

# Pathways News

A publication for the friends of Pathways

FALL 2004

TEL: 612-822-9061



## *the healing art of storytelling*

by Kathy Bardins

***Everybody loves a good story. Seldom do friends or family gather that a story or two or three is not told. Some are stories about individuals, others about the history of a family, a house, or a town. Most of us have told a story or two in our lifetimes. I consider myself a storyteller – from reminiscences of my childhood, to stories about my children, others or myself. Some are foolish, some miraculous, some poignant, some just plain funny. Always listeners react with joy, laughter, tears or wonder.***

Since the beginning of civilization, storytelling has played an integral role in society. Most of our written history began in the oral tradition of storytelling. Indeed the universal appeal of storytelling throughout history suggests some deeper connection with the human soul. The oldest written works we possess, from the *Bible* to *The Odyssey*, use storytelling to make their points. According to Carolyn Myss, in her book, *Sacred Contracts*,

***“The stories people tell have a way of taking care of them. If stories come to you, care for them. And learn to give them away where they are needed. Sometimes a person needs a story more than food to stay alive. That is why we put these stories in each other’s memory. This is how people care for themselves.”***

— BARRY LOPEZ  
FROM “CROW AND WEASEL”

## 2004 FRIENDS ANNUAL CAMPAIGN Goal: \$85,000

Please, help us meet this goal today! All of you as Pathways’ Friends have already received a letter asking you to contribute to our 2004 Friends Annual Campaign. You may use the remittance envelope received in your letter or you may use the form on page (11) of this newsletter. Checks may be made payable to “Pathways”. We also accept Visa and Master Charge or you can pay with a PayPal account online at [www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org). This \$85,000 goal is an increase of \$14,000 from Friends contributions received in 2003. For more information see the Chair of Friends letter on page (3) and the Reflections from the Executive Director on page (2). We need your support. Be sure and send your contribution no later than December 31, 2004.

“Maybe it’s simply a reflection of the sense that each of our lives is a story worth telling, or a desire to impose order on what sometimes seems like a chaotic and random universe.”

Storytelling has also played an integral role in health and healing – for both children and adults. Indeed stories are crucial to a healthy mind, body and soul.

According to the International Storytelling Center, “Today, storytelling is gaining greater respect within the fields of medicine, mental health, and the ministry. We now know that words have profound recuperative effects, and that storytelling – a series of words that we translate into pictures or images in our mind – can play an essential role in healing.”

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# pathways gossip

Howard K. Bell, M.Div.  
Executive Director



## reflections

**Since our inception, Pathways' preferred and most successful style of advertising and public relations has been to rely upon gossip. Originally the seven founders gossiped among our friends and work associates. Once we rented our former home at 3237 Hennepin Avenue in January 1989, we convened some chitchat groups for slightly more formal gossip opportunities. The founders spent more time gossiping one-on-one with interested persons, potential referral sources and even a few who got wind of our new program and dropped by. Then, just prior to April 1989, we decided to publish a gossip column once every two months called the "Pathways Calendar of Programs and Services." 267 persons originally signed up for this gossip column.**

There must have been some really good gossipers on that list. And the more people came to check out the gossip, the more they gossiped to their friends. More than 14,000 people have subsequently asked to receive the gossip column! Every survey we have conducted, formally or informally, consistently reports that the majority of respondents, when asked how they heard of Pathways, reply: "So-and-so told me I should come here."


Thankfully, the gossip also resulted in an amazingly continuous supply of both volunteers and participants who were

interested in, and agreed to explore, creative healing responses to life-threatening illness. The results have been miraculous healings, reduced stress, emotional and mental stability, more balance of energy, a sense of power and choice regarding treatments, greater awareness and utilization of complementary therapies, increased joy, improved relationships and social support, new friends, deeper meaning in life, spiritual growth, and even the ability to embrace death as a natural part of the healing journey!!!

Hopefully, it is obvious that I am playing with a slightly different understanding of gossip and chitchat than what we might commonly employ. Webster's Dictionary defines gossip as "spreading rumors of an intimate nature." It further defines rumor as a "widespread statement not authenticated." When participants at Pathways share their stories of healing (see elsewhere in this issue for a sampling),

I think that could be accurately described as a "rumor of an intimate nature." When Pathways' participants offer testimonials about the gifts they receive at Pathways, I think that could be accurately described as a "widespread statement not authenticated." And, I believe, it is only "not authenticated" in terms of not being "scientifically validated." I fully trust in the authenticity of each participant's story!

