

Embody the Sacred 2023



A Center for Personal & Spiritual Growth

Dear Friends, We look forward to a shared day of memory. We have all experienced loss: loss of loved ones, loss of dreams, and loss of “the way things were.” Rabbi Yael Levy will guide us, in community, to a wellspring of peace where we can nurture memory and make sense of change.

At The Red Shoes, we also want to create positive change, individually, and in the world. We have some exciting new facilitators coming to The Red Shoes and some old friends. Discover new ways to enrich your days, ignite your spirit and illuminate new perspectives. Find *your* way to bring light and healing into the world,

Wendy Herschman, executive director

The Red Shoes is a women’s center for personal and spiritual growth.

Our commitment is to value and support all women on their life’s journey.

We celebrate, empower and nurture women.

We offer space for women to explore and develop their inner life.

We connect creativity, spirituality and authenticity.

We provide a place of healing and reconciliation.

We focus on what we hold in common rather than what divides us.

CIRCLE OF LEADERSHIP

Celia Bailey Lydia LaFleur Monique
Lisa Delpit Charity Parsons Moliere Piper
Tracie Garrett Sandy Patrick Celia Strickler

Roberta Guillory, Founder

Wendy Herschman, Executive Director

Angela Grillo, Assistant Program Director

Inspiration Ahead

Memory: Creating a Sacred Space Within

Welcoming Rabbi Yael Levy

Founder and Rabbinic Director of *A Way In*
Sunday, February 26 2 - 4 pm



Many of us have experienced loss in the past few years and the pandemic stripped away a sense of community and many of our rituals. Together, we will pause to remember and to touch into the sacred space where we store all that we love.

It will soon be a year...

Susan Lambert

February 13, 1949 – February 14, 2022
Susan was a beloved and active member of our Circle of Leadership and participated in and led a variety of other circles.



We are welcoming one of Susan's favorite teachers, "that lady rabbi," Rabbi Yael Levy, named as one of "America's Most Inspiring Rabbis." As the founder and rabbinic director of *A Way In*, Rabbi Yael's teachings offer "a way in" to spiritual practice. We will explore together:

- How do we tend and care for the sacred, vulnerable and preciousness of life?
- How can we keep Susan's memory and her inspirational spirit alive? How can we do this for all the dear ones we hold in our hearts?
- How do we sanctify life and raise up love in the midst of confusion and loss?

Rabbi Yael will use Text study and Psalms, woven together with meditation and creative response, to create a sacred path leading us to our inner space of healing, holiness & wholeness. After our inspiring program, we will create a memory circle for sharing in community, followed by a reception.

Also Remembered in The Red Shoes Community....



Michael Guillory
Dec 21, 1961- April 22, 2020
Michael, beloved son of our founder, Roberta and Jay Guillory, part of the inspiration for the founding of The Red Shoes.



Pat Godfrey
Sept 12, 1939 - Oct 7, 2020

Pat taught for many years at The Red Shoes and, most notably, led The Tuesday Morning Group.

Suggested Memorial Donation to honor loved ones and as an honorarium for our special guest spiritual leader.

February

Creativity with Community 225: Self-Love Is Divine Love

Saturday February 25 10am - 3 pm

Five fabulous local teachers offer four ways to use creative, spiritual practice to celebrate and honor the Self. Declaring February 25: 225 - a community day of Self-Love! Experience various forms of spiritual practice to express Self-Love, celebrating all that we bring to the world and to making Baton Rouge a great place to live and love.



Holding Our Vision of Love for Self
Our host and facilitator, Robyn Vie-

Carpenter-Brisco will engage us in using stones and crystals to anchor in the principle of Self-Love daily.

Exploring Poetry as a Spiritual Practice

Rev. Larrye-Marie Heyl will invite us into relationship with poetry, receiving the message of a poem from various viewpoints, with time for journaling.

Creating Love for Self

Robin McAndrew encourages your full creative Self to bloom using exercises that will help tap into your imagination and craft from your creative heart.

“Love is”

Ciara Arielle and Derrineshia Porter will be using journaling with musical influences, reflection and Self-letters as a path to healing and self-love.

