

BIG UPDATES REGARDING THE BUILDING SALE!

As many of you know, we've been very busy here at Pathways as we continue to evolve and grow. We're very excited to share that there is currently an offer on the well-loved Pathways building! The offer is currently in-progress, so nothing is set in stone just yet—we'll provide more details as the deal moves along. In even better news, the potential buyers have agreed to us leasing space back in our beautiful building so we can continue to offer in-person services at 3115 Hennepin Avenue South! The goal is to keep acupuncture running continuously and to bring massage back in the fall as well, all of which will take place in the same location they always have, so nothing changes for those in our community seeking in-person services. We couldn't be more thrilled with how things are working out so far, and we're excited for what's in store once the sale goes through. Our board has still been hard at work behind the scenes strategizing and planning what Pathways 2.0 (as we've affectionately been calling it) will look like. We can't wait, and we hope you can't either!

OPEN HOUSE ON THURS., APRIL 25TH

Pathways will be hosting an open house event on Thursday, April 25th from 4pm to 7pm at our building here in Uptown, to honor the space that has been our home for 30+ years and to celebrate what's to come.

We'll be holding a brief ceremony and program starting at 5:30pm and finishing things off with Shamanic Drumming! In addition, we will be holding a book sale in our library—if you've had an eye on any of the books we have, now's your chance to snag one for yourself! Light snacks and refreshments will be provided.

Please RSVP by Thursday, April 18th by emailing emerson@pathwaysmpls.org. We hope to see you there!

THE PATHWAYS TEAM



Emerson Smith (he/him)
Operations Manager
emerson@pathwaysmpls.org

PROVIDER HIGHLIGHT: WENDY BROWN-BAEZ



Wendy has been part of the Pathways Provider team for well over a decade! She began leading her *Writing For Healing* sessions all the way back in July 2013. In her own words, "My passion is to facilitate writing workshops for those who may not think of themselves as writers but have a story to tell. I believe that writing fulfills a longing for connection and meaning and my motto is, 'The shortest bridge between us is a story.'" You can find more info about her sessions on page 7, or the Browse All Sessions page on our website!



VIRTUAL PROGRAMMING

Pathways offers virtual programming using the Zoom online platform. [Please visit our website here](#) for more information and troubleshooting tips.

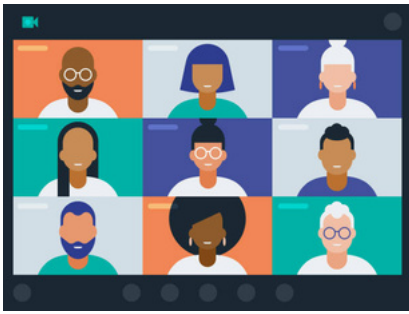


IN-PERSON PROGRAMMING

Pathways is currently offering select one-on-one and group in-person sessions. Our building is open to those with scheduled sessions/appointments only; *drop-in visits are not permitted at this time*. All visitors will be required to wear a face mask and complete a COVID19 screening survey upon entry. For more information on our in-person guidelines, [please visit our website here](#).

NEW TO PATHWAYS?

Pathways offers no-cost holistic healing services and resources to people with life-threatening, chronic and life-changing health situations (as well as their caregivers). Our healing services are offered by Volunteer Providers who help Participants explore a wide range of healing approaches for body, mind, heart and spirit.



HOW TO GET STARTED

New Participants are required to attend [New Participant Orientation](#) prior to registering for sessions at Pathways. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services, as well as allow time for questions at the end.



These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information.

CREATING AND MANAGING YOUR PARTICIPANT ACCOUNT

Following orientation, [visit our website here](#) to create your Participant Dashboard account. Here, you will be able to browse all available sessions and put in your requests for the ones you'd like! You have until the 25th of each month to submit your requests. The following day, our system will randomly assign Participants their sessions for the month. You will receive an email if you are given any assignments.

Assigned sessions can be found on the [View My Scheduled Sessions](#) page. Sessions that you requested, but were not assigned to, can be found on the [View My Waitlisted Sessions](#) page.

Five days prior to your assigned session, you will be given the ability to confirm your attendance. Please be sure to log into your Dashboard and confirm as soon as possible. For Virtual sessions, your Zoom link will appear once you confirm your session. You may cancel your attendance at any time during the month.

UPCOMING ORIENTATION DATES

[Thurs., 5/2 at 11:00am](#)

[Wed., 5/22 at 12:00pm](#)

[Tues., 6/4 at 11:30am](#)

[Fri., 6/21 at 11:00am](#)

Click the dates above to register!

To cancel/reschedule your orientation date, please email us at scheduling@pathwaysmpls.org

All orientation times are in Central Time (CST)



PARTICIPANT CATEGORIES

Upon creating your account, you will be asked to assign yourself a category based on your current health situation. Our system will place priority on those with higher categories when making random session assignments.