*Pathways News* is another gossip column started back in 1996. Its mailing list has grown to more than 1,000 friends – volunteers and financial contributors. We are grateful to all of you, but please spread the gossip: "To continue meeting the needs of our participants, we need to raise at least \$85,000 before the end of 2004." This is a \$14,000 increase over last year's receipts. This a major challenge. It means that we need 14 new friends at \$1,000 each; or 140 new friends at \$100 each, and 100% renewal from last year. Or, we need 100% renewal from last year and your renewing donation amount to increase by 20%. So, please gossip to your friends and ask them to become "Friends of Pathways" for the first time. What we do would not be possible without your marvelous support. In gratitude for the present, please send your donation, in whatever amount

is possible for you, as a commitment to Pathways' future. Then let's all gossip about Pathways! 

*Howard K. Bell*

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# a letter from the chair of friends

by Nancy Dahlbom • Chair, Friends of Pathways




## **I think fall must be the favorite season of most Minnesotans.**

The falling leaves twirling and rustling in the wind, the intense beauty of the trees as they turn colors, the cooler days and nights, school children and busses on the streets in the morning, the richness of the harvest. Fall just really fills the senses. It's not surprising it's the time of year we celebrate our thanksgiving.

Fall also is the time when Pathways turns to its contributors for support as we kick off the annual fundraising campaign. It's time to put our relationship with Pathways front and center so it can continue to provide all the miracles it is known for. As I reflected on Pathways, I thought of the many participants I know that have transformed a life-threatening disease into a chronic health condition. This is truly a miracle. It seems to increase the need for on-going support, as participants learn to live their changed lives, experiencing a chronic health challenge. Pathways is a huge part of so many people's lives. It exists because of the participants, volunteers, providers and the board. It exists because there is a need for support and healing. Pathways addresses the need in the world to be connected. Through humanitarian action, we bring healing to the world. Now is the time for our contributors to take action.

We need to ask you to consider increasing your gift to Pathways. We need to increase our gifts by \$14,000 this year, bringing the total goal of this campaign to \$85,000. I want to encourage everyone to take a moment to reflect on the wonderful benefit Pathways is in our community. Think of the wonderful gift a loved one, friend or you have received from being a part of the Pathways' community. Please take a moment in the quiet to get in touch with the fullness in your heart and help us continue the miraculous healing at Pathways with your financial gift in action.

If you are unable to give or increase your gift from last year, please hold Pathways' goal of \$85,000 in your prayer or meditation time. Thank you in advance for your support. 

Gratefully,

Nancy Dahlbom

Chair of Friends

## News

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**Pathways News is available online at our website.** If you are interested in becoming a writer for *Pathways News*, please contact Kathy Bardins at 763-541-9363.

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excerpts from  
*The Pathways book of healing stories*

### The Pathways Book of Healing Stories

Something very powerful happens when people gather together in Sacred Space and tell their stories. Hearts open wide and a deep soul-healing listening takes place. A Holy listening where each person feels supported to speak his or her truth from the heart. There is no more powerful medicine than speaking one's truth and having it witnessed in the energy of unconditional love, non-judgment and acceptance. The sacred space that is Pathways has been fertile ground for many healing journeys and inspiring stories.

A book of Healing Stories has been beautifully assembled. It resides on the coffee table in the Pathways' library/lobby. Please feel free to read and enjoy it when you visit Pathways. We are sharing with you a sampling from the "Pathways book of Healing Stories." May these stories be a healing to all of us.

*Peace,*  
*Arnold Weiss*

### A Story Blessing

Bless these stories, may they find fertile ground.

Bless the hands and hearts full of courage, who have labored to birth them to life; Bless the experiences, far ranging, rich, varied and sometimes deeply buried, that have given rise to these stories.

Bless all the characters who have come and gone in our lives,  
whose footprints tread through these pages;

Bless the learning, the turning, the yearning and the new life  
which these stories represent;

Bless the pain, suffering, struggles and questions still awaiting  
answers that they represent too;

Bless those who have touched our lives and opened our hearts with their  
light and love, may we pass the blessing on through our stories;

Bless those who have brought challenges and difficulties to us,  
may we be able to see them as teachers;

Bless this circle, this holy ground that we walk on, breathe with and  
inhabit with our holy presence;

Bless each of us and our unfolding journeys as we  
go forth now, may we be open to the Light, Love, Healing  
and Grace that is the Divine flow remembering that  
we are in the Light and of the Light now and forever; Amen.