Facilitated by Robyn Vie-Carpenter-Brisco, spiritual life coach, teacher and author of, Let's Get Stoned, Rev. Larrye-Marie Heyl, spiritual leader of Centers for Spiritual Living Southeast Louisiana, Robin McAndrew who has worked in the arts for 15 years and currently manages BREC art programs and Ciara Arielle (Founder) and Derrineshia Porter (Co-Founder) of I'M Possible Movement, a resource for individuals to cope, heal and develop physically, mentally & emotionally.

\$44

Please register for our programs
by phone, email or online.

The Red Shoes
2303 Government Street
Baton Rouge, LA 70806
Phone: 225-338-1170 Fax: 225-343-3377

www.theredshoes.org
info@theredshoes.org

Executive Director: wendy@theredshoes.org

The Red Shoes, A Center for Personal and Spiritual Growth, is a non-profit organization with a 501(c)(3) tax status under the Federal Internal Revenue Code.

Memory: Creating a Sacred Space Within

Sunday, February 26 2 - 4 pm

Details p. 1

Welcoming Rabbi Yael Levy
Founder and Rabbinic Director of *A Way In*

In Conversation with Vimalasara

Monday February 27 6 - 8 pm

Come for a lively conversation about Freedom, Gender and Race. This is an opportunity to explore the literary works of Vimalasara. Topics include how to emancipate your heart, the 8 Buddhist Steps to Recovery and choice teachings from *Afrikan Wisdom*.



Facilitated by Dr. Valerie Mason-John, (Vimalasara, they/them), M.A (hon.doc), poet, public speaker and an award-winning author/editor of 10 books including the most recent book, I Am

Still Your Negro: An Homage to James Baldwin. They are the Co-Founder of Eight Step Recovery, an alternative to the 12-step program for addiction.

Suggested Minimum Donation \$20

Women Remembering: Facets of the Sacred Feminine – Monthly, Zoom Only (details p.7)

Tuesday February 28 5:30-6:45 pm

Join Anne Scott for an intimate monthly circle of sharing and witnessing: How do we cherish our inner light and live it into the world?

March

Wellness Day for Women - Pennington Biomedical

Saturday March 4 7 am -1 pm

6400 Perkins Road—Conference Center

Take care of yourself. Make your own health a priority. Visit us at our exhibit table!

Pilobolus Big Five-Oh!: Manship Theatre

Saturday March 4 2 pm

The renowned dance theater company, Pilobolus, is dedicated to collaborative creation and discovering beauty in unexpected places. Since 1971, Pilobolus has tested the limits of human physicality to explore the beauty and the power of connected bodies. “...With wit, sensuality, and stunning physical acumen ...we question our own givens, turn traditions sideways and put the “Oh!” in BIG FIVE-OH!”

**Register and Pay by March 1
Special Discounted Rate \$25**

The Red Shoes' facility is available to rent
for meetings and special events.

Call today to schedule: 225-338-1170

Book Study: *Living an Examined Life: The Wisdom for the Second Half of the Journey* - Hybrid

Mondays Beginning **March 6** noon - 1:30 pm
What does the soul ask of me? In *Living an Examined Life*, James Hollis offers wisdom to help guide us through the crossroads of life. The author presents 21 areas for self-inquiry and growth with questions to inspire us to move toward a life of personal authority, integrity and fulfillment. With guidance from Joan McCaskill, the group will evaluate next steps of life.

Facilitated by Joan McCaskill, MA, Spiritual Director.
\$40 /4 Weeks

Book Study: *Do I Stay Christian?*

Tuesdays Mar 7–Apr 25 10:30 am-12 noon
“..might we, far from being disloyal heretics, actually have the opportunity to become the evolutionary descendants of Jesus who are called to carry on his radically progressive vision in our brief time on this earth?”

Join Kerri D’Amico, for a thought-provoking study of Brian McLaren’s *Do I Stay Christian?* The author poses hard questions and urges the reader to confront some troubling problems. Together, we will face all aspects of Christianity: spiritual, economic and ethical, through an investigative lens “with eyes and heart wide open.” Bring your conscience and leave your assumptions at the door. Take a look at what lies beyond the Christianity of yesterday and today.