Careivers may choose to pick the same category as the person they are caring for, or to pick whichever category aligns with their own health.

Categories are self-identified by the Participant, and Pathways will never diagnose or require proof of a diagnosis to justify a category assignment. If you have been a Category 1 or 2 for a year without any advance in illness, we ask that you move your category to the next lower level to allow for newly diagnosed/those with advancing illnesses to have higher priority.

CATEGORY 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

CATEGORY 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, lyme, etc.).

CATEGORY 3

For persons in recovery from stress and emotionally-based concerns related to physical illness or significant life challenges, such as grief, loss and chronic inequities.

PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products. To this end, we ask that you please refrain from applying perfume, cologne and/or essential oils within 24 hours of your attendance at Pathways. We also ask that you do not smoke on the property.



Interested in volunteering? Pathways is always excited to hear from potential Providers and Support Staff Volunteers!

Volunteer Providers are masters in their areas of expertise and should meet the following requirements to offer their modalities here at Pathways:



- Experience working with people facing life-threatening or chronic illness
- At least 100 hours working in the specific modality offered at Pathways
- Professionally trained and/or certified
- Feel a heart connection with Pathways' healing approach
- Ability to articulate a personal healing philosophy
- Actively practice the modality offered at Pathways
- Embrace the spiritual aspects of healing while being comfortable in a non-religious environment

Please [visit our website here](#) for more information and to complete our Volunteer applications!



How are we doing? We'd love to hear from you! We invite you to fill out our [online evaluation form here](#) with any feedback, questions, comments or concerns. You can also email us directly at scheduling@pathwaysmpls.org



Follow us!

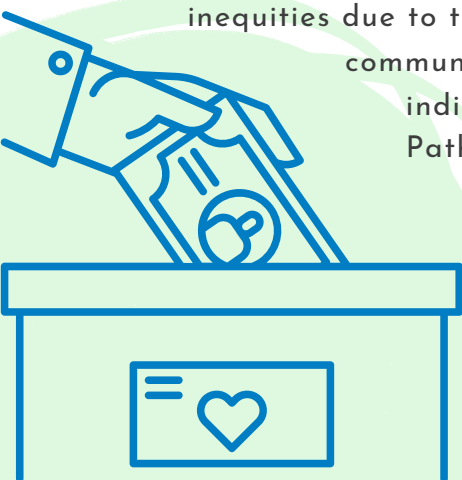
We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

Pathways is committed to ongoing work, learning, service, outreach, and healing to better serve individuals and groups identifying as Black/Indigenous/People of Color (BIPOC), Lesbian/Gay/Bisexual/Transgender/Queer or Questioning/Intersex/Asexual (LGBTQIA+), people with disabilities, and all others who are marginalized.

All are welcome here.



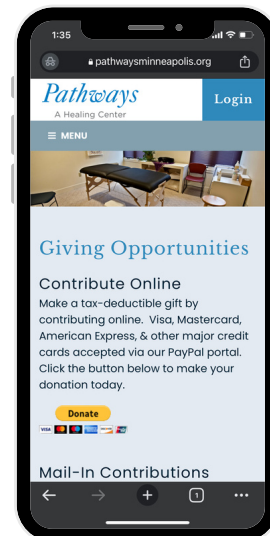
Pathways is able to provide a wealth of services and resources to those with life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through individual donations, so please consider supporting Pathways by making a donation today!



Click here to make a donation on our website via PayPal!



You can explore more ways to donate and support [on our website here](#). Thank you for your contribution!



IN-PERSON ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Individual Acupuncture (In-Person)

NWHSU

Mon., May 6, 13, 20 (Series)
Mon., June 3, 10, 17, 24 (Series)

1:00pm - 2:15pm
2:15pm - 3:30pm
3:30pm - 4:45pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

IN-PERSON GROUP SESSIONS

Listed alphabetically by session title



Community Acupuncture (In-Person)

NWHSU

Mon., May 6, 13, 20 (Series)
Mon., June 3, 10, 17, 24 (Series)

1:00pm - 2:00pm
1:30pm - 2:30pm
2:00pm - 3:00pm
2:30pm - 3:30pm
3:00pm - 4:00pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

VIRTUAL ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Bio-Energy Healing (Virtual)

Ann Agrimson

Thurs., May 23, June 27

12:00pm - 1:00pm
1:30pm - 2:30pm

This distance healing session begins with a check-in between provider and participant via phone or Zoom. Following the check-in, each person disconnects and the participant finds a comfortable place to relax during the distance healing. The provider works within the participant's energy field as if they were physically in front of her. When the hour is up, the provider remotely closes the session and the participant gently eases back into their day.



