Family Fridays workshop facilitator. She has always enjoyed art which led her to earn a Bachelor's degree in Psychology with a minor in Studio Art from California State University Bakersfield. In addition to the Art Cart and facilitating workshops, you can often find Brittney participating in Art for Healing workshops, attending Creative Council meetings, or helping out with other events at the center. Brittney loves all artistic mediums and encourages everyone to find which ones they are passionate about.



Kyle Whitaker joined the Art and Spirituality Center in 2019. He currently facilitates Guitar Basics, Ukulele Basics and Music & Meditation workshops while also serving as a Music Specialist in Mercy Hospital's Acoustic Remedies program. Kyle has substantial experience as a musician including performing, managing, promoting, composing, and even facilitating private guitar lessons. He recently added musical theatre to his repertoire with lead roles in Stars Theatre productions of "Mama Mia" and "Annie Get Your Gun." He is currently a student in the Jazz Studies and Commercial Music programs at Bakersfield College. He is passionate about sharing the healing power of music and guiding others as they progress in their musical journey.

Have our programs been helpful to you?

As we firmly believe that being creative can help one heal, we would like to invite you to tell your story of how art-making, music, movement, writing, participating in Open Studio or any of our other programs has helped you. These stories may inspire and encourage others, as well as demonstrate to our donors the value of the Art for Healing programs here at Mercy Hospital Downtown. Please send your story to the Art and Spirituality Center Supervisor, Sara Moore via email to Sara.Moore2@CommonSpirit.org or submit your story by mail to:

Mercy and Memorial Hospitals
c/o Art and Spirituality Center
2215 Truxtun Avenue
Bakersfield, CA 93301

We want your feedback!

We'd love to hear your suggestions for future workshops and activities, or if you'd like to share how we may improve upon what we do. Please contact the Art and Spirituality Center Supervisor, Sara Moore, via email at Sara.Moore2@CommonSpirit.org or by phone at 661-632-5357 to share your suggestions and feedback.

Every gift makes a difference.

Please consider making a donation to support our Art for Healing programs. Your online gift will help us enhance our programs and continue to provide a variety of workshops at no cost to our participants. To donate, please visit the Friends of Mercy Foundation website at: <https://supportfriendsofmercy.org/ways-to-give/donate-online>. Select "Community Outreach" as your designation and specify "Art and Spirituality Center" in the comments section. Your contributions to the Friends of Mercy Foundation are tax deductible and, unlike other charities, 100% of every gift goes to the fund you choose. No portion of your gift is used for administration costs.

#LikeAndFollow

The Art and Spirituality Center is now on [Facebook](#) and [Instagram](#). Here we will post program updates, share information about our upcoming workshops, introduce you to our facilitators, and more. Please like and follow our pages. You may also visit our website at www.DignityHealth.org/Bakersfield/ArtForHealing.

One last thing . . .

Please share this program schedule with others. Spreading the word to others is a gift to them, especially if they are in need of emotional, spiritual or physical healing. Contact us via email at MHB-ArtForHealing@DignityHealth.org or by phone at 661-632-5357 if you would like additional hard copies of this schedule.

Thank you!

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Healing Breath AM 10:00-10:45	2 Ukulele Basics 6:30-8:00	3 Threshold Choir 9:30-11:30 Music & Meditation YouTube Video	4
5	6 CLOSED for Labor Day	7	8	9 Ukulele Basics 6:30-8:00	10	11
12	13	14	15	16 Ukulele Basics 6:30-8:00	17 Threshold Choir 9:30-11:30 Family Fridays YouTube Video	18
19	20	21	22	23 Ukulele Basics 6:30-8:00	24	25
26	27	28	29 Healing Breath AM 10:00-10:45	30 Ukulele Basics 6:30-8:00 The Ancient Enduring Well is Me 10:00-11:30		

October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Threshold Choir 9:30-11:30 Music & Meditation YouTube Video	2
3	4	5	6 Zentangle® Beginner-Level 3:00-5:00	7 Guitar Basics 6:30-8:00	8	9
10	11	12 Healing Breath PM 6:00-6:45	13 Healing Breath AM 10:00-10:45 Zentangle® Beginner-Level 3:00-5:00	14 Guitar Basics 6:30-8:00	15 Threshold Choir 9:30-11:30 Family Fridays YouTube Video	16
17	18	19	20 Zentangle® Intermediate-Level 3:00-5:00	21 Guitar Basics 6:30-8:00	22	23
24 31	25	26 Healing Breath PM 6:00-6:45	27 Healing Breath AM 10:00-10:45 Zentangle® Intermediate-Level 3:00-5:00	28 Guitar Basics 6:30-8:00	29	30

November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Sending Your Love 9:30-11:30	4 Guitar Basics 6:30-8:00	5 Threshold Choir 9:30-11:30 Music & Meditation YouTube Video	6
7	8	9 Healing Breath PM 6:00-6:45	10 Sending Your Love 9:30-11:30 Healing Breath AM 10:00-10:45	11 Ukulele Basics 6:30-8:00	12	13
14	15	16	17	18 Ukulele Basics 6:30-8:00	19 Threshold Choir 9:30-11:30 Family Fridays YouTube Video	20
21	22	23 Healing Breath PM 6:00-6:45	24 Healing Breath AM 10:00-10:45	25 CLOSED for Thanksgiving	26 CLOSED for Thanksgiving	27
28	29	30 Praying in Color 3:00-4:30				

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Sending Your Love 9:30-11:30	2 Ukulele Basics 6:30-8:00	3 Music & Meditation YouTube Video Threshold Choir 9:30-11:30	4 A Time to Write 10:00-11:30
5	6	7 Praying in Color 3:00-4:30 Healing Breath PM 6:00-6:45	8 Sending Your Love 9:30-11:30 Healing Breath AM 10:00-10:45	9 Ukulele Basics 6:30-8:00	10	11
12	13	14 Praying in Color 3:00-4:30	15	16 Ukulele Basics 6:30-8:00	17 Threshold Choir 9:30-11:30 Family Fridays YouTube Video	18
19	20	21 Healing Breath PM 6:00-6:45	22 Healing Breath AM 10:00-10:45	23 CLOSED for Christmas	24 CLOSED for Christmas	25
26	27 CLOSED for Christmas	28 CLOSED for Christmas	29 CLOSED for Christmas	30 CLOSED for Christmas	31 CLOSED for Christmas	