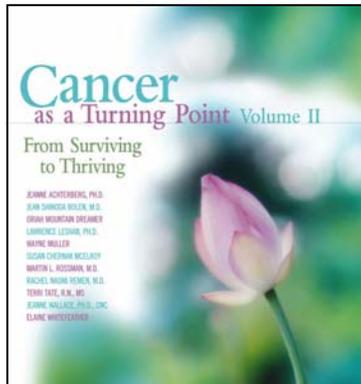


## Volume II Audiotape Set



The process of working with Sounds True to create Volume II of the audiotape series *Cancer as a Turning Point™* was rewarding and deeply satisfying. It means the information and inspiration from the conferences is now available to more people. This new volume from Sounds True includes 11 presentations from the *Healing Journeys* conferences; these are different talks than featured on Vol I. An experienced Sounds True editor says this is the most exciting tape set he has ever edited, and he is proud to be associated with our project. Volume II is available now, and an order form is included in this newsletter.

Presentations include: Jeanne Achterberg, PhD • Jean Shinoda Bolen, MD • Rachel Remen, MD • Terri Tate • Wayne Muller • Larry LeShan, PhD • Susan Chernak McElroy • Marty Rossman, MD • Elaine Whitefeather • Jeanne Wallace, PhD, CNC • Oriah Mountain Dreamer

## Board Members Offer Special Projects

To raise funds required for our expansion, the *Healing Journeys* Board initiated a Capital Campaign. In addition to soliciting contributions, board members are generously donating their time by presenting special projects. Anna Keck-Tomasso is offering a Womans Weekend Retreat, Annan Paterson is performing *Deep Canyon*, and Sista Monica will be joined by guest artist Karen Drucker in a concert in Sacramento. Dates and times for these events are listed under Upcoming Events.

## Special Performances of Annan Paterson's *Deep Canyon*

This solo performance, featured in several conferences the past five years, explores a woman's experience with ovarian cancer – and how it truly was a turning point in her life. Annan will perform the show in intimate theatres this Fall, having a dialogue with the audience after each performance. Additional information is available on our website or [www.deepcanyon2000.com](http://www.deepcanyon2000.com).

## The Journey Continues in Seattle

Many of you attended the *Healing Journeys* conference last July, and wish it would have continued throughout the year. In response to the strong desire to continue the energy and healing generated at the conference, *Healing Journeys* and *Cancer Lifeline* are collaborating to form a healing circle. The Circle will provide an opportunity to gather monthly to exchange ideas and dreams, and support individual and collective growth toward well being.

Healing Journeys Circle will meet at *Cancer Lifeline* on Saturday, April 24<sup>th</sup> from 1 to 4 p.m. At the last meeting, circle participants decided to use Wayne Muller's book, "How Then, Shall We Live?" as a focal point for discussion at the next circle. You are invited to come to the circles whether or not you've attended last years conference. For information and to register, call or email Basha Brownstein, Manager of the Healing Arts For Creative Expression Program at *Cancer Lifeline* (206) 297-2100

[bbrownstein@cancerlifeline.org](mailto:bbrownstein@cancerlifeline.org)

## Healing Journeys Calendar of Events

**July 10 & 11, 2004**

*Cancer as a Turning Point,  
From Surviving to Thriving™*  
2 day FREE event

**Meany Hall, University of Washington,  
Seattle, WA**

Presenters include Larry LeShan, PhD, Paul Reilly, ND, Susan Chernak McElroy, One World Taiko, Marty Rossman, MD, Rev. Debra Jarvis, Nina Wise, Holly Near, Beth Baker, Laura Yon-Brooks, Kris Caldwell, and healing stories.

**July 12, 2004, Monday**

9-12 a.m. and 1:30-4:30 p.m.

**Post Conference Workshops** with  
Larry LeShan, PhD and Nina Wise  
Watertown Hotel, Seattle

**September 11 & 12, 2004**

*Cancer as a Turning Point,  
From Surviving to Thriving™*  
2 day FREE event

**Sacramento Community Center Theatre  
Sacramento, CA**

Presenters include Wayne Muller, Jeanne Wallace, PhD, CNC, Ernie Bodai, MD, Hui Xian Chen, Sacramento Taiko Dan, Sista Monica, Jean Shinoda Bolen, MD, Terri Tate, Beth Baker, Susan Mazer and Dallas Smith, and healing stories.

