

THE WAINWRIGHT NEWSLETTER

A quarterly publication of Wainwright House



Summer 2008

Volume 1 Issue 2

A Welcome Home for Mind, Body and Spirit



Wainwright House's **THIRD ANNUAL HEALING ARTS FAIR**

Foretell the future - visit the past. Read the lines in your hand, read a tarot card or have your stars read. Explore the healing energies of the universe. Join us at the Third Annual Healing Arts Fair for a user-friendly introduction to traditional and non-traditional healing modalities, information and products for a healthy and balanced life.



On Saturday, August 16, browse through the vendor filled main tent, drop in on any of the 30 talks throughout the day previewing our fall programs, eat a healthy lunch and experience a walking meditation in our all green, seaside labyrinth. Participating practitioners will also offer various mini-healing modalities, giving you the chance to sample the different techniques and discover what works best for you.

Some of the featured speakers and their topics include:

- Trisha Meili, the Central Park Jogger - "Transforming Adversity"
- Abigail Beal - "Connecting with Your Guardian Angels and Spirit Guides"
- Dr. Robert Kandarjian - "Miracles in Healing"
- Janice Taylor - "Into the Lite - The Hypnosis Diet"

Among the participating practitioners offering mini-sessions:

- Jessie Shippy - Spirit Guide Artist
- Hattie Parker - Aura Photography
- Purim King - Palm and Tarot Readings
- Lori Jo Siegel - Integrated Energy Therapy

General admission to the fair is \$10 for adults and children 12 and over. Mini sessions are an additional charge of \$25 for 15 minutes and can be booked in advance by calling 914-967-6080 starting on July 28.

Some Upcoming Events

Healer, Heal Thyself: A Workshop for Counselors, Coaches, Chiropractors, Clergy, LMTs, & Healers

with Cary Bayer
Saturday, July 12
9:30 am – 11:30 am

Awaken your Joy
with Cary Bayer
Saturday, July 12
12:00 pm – 2:00 pm

A Bridge between Worlds
with William Evarts
Saturday, July 19
10:00 am – 2:00 pm

Surf's Up! Returns
(Annual Rock 'n' Roll Fundraising Event)

Featuring Live Music by
The Dragon Coasters
Saturday, July 26
7:00 pm – 11:00 pm

Ticket Price: \$100 per person
R.S.V.P. Call 914-967-6080
Reservations end on July 21

Argentine Tango Dance Party
Friday, July 25
7:30 pm – 12:00 am

Wainwright House's Wish List

Some things we would love to have donated to Wainwright:

- Digital SRL Camera
- Dressers - dark wood period pieces
- Bedside tables

Thank you for the donations received since the last newsletter.

WHAT'S BEEN GOING ON THIS SPRING AT WAINWRIGHT HOUSE



Patti Wood



Allison Beal

Wainwright House Hike and Learn with Grassroots Environmental Education and Marshland's Conservancy

On April 13, families gathered at Wainwright House to learn about how our throw-away lifestyle affects our earth, our food, our very survival. Patti Wood, Executive Director and founder of Grassroots Environmental Education, drew a picture of the earth and showed how the planet freely gives air, water, sun, soil, and wind for our welfare. Ms. Wood then demonstrated what we give back in return - garbage and plastic.

The Hike and Learn continued at the Marshlands Conservancy for a hike led by Allison Beal, curator. Families were greeted immediately by four large wild turkeys scavenging for food. As the hike continued on the wooded trail to the salt marsh and open water, two ospreys put on a spectacular overhead show as they flew in circles and called out with live fish in their talons. Ospreys are large water hawks nearly wiped out by the use of the pesticide DDT which is now banned.

The salt marshes we explored are one of our nation's most important natural resources. These seas of grass are inundated by salt water twice daily, and provide nursery habitat for almost 90% of our coastal fish species.

What we can do to help our planet:

Plastic water/beverage bottles - These bottles are multiplying and are made from petroleum. They do not decompose in landfills. The bottle caps end up in bodies of water where fish and birds eat them. Use a reusable bottle instead such as SIGG: www.mysigg.com

Plastic bags - These bags also do not decompose. Whole Foods Markets will no longer offer customers plastic bags. Instead, use a reusable cloth shopping bag. If you need a plastic-like bag for scooping poop or some other reason, try a bio-bag made from corn: www.biobagusa.com

Styrofoam cups - Don't use them and ask the stores you buy from to stop using them. Make your coffee at home and bring along a metal commuter mug.