Facilitated by Kerri D’Amico, a student of Richard Rohr’s Living School for Action and Contemplation
8 weeks for \$80

Guided Meditation & Intuition Development

Tuesday March 7 6-7:30 pm
Learn how to strengthen your meditation practice and further develop your intuitive gifts of clairvoyance, clairaudience, clairsentience and claircognisance, to connect with your own soul’s wisdom and receive messages & guidance from your Angels, Guides and your loved ones in Spirit.

Facilitated by Amanda Fresh, of Fresh Spiritual Wellness, with a bachelor’s degree in Metaphysical Science, and a metaphysical ministry license. Amanda is an Evidential Medium, Spiritual Advisor, Intuitive Healer, Reiki Master and Meditation Guide.
\$30

Community Healing Clinic - Pranic Healing

2nd Wednesdays March 8 6 - 8 pm
Experience stillness through a guided “Meditation on Twin Hearts.” Together, we set the intention to achieve peace and insight and reduce stress. Clear your energy body and enjoy feeling revived and energized. Pranic Healing sessions are offered after the meditation.

Facilitated by Pat Cole & Lisa Hernandez. Lisa is a Life Coach and has been using Energy Healing with her

clients for over 20 years. Pat has been studying and practicing Pranic Healing and Arhatic Yoga for many years.

Suggested Donation \$10

Dream Discovery: A Portal to the Source - Hybrid
2nd & 4th Thursdays 10:30 am-12 pm

Discover more about yourself as you learn to work with your dreams. The language of dreams offers insights into understanding your relationships, your choices, your past and your future. While studying and sharing dreams, we learn ways to interpret and understand them in a meaningful way.

Currently reading - *Dreams, A Portal to the Source* by Edward C. Whitmont & Sylvia Brinton Perera.

Facilitated by Joan McCaskill, Spiritual Director, MA.
Monthly \$20

Play & Talk Back: *The Road to Damascus: (As Told by Grandmother to Little Red)*

Saturday March 11 6-9pm

ArtSpot Productions presents: A performance examining the role the church in America has played in creating



and uplifting a criminal legal system that inequitably punishes and destroys the lives of Black citizens and their families, especially here in Louisiana.

In *The Road to Damascus (as told by Grandmother to Little Red)*, a Grandmother, who is incarcerated,

weaves together a tale for her granddaughter to illuminate the persecutorial nature of the system they live in. This exposes the complexity of the perpetrator/victim/savior dynamic. At a time when Christianity is increasingly polarized, we look at Christ’s deepest teachings to examine the role we play in crime and punishment, harm and healing. Witness this “Damascus experience”—and perhaps share your own. Deepen the conversation identifying the harm that has led to our current, dysfunctional legal system and uncover ways to repair and end that harm.

Talk Back discussion with writer and director following a short break after this solo performance.

Created, written and performed by Kathy Randels; directed and co-created with Odile Del Giudice. The piece is drawn from Randels’ upbringing as the offspring of two generations of Southern Baptist preachers and teaching theater to and learning from currently and formerly incarcerated women at Louisiana Correctional Institute for Women for 24 years and Del Giudice’s work identifying and addressing collective trauma.

Suggested Minimum Donation \$20

Consider Rounding Up!

Each time you pay for a program, consider making a small donation by rounding up. Those few dollars add up; they can cover the cost of a scholarship.

Special: Greater Baton Rouge Food Bank

Tuesday March 14 1 - 4 pm

Location: 10600 South Choctaw Dr. (Fraenkel Center)

Did you know our Food bank has a bulk packaging area? This month, we will be working in that area for an afternoon shift and learning about this amazing equipment that makes food dollars go so much farther. Join our team this month & learn a new skill.

No Fee. Closed-Toe Shoes Required

Restore, Refresh, Renew: Evening of Meditation

Wednesday March 15 5-6 pm

Give yourself an evening of joy, peace and quiet. Relax and empty through guided meditation and visualization that will create a sense of mental space and inner stillness. Discover a new path to You.

Facilitated by Robyn Vie-Carpenter-Brisco, aka Goddess of Joy, Spiritual Life Coach.

