

The Red Shoes Circle

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2023 Newsletter



The Red Shoes

A Center for Personal & Spiritual Growth

Project Hope

Did you know all of our programs are available at no cost to anyone in treatment for Cancer or other chronic health conditions?

In 2023, you have helped us offer over 700 scholarships.

While doctors and medication are key to restoring health, we also know that yoga, creative arts, meditation and general self-care are vital to the healing process.

Your gift today insures the future of Project Hope.

Project Hope provides scholarships for these enrichments that help individuals regain their sense of self, their relationship with their healing body and their personal power.

In the coming year, your donation will help someone recover.

Imagine: Inner Light Emerges to Heal Others

“The picture was placed on the altar, the candle lit, and we all held a moment of silence, giving space for a loved one.”



This was Kimberly Moore’s favorite moment from a grief workshop, *Legacy Circle*, that she first started thinking about creating in 2005. No stranger to loss, Kimberly yearned to make grief something that wasn't hidden away and endured alone.

She wanted to share the healing power of witnessing grief and love. But *her fear of “not being understood and accepted” kept her from her sacred purpose.* Finally, Kim attended a yoga class at The Red Shoes and felt something different - *she felt both she and her ideas were welcome. She sensed the time was right!*

With encouragement, Kimberly created a powerful workshop that brought healing to others. She also felt the “incredible feeling of when you are aligned with your heart.” All who attended this remarkable day, experienced healing in community through writing, yoga, shared stories and a butterfly release.



Butterfly Release



Kimberly Moore

Your generosity makes it possible for Kimberly to offer the unique gifts of her heart and for others to process grief and release trauma.

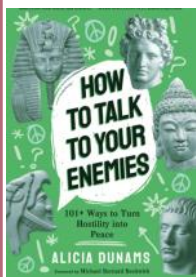
Thank You!

"If you want peace, you don't talk to your friends. You talk to your enemies."

— Desmond Tutu

Join Us for a Community Weekend of Learning:

Making Peace with The Pieces: A Transformative Peace Workshop For A Divided World



With Retreat Leader and Author, Alicia Dunams

April 12-14, 2024

Help us take this step forward in imagining a path to peace, dialogue and understanding.

Tired of the Violence? Invest in Peace, Today.

Celebrating 25 years as a source of healing and harmony.

Our inclusive community broadens understanding & encourages self-discovery.

Our Circle of Leadership:

Celia Bailey Jodi Perrodin
Donna F DeJean Charity Parsons
Lisa Delpit Sandy Patrick
Lydia Lafleur Monique M Piper

Founder: Roberta Guillory

Executive Director:

Wendy Herschman

Assistant Director:

Dorcas Brandon

Administrative Assistant:

Carli DiLorenzo

We are a 501(c)3 non-profit.

Imagine: Hard Issues Creating Community

While most of the culture is avoiding the hard conversations, every Wednesday morning, a dedicated circle of seekers come together to discuss, learn and grapple with complex social issues.

Our **Compassion in Action Book Circle**, presently reading, *Poverty By America*, explores the realities of incarceration, education, race, violence, classism and misogyny. This is a comfortable space for the sharing of controversial ideas and experiences. Rather than blaming others for cultural problems, participants empower themselves with information



that can lead to needed social action.

Your dollars support a space for people to come together to discover new facts and perspectives and then see how to take a step forward to create change.

Thank you for investing in our collective future: "Knowledge is Power."

"I am incredibly grateful for the transformative experience I've had as a new member of The Red Shoes family. Being part of this community is empowering and inspiring.

The support, encouragement, and camaraderie create a nurturing and welcoming environment where I feel lifted up and blessed.

The Red Shoes provides a safe space for vulnerability allowing me to embrace my authentic self, without judgment."

Tammy D

Pasha Hogan Retreat
An Invitation to Wholeness - 2023
Feminine Wisdom,
Inspiration & Creativity

Join Pasha:
Creative Discovery
Ireland Experience

May 16-23, 2024
Sign Up Today.



All Smiles at End of Retreat with Pasha !