—DIANE AMER

*continued on p.5 >*

### My Story

With one strong swipe of his paw, my playful cat swept the small glass angel ornament off the table - and it went crashing to the floor. It was shattered in fine pieces, except for the red heart, which remained whole, in one piece. I picked up the heart and held it carefully in my hand. I knew it had a message for me, but I was busy and wasn't ready to consider it. So I tucked the heart away in a special box, swept up the pieces and went on.

Four years later my own heart was breaking again and again over a divorce, three major surgeries, and finally unexplained nerve damage in my legs. I couldn't stop crying. I struggled through a dark time of uncertainty. So much had changed in my once strong, healthy body — and in my circumstances. I didn't know who I was or how I could go on. Pathways, family, friends, love, patience, prayer and something that I mostly didn't know was there within myself, brought me through.

Now the depression has passed. I know I am a different person than I was before. I am wondering: "Who am I now? What are my dreams? Do I have a purpose?" And I am beginning to think that maybe my heart survived too.

—GINNY JACOBSON

# healing stories

Continued from 5

## Be Gentle on Yourself, Forgive

Working as a volunteer at Pathways' front desk I'd heard many wonderful things about Jane Danielson. I knew that people never cancelled their appointments with her. I decided to take her three-week class on movement. The two hours each week were so incredible, the energy delightful. My body could relax. I can hear her voice in my head, "Less is more, be gentle with yourself." Some of the movements were too hard for me. Jane would say in a melodic hum, "Be gentle with yourself, let your mind see your body moving. It will work, less is more."

Over the years, whenever I told people my diagnosis was severe emphysema, the response was always the same, "Oh, did you smoke?" Their voices conveyed many different tones, some accusing, some condescending, some pitying and a few of true compassion. I did smoke but even my doctor said I should have been able to smoke another thirty years to have lungs this bad. He was sure there was a genetic cause that we don't have the technology to measure at this time. Even with that I felt so guilty. It was my fault for being sick. I was the one who smoked, the doctors, others and even the packs of cigarettes warned me. I felt guilty and stupid. I had created my disease. I spent much time with these thoughts blaming myself.

I finally was able to schedule an individual appointment with Jane.

I couldn't believe how loving and gentle her table work was. I was feeling incredible, I could breathe. My body was talking to Jane and she would share the messages she was getting with me. Then there was a long time of silence. Jane was gently



Nancy Dahlbom holding the Pathways Book of Healing Stories

moving me into positions, tension and toxins leaving—peace, warmth and love filling the vacant spaces.

The next message Jane shared changed me forever. In her gentle, peaceful, tender loving voice Jane asked, "Have you forgiven yourself for smoking?" I tensed my entire mind, body and soul. I stopped breathing. I should have known I'd have to forgive myself. Why didn't I? Forgive myself? It was all my fault. I smoked. I should've known it was bad for me, doctors warned me, and on and on and on. The mind chatter was loud, fast and judgmental.

Jane in her soft peaceful voice, "Do it now. Make it easy. Forgive, forgive yourself. Be gentle on yourself."

In an instant I was able to forgive myself

## All My Parts

Come back, come back to me  
All my parts that have  
flown away  
From the fear and the pain  
of this journey.  
Come back and teach me  
What you have learned,  
seen, gained.  
And I will hold you close.  
And I will keep you safe  
enough to stay.  
We will Grieve together,  
Rage together, Laugh together.  
We will grow Wise together,  
and find Peace.

There is a place and time  
meant for all of me now,  
And I shall rejoice.

I shall share with the  
world all that I am,  
And all that I have been.

There is no longer a need to  
sacrifice and suffer,  
For now I can move beyond  
the pain and sorrow,  
and let go of the habits that  
had left me

Feeling a victim of my fate.  
Come back, all my parts,  
and I will keep you safe.

—JANETTE PAGE

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## healing stories

Continued from 5

and release all my guilt. Lying on Jane's table with my heart wide open I was able to do it. I simply let go, let go of all the blame, guilt and "should have's" my mind was telling me. I opened my whole self and let go. It was easy, it was so gentle and it all happened in the blink of an eye.