**September 13, 2004, Monday - TBA**  
**Sacramento Post Conference Workshops**

**October 15, 2004, Friday**

**Fund Raising Concert**

7:30 p.m. – Sista Monica Parker and Karen Drucker, Crest Theatre, Sacramento

**Annan Paterson performs *Deep Canyon*  
(Oct/Nov) TBA UCSF, Cole Hall**

**November 9** – Fresno, The Second Space,  
928 E. Olive Street

**November 12** – Sacramento, UC Davis  
Cancer Center Auditorium

**November 19, 20, & 21 – Women's Well-  
Care Retreat with Anna Keck-Tomasso**  
Villa Maria del Mar, Santa Cruz  
Registration fee \$295

## Director's Reflections: Are we there yet?

by Jan Adrian

As I'm writing this in March, 2004, I'm remembering 10 years ago when *Cancer as a Turning Point, From Surviving to Thriving*™ was born in Monterey, California. Two hundred eighty of you experienced that magical week-end.

After offering five conferences those first two years, charging \$225, and giving scholarships to anyone who asked, I was \$35,000 in debt. Yet your feedback told me the conference was a success.

In searching for a way to allow this healing event to continue, in 1996 we offered the conference FREE at Stanford University. Thirteen hundred of you came, demonstrating the need for what we offered. We asked for donations, you donated generously, and it was the first conference that paid for itself.

The first six years working with *Healing Journeys*, I earned my income from another full-time job. When I was too exhausted to continue working two jobs, and was questioning the future of Healing Journeys, Toni Minvielle donated her IRA to Healing Journeys when she died. This donation enabled me to reduce my hours at my other job and receive a small salary from Healing Journeys. I feel grateful to Toni, and also feel a responsibility to continue the work that was so meaningful to her.

Ten years and 16 conferences later, Healing Journeys has been my full-time job for over a year. In 2003, we doubled the number of people we served, by offering *Cancer as a Turning Point, From Surviving to Thriving*™ conferences in San Rafael, California and in Seattle, serving a total of 2,193 people. We also took the brave step, progressing toward national expansion, of scheduling a conference in Greenville, South Carolina in June 2005.

Healing Journeys is taking another leap-of-faith. To support our expansion, we increased the Programs Director's hours, hired a full-time Administrative Assistant, and moved our "home office" into an office space on P Street in midtown Sacramento.

Thank you for the support you have shown by attending conferences, volunteering your services, telling us what you need, and contributing financially to Healing Journeys. It's your contributions that will provide a stable foundation for *Healing Journeys* to continue and expand. With your help, we are building a community that experiences the joy of supporting and sustaining one another.

## Feeding Your Soul ...

*From the prelude of Wayne Muller's new book "Learning to Pray - How We Find Heaven On Earth". Wayne Muller will be a keynote speaker at the Sacramento conference.*

In northern California, there is fog in the morning. As I write this, looking out my window, I know that the mountains and the trees, the grasses and the sky remain hidden in the fog, but I cannot see them with my eyes. Instead, I feel their presence in my body, I know the shapes that lay behind the fog for having seen them, watched them emerge again and again. It is a primitive kind of faith, based on repetition and proof, but a kind of faith nevertheless, that the fog will, indeed, lift. Slowly, as the sun warms the earth, the fog begins to clear. And as it does, outlines appear, colors, textures, and, finally, the sky and sun are quietly, astonishingly revealed, and I can see them all.

This is prayer. This is deep, faithful listening, waiting for what is hidden to be revealed. Prayer is not words; prayer is what happens when you listen and wait, beneath the words, for the outline of heaven to emerge.

Every day there comes a moment when I find myself in prayer. I pray because I must, because regardless of my good intentions I lose my bearings. I make mistakes. I am stopped by the way the world challenges and confounds my plans. To be sure, there are moments when my prayer is filled with gratefulness for the numberless blessings showered on my life. But, just as often, I pray because I need the comfort of some nourishing spirit that will teach me, show me the way.

