

The Liberation Center

for
Spiritual Enrichment

Enrich Your Journey

**The Liberation Center for Spiritual Enrichment
is a program of
Liberation United Church of Christ**

The Liberation Center for Spiritual Enrichment welcomes people of faith who seek spiritual growth and personal enrichment. It is a teaching-learning center, a sacred community where people come together to grow in spiritual awareness – body, mind and spirit – and learn spiritual practices to support them in working with the complex possibilities of today's world.

We honor the individual and celebrate diversity. With hospitality, simplicity and joy, we extend a warm welcome to all people in search of a spiritual community where they are embraced, respected and accepted for who they are and inspired and supported to grow to their highest potential.



**Denise Keary
Program Coordinator**

PROGRAM DESCRIPTIONS

All programs are held at Liberation UCC.

Transformational Movement as Prayer

Facilitator/Presenter: Roger Sams

Movement can be a powerful form of prayer, taking you into a profound place of stillness. Together we'll explore a deeper understanding of the process that Jesus invites us into: a personal death to ways of being that do not serve us and resurrection into a life of infinite love and light.

During this three-class series, we explore two ideas simultaneously: 1) what it's like to be in relationships with the energy of Cosmic Christ; and 2) the idea of movement as a form of prayer or spiritual practice that opens us up to a new way of listening to Spirit through the wisdom of the body. We use movement to expand our awareness, opening ourselves to bigger possibilities for living life in the fullness of the energy of Christ.

Fridays 7:00 – 9:00 pm

TMP-1 Feb 26 – Jesus as Bringer of Light

TMP-2 Mar 12 – Jesus as Master Teacher

TMP-3 Mar 26 – Resurrection as Process

TMP-S 3-Week Complete Series

Sessions can be taken individually, but it's best if full series is taken

Registration Deadline: Feb 19

Cost: \$15.00 per session; \$40.00 for complete series

Exploring the Meditative Life

Facilitator/Presenter: Mary Alice Mastrovito

The benefits of a regular meditation practice include peace of heart, clarity of mind, and added physical and emotional resilience when facing the stress of daily life. Come explore how meditation can be easier than you thought possible. In each session, we will explore different techniques and paths that take us from our restless mind and hectic life to a place of profound inner peace.

Sundays 2:00 – 4:30 pm

EML-1 Mar 7 – Walking Meditation

EML-2 Mar 14 – Drawing as Meditation

EML-3 Mar 21 – Sitting with a Question

EML-4 Mar 28 – Extending our Meditative Gaze

EML-S 4-Week Complete Series

Sessions can be taken individually, but it's best if full series is taken

Registration Deadline: One week prior to program

Cost: \$45.00 per session; \$165.00 for complete series

Drumming Circle

Facilitator/Presenter: Ed Boas

Group drumming is a unique experience designed to help people more fully realize how each of their voices, contributes to the whole. Each participant will select a percussion instrument and communicate through rhythm with the help of a trained facilitator. This experience will enable participants to communicate, listen, and respond to each other in novel ways, thus tapping creative potential and heightening interaction that transcends words. This rhythm-based experience is also designed to reduce stress, strengthen relationships, and celebrate diversity.

DRC Friday, Apr 9 6:30 – 8:00 pm

(6:30-7:00 soup & sandwich; 7:00-8:30 Drum Session)

Registration Deadline: Apr 2

Cost: \$10.00

Remarkable Healing

Facilitator/Presenter: Neal Szpatura

In Celtic shamanism, there is a belief that listeners to empowering Bardic tales could undergo wondrous transformative experiences along with the heroes and heroines. This class involves the sharing of powerful stories from mythology and true instances of remarkable healing in combination with meditation and guided imagery to help you connect with your own remarkable Inner Healer.

RKH Saturday, Apr 17 1:00 – 4:00 pm

Registration Deadline: Apr 12

Cost: \$15.00

Introduction to Soul Coaching

Facilitator/Presenter: Mary Alice Mastrovito

The Soul Coaching 28 Day Program provides a framework to assess, design, and appreciate your life to the fullest. The exercises and tools in this program will lead you to a deeper and fuller recognition of your own gifts, re-energize your connection to your soul's guidance, and emphasize the sacredness in all things. Join us for an evening to experience several of these powerful tools.

(Please note: Our fall programming will include the series, Soul Coaching: 28 Days to a More Authentic You! For those who sign up for the fall six week series, this \$ 15.00 fee will be credited back to you.)

SCS Wednesday, Apr 21 7:00 – 9:00 pm

Registration Deadline: April 14

Cost: \$15.00

The Groove Experience

Facilitator/Presenter: Linda Miller

The Groove Experience is a free-style community dance event where people come together to connect with other people through dance and interaction. It's a great alternative to the bar scene, a workout and a way to get rid of the stress of the week and start your weekend off right! Come with a spirit of adventure and ready to have an awesome time dancing to music from all over the world.

TGE Friday, Apr 30 7:00 – 9:00 pm (6:30 on-site registration)

Registration Preferred by: Apr 23

Cost: \$10.00

From Inspiration to Experience: The Power of Intention

Facilitator/Presenter: Mary Alice Mastrovito

Clear intentions can lead to magnificent results when they are empowered to move beyond desire, wishful thinking and imagining. In this class you will learn the straightforward steps to take you from inspiration to the full experience and manifestation of your desire.

Saturdays 2:00 – 4:30 pm

FIE May 1 and May 15 (must attend both sessions)

Registration Deadline: April 23

Cost: \$95.00 for both sessions

Dreamwork: Opening to Sacred Sleep

Facilitator/Presenter: Neal Szpatura

There is no finer physician, artist, teacher, strategic planner or personal coach than your own dreams. Dreamwork is a powerful and beautiful resource for spiritual growth, personal evolution and self-healing. Come explore the DreamTime in a comfortable, friendly, quiet space.

