




Fall Schedule September 1, 2020 - December 31, 2020

The Art and Spirituality Center is temporarily closed; however, a variety of virtual workshops are currently available. Once you are registered, the facilitator will send you instructions on how to access the workshop prior to each session.

We are 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. It is our 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 healthcare concerns. Register online via email at MHB-ArtforHealing@DignityHealth.org or call our art registration line at 661-632-5747 to register by telephone. We ask that you register for our programs **no more than one month in advance** and only register for programs you are sure to attend. Many of our workshops reach maximum capacity and we will create a waitlist for those who express interest once the workshop is full. If you cannot attend a registered workshop, please contact us as soon as possible in order 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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| • Writing and Poetry | Page 8 |

Contemplative and Reflective Programs

Mindful Meditation Flow: Registration required

Every Wednesday **except** November 25th, December 23rd & 30th

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 Reverend Tracy MacLaren

Emotional Regulation (two-part series): Registration required

Thursday: October 1st & 8th

8:00 AM – 10:30 AM via Zoom



We are emotional beings and we feel all the time. As we interact with each other we experience emotions. Therefore, it is important to have some understanding of emotions and feelings to help us understand and accept ourselves and those with whom we are interacting. Emotions color and create the context for our actions and are generally triggered by events in the present, anticipation of the future, and recollections of the past. Join us as we

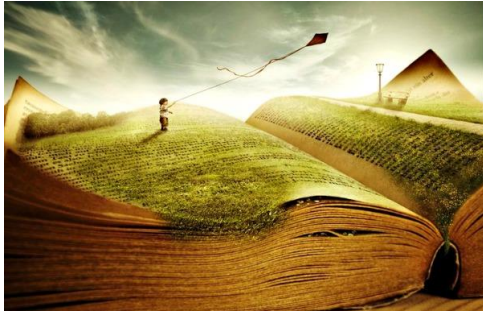
discover what emotions are, their purpose, and how to work with emotions in our daily lives. Each session will include a short teaching and practice and application for each of the 4 emotion categories.

Facilitated by Narandja Milanovich Eagleson

Embodied Imagination® Dream Work (five-part series): Registration required

Thursday: October 15th, 22nd, 29th, November 5th & 12th

8:30 AM – 10:30 AM via Zoom



Embodied Imagination® (EI) is a therapeutic and creative form of working with dreams and memories which provides an opportunity for the embodiment of the wisdom and knowledge of dream images and presences. In this workshop we will explore an introduction to the EI® method during which group members are facilitated through incubations, dreams and memories. Strong concentrated and

conscious intention is essential for the success of this workshop.

Facilitated by Narandja Milanovich Eagleson

Drawing and Painting Programs

Family Fridays: Art that Inspires Family Bonding: No registration required
Every Third Friday: September 18th, October 16th, November 20th & December 18th
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

Praying in Color Registration required

Tuesday: September 22nd, 29th, November 3rd, 10th & 17th

1:30 PM – 3:30 PM via Zoom



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

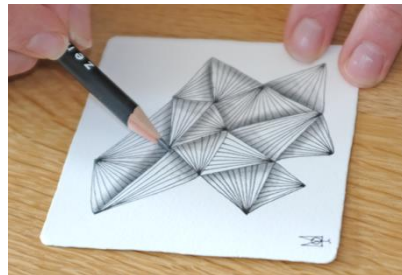
be self-contained or can be attended as a series.

Facilitated by Rose Lester

Zentangle®: Registration required

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

4:00 PM – 5:30 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, using its eight steps and combine it with fun and

simple designs to create an inspired work of art.

Facilitated by Terry Hall

Music and Movement

Threshold Choir

Every First and Third Friday

9:30 AM – 11:00 AM via Zoom



Join us every first and third Friday! We are part of a network of a cappella choirs, a community of singers whose mission is to sing gentle songs for and with those at the threshold of life. We offer the gift of singing at bedside to bring ease and comfort to all present. As singers, the songs we learn also nourish our own bodies and souls. If you wish to communicate kindness with your voice, can carry a tune, and are able to hold your part (or sincerely want to learn), come sing with us!

Hosted by Threshold Choir members

Ukulele Basics (six-part series): Registration required

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

Wednesday: September 16th, 23rd, 30th, October 7th, 14th & 21st

6:00 PM – 7:30 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 as we learn to progress in our musical journey together through the ukulele. Over six sessions we will discover the history and makeup of the ukulele learn to tune and its importance and learn 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

Guitar Basics (six-part series): Registration required

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

Wednesday: October 28th, November 4th, 11th, 18th, December 2nd & 9th

6:00 PM – 7:30 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 four workshops 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.