## Healing Art Projects

If you would like to participate in a conference healing art display, we welcome your participation at either the Sacramento or Seattle conferences. For Sacramento, call Carlo Visante (916) 428-6737; for Seattle contact Basha Brownstein at (206) 297-2100 or [bbrownstein@cancerlifeline.org](mailto:bbrownstein@cancerlifeline.org)

## Healing Journeys

### Mission Statement

Our mission is to support healing by assisting people with cancer or other life-altering illnesses to access their own healing potential and their ability to thrive.

### Board of Directors

Nancy McKay, MDiv, President  
Annan Paterson, MA, Secretary  
Jan Adrian, MSW, CFO  
Carole Purin, RN, MS, Past President  
Fran Haynes, MFT  
Anna Keck-Tomasso, RN, FNP  
Suzanne McGann, MA  
Monica Parker

### Staff

Jan Adrian, MSW  
*Founder and Executive Director*  
Carole Purin, RN, MS  
*Programs Director*  
*Newsletter Editor*  
Wendy Tedesco, MA, CMT  
*Administrative Assistant*  
Elizabeth Edwards  
*Administrative Assistant*

### Advisory Board

Jeanne Achterberg, PhD  
Jean Shinoda Bolen, MD  
Joan Borysenko, PhD  
Caryle Hirshberg, Author  
Lawrence LeShan, PhD  
Dawna Markova, PhD  
Rachel Naomi Remen, MD  
Marty Rossman, MD  
Marion Woodman, Jungian Analyst

### Healing Journeys

2011 P Street, Suite 301  
Sacramento, CA 95814  
(916) 930-9040/(800) 423-9882  
[www.healingjourneys.org](http://www.healingjourneys.org)

## Healing Journeys of Sacramento Valley

We are saddened to tell you our monthly meeting is on hiatus. Jon Hake, MD is unable to continue his role of facilitator at this time. Jon has contributed greatly over the past six years taking the group on many "healing journeys". We wish you well, Jon, and look forward to you joining us again.

## Healing Journeys Tapes

### *Cancer As A Turning Point, From Surviving to Thriving™*

Veterans' Memorial Auditorium  
Marin Center, San Rafael, CA  
September 13 & 14, 2003

#### Video Tape I

Lawrence LeShan, PhD - *Roots, Wings, Mobilizing Your Healing Potential*  
Susan Chernak McElroy - *Cancer: A Gift That Kept on Giving*  
Sista Monica—*Amazing Grace*

#### Video Tape II

Oriah Mountain Dreamer - *The Call: Discovering Why You Are Here*  
Nina Wise—*Improvised Performance Celebration of Heros*

### Marin Post Conference Workshop Audio Tapes Available

Excellent evaluations were received from the 75 participants who experienced Marty Rossman and Jeanne Wallace, featured presenters at the recent Marin Post Conference Workshops. Marty's presentation centered on helping patients learn to help themselves, and focused on guided imagery. Jeanne's talk was on evidence-based dietary, nutritional, and botanical support to complement conventional oncology care. Audio tapes of their presentations are now available through our office or website, and on the enclosed order form.

### **THE TERRIBLE GIFT OF ILLNESS**

By Anna Keck-Tomasso

It is not uncommon to have a cancer diagnosis become the incentive and motivator for powerful transformation in our lives. Facing a cancer diagnosis often forces us to take an inventory of our whole lives—to become more aware of relationships, work, play, self-defeating habits and/or self-neglect. Our illness can give us the gift of awareness, becoming the motivator for positive, life-enhancing and life-supporting change, particularly self-care.

Women are natural care-givers, often to our own detriment. We leave our own self-care sadly wanting while we tend to others. We often want time alone to

### Donation and Order Form: Make checks payable to Healing Journeys

Mail to 2011 P St. Ste 301, Sac, CA 95814

Tax-deductible Donations  
1 Video— \$30 2 Videos— \$50

Marin Conference Video Tape I

Marin Conference Video Tape II

Vol I  Vol II Sounds True Audio Tapes (\$60)

Post Conference Audio Tape Set with Jeanne Wallace (\$24)

Post Conference Audio Tape Set with Marty Rossman (\$24)

Capital Campaign donation (tax-deductible)

Please send me a flyer for WellCare Weekend Retreat

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_ Check \_\_\_\_\_ Charge card \_\_\_\_\_

MasterCard or Visa# \_\_\_\_\_

Exp. Date \_\_\_\_\_ Amount enclosed \_\_\_\_\_

Signature \_\_\_\_\_

remember and reflect on ourselves and our needs, but we do not take it. We may even wish that someone else would recognize what we need and give us permission to stop and take care of ourselves.

