



Dignity Health

Mercy & Memorial Hospitals

ART AND SPIRITUALITY CENTER

Summer Schedule

May 1, 2021 – August 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:

- | | |
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Contemplative and Reflective Programs

Healing Breath: Registration required

Evening sessions held twice per month on select Tuesdays

May 4th & 18th, June 15th & 29th, July 13th & 27th, August 10th & 24th

6:30 PM – 7:15 PM via Zoom

Morning sessions held twice per month on select Wednesdays

May 5th & 19th, June 16th & 30th, July 14th & 28th, August 11th & 25th

10:00 AM – 10:45 AM 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

Mindful Meditation Flow: Registration required

Every Wednesday from May 5th through July 28th:

May 5th, 12th, 19th & 26th, June 2nd, 9th, 16th, 23rd & 30th, July 7th, 14th, 21st & 28th

6:00 PM – 7:00 PM via text message



Mindful breathing brings us gently into the present moment, where there is peace and joy. We will practice mindful breathing as a flow from one meditative posture to the next - sitting, standing, walking and lying down. This unique combination of mindful postures is deeply relaxing and nurturing, and is especially helpful

for those who would like to meditate, but find it difficult to sit still or to relax.

Facilitated by Tracy MacLaren

Drawing and Painting Programs

Family Fridays: Art that Inspires Family Bonding: No registration required
Every Third Friday: May 21st, June 18th, July 16th & August 20th
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

May



June



July



August



Zentangle®: Meditative Art through Patterned Drawing Registration required

Beginner-level workshops held the first two Tuesdays in July

July 6th & 13th

3:00 PM – 5:00 PM via Zoom

Intermediate-level workshops held the last two Tuesdays in July

July 20th & 27th

3:00 PM – 5:00 PM via Zoom



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. This workshop will take the Zentangle® art form and combine it with fun and simple designs to create an inspired work of art. In our beginner-level workshops, you will learn the eight steps of Zentangle® and multiple techniques to apply to your designs called tangles. In our intermediate-level workshops, you apply these techniques to more tangles

and learn about balance and other enhancers.

Facilitated by Terry Hall

Music and Movement

Guitar Basics (six-part series): Registration required

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

Thursday: May 6th, 13th, 20th & 27th, June 3rd & 10th and

Thursday: July 22nd & 29th, August 5th, 12th, 19th & 26th

6:30 PM – 8:00 PM via Zoom



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 six 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.

Facilitated by Kyle Whitaker

Threshold Choir

Every First and Third Friday:

May 7th & 21st, June 4th & 18th, July 2nd & 16th, August 6th & 20th

9:30 AM – 11:00 AM via Zoom



We are part of an international network of a cappella choirs, a community of singers whose mission is to sing gentle songs for those at the threshold of life and those in need of comfort. We offer the gift of singing to bring ease and calm to those in need. As singers, the songs we learn also nourish our own bodies and souls. Presently, we are offering one-on-one sings by phone to those who ask.

Although we are currently unable to train new singers, we look forward to welcoming you when we are able to resume our practices in person. If you are interested in visiting one of our upcoming virtual practices, would like to explore joining the Threshold Choir in the future, or to request a sing by phone, please contact us at 661-632-5874.

Hosted by Threshold Choir members

Ukulele Basics (five-part series): Registration required

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

Thursday: June 17th & 24th, July 1st, 8th & 15th

6:30 PM – 8:30 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

Writing and Poetry Programs

A Time to Write: Registration required

Saturday: May 22nd & June 26th

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

Closer to Your Life: Registration required

Saturday: May 29th

10:00 AM – 11:30 AM via Zoom



Closer to Your Life is designed to help writers get out of the way of their “monkey mind,” as Natalie Goldberg calls it. We will use 10-minute writing prompts to help our writers reflect on memories, to take us to a place that is bigger than us. Together, we will learn how to take up our pen in the middle of not wanting to so that we can settle the self on the self. Join us for a brief 90-minutes of memoir writing.

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.



Tracy Maclaren is an ordained Minister, an ordained Buddhist lay teacher, and a Certified SoulCollage® Facilitator. Since 2015, she has facilitated many popular workshops at the Center, including Mindful Meditation FLOW, Dreamwork, SoulCollage®, and Healing Drum Circle. She is a long-time student of cross-cultural shamanic practices and has traveled widely to study in-person with some of the most forward-thinking individuals of the last 40 years, including Elisabeth Kübler-Ross, MD; Ram Dass; Marion Woodman; Angeles Arrien, Ph.D.; Jean Houston, Ph.D; and Sandra Ingerman. She is the published author of *Making Friends With Time*, a collection of daily mindfulness practices, with Foreword by Ven. Zen master Thich Nhat Hanh, and participates annually in National Novel Writing Month (NaNoWriMo). Tracy is a co-founder of the annual Peace Day observance in Kern County, and leads monthly Walks for Peace at Hart Park.



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. Throughout 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. Aside from her work at the center, Gwen is an active member of the Mercy Auxiliary volunteer program.



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 the Guitar Basics and Ukulele Basics 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!



May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Healing Breath PM 6:30-7:15	5 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00	6 Guitar Basics 6:30-8:00	7 Threshold Choir 9:30-11:00	8
9	10	11	12 Mindful Meditation Flow 6:00-7:00	13 Guitar Basics 6:30-8:00	14	15
16	17	18 Healing Breath PM 6:30-7:15	19 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00	20 Guitar Basics 6:30-8:00	21 Threshold Choir 9:30-11:00 Family Fridays	22 A Time to Write 10:00-11:30
23 30	24 31 CLOSED for Memorial Day	25	26 Mindful Meditation Flow 6:00-7:00	27 Guitar Basics 6:30-8:00	28	29 Closer to Your Life 10:00-11:30



June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Mindful Meditation Flow 6:00-7:00	3 Guitar Basics 6:30-8:00	4 Threshold Choir 9:30-11:00	5
6	7	8	9 Mindful Meditation Flow 6:00-7:00	10 Guitar Basics 6:30-8:00	11	12
13	14	15 Healing Breath PM 6:30-7:15	16 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00	17 Ukulele Basics 6:30-8:30	18 Threshold Choir 9:30-11:00 Family Fridays	19
20	21	22	23 Mindful Meditation Flow 6:00-7:00	24 Ukulele Basics 6:30-8:30	25	26 A Time to Write 10:00-11:30
27	28	29 Healing Breath PM 6:30-7:15	30 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00			

July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Ukulele Basics 6:30-8:30	2 Threshold Choir 9:30-11:00	3
4 CLOSED for 4 th of July	5 CLOSED 4 th of July (observed)	6 Zentangle® Beginner 3:00-5:00	7 Mindful Meditation Flow 6:00-7:00	8 Ukulele Basics 6:30-8:30	9	10
11	12	13 Zentangle® Beginner 3:00-5:00 Healing Breath PM 6:30-7:15	14 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00	15 Ukulele Basics 6:30-8:30	16 Threshold Choir 9:30-11:00 Family Fridays	17
18	19	20 Zentangle® Intermediate 3:00-5:00 Praying in Color 1:30-3:30	21 Mindful Meditation Flow 6:00-7:00	22 Guitar Basics 6:30-8:00	23	24
25	26	27 Zentangle® Intermediate 3:00-5:00 Healing Breath PM 6:30-7:15	28 Healing Breath AM 10:00-10:45 Mindful Meditation Flow 6:00-7:00	29 Guitar Basics 6:30-8:00	30	31



August 2021

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