Completing Your Health Care Directive (Virtual)

Gay Moldow

Tues., May 7, 21, June 4, 18

1:00pm - 2:30pm

Everyone should talk with a trusted person about their health care wishes. In MN, a completed health care directive can appoint an agent to speak for you if/when you cannot express your choices about your current and future health care treatment. The Honoring Choices form will be discussed and completed identifying your wishes and choice of agent.



Distance Reiki (Virtual)

Cindy VanDrasek-Pai

Tues., June 4, 25

9:30am - 10:00am

Wed., June 5, 26

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. Reiki sessions last between 25 minutes and balance the whole person as well as stimulate the body's own natural healing ability.



Guided Imagery (Virtual)

Mary Ellen Kinney

Tues., May 7, 21, June 4, 18

9:30am - 10:45am

11:15am - 12:30pm

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it!



Healing Touch (Virtual)

Jim Taylor

Thurs., May 2, 9, 16, 23, 30 June 6, 13, 20, 27

12:00pm - 12:45pm

1:00pm - 1:45pm

We will begin this online session by discussing your healing request or intention. You may then choose to disconnect or maintain the connection. You will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.



Healing Touch (Virtual)

Mary Johnson

Tues., May 7, 21, June 11, 25

12:00pm - 12:45pm

1:00pm - 1:45pm

Healing touch is a gentle intentional healing art that promotes balance and flow in the human energy field requiring a deep sense of centeredness and mindfulness. The session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.

VIRTUAL ONE-ON-ONE SESSIONS

Continued

 Healing Touch (Virtual)

Wed., May 8

Niels Billund

4:30pm - 5:30pm

Healing Touch is a relaxing and nurturing energy therapy that works on opening the chakras, thereby creating a free flow of energy. In this online session, the participant will experience a deep relaxation and strengthening of the body's immune system, lifting of mood and lowering of anxiety and depression.

 Healing Touch & Reiki (Virtual)

Wed., May 1, 22, June 5, 26

Liz Flavin

1:00pm - 2:00pm

2:15pm - 3:15pm

The movement of energy is not restricted by time and space, which allows distance healing to be effective when provider and participant are not in the same location. This virtual session will begin with a brief check-in conversation via Zoom to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.

 Integrative Health and Well-Being Coaching (Virtual)

Wed., May 8, 15, 21 (Series)

Wed., June 12, 18 (Tues.), 26 (Series)

Mary Dobish

11:00am - 12:00pm

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being.

Health coaching is a series of three appointments. Only the first session is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. **(Multi-Session Series)**

 Life Coaching (Virtual)

Wed., May 1, 8, 15 (Series)

Carla Beach

9:30am - 10:30am

10:30am - 11:30am

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. **(Multi-Session Series)**

 Speaking of Death: Exploring Options and Conversation (Virtual)

Wed., May 8

Fri., June 7

Marilaurice Hemlock
or Anne Archbold

12:00pm - 12:45pm (May)

1:00pm - 1:45pm (May)

10:00am - 10:45am (June)

11:00am - 11:45am (June)

This session is tailored to exploring the needs and questions of the individual participant about after-death options. Common topics explored include the five possibilities for disposition of the body in the Metro area, costs, paperwork to be completed before death, home funerals, legal issues, funeral/memorial/graveside services, care for the body at home, and memorial services ideas. It is a time for questions and conversation about a topic that many avoid, but Anne & Marilaurice embrace fully.

 Spirit Allies (Virtual)

Thurs., May 2, 16, 30, June 13, 27

Jan Page

1:30pm - 2:45pm

3:00pm - 4:15pm

Learn to recognize and strengthen your connection to your Spirit Allies committed to protect, heal, guide, & inspire you. Spirit Allies can be deities, ancestors, nature, personal beliefs and more. During this session you can be seated or laying down.

 Too Much Togetherness (Virtual)

Mon., May 6, 20, June 10, 24

Barbara McCleary

11:00am - 11:45am

12:00pm - 12:45pm

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life. Whether it is you on your own, you and a partner, children, roommate(s), or a larger extended family, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.

 Voice Healing (Virtual)

Wed., May 1

Fri., June 21

Myo-O Marilyn
Habermas-Scher


9:30am - 10:15am

10:30am - 11:15am

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated.

VIRTUAL GROUP SESSIONS

Listed alphabetically by session title

 Adventure with Inspiration and Gratitude (Virtual)

Tues., May 28, June 25

Stephanie Siddiqui

10:00am - 11:00am

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

 Chair Yoga Therapy (Virtual)

Mon., May 6, 20, June 10, 24

Julie Shannon Williams

11:00am - 12:00pm

This therapeutic, adaptive class promotes well-being through correct posture, breath and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. We will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels and dress in comfortable, layered clothing.

VIRTUAL GROUP SESSIONS

Continued

Conscious Creating (Virtual)

Tues., May 21, June 11

Feeling creative or playful or unsure? Use your intuition for whatever artistic media you like to use. You can create paper collages, digital art, sketch, paint, