

WAINWRIGHT HOUSE

Newsletter & Program Guide

A quarterly publication of Wainwright House, Rye, New York



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Fall 2011



Susan Wright Brings Her Special Brand of Mindful Yoga to Wainwright House



Looking for a yoga class that is much more than a fitness class? Search no more.

Susan Wright, a certified Kripalu Yoga teacher, has begun teaching Mindful Yoga for Everyday Healing

in our Carriage House Yoga Center. She got the inspiration for this class 28 years ago, right here at Wainwright House. Susan recalls, "When I began the serious study of yoga at Wainwright House in 1983 with Swami Shantanand, we had a somewhat longer, more intimate class, focused on what the participants needed for healing as well as their spiritual questions. I most aspire to re-create this sweet and powerful experience."

Yoga is the powerful ancient art of healing and well-being. Modern science has proven that the practice of mindfulness, or compassionate awareness, is profoundly effective in the treatment of both major and minor, physical and emotional, disease and distress. Through the consistent practice of Mindful Yoga for Everyday

Healing, you will gently, but actively, move through a complete yoga class while addressing the conditions and issues that arise regularly so that you can be more comfortable in your body, in your relationships, and in the world as a whole. Mindful Yoga for Everyday Healing is a wonderful stand-alone practice, or an important complement to fitness yoga classes you may already be participating in. Each 90 minute class includes extensive meditation practice.

In addition to being a certified yoga teacher, Susan Wright is also a Licensed Clinical Social Worker and Licensed Massage Therapist with 25 years of experience in the body/mind/spirit healing professions. Her book *The Chakras in Shamanic Practice: Eight Stages of Healing and Transformation* is published by Inner Traditions books.

On-going classes are held Tuesdays from 7:00pm to 8:30pm, Wednesdays from 10:30 am to 12 noon and Saturdays from 8:45 am to 10:15 am. \$20 for a drop-in class or \$60 for a four class card. Call 914-967-6080 to register.

Some Upcoming Events And Programs

Introduction to
Contemplative Prayer
With Maureen Adamson and guest
Rev. Craig Higgins
Saturday, September 17
9:00am to 2:30pm

Wainwright House Community
Celebration
(formerly August Healing Arts Fair)
Sunday, September 25
Noon to 5:00pm

Conscious Evolution Circle
With Victoria and Dr. Ron Friedman
of Vistar Foundation
Wednesdays
September 14, October 12 and 26,
November 9 and 30
7:00pm to 9:00pm

Living a Course in Miracles
With Jon Mundy, Ph.D.
Saturday, October 15
9:30am to 3:30pm

Holiday Party and Fundraiser
Saturday, December 3
7:00pm to 11:00pm

Hilary's Corner: The Waters of Wainwright

Dear Friends:



All of us know how picturesque and serene the water views are at Wainwright House. We all enjoy a stroll along the calming shore of Milton Harbor or a quiet moment of solitude in the Meditation Garden gazing out over the water. But not all the water experiences at Wainwright House are so serene. Last Saturday morning I awoke to a panicky call saying a water main had burst on the property and was spewing into the air like Old Faithful! I jumped into my car to head off to see what had happened. We were fortunate, our plumber was in the neighborhood and the water company was here in a flash. All is well now, but at considerable expense.

This just highlights how one unexpected event can throw a monkey wrench in your operation. As we face a reduction in income from weddings in 2012, and the prospect of additional, unforeseen expenses, we need your help more than ever. Wainwright House exists to serve and to help but without your support our mission becomes truly difficult. Please consider ways in which you can help us to continue to serve you. Whether financially, donations to our wish list, encouraging someone to become a "Friend of Wainwright" or simply by volunteering. Thank you for your support in whatever way you can. I am looking forward to continuing to serve the Wainwright House community with your help.

Sincerely,

A handwritten signature in black ink that reads "Hilary Plunkett Jones".

Hilary Plunkett Jones
Executive Director

If the Spirit Moves You: Volunteer

"I can no other answer make, but, thanks and thanks."

William Shakespeare

As a not-for-profit organization, we depend on our volunteers. Many thanks to all of you who have helped us during the past 60 years. As we continue our mission to offer a sacred space and community for spiritual exploration, health and healing, and planetary responsibility; we ask for your help.

We're looking for volunteers to help on-site at our September 25th event: Wainwright House Community Celebration. We're also always looking for volunteers to help with fundraising projects, office work, legal issues, marketing and design. If you'd like to lend a helping hand please call Judi

Knispel, Director of Marketing, at 914-967-6080, ext. 105 or fill out a volunteer application on our website, www.wainwright.org.

One volunteer who has been extremely helpful throughout the summer is Lindsay Allen.

Lindsay, a Westchester Community College student studying nutrition, worked in our office two days a week helping with database entry, mailings and marketing. Now back to her busier school year, Lindsay has cut back her hours at Wainwright House but is still volunteering.

About her experience Lindsay said, "It's great to help out to support such a special place. I've also enjoyed taking part in yoga classes and learning more about this spiritual organization."

"Knowing is not enough; we must apply. Willing is not enough; we must do."

Goethe



Spotlight on Affinity Groups

Try One of Our Ongoing Meditation Groups

For over 60 years people have come to Wainwright House to connect with the Divine.

Assemblyman George Latimer recently said, "Wainwright House is the most tangible environment to consider the eternal, to consider the spiritual, to look at things in a fresh way." Wainwright House is a comfortable, non-denominational setting to learn and practice a wide variety of meditation styles and traditions.

For on-going group practice, the **Mindfulness Meditation Group**, or **Quiet Harbor Sangha**, has met for over two years every second and fourth Thursday of the month at 7:00 pm. Practicing in the tradition of Zen Buddhist monk Thich Nhat Hanh, the group shares in dharma discussion as well as seated and walking meditation.

The **Healing Circle Meditation Group** meets every first and third Wednesday of every month at 7:00 pm. Healing Circles, a Wainwright House tradition, have continued for more than 15 years. The practice of Healing Circles dates back to 4,000 BC and is found in many cultures and belief systems. The Wainwright House group may use Reiki or other forms of energy healing as it is a self-directed group that is also appropriate for supervised children.

You're welcome to try one of our on-going meditation groups. Wainwright House also offers meditation programs with well-known teachers for students at all levels. Please check our website for more information or call our Program Director, Diane Negvesky.

If you enjoy meditation practice at Wainwright House and plan to come regularly, please become a Wainwright House Friend. For Wainwright Friends, suggested donation is \$5 for each meditation session. If you are not a supporter or Friend, we suggest a \$10 donation for each meditation session to help support Wainwright House.

Lynne McTaggart Shares Her Message of Hope at Wainwright House



Lynne McTaggart chose Wainwright House as her only Westchester engagement during her recent book tour. Lynne is often referred to as the link between science and spirituality. Deepak Chopra says of her new book, "Once in a very great while, a book comes along that shifts our sense of reality, or extols a new way of living. Lynne McTaggart's extraordinary new book, *The Bond*, does both."

Despite the storms on June 9th, 70 plus people filled the Harborview Room to hear Lynne extol a new way of living in the world, explaining that evidence shows we are strong when we unite and weak when we compete. Lynne's message was a message of hope and inspiration promoting compassion and empathy, as we shift away from the competitiveness and emphasis on individual achievement that is partially to blame for the state of our planet. What matters is not the isolated entity according to Lynne, but the space between things, the relationship of things and people. The evening ended with healing circles, and later Lynne signed books and chatted with enthusiastic participants.

Interfaith Celebration Returns



After a brief hiatus, we welcome back Rev. Mary Azima Jackson leading Sunday Interfaith Celebrations. Come join her, in the peaceful setting of Wainwright House, to experience a celebration that

honors unity of world religions and spiritual traditions while inviting you to go deeper into your own faith.

This celebration is based on the Universal Worship created by Sufi mystic and musician, Inayat Khan, in 1923. It was inspired by his recognition of our spiritual inheritance and how best to enjoy in community this message of the unity of religious ideals. The Holy book of each religion is represented on one altar. At that altar candles are lit symbolically representing the wisdom brought to the world by each major world spiritual tradition. Readings focus on different themes each month, including forgiveness, thankfulness, love, friendship. Attunement to each faith is made through song, chant, or movement to which those present are invited to participate if they choose.

In the midst of a world that appears to be fractured by divisions and rampant with suspicion, our hearts are calling us to the message of unity, love, and compassion. Join us at Wainwright House in affirming this message as you acknowledge and visit one another's faith while deepening your own.

Services will be held once a month beginning Sunday, October 2 at 2:00 pm. Stay afterwards to share in conversation, tea and baked goods. All are welcome.

Reverend Mary Azima Jackson is an interfaith minister who has a Doctorate in Ministry from University of Creation Spirituality and a Masters from Yale Divinity School. She is also a Vedic Master in the Deepak Chopra University.



Wainwright House

260 Stuyvesant Avenue
Rye, NY 10580
914-967- 6080
www.wainwright.org

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Wainwright Wishlist:

Tax deductible donations of the following would be greatly appreciated:

hard wood flooring
20 yoga backjack seats
Carpeting

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Wainwright House Inc. is qualified as a tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.

"I invite you to take part in this amazing mission with extraordinary people."

*Victoria Friedman
Member of the Board of Trustees, Wainwright House*

CONSCIOUS EVOLUTION CIRCLE

Participating will empower you to be a catalyst for consciously evolving a brighter future.

We are calling all those who are spiritually evolving and want to come together to co-create a planetary shift in consciousness. Inspired by Barbara Marx Hubbard's vision, **BIRTH 2012**, we are exploring how we and Wainwright House can "*add our Gift to the Planetary Shift*" and to fulfill Barbara's vision to break out into smaller Evolutionary Circles as participants learn how to lead Circles using the Vistar Method. The program will be led by **Ron and Victoria Friedman**, co-founders of Vistar Foundation, a non- profit organization dedicated to Collective Consciousness. You're invited to join Barbara and other pioneering souls committed to helping usher in this better, brighter new era at the Conscious Evolution

Circles meeting at Wainwright House this fall.

If you missed Barbara Marx Hubbard's powerful presentation at Wainwright House last May, you will have the opportunity to hear Barbara this fall. We expect her to call-in, as she has at prior meetings, which will bring an illuminating perspective and a high frequency to the Circle.

Buckminster Fuller has called Barbara Marx Hubbard the best informed human now alive regarding futurism and the foresights it has produced. Widely regarded as his philosophical heir, Barbara is a social innovator, speaker, author, educator and leader in the new worldview of conscious evolution. Barbara is now 81 years old and her mission is very clear:

she's gathering the global wake-up team to consciously evolve humanity to its next stage with an extraordinary vision for a Planetary Birth Day celebration. This day will help us shift beyond fearful separation toward a global sense of oneness, symbolically marking the start of a new era in human development.

Fall 2011 Schedule: Wednesdays - September 14, October 12 and 26, November 9 and 30 from 7:00 – 9:00 PM

Five-Part Series: Wainwright Friend \$110; Standard \$140.

Single Meeting: Wainwright Friend \$25; Standard \$30.



The Summer gathering of "Conscious Evolution Circle" attracted the most amazing participants. It is so empowering to be in the presence of a group that shares experience, vision and purpose.

For more information
www.evolve.org www.vistarfoundation.org
www.wainwright.org