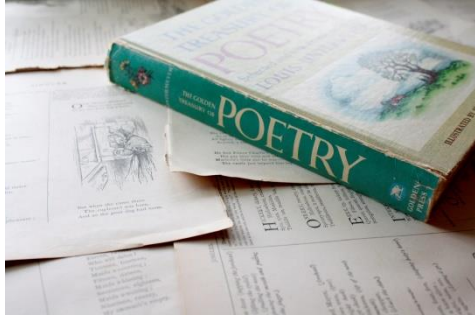
Facilitated by Kyle Whitaker

Writing and Poetry Programs

Accidental Grace: Registration required

Thursday: November 5th

9:00 AM – 11:30 AM via Zoom



This workshop is designed to help you develop poetry as a spiritual practice. Together, we will dive deep into a poem written by a renowned author and we will use that poem to stir our own creative juices. We will then use a variety of techniques to help participants reflect on their own lives through the poem. Sharing is voluntary, yet encouraged, to help the writer develop their skills. By the end of this

workshop each person will have a poem ready to share with the group. Join us as we develop our poetic expression and use writing to shift our perspective.

Facilitated by Anke Hodenpijl

Meet Our Facilitators



Anke Hodenprijl writes poetry through the eyes of an Indo-Dutch immigrant. Her poems have most recently been featured in the *Frost Meadow Review*, the California State University of Bakersfield writing series; “Fields”, the upcoming book *Enough, Say Their Names* and in the *Writers of Kern Anthology 2020*. She is an alumna of the Tupelo Truchas Poetry Conference and the Ellen Bass Craft Writing Series and is currently finishing a book with the Community Literacy Initiative.



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. 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 taught numerous Art for Healing workshops at the Art and Spirituality Center and the community at large for 20 over years. She believes in the power of creative expression to support healing processes both physically, emotionally and spiritually.



Tracy MacLaren has been a volunteer at the Art and Spirituality Center since 2015. She is an ordained minister, ordained Buddhist lay teacher and a certified SoulCollage® facilitator. She has taught many popular workshops at the center including Mindful Meditation, Dreamwork, Drum Circle and more. 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, M.D., Ram Dass, and Sandra Ingerman. She graduated magna cum laude from the College of Idaho, and is the published author of *Making Friends with Time: A Book of Daily Mindfulness Practices*.



Narandja Milanovich Eagleson joined the Art and Spirituality Center in 2020 and is facilitating the Embodied Imagination® Dream Work and Emotional Regulation workshops. She is currently focused on writing and coaching and practices voice dialogue, Embodied Imagination®, heart rhythm meditation and shamanic healing. In addition to 40 years of experience in the fields of engineering, management, leadership development, psychology and alternative healing modalities, her formal education includes a Bachelor's and Master's degree in Mechanical Engineering from Rice University as well as two Master's degrees and a PhD in Depth Psychology from Pacifica Graduate Institute. Narandja is passionate about sharing this therapeutic and creative method of working with dreams and memories with others.



Terry Hall is a Certified Zentangle® facilitator. She recently joined the facilitator team at the Art and Spirituality Center and is happy to share her knowledge of this therapeutic art form with others. Terry states that Zentangle® has helped her through different phases in her life and she is passionate about sharing the ways it may be used as a positive tool for others.



Brittney Rivera has been a volunteer at the Art and Spirituality Center since 2014 and now serves as the Art Cart Specialist. She has enjoyed art her entire life which led her to earn a Bachelor's degree in Psychology with a minor in Studio Art from California State University Bakersfield. Brittney fell in love with the idea of an art therapy program and started volunteering during Open Studio every Wednesday. Soon, she joined the Art Cart program at Memorial Hospital serving their pediatric patients. You can often find Brittney participating in other workshops, facilitating her Family Fridays workshop, 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 passionate about sharing the healing power of music and guiding others as they progress in their own 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@DignityHealth.org or 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 from you should you have suggestions for future workshops/activities or if you'd like to share ways we may improve upon what we do. Please contact the Art and Spirituality Center Supervisor, Sara Moore via email at Sara.Moore2@DignityHealth.org or by phone at 661-632-5357 to share your suggestions and feedback.

Every gift makes a difference!

Please consider making a donation today 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 make a donation, 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](#). Please like and follow our pages. We will post information about our upcoming workshops, post monthly Family Fridays videos, introduce you to our facilitators and MORE!

One last thing . . .

Please share this program calendar 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 Sara Moore via email at Sara.Moore2@DignityHealth.org or by phone at 661-632-5357 if you would like additional hard copies of this schedule.

Thank you!