\$5

Awaken with Breathwork

Sunday March 19 2-4 pm

Join us for a guided breathwork healing and personal growth journey designed to lead to increased self-awareness, reduced anxiety and a greater sense of well-being. Connect with and awaken to your deepest essence. Experience the pure energy and flow of aliveness within. Through the use of Conscious Intuitive Energy Breathing cycles, participants can experience improvements in their overall health, happiness, success and peace of mind. This process is perfect for those who are looking to rapidly expand consciousness and have spiritual experiences through natural means.



Facilitated by Albert Pellissier, Level 2 certified Breathwork Facilitator who has led groups and individuals for the last 7 years.

\$55

Women's New Moon Circle - Monthly

Tuesday March 21 6-7:30 pm

A New Moon marks the beginning of a new phase, a fresh start in Her cycle of waxing and waning. During this time the Moon is empty and receptive; she offers the womb of potential. The New Moon is an optimum time to plant seeds of intentions for what we wish to manifest in our lives. Join us as we come together to create a sacred space of support and creativity. We will journey in mutual support to tap into the fertile field the New Moon provides.



Facilitated by Cindi DiMarco, deeply rooted in nature and a self-professed student of life. She is a singer-songwriter, Reiki Master Teacher, and Shamanic practitioner.

Suggested Donation \$10

Nat Geo Live: On the Trail of Big Cats with Steve Winter - Manship Theatre Partnership

Wednesday March 22 7:30 pm

Many big cats are in danger of extinction. Wildlife photographer Steve Winter shares his experience documenting threatened big cat species around the world and he learns, that by saving them, we can save ourselves. Endangered, wild and unpredictable, caution is required in the presence of these felines, and negotiating their habitats can be dangerous. From India's Himalayas in search of rare snow leopards to Latin American jungles stalking the elusive jaguar, award-winning photographer Steve Winter's mission is to share the beauty of big cats and work to save them.

**Register & Pay By March 20
Discounted Fee \$20**

Wandering Monk: Healing, Music & Meditation

Saturday & Sunday March 25 & 26



Ten years ago, Brian renounced his worldly life and set out on the road to share the mystical path to Self-Realization. As a "wandering monk," he has held hundreds of gatherings at spiritual centers, churches and yoga studios all over the country. Brian speaks about the nature of Truth and Love. While playing the Harmonium, he holds a transformative space to bring the mind into deeper states of meditation.

Saturday 2-3:30 pm Healing the Body and Senses

In our time together, we will energetically divinize the body and senses. When the body is transformed into light, meditation becomes easier because the mind is not focused on the physical reality. This healing session may be helpful in clearing the deeper cause of pain, suffering and disease. Mantra helps to clear the subconscious karma that keeps an ailment in place.

Sunday 1-2:30 pm Magical Mantra, Mudra, and Breath

Awaken to all. We will explore simple spiritual practices for accessing higher states of consciousness and empowering our meditations. Experience mantras with energy that activates latent powers of healing and virtue. Learn *Mudras*, hand positions, that clear energy channels. Breathe into this magical moment of now.

Facilitated by Brian Lottman, a "wandering monk" who travels the U.S., sharing healing energy for spiritual awakening. He is an inspirational speaker and a meditation teacher.

Suggested Minimum Donation each \$20

Women Remembering: Facets of the Sacred Feminine – Monthly, Zoom Only (details p.7)

Tuesday March 28 5:30-6:45 pm

Join Anne Scott for an intimate monthly circle of sharing and witnessing: How do we cherish our inner light and live it into the world?

April

The Red Shoes Story

Saturday April 1 10 am–3pm

Our organization's name comes from Jungian analyst Clarissa Pinkola Estes' interpretation of the classic fairy tale *The Red Shoes* where she speaks of the need for every woman to find the shoes that uniquely fit her feet, rather than wearing ill-fitting shoes in an effort to please someone else. Time and time again we are led away from our soul's purpose in our attempt to please and seek outside validation. Using the text from *Women Who Run With the Wolves* and a variety of written prompts, creative exercises and guided meditation, we will spend the day seeking the "Feral Woman" within and work through the "Traps" in our own lives that hold us back.