It's been over four years now. I still hear Jane's sweet voice in my mind occasionally. After I forgave myself, people stopped asking me, "Oh, did you smoke?" Whenever I hear that question now, I know that the universe is a mirror for my mind and I need to forgive myself and be gentle. *W*

*Written by Nancy Dahlbom and dedicated to Jane Danielson with huge amounts of gratitude for her healing work.*

### Little girl lost

In the swirling mist,  
Find your way out  
To live this life fully.  
Stay present and deal with  
Whatever bothers you.  
The fog is a trap,  
Not a refuge, you'll see,  
For whatever sends you there  
Will still be awaiting you,  
Bigger and worse for the wait,  
Whenever you come out.  
Even life's pains  
Are better than nothing,  
Which is all the fog can offer.  
And just think of the joys!  
So hold fast to time and consciousness,  
And savor every drop of life.

—JOAN WHEELER



## the art of storytelling

Continued from cover

"Through stories, individuals can deal with their loss and grief; enhance cognitive, verbal, perceptual and interpretative and psychological skills; develop interpersonal and intra-personal skills and provide support," states Andre B. Heuer, D. Min., LICSW. Heuer encourages the learning of storytelling in a playful and confidence building approach. He uses his knowledge, skills and experience to support individuals in developing their skills as storytellers and to fashion stories that entertain and touch their audiences. Heuer's coaching style supports individuals in discovering their own unique voice, style and gift of telling.

Stories abound at Pathways. Whether it is during informal gatherings of friends, volunteers or co-workers, or in more formal classroom settings, Pathways' participants and providers have many wonderful stories to tell. Arnold Weiss, board chair of Pathways, said, "Wonderful stories of healing, stories of life transformation, and stories of comfort can be heard. I am always inspired by these stories. Two years ago, after one of those sessions, I was explaining to my daughter, Elizabeth, about the beauty of the session and the wonders of the stories that are told, about the many other stories that reside in the hearts and minds of Pathways' people."

Arnold spoke about saving the stories to share to a wider audience, to make a "Pathways Story Book," and through further discussions, partnered with Nancy Dahlbom, a participant and provider, and Diane Amer, a provider and leader of Story Groups. Subsequently a "stories group" was offered on the Pathways' calendar, where people can write and tell stories in a safe environment. (See Pathways News Summer 2004 Issue for the story guidelines.) They are encouraged to write in their "authentic voice" out of a sacred space made possible through group meditation. Some of these stories have been put in the "Pathways' Story Book" if the author so chose. In any case, the stories are told and shared in the group. As Diane says, "The writing is, in itself, healing, and the sharing is an opening to freedom."

The results speak for themselves, as you will see as you read further. A storyteller communicates not just facts, but also a metaphoric learning or experience. For those whose lives have been challenged by critical or terminal illness, stories can help us to deal with the day-to-day stresses, and provide a lifeline to understanding self and the world around us. *W*

notable news in our  
*pathways community*

*meet our new employee*



Amy Rodquist Kodet

Amy Rodquist Kodet began employment with Pathways as our half-time Volunteer Coordinator on September 6, 2004.

Amy is currently enrolled in a Master of Arts in Holistic Health

Studies at the College of St. Catherine. She has previously done volunteer coordination work with "Kids Alive" in Guatemala as well as serving as a Community Health Educator for East Side Neighborhood Services.

Please welcome Amy. We are delighted that she found us and that we found her. We look forward to getting to know her better and to the wonderful contributions she brings to Pathways.

*goodbye to Leanne*



Leanne Wasleske

Leanne Wasleske resigned from Pathways as half-time Volunteer Coordinator effective September 12, 2004. During her time at Pathways she completed an elementary teaching degree.

She accepted an employment opportunity at Poplar Bridge Elementary School in Bloomington where she will be teaching writing to grades 2 – 5; also ½ hour each day will be spent teaching kindergarten physical education. Thank you, Leanne, for your dedicated service to Pathways.

One of our Support Staff Volunteers, Terry Brooks, wrote her a tribute. Following is an excerpt: "To Leanne, we are enormously grateful to you. We will miss you and remember you as a strong, intelligent

and remarkable woman who gave much, and always more than you knew. We send with you our heartfelt wishes and blessings for the best of everything life offers. We honor and uphold you on your path, and we know that your faith, wisdom and courage will steer and steady you through each step along your way. Keep laughing, loving life, and looking up!"

*a memorial to  
Paula Gottschalk*



Paula Gottschalk

Paula Gottschalk, who joined the Friends Steering Committee earlier this year died on Tuesday, September 21, 2004, of a recurrent brain tumor at the age of 59.

*The Minneapolis Star*

*Tribune* ran a front-page Metro section article on Sep 24<sup>th</sup> about Paula's unique contributions nationally and in Minnesota.

Born in Champaign, Ill., Gottschalk earned a bachelor's degree in advertising in 1966 from the University of Illinois. After working for two years in the Champaign area, she moved to New York, where she worked for NBC for three years and then, for a decade, for CBS Radio and its corporate parent, CBS Inc., where she was vice president of corporate information. In 1983 she formed her own consulting firm. She held a key press-advance position in the 1984 presidential campaign of former Vice President Walter Mondale.

Paula participated in Pathways' programs and volunteered at our front desk prior to joining Friends. We regret that we did not have more of an opportunity to benefit from her unique talents and gifts, but we are pleased to have shared briefly in her remarkable life.



*the story of pathways' volunteers — simply fabulous*

More than 200 people volunteer at Pathways on a regular basis. To that I say: "Simply Fabulous!." This phrase, "simply fabulous," applies to each volunteer as much as it applies to the remarkable number of volunteers who care so deeply and contribute so much of themselves to Pathways. The skill, the dedication, the commitment and the caring of each person is the core of what makes Pathways the remarkable healing center that it is. It is what allows us to offer all our regular services free of charge. Last June there was a very special appreciation dinner for Pathways' volunteers. 106 of us gathered at St. Mary's Event Center. You can see in these photos that the marvelous people present, wonderful food, a lakeside setting, the interactions, the singing, all contributed to a "simply fabulous" evening.

In my comments that evening to volunteers, I quoted the following words from "Tao Te Ching, a New Translation & Commentary" by Ralph Alan Dale.

*Speak few words,  
but say them with quietude and sincerity,  
And they will be long lasting,  
For a raging wind cannot  
blow all morning,  
Nor a sudden rainstorm last  
throughout the day.*

To all who volunteer, please let me repeat, with quietude and sincerity, simply fabulous.

Howard Bell

# UNCONVENTIONAL WISDOM

## THE CONTINUUM CENTER FALL/WINTER 2004 CALENDAR



**Janis Amatuzio, MD – A Forensic Pathologist's Perspective on Life and Immortality, Wednesday, October 27, 7-9 pm Humphrey Institute 301 19th Ave So, Minneapolis**

Janis was trained at the University of Minnesota, Hennepin County Medical Center and the Medical Examiner's Office, Minneapolis before founding Midwest Forensic Pathology, PA. She is certified in anatomic, forensic and clinical pathology, is an authority in forensic medicine and serves as Coroner and a regional resource for multiple counties in MN and Wisconsin. Her new book is *Forever Ours: A Forensic Pathologist's Perspective on Immortality and Living*.

Called the Compassionate Coroner, her work has been speaking out for the deceased. She has been providing a voice for family and friends, venturing into the mysterious realms of what is seen, heard and experienced at the threshold of the death of their loved ones. Janis shows how death investigation becomes an investigation of life and what continues after. Her presentations are hope-filled as she has discovered the deep connections between compassion and healing, dispensing her messages like good medicine. \$25/\$20 Members



**25th Anniversary Special Benefit Presentation: Caroline Myss, PhD – Invisible Acts of Power, Thursday, October 14, 7-9 pm Temple Israel 2324 Emerson Ave So, Minneapolis**

Caroline is a world-renowned medical intuitive and author of three New York Times best selling books, *Why People Don't Heal and How They Can*, *Anatomy of Spirit and Sacred Contracts*. With neurosurgeon Norman Shealy, MD, PhD, Caroline pioneered the field of energy medicine and has been training physicians and conducting public workshops around the world. In her new book, *Invisible Acts of Power: Personal Choices that Create Everyday Miracles*, Caroline explains how to manage and amplify the powerful, yet latent capacity to defy odds and send camels through the eye of needles.

To illustrate the profound ways people can transform their own – and others' – lives in an instant, Caroline tells her own trademark stories and draws from more than 1,200 stories sent to her website. She shows us that through our own acts of benevolence and compassion, we tap into and open up a new force of Nature...an old force really, but waiting patiently for us to undertake the kind of necessary intuitive and spiritual development that Caroline has been prescribing for more than two decades. \$35/\$25 Members



**Brian Swimme, PhD – Physics, Philosophy, Cosmology and Consciousness, Saturday, November 6, 7-9 pm, St. Joan of Arc Church, 4537 3rd Ave So, Minneapolis**

Brian received his PhD from the University of Oregon specializing in gravitational dynamics, mathematical cosmology and singularity theory. He is on the graduate faculty of the California Institute of Integral Studies and his books, including *The Universe is a Green Dragon*, *The Universe Story* and *The Hidden Heart of the Cosmos* have been translated into eight languages.