#### ***That special moment is now and that permission giver is you.***

Healing, health, and well-being are an "inside job". Others, including health care professionals, can be coaches or guides, but the real work is ours. In addition to gathering together partners in health care who can treat our illness, advise us and give feedback, science now acknowledges that a large part of healing is facilitated through creating silent space for reflection in which we can deeply listen to our own inner wisdom. We become co-creators on our healing journey. Imagery from dreams and daydreams as well as guided relaxations can often give us critical information about what we need in self-care.

### **WELLCARE WEEK-END RESIDENTIAL RETREAT**

***With Anna Keck-Tomasso***

***November 19-21, 2004***

In this November weekend retreat Anna will offer a WellCare sampler of experiences as well as take-home tools for

self-assessment, self-support, and creative change. Women will spend a weekend together "re-membling", replenishing, and restoring themselves as their most important ally in staying healthy and/or returning to health after a cancer diagnosis. Participants will learn through direct experience a variety of health and immunity enhancing skills. The retreat promises to create a safe and healing environment where each woman will have time and space for deeply listening to each other as well as to her own deep, inner voice.

***Anna Keck-Tomasso RN, FNP, 14-year breast cancer survivor, founded WellCare Associates, a holistic private-practice in Santa Cruz in 1985. Her clinical work as a nurse practitioner spans 3 decades and has long embodied principles of holism and mind-body relationships. Presently her practice is focused on consulting with women on mid-life health issues including safe menopausal choices, mind, body, and spirit support for women living with cancer, AIDS, and chronic disease. She taught many classes nationally on a variety of subjects. Through UCSC she teaches two popular classes designed for women in midlife: 'Women's Health Issues in the Middle Years' and 'Women's WellCare Retreat'. This is the first time Anna, a founding board member, will offer this retreat for Healing Journeys.***



2011 P Street Suite 301  
Sacramento, CA 95814  
[www.healingjourneys.org](http://www.healingjourneys.org)

Non-Profit Org U.S. POSTAGE PAID Complete Mailing Service Inc.
---

*Return Service Requested*

**Conference Brochure Inside**

## **Conference Volunteers Needed**

Soon we will be attending the *Cancer as a Turning Point, From Surviving to Thriving™* conferences in Sacramento and Seattle. Many of you have attended our conferences in the past, and have asked how you can help. We need volunteers to help in the office before the conferences as well as on-site conference assistance (both Sacramento and Seattle).

Conference volunteers are needed in many areas: registration, refreshment service, lunch networking areas, literature table, etc. You may be asked to attend a volunteer orientation on Friday evening. Regardless of the assignment you choose, your presence contributes greatly to the healing environment we wish to create. No experience is necessary, only a helpful attitude.

A minimum of 4 hours is requested of conference volunteers. If you would like to help, please complete and mail the form on the volunteer link of our webpage. For further information in Seattle contact Lynne Singer at (425) 868-6049 or [jlsinger@comcast.net](mailto:jlsinger@comcast.net); for Sacramento, contact Carole at (916) 930-9040 or [carole@healingjourneys.org](mailto:carole@healingjourneys.org).

## **Changes in Sacramento Location Yield Exciting Saturday Evening Program**

Due to stage renovations occurring at Memorial Auditorium, the conference for Sacramento has been relocated several blocks to the Community Center Theater. The major challenge we faced in the change was the limited time the new theatre was available, and sharing this time with other displaced organizations. Working steadfastly to retain the "feel and flow" of our previous conferences, we arrived at a reasonable alternative. We retained our entire program with some rearranging. For the first time, we will have a Saturday evening program, and end the program on Sunday at 1 pm. The Sacramento brochure will be mailed in June.

---