Prevention is the Cure for Breast Cancer

On May 8 an audience of 50 people gathered at Wainwright House to hear Patti Wood, Executive Director and founder of Grassroots Environmental Education, discuss the common environmental toxins linked to breast cancer, as well as other cancers.

In the US, breast cancer is the number one killer of women in the age group 39 to 50. Every year 180,000 women are diagnosed with breast cancer and 45,000 die from the disease. Rising numbers are associated with environmental exposures.

Ms. Wood stressed **preventing** cancer in the first place. Prevention includes avoiding chemicals that mimic estrogen in everyday products including pesticides, cleaning products, personal care products, flame retardants and plastics.

By wearing make-up, women may be exposed to harmful synthetic ingredients which are inexpensive, stable and have a long shelf-life. Manufacturers love them, but although the majority of products appear safe in the short run, the results from long-term use could be deadly. Coal tar colors, phenylenediamine, benzene, even formaldehyde, are just a few of the synthetic chemicals commonly included in shampoos, skin creams and blushes - toxins which are absorbed into your skin with every use.

Read labels and avoid these ingredients:

Parabens (methylparaben, propylparaben, etc.) are skin irritants, disturb your hormonal balance, are potential mutagens and have been found in breast cancer tumors. They are commonly found in shampoos, conditioners, lotions and deodorants.

Propylene glycol, a strong irritant, may cause delayed allergic reactions, kidney, liver, nervous system damage, and has not been fully investigated for its potential to cause cancer. Check your makeup, deodorant, mouthwash, shaving lotions and baby lotion for this ingredient.

Fragrances may irritate the skin and cause a variety of adverse reactions. They may contain hundreds of different chemicals, some hazardous, and some carcinogens. Fragrances are found in just about all cosmetics/personal care products, unless it says *fragrance free*.

More tips for prevention:

- Eat organic, buy from local farmers' markets and in season
- Eat more broccoli
- Drink filtered water
- Drink green tea every day
- Avoid eating or drinking out of plastic
- Use biodegradable cleaning products, or natural cleaning products like white vinegar, lemon juice and baking soda
- Choose personal care products carefully and look for USDA organic ingredients
- Keep lawns green naturally

Greenwich Hospital Center for Integrative Medicine Presents The Benefits of Yoga and Integrative Therapies

Approximately 40 women gathered at Wainwright House on June 5 for the second in Wainwright House's Women's Health Series. Dr. Spencer Martin, Director of Women's Health for Greenwich Hospital Center for Integrative Medicine, educated the audience about how integrative healing modalities such as Yoga, T'ai Chi and massage, help women lead healthier, more productive lives. This holistic approach is used at the Integrative Medicine Center and offers a balance of traditional and complementary therapies to achieve a healthy body, mind and spirit.

In the second half of the program, Janaki Pierson, yoga and meditation teacher and Director of the Woodbury Yoga Center, led the participants in breathing exercises, yoga movements and meditation. The audience experienced first-hand the calming benefits of yoga and meditation. Janaki showed how these practices mitigate the "stress spiral." Based on current research, the medical community recognizes that these ancient techniques are effective tools for managing stress and enhancing health.

Upcoming Summer Programs

Healer, Heal Thyself: A Workshop for Counselors, Coaches, Chiropractors, Clergy, LMTs, & Healers *with Cary Bayer*



The physician has long been told to heal thyself. Why should it be any different for metaphysicians like clergy and healers, counselors, coaches, chiropractors and massage therapists? They serve as instruments for the healing of their clients, patients and congregants, but who helps them in their healing?

Those who care for others need to receive care from others, as well. In this workshop, Breakthrough Coaching for Massage Therapists author, Cary Bayer, who's coached more than 100 massage therapists and dozens of other clergy, healers and counselors, will show how to do that on a daily basis. Participants will learn how to rejuvenate their innate enthusiasm. Each participant will also be shown how to awaken their intuition, how to rewire the unconscious by transforming the negative training learned in childhood, and how to solidify boundaries to support clients, without taking on their problems. Finally, each student will be taught "Prana-Sperity: The Breath of Abundance" that will give the experience of expanded aliveness in the cells of their being.

Cary Bayer is a Life Coach with offices in southern Florida and NY. He's worked with Alan Arkin, David Steinberg and Quality Inns and has helped people make their dreams come true in personal growth seminars since 1973. He founded the Breakthrough Aerobics Inner Workout, and is the author of two dozen publications about personal growth.

Saturday, July 12, 9:30 am – 11:30 am
\$20 members / \$25 non-members

A Bridge between Worlds *with William Evarts*



Join William Evarts, an apprentice to Don Miguel Ruiz and Grandfather Wallace Black Elk, as he discusses the spiritual lessons from his Master teachers.

In this lecture/workshop, learn about balancing the mind and heart, cultivating spirituality, stalking fear, eliminating doubt, saving Mother Earth, raising our frequency and vibrations, opening our hearts, and maintaining our balance with a foot in two worlds.

For several years, William Evarts was an apprentice to Don Miguel Ruiz, a Toltec Nagual/Shaman and the author of the best selling book, The Four Agreements. William also apprenticed with the Lakota Holy Man and spiritual master, Grandfather Wallace Black Elk. The Sacred Ways of the Lakota is a book about Grandfather Wallace Black Elk and the many miracles he performed. Grandfather Wallace Black Elk died in January of 1994 but William continues to work with him through his aura, dreams and visions. William's spiritual name is "He Changes Horses," and his mission is to bring the profound spiritual teachings of Grandfather Wallace Black Elk and Don Miguel Ruiz to a culture that is almost completely devoid of them.

William Evarts is a writer and teacher. Allow William to help you quiet the mind to hear the dreams and truth of your own heart. William offers lectures, workshops and tours, all with the purpose of unleashing the magic and power within you.

His CD, 'A Bridge between Worlds' was released this past April.

Saturday, July 19, 10:00 am – 2:00 pm
\$40 members / \$45 non-members

Pre-registration is required for all programs. Space is limited. Please register early.



Amy Benesch leading drumming circle.



Barbara Schmitt explaining labyrinths.

Summer Solstice Celebration

Awed by the immense power of the sun, civilizations in the Northern Hemisphere have celebrated the Summer Solstice for centuries. Just as William Shakespeare was inspired by the merrymaking and mystical atmosphere of the Summer Solstice eve in *A Mid Summer Night's Dream*, so was everyone at Wainwright House on June 19.

Over 90 people of all ages congregated under the waxing June Strawberry Moon as Bear Walker, Native American Healer, Spiritualist and Storyteller intoned an opening chant. Bear then created a medicine wheel and entertained with Native American lore. Shamanic Practitioner Amy Benesch led a drumming ceremony, creating an energy that was totally enveloping. Labyrinth leader Barbara Schmitt led a walking meditation in the labyrinth, tuning into the labyrinth's energies amplified at this special time of year. A reception followed the program.

Please provide for Wainwright House, Inc. in your Will. For the guidance of attorneys making Wills for our benefit, our legal title is: "Wainwright House, Inc., a non-profit organization incorporated in the State of New York, having its principal office at 260 Stuyvesant Avenue, Rye, NY 10580."

For further information on providing for Wainwright House, Inc. through a charitable bequest, please contact:

Executive Director
Wainwright House, Inc.
260 Stuyvesant Avenue
Rye, NY 10580
Phone: 914-967-6080
www.wainwright.org

Request our free folder, "Four Ways to Give to Wainwright House Through Your Will."



WAINWRIGHT HOUSE

260 Stuyvesant Avenue Rye, NY 10580
914-967-6080 Fax: 914-967-6114
www.wainwright.org

Non-Profit Organization
U.S. Postage
PAID
Rye, NY 10580
Permit No. 1024

Wainwright House Programs – Summer 2008

Healer, Heal Thyself: A Workshop for Counselors, Coaches, Chiropractors, Clergy, LMTs, & Healers

with Cary Bayer

Saturday, July 12, 9:30 am – 11:30 am

\$20 members / \$25 non-members

The physician has long been told to heal thyself. Why should it be any different for metaphysicians like clergy and healers, counselors, coaches, chiropractors and massage therapists? They serve as instruments for the healing of their clients, patients and congregants, but who helps them in their healing?