Facilitated by Robin Palmer Blanche. In addition to publishing 12 novels and being a produced screenwriter, Robin is an INELDA-trained end-of-life doula and legacy memoirist. Her website is youwereheredoula.com.

\$30

Fireside Astrology

Tuesday April 4 6-7:15 pm

Tuesday May 9 6-7:15 pm

Explore the wisdom of your ancient soul through your connection to the four elements of Fire, Earth, Air and Water. Experience the astrological energetics of the day through planet and sign archetypal discussion, music, meditation, automatic writing and the witnessing of one another's journeys. Immerse yourself, and awaken to a deeper sense of compassion.

Facilitated by Jodi Perodoin, an eternal student of the stars who began her fascination with astrology in high school. In 2021, she dove back into her astrological studies and graduated from Debra Silverman's Applied Astrology School.

\$10

Book Study: Maiden to Mother - Hybrid

Wednesdays April 5–26 6-7:15 pm

When the goddess culture was dismantled, so too were women's rites of passage into our wild, intuitive femininity. Sarah Durham Wilson's book, *Maiden to Mother: Unlocking Our Archetypal Journey into the Mature Feminine*, offers powerful stories, wisdom, prompts and rituals to "dismantle our internalized patriarchy," heal and release our wounded Maiden, and finally, to embody the actualized Mother.

Facilitated by Angela Grillo, Assistant Program Director of The Red Shoes, Dream Reader and Intuitive Coach.

\$30

Volunteer: Greater Baton Rouge Food Bank

2nd Tuesday April 11 10am- 12 noon

Location: 10600 South Choctaw Dr. (Fraenkel Center)

We can help feed the hungry in Baton Rouge. All food must be sorted and categorized for distribution. That is where we come in: we will meet at the food bank to sort or bag food. Join our team to volunteer.

Wear closed-toe shoes / No Fee

Community Healing Clinic (Details p. 3)

2nd Wednesdays April 12 6 - 8 pm

Experience stillness through a guided meditation. Pranic Healing is offered after the meditation.

Women's New Moon Circle (Details p. 4)

Tuesday April 18 6-7:30 pm

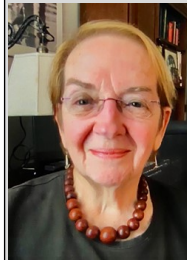
We will journey in mutual support to tap into the fertile field the New Moon provides.

Forgiving Ourselves: A Shamanic Lens

with

Cecile Carson

**Saturday & Sunday
April 22 & 23 10 am-5 pm**



Explore forgiveness beyond its emotional dimension into the spiritual realm. Our shamanic heritage provides methods to transcend the conflict and duality inherent in ordinary reality.

Through shamanic journeying and ritual, we'll receive the gift of compassion from the spirits to help us release old patterns that limit our ability to be fully who we are. We will work with forgiveness as an energy that neutralizes the charge attached to a person or event from the debt that is allegedly owed. We'll work with shamanic concepts of "shape-shifting" and "energy fields of influence" to empower a radical transformation in forgiving ourselves and others, leading us to remember we are part of the great web of connection.

Please bring a drum or rattle if you have one, a blanket and a notebook.

Facilitated by Facilitated by Cecile Carson, MD, who taught for many years at the University of Rochester Medical Center. She is an international shamanic teacher, practitioner and a Founding Board Member of the Society for Shamanic Practice.

Early Bird - Pay by April 10 \$175 /After \$195

Women Remembering: Facets of the Sacred Feminine – Monthly, Zoom Only (details p.7)

Tuesday April 25 5:30-6:45 pm

Join Anne Scott for an intimate monthly circle of sharing and witnessing: How do we cherish our inner light and live it into the world?

Yoga Nidra: Time to Relax

Saturday April 29 10:30-11:30 am
Join us for a journey of self-discovery and rejuvenation through the practice of Yoga Nidra. Yoga Nidra, also known as "yogic sleep," is a powerful meditation technique that offers deep relaxation and inner peace. You will be guided through a series of visualizations and body sensations to help release tension and stress, and awaken a connection with your inner-self. No previous experience with yoga or meditation is needed. Bring a pillow and blanket if you choose. Mats and some pillows and blankets available.