Brian's primary field of research is the nature of the evolutionary dynamics of the universe. His work has been featured in a three-part television series, *Soul of the Universe* (The BBC, 1991) and he lectures internationally for conferences and audiences including the American Association for Advancement of Science, The World Bank, UNESCO, the United Nations Millennium Peace Summit, and the American Natural History Museum. He is dedicated to expanding our awareness of the intelligent, self-organizing, compassionate nature of the universe, and the role of humanity in its ultimate expression. \$25/\$20 Members



**"Still Celebrating 25 Years" Holiday Open House/Fundraiser, Wednesday, November 10, 5-10 pm, Continuum Center, 2538 Hennepin Ave. So, Minneapolis**

Come experience our one-of-a-kind gallery and event center. Enjoy fabulous food compliments of French Meadow Bakery and Kowalski's Market. See our extensive collection of turn-of-the-century Edward Curtis photographs of the North American Indian and our other fine paintings and prints. Browse our books, art craft, jewelry and our silent auction! Featuring a 7 pm presentation by Lakota pipe carrier and sweat lodge leader, Paul Hayes. Paul is from Cheyenne River, South Dakota. His inspiring journey through 13 years in the adult correctional system and the 12 years since his release, reveal lessons in spirituality and humanity that many can learn from, Indian and non-Indian alike. With his own insights into traditional wisdom, Paul weaves warm wit with teachings from spiritual leaders like Arvol Looking Horse and medicine man James Jackson, Sr. \$25/\$20 Members

**Angel Exhibition – December 3–19, Horst Gallery Reception Friday, December 3rd, 6-10 pm**

Hand carved angels by folk artists from the streets of Brazil. Featuring angel expert and pneumatologist, Jim Olsen. Visit [www.horstgalleries.com](http://www.horstgalleries.com) for more information and directions.



**Edward Belbruno, PhD – Letting Go to The Moon: Angels, Aliens and Astrodynamics, Friday, December 10, 7-9 pm Horst Gallery 986 East Hennepin Ave, Minneapolis**

Ed is a well-known mathematician, scientist and artist at Princeton University, as well as a NASA consultant. He recently published two books on his mathematical work with Princeton University Press and the New York Academy of Sciences. His bold theory of space travel was successfully used in 1991 to rescue a Japanese spacecraft and bring it to the moon, and he has appeared twice on NBC's Today Show to discuss space-related issues. His art tours the US and Europe, and his paintings are in major collections including NASA headquarters and the Smithsonian.

His talk is about the magical process of discovery, both in science (or any professional endeavor) and in one's personal life. It's also about overcoming obstacles and how that sudden flash of insight, or that wildly fortuitous "coincidence" can be intimately related to letting go of personal struggle with resentments, fear, anger and judgmental attitudes. Like one of his new routes to the moon, Ed describes how learning to let go could launch your life in a new direction that you could never have imagined in your wildest dreams, and how his own journey was forever changed by a fateful encounter with something that may have come from the reaches of space he has yet to fully understand. \$25/\$20 Members

**The Continuum Center Book Guild Inaugural Meeting, Tuesday, January 11, 2005 7-9 pm Continuum Center and Gallery 2538 Hennepin Ave So, Minneapolis**

Exploring consciousness, human capacity and the interconnectedness of life. Join us for introduction, and connections. Books sold online and at the Continuum Center. *Catching the Light* by physicist Arthur Zajonc, Ph.D will be our first selection. Annual Book Guild Membership: \$100/\$75. Includes 11 meetings, library card and 20% off book purchases. Membership is tax deductible. For more info contact [chipaber2001@msn.com](mailto:chipaber2001@msn.com).



**Tom Gegax – By The Seat of Your Pants, Thursday, January 20, 8:30-1:30pm Horst Gallery 986 East Hennepin Ave, Minneapolis**

Tom Gegax is co-founder and Chairman Emeritus of the \$750 million upscale retailer Tires Plus, which he catapulted to uncommon financial success. He has been profiled in the New York Times, Fast Company, CNBC, CNN, featured in three PBS specials, has won many awards including 1995 Entrepreneur of the Year and was recently inducted into the Minnesota Business Hall of Fame. His perspective and expertise are invaluable for executives, entrepreneurs and anyone facing intense leadership and organizational demands – applicable to the high-stakes world of business and to any-sized environment where people work together for a common goal.