Those who care for others need to receive care from others, as well. In this workshop, CEU provider and Breakthrough Coaching for Massage Therapists author Cary Bayer, who's coached more than 100 massage therapists and dozens of other clergy, healers and counselors, will show how to do that on a daily basis. Participants will learn how to rejuvenate their innate enthusiasm, a vital skill for those who can be drained so often after putting in a day of healing. They'll also learn how to allow prosperity to flow into their own lives. Each participant will also be shown how to more deeply awaken their intuition, how to rewire the unconscious by transforming the negative training that they learned in childhood, and how to solidify boundaries so that they can support their clients without taking on their problems. Finally, each student will be taught "Prana-Sperity: The Breath of Abundance" that will give students the experience of expanded aliveness in the very cells of their being.

Cary Bayer is a Life Coach with offices in southern Florida and New York. He's worked with Alan Arkin, David Steinberg and Quality Inns and has helped people make their dreams come true in personal growth seminars since 1973. He founded the Breakthrough Aerobics Inner Workout, and is the author of two dozen publications about personal growth. Cary's unique brand of private work, called Breakthrough Coaching, creates dramatic breakthroughs in people's relationships, money, career and spiritual lives.

Awaken your Joy

with Cary Bayer

Saturday, July 12, 12:00 pm – 2:00 pm

\$20 for members / \$25 for non-members

If you're disconnected from your deepest joy, this is the class for you. Awaken your Joy author Cary Bayer helps you reconnect to your greatest joys, and then takes you through steps to consciously bring

them more fully into your daily life. You'll leave the class with a plan to incorporate more joy into your friendships, relationship with your significant other, family, career, sex life, and spiritual life. You'll learn techniques that can daily transform your own internal limits to experiencing more joy. Have a ball in this class as you re-awaken your joy!

A Bridge between Worlds

with William Evarts

Saturday, July 19, 10:00 am – 2:00 pm

\$40 for members / \$45 for non-members

Join William Evarts an apprentice to Don Miguel Ruiz, and Grandfather Wallace Black Elk, as he discusses the spiritual lessons from his Master teachers.

In this lecture/workshop, learn about balancing the mind and heart, cultivating spirituality, stalking fear, eliminating doubt, saving Mother Earth, raising our frequency and vibrations, opening our hearts, and maintaining our balance with a foot in two worlds.

For several years, William Evarts was an apprentice to Don Miguel Ruiz, a Toltec Nagual/Shaman and the author of the best selling book, The Four Agreements. William also apprenticed with the Lakota Holy Man and spiritual master, Grandfather Wallace Black Elk. The Sacred Ways of the Lakota is a book about Grandfather Wallace Black Elk and the many miracles he performed. Grandfather Wallace Black Elk died in January of 1994 but William continues to work with him through his aura, dreams and visions.

William's spiritual name is "He Changes Horses," and his mission is to bring the profound spiritual teachings of Grandfather Wallace Black Elk and Don Miguel Ruiz, to a culture that is almost completely devoid of them. Regarding our culture, Grandfather Wallace Black Elk would often say, "On your dollar bill, it says, 'In God we Trust'. What it should really say is, 'In Gold we Trust'.

William Evarts is a writer and teacher. Allow William to help you quiet the mind to hear the dreams and truth of your own heart. William offers lectures, workshops and tours, all with the purpose of unleashing the magic and power within you.

His CD, 'A Bridge between Worlds' was released this past April.

Suff's!

returns

JULY 26th @ 7pm

this time @ the Wainwright House

AFTER
HOUR PARTY
IN THE
"HOUSE"
JAM-ON

Live
Music:
Featuring the Fabulous
Dragon Constors

SATURDAY
JULY 26th
@ 7 PM.
the WAINWRIGHT
HOUSE
100.00 by 7/21st
RSVP: 967-6080
LOOK SHARP HAWAII

TI TID BITS
CATERED BY
WATSON'S
Featuring a
MARTINI LUGE
LOUNGE
IN THE
FENROSE HOUSE



A FUN NIGHT OF GOOD DRINKS,
GOOD FOOD AND FABULOUS FRIENDS
© 260 STUYVESANT AVE