Facilitated by Albert Pellissier who has been leading groups for the last 7 years. He recently expanded his offerings by establishing an office at The Red Shoes for private work and is enjoying sharing his skillset and enthusiastic energy with this beautiful spiritual community.

\$15

Open Mic Poetry & Music: The Soul of Spring

Saturday April 29 6-7:30 pm
Celebrate the best of the arts in Baton Rouge! Enjoy a night of unique creative offerings: poetry and music to stir your heart and soul. Join our audience to experience this tapestry of talent. Stay for coffee and desserts. Musicians, singers and poets: Share your favorite works in this appreciative, supportive "coffee-house" setting. We now have a piano, if you would like to play for us! Call early to reserve your 5-minute spot.

\$5

The Red Shoes is a 501c3 non-profit.

If you have already joined

The Red Shoes, Circle of Giving,

Thank You So Much!

If not, Today is the Day!

Your donation :

Makes scholarships available, providing equitable access to all of our programs

Helps those living with Cancer benefit from alternative healing, at no cost

Creates a supportive community for all who face challenges and feel isolated

Addresses environmental crisis through our Spiritual Ecology Circle

- We depend on our friends for support throughout the year. Our program fees do not cover our expenses.
- Your donations make it possible for us to continue reaching more and diverse women in the Baton Rouge community.
- Your word of mouth advertising brings wonderful people into our programs.
- We appreciate your confidence in our work.

Self-Care: Movement

Morning Gentle Yoga - Hybrid

Monday - Saturday 8 - 9 am
Wake up the body and invigorate your mind and spirit with morning yoga! Start your day with gentle stretching to increase circulation, improve posture and enhance your energy level. Enjoy a slow, meditative approach to yoga with a focus on breathing, core strength and proper body alignment. Become grounded and focused for the day. All levels of experience welcome.

Facilitated by Tina Ufford, Jo Ann Ray, Zoe Klein - all RYT200 & Beth Tomlinson, RYT500.

\$8 per class / 7 classes \$48 / monthly unlimited \$75

Tai Chi - Meditation in Motion

Tuesdays 4:30-5:30 pm
Wednesdays 10:30-11:30 am
A mind-body practice for life! Tai Chi uses mental focus and slow breathing to support relaxation and improve your overall health and fitness. The slow, circular and flowing movements enhance muscular strength, flexibility, and stamina while improving balance and posture.

Facilitated by Lisa Langlois, PhD, DMs, Reiki Master, and Meditation Teacher.

\$12

Gentle Yoga - Evening: Restore and Refresh

Thursdays 5:30 - 6:30 pm
Melt away tension and stress at the end of your day through this revitalizing practice. Gentle physical movement, breathing exercises and meditation are designed to enhance well-being, increase flexibility and build strength.

Facilitated by Nichole Mena-Rovai, RYT® 200.

\$8 per class / 7 for \$48

It's Easy to Help Others!

Bring canned, cooked or fresh food and hygiene products for the Community Fridge each time you attend a program.

Did you know you can make donations and register for any of our classes online?
Please visit our website: www.theredshoes.org

Check our website often.

New programs are being added to our schedule.

Don't Miss a Moment!

Sacred Circles

Spiritual Ecology Circle - Hybrid

Mondays 6 - 7:15 pm

This Circle grows out of the awareness that the outer destruction we see in the world is related to an inner disconnection from and disregard for the sacred within all of life. We deepen ways of seeing that bring us back into relationship with an animate, ensouled world. Cultivating a sense of humility and joy in being a part of the natural world, we will move toward an ethic of responsibility, reciprocity, care and love for each other, the earth and all beings.

Facilitated by members of the Circle.

Suggested Monthly Donation \$20

A Course in Miracles - Zoom Only

Mondays 6:30 - 8 pm

Seeking happiness and peace? Our weekly study of *A Course in Miracles* is a powerful, life-changing course. This universal spiritual teaching offers daily exercises to raise awareness of love's presence, and through forgiveness, heal relationships. Join us to build a circle of support for this transformative inner work.