This special session is a masterful blend of holistic and linear, Eastern and Western, part rubber-meets-the-road practicality and part philosophy inspired by his journey through personal and professional crisis. Tom has sat on the boards of and consulted for New York Times best-selling authors Deepak Chopra, MD and John Robbins, and for some of the best-known names in American politics. In this surprising seminar of step-by-step strategy, big picture thinking and personal interaction, Tom draws from his critically acclaimed 1st book, *Winning In The Game Of Life* and highlights key insights of his new book, *By The Seat of Your Pants: The No-Nonsense Business Survival Guide*. Cost: \$130/\$110 until December 31; \$175/\$155 Includes lunch and a copy of both books.



# Healing Through Story Conference,

*Pathways is a contributing sponsor for this conference and is hosting a Pre-conference event Showcasing Pathways' Facility*

## Pre-Event: Celebrating Pathways' Oral Tradition

Thursday, February 24, 2004

- > Open House 7:00 – 9:00pm
- > Pathways' Stories 7:45 – 8:15pm

Guests from the Healing through Story Conference as well as the Pathways' Community are invited both to tour our facility and to hear Pathways' Stories.

### Cost:

- > Free

### Location:

- > Pathways, 3115 Hennepin Avenue South,  
Minneapolis, MN 55408

**Pre-Registration Requested by calling (612) 822 - 9061**

## HEALING THROUGH STORY A MULTI-DISCIPLINARY CONFERENCE *Celebrating the Oral Tradition*

February 25 – 27, 2005

Minneapolis, MN

Minneapolis Marriott City Center Hotel

### Presenters include:

- > Allan Chinen M.D., Author  
*The Tao of Story: The Role of Stories in  
Spiritual Development*
- > David Gordon  
*Igniting Personal Transformation through Story*
- > Barbara Spring Ph.D. & Judy Wright  
*Missoula Demonstration Project, Stories Help Us Die Well  
and Grieve Well: Nurturing Storytelling at the End-of-Life*
- > Lewis Mehl-Madrona MD. Ph.D.  
*Narrative Medicine: Inspiring Physical Healing  
through Story*
- > Antonio Sacre, Ricardo Provencio, Loren Niemi, Dovie  
Thomason Sickles  
*Truth telling and Forgiveness: Story, Culture and Change*

### For more information:

- > <http://www.healingstory.org/events/events.html>
- > Andre Heuer at [Andreh@usfamily.net](mailto:Andreh@usfamily.net)
- > 612-920-5914

### Sponsored by:

- > Healing Story Alliance A SIG of The National Storytelling Network [www.healingstory.org](http://www.healingstory.org);
- > Center for Spirituality and Healing at the University of Minnesota
- > Pathways: A Health Crisis Resource Center
- > Northlands Storytelling Network
- > Northstar Storytelling League

The conference is designed around the use of story in five distinct areas: Health Care, mental health, grief and bereavement, spirituality, and community development. There will be five all day presentations on Friday and half-day workshops and one-hour healing story demonstrations on Saturday. The entire conference will provide an opportunity for lively discussions in story circles and other formats.

### Objectives:

To investigate and explore the use of story to create occasions for healing and to foster health for individuals and communities.

To support participants in developing practical skills in story evoking, gathering, telling and listening skills.

### Conference Fees

EARLY BIRD REGISTRATION	PRE-REGISTRATION	REGULAR
July 1st - Dec. 31	January 1 - Feb. 18	at the door Feb. 25

### Full Conference

\$220	\$265	\$315
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### Friday Evening thru Sunday

\$165	\$195	\$235
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### One Day Friday/Saturday

\$95	\$125	\$165
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Pending Approval\* +\$30 CEU's and CMEU's

\* Application has been made and is under consideration with the University of Minnesota, Continuing Medical Education for Category 1 credits and also continuing education units for some presentations within our program."