Wednesdays 7:00 – 9:00 pm

DWK-1 May 5 – Working with any Dream

DWK-2 May 12 – Dreams and Spirituality

DWK-3 May 19 – Dreams and Healing

DWK-4 May 26 – Dreams and Creativity

DWK-S 4-Week Complete Series

Sessions can be taken individually

Registration Deadline: One week prior to program

Cost: \$15.00 per session; \$55.00 for complete series

Reclaiming Your Creative Self (Process Dance)

Facilitator/Presenter: Linda Miller

Through this experience you will enter an inner dialogue with Spirit using the mediums of dance and painting. *No dancing or painting experience is needed.* The purpose is not to create beautiful dance or a dramatic painting, but to use these mediums to help you let go of inhibitions, limitations, fears, and control. This process will expand your capacity to be more fully alive and in the present, to trust your own inner Guidance and connect with your true Power. Bring a sense of childlike curiosity and the willingness to go wherever the journey leads you.

RCS Saturday, May 22 2:30 – 6:30 pm (2:00 on-site registration)

Registration Preferred by: May 14

Cost: \$40.00

Special Free Sunday Discussions

One-Hit Wonders

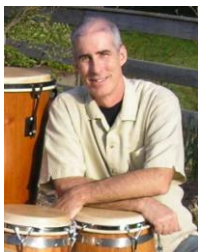
These are Sunday noon discussions based on articles or news stories selected by the facilitator. Copies of the articles will be available on-site. Everyone is welcome to attend these free discussions. Pre-registration not necessary

Feb 21, 12:00 – 1:30 pm Janice Kushner, facilitator
Article: *“Recovering Catholics”* at www.uscatholic.org

Apr 25, 12:00 – 1:30 pm Loretta Dahlstrom, facilitator
Article: TBA

Jun 6, 12:00 – 1:30 pm Kurt Wieser, facilitator
Article: TBA

Facilitators / Presenters



Ed Boas has been a drummer most of his life. He has had formal training in classical, jazz and world percussion. After a career in the corporate world, Ed has returned to his passion for music and formed a company called Creative Rhythm. He consults businesses and organizations using drumming and rhythm as a way to strengthen teams, build cohesion and enhance creativity in the workplace.

Ed currently lives in Sandusky with his wife Marlene and has three grown sons.



Mary Alice Mastrovito began her teaching career in 1972, and has since presented courses and workshops in a wide variety of contexts, including Kingwood Center Botanical Garden in Mansfield, OH, the Departments of Adult Education at Lakewood and Strongsville City Schools, The Authentic Living Center, Ireland Cancer Center, Liberation UCC and other venues on topics ranging from horticulture to meditation to healing arts. She weaves these varied threads into a rich tapestry, drawing upon her study and mastery of healing modalities including Flower Essence therapy, Reiki, and Soul Coaching®, to develop an integrated and holistic approach to wellness centered in the affirmation of our essential connectedness with the natural world. As a graduate of the International Soul Coaching Training Institute, Mary Alice is proud to introduce Soul Coaching® to the greater Cleveland area.



Linda Miller, the owner of JourneyQuest, comes from an eclectic background which ranges from managing volunteer programs for non-profit agencies to designing and delivering corporate training programs within a manufacturing setting. Linda, who has experience working with people from diverse backgrounds and cultures, leads groups in spiritual process and offers programs designed to increase self-awareness which can lead to positive change. She has used dancing and painting as both creative and therapeutic processes and has over 15 years of experience in group facilitation. Dancing has been a lifelong passion of Linda's, and she beautifully weaves this in with her ability to create a loving and safe environment for people to explore, grow and have fun.

Linda received her Bachelor of Arts degree in Behavioral Sciences from Ursuline College and practices daily prayer, meditation and yoga.



Roger Sams, MA, travels throughout the US leading seminars for music and movement educators and spiritual retreats for those interested in touching God through the arts. He has taught at The University of Montana, The University of St. Thomas, The University of Wisconsin and Cleveland State University. He trained in Gestalt theory at the Gestalt Institute of Cleveland and has studied diverse modalities of dance and movement prayer. Roger served on the National Board of Trustees of the American Orff-Schulwerk Association, and frequently publishes in journals for music and movement educators and in regional spiritual magazines. He is the Spiritual Director of the Sacred Arts Holistic Center.



Neal Szpatura is a shamanic practitioner, writer, Tarot reader and intuitive consultant. He has studied with the Foundation for Shamanic Studies and in independent study with its faculty, as well as with indigenous teachers from North and South America, Africa, and Australia. He teaches shamanic practice, dreamwork and intuitive development and works with clients on sacred path issues.

Registration Form

Tear off this form and submit it with your check payable to:

Liberation Center for Spiritual Enrichment

13714 Madison Ave.

Lakewood, OH 44107

Or print off form at www.liberationucc.org

– follow the link to the Enrichment Center

NAME: _____

STREET: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

Check here to receive emails about future programs of Liberation Center for Spiritual Development

Check here to receive emails about the life of Liberation United Church of Christ

Indicate Desired Programs Below

Program Code	Start Date	Fee
TOTAL FEE ENCLOSED :		

The Liberation Center for Spiritual Enrichment
is a program of

Liberati 
UNITED CHURCH
OF CHRIST

Liberation UCC is a progressive spiritual community, a family of individuals as unique as we are many. Our mission is to be an inclusive community, embracing all who seek the transformative power of the gospel.



**No matter who you are
or where you are on life's journey,
you – and your questions – are welcome here.**

Rev. H. Kurt Wieser
Pastor



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