Imagine: Healthy and Delicious ... and Fun

Consider a new take on health care: How can we embrace a plant-based diet? It's better for you and better for the environment. **Harvest Tea** brought together food experts from **Adomleaf Tea** and **King's Market Royal Goods** to share tips on preparation, ingredients and nutrition of plant-based foods that help reduce inflammation, digestion and allergy problems. Skip the prescription, try healthier food choices! The samplings were delicious from these Black, female-owned businesses.



With your help, we are able to imagine new ways of sharing information that improves longevity and quality of life. Who doesn't want to enjoy better health?

Your gift today promotes building habits of wellness and self-care.

"It took a hard day and some bravery to walk into The Red Shoes for the first time, but as I crossed the threshold, what opened up to me was a path of endless possibilities. The genuine warmth I felt was exactly what I needed during a transformative time. Because of this center and community, I know that I'm never truly alone, there are people who can see my light even when darkness is all I perceive."

Holly L.

What a transformation! Holly is now following her heart and is sharing her inner peace by leading beautiful meditation classes.

Thank you for supporting a space for people like Holly to explore their spiritual path so they can live authentically. We need the gifts each person has to offer.



Imagine: Caring People Erasing Food Scarcity - Together, We Can!



The Zeta Chapter of Zeta Phi Beta planned their annual meeting at The Red Shoes... and planned a big, fill the fridge day, too. Each person brought a healthy food gift. ***They imagined how their meeting could help others.***

How can you help? Bring food, help our weekly "Sammich Makers" or create your own way to provide food.

Please donate today: It costs about \$100 a month to maintain the Fridge.

We occasionally supplement the food inventory and regularly buy compostable sandwich bags.

Your compassionate gift helps us imagine even greater ways to alleviate hunger in our community. Donate today. Families are depending on you.

Imagine: Lighting the Way for Others

Dear Friends,
Roberta Guillory gave birth to the dream of The Red Shoes in 1999. As we enter our 25th year, we are still focused on the original vision of creating inclusive opportunities for spiritual growth and empowerment, the divine feminine and the interconnection of all. *Your caring commitment to these values keeps this dream vibrant and ever-growing.*

Wendell Berry challenges, *"You have to be able to imagine lives that are not yours."* Berry turns us toward empathy and toward each other. In our current culture of polarization, we are challenged to sense the feelings and perspectives of others. The Red Shoes' programs guide us inward to the source of our love and compassion and then outward to heal and tend all others. As we are led to our feminine wisdom and the deep call to nurture as one, we envision a world where everyone has access to healing opportunities, to nutritional needs, to building wellness and self-care habits, to spiritual inquiry and ecological awareness.

You have the opportunity to light the way, to be sure others can experience gatherings that inspire our hearts and feed our souls and build a world of peace. If your experiences at The Red Shoes have been important to you, make sure it stays available for everyone by joining this Circle of Giving today.

Thank you to everyone who has supported The Red Shoes this year and in the past. If you have not given a donation and you believe in this work, **you can make the decision to join with us today to make 2024 a year of evolutionary growth.** Join with us to build this community that increases understanding and embraces diversity. *Mail in your end of the year, tax-deductible donation now!*

Invest in a future that shows you care. Please remember, your dollars can change the world.

Sandy

Sandy Patrick, Leadership

Wendy

Wendy Herschman, Executive Director

Roberta

Roberta Guillory, Founder

***P.S. - Every Donation Matters: Partner with Us. Be a Change-Maker in 2024.
Please make your tax-deductible gift today to our Circle of Giving.***



The Red Shoes Circle of Giving. Your Gift Today Creates Change for a Better Tomorrow.

Name _____

Address _____ City _____ State _____ Zip _____

Email address _____ Phone _____

___ up to \$50 Open Hearted Circle

___ \$51-\$100 Circle of Understanding

___ \$101-\$200 Circle of Caring

___ \$201-\$500 Circle of Compassion

___ \$501-\$1000 Circle of Change

___ over \$1000 Sustaining Circle

Gift () in memory of () in honor of _____

Also acknowledge to this name and address: _____

() Check enclosed — our preference to avoid credit card fees.

() Recurring Monthly Credit Card Gift or Monthly Bank Draft for \$_____.

Make your credit card donation right now at www.theredshoes.org - click "Support."

Thank You! May we print your name as a member of our Circle? Yes No