# *contributors 2004*

## *contributors*

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Anonymous  
Dr. Carol Austin  
Lori Barg  
Pat Beaubien  
Lois & Jock Bishop  
Miriam Cameron  
Cait Clancy  
Kit Clayton  
Jody Cohen Press  
Nancy C Cosgriff  
Lynda Cramer  
Duane Crawford  
Ruth and Bruce Dayton  
Barbara Diedrich  
Clover Earl  
Barbara English-Belanger  
Diane Faust  
Susan Gaustad  
Tom Gegax and Mary Wescott  
Brenda and John Glatzmaier  
Janda Grove  
Pat Hart  
Linda Hayen  
Lannette Huberty  
Beth Hutchinson  
Ginny (Virginia) Jacobson  
Nancy Jacobson-Torarp  
Art and Martha Kaemmer  
Barbara Koch  
Kathy Kraft  
Charlene Larsen  
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Janice and Thomas Palkowski  
Cynthia Ann Parson  
Sally Polk  
Mary Ruth  
Pamela Sand  
Bill Schaeffer  
Susan Searle  
Corinne Segal  
Carol Stark  
Gladys Starks  
Dina Valentine  
Alice Vollmar  
Joanne and Phil Von Blon  
Carol Wagner  
Kate Wagner  
Kevin Welsh  
Ruth Wilkman  
Marie Wirth  
James Wittenberg  
Gayle Woodruff  
Barbara L. Young  
Allan Zawistowski  
Carol E. Zempel

## *in memory of*

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*Shannon*  
Margaret Kneer  
*Lois Ansell*  
Sandy & Shel Olkon  
*Michael Beaird*  
Linda Richardson-Beaird  
*Alden Borchers*  
Merle and Lynda Borchers  
*Gary Cooper*  
Mary M. Evans  
Margaret Hoffman  
*Neil Fishman*  
Jean Marie Lindquist  
*Muriel and Irving Hork*  
Santee Hork

*Gerry Kath and Jackie Kingston*  
Barb Covart

*Kimberly Johnson*  
H. James or Darci J. Landvick

*Jane Kroos*  
Jane Bromaghin

*Jan Levin*  
Jeanne and Steven Gilfix

*Rich Miller*  
Michael A. Olson

*Jack O'Brien*  
Jack and Linda Stewart

*Corinne Pillsbury*  
Clare N. Griffith

*Aquilla Posten*  
Polly Posten

*Evelyn Roo*  
Pat Nolan

*Virginia Steele*  
Mary Lou Peterson

*Vern Teague*  
Polly Posten

*Harris Zidel*  
Lorna Call

## *in honor of*

---

*Dee Bailey*  
Amy Sheldon

*Howard Bell*  
Alyce Dawn

*Sandra Jean Moon*  
Alyce Dawn

*Evelyn Pius*  
Harriet Frank

*Harriet Santee*  
Alyce Dawn

*Monica Wicks*  
Cass McLaughlin

*Mike and Penny Winton*  
Alyce Dawn

# friends of Pathways

contributor card

**Yes! I would like to help Pathways continue service to participants facing the greatest challenge of their lives.**

## Enclosed is my gift of:

- Sustaining      Sponsoring      Contributing      Supporting      Friend  
 \$1000       \$500       \$250       \$100       Other  
 I would like my gift to be anonymous

Visa     Mastercard # \_\_\_\_\_ Exp.Date \_\_\_\_\_  
(Include below your name and address exactly as credit card is billed)

- I would like to receive information about volunteering at Pathways  
 I have contacted my employer regarding our corporate matching program

**Thank you for your gift.** Pathways is a public charity with exempt status under section 501(c)(3) of the Internal Revenue code. All gifts are tax deductible as allowed by law.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

## OPTIONAL CHOICES

### This gift is:

- In Honor of \_\_\_\_\_  In Memory of \_\_\_\_\_  
(Please include name and address if you'd like us to send an announcement)

Name of family member \_\_\_\_\_ Relationship \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make checks payable to Pathways and mail to:** Pathways, 3115 Hennepin Avenue South, Minneapolis, MN 55408  
**Thank you for your commitment to our future!**

## 2004 wish list

The following new items are needed at Pathways. Please consider a gift in-kind, a gift certificate, or a monetary gift toward purchases. Contact Howard Bell with questions.

- Microphone and Amplification for Speakers Room
- Technology Equipment or Software Upgrades
- Adjustable Office Chair
- Pillows and Blankets
- Automatic Dishwasher
- Blank "Type II" Audiotapes (60, 90 or 120 Minutes)
- Blank Videotapes (Two Hours - Minimum)

*thank you.*

# Pathways

A HEALTH CRISIS RESOURCE CENTER

3115 Hennepin Avenue South  
Minneapolis, MN 55408  
612-822-9061

Non-Profit Org.  
U.S. Postage  
PAID  
Minneapolis, MN  
Permit No. 239

*Return Service Requested.*

# Pathways News

FALL 2004

*storytelling*