Facilitated by Jamie Allison, who has studied ACIM for many years.

Suggested Monthly Donation \$20

Compassion in Action Circle - Hybrid

Wednesdays 10:30 am-12 pm

Join a vibrant group for thought-provoking dialogue of current social justice topics in a respectful setting. Based on books chosen by the group, discussion will increase your awareness, deepen your compassion and inspire action to create a better community and world. Currently Reading - *See No Stranger* by Valarie Kaur

Facilitated by Compassion in Action Circle members.

Suggested monthly donation \$20

Lynn Woodland's Miracles Course - Zoom Only

Wednesdays 7 - 8:15 pm

Live your Miraculous life! The Miracles Course guides personal transformation aimed at living a miraculous life. It's designed to change you, improve your quality of life and help you manifest your highest purpose.

Facilitated by Lynn Woodland, who is donating this study to The Red Shoes.

Donations Appreciated

Thank you for your support of The Red Shoes through your participation, your volunteer time, and through your generous gifts.

Spiritual Journey Circle - Hybrid

Thursdays 5 - 6 pm

As a circle of seekers, we immerse in diverse spiritual teachings. Share in discussions that enrich life on a deep, personal level. A study of thought-provoking writers and luminaries enhance this spiritual journey. Return weekly for spiritual connection and community. Currently reading: *The Liminal Odyssey* by Sande Hart.

Facilitated by Wendy Herschman, Executive Director of The Red Shoes, & Spiritual Journey Circle members.

Suggested Monthly Donation \$20

AA Open Meeting - Realm of the Spirit

Thursdays 7-8 pm

Together we explore guided meditation and share our experience, strength & hope toward living a Sober Life.

No Fee

Sunday Sacred Circle - Zoom

(1st Sunday at The Red Shoes)

Sunday 5 - 6 pm

Nourish your spirit. Enjoy a time of introspection, an inter-religious, ecumenical experience for those yearning to unite with Spirit through prayer, chanting, inspirational readings and silence.

Donations Appreciated

Women Remembering: Facets of the Sacred Feminine – Zoom Only

Last Tuesday of the Month 5:30-6:45 pm

Join Anne Scott, an inspired leader of women's circles across the country, for an intimate monthly circle of sharing and witnessing: How do we cherish our inner light and live it into the world? How do we remember and embody our connection to the earth? The circle will include a short silent meditation of the heart and time for sharing and discussion.

Facilitated by Anne Scott, Founding Director of Dreamweather Foundation.

Suggested Minimum Donation \$15

Easy Ways to Stay Connected



Follow us on Facebook: www.facebook.com/TheRedShoesBR



Visit our website www.theredshoes.org and on the bottom of our calendar page, click the **Google** link. With one click all posted events will be added to your personal calendar!



Stay in touch via IG: @theredshoesBR

Words of Wisdom - Brenda Salgado

The plant people have taught me to be generous and not be shy about blossoming, that it is our nature. I think when others see us, it can inspire them to open up and blossom too and we can be a field ablaze with dignity and beauty together.



The Red Shoes

A Center For Personal & Spiritual Growth

2303 Government Street
Baton Rouge, LA 70806

Non Profit Organization

U.S. Postage Paid

Baton Rouge, LA

Permit No 2200



In the Community

These programs need YOU:
Your donation can change a life.

Project HOPE

An outstanding opportunity for healing and HOPE: The Red Shoes opens our doors, at no cost, to all in cancer treatment and survivors of sexual assault. Through Project HOPE, those in need of healing can benefit from our inspiring programs at no charge.

Baton Rouge Community Fridge

It's simple: No Forms to Fill Out. No Program to Join. You come by to donate - add food to the fridge or pantry so your neighbor's nutritional needs will be met. The fridge is always open for donations. Create a habit of giving - Your new habit feeds the hungry.

Lifting Loans: Micro-Loans for Women

How do we help women gain financial independence? We listen and support their business dream. Our low-interest, microloan program educates and empowers women starting or growing a business.

When We Give Together We Grow Together

Interested in Being a Hero?
Be Our Matching Donor on this
Day of Community Giving
Call Wendy: 225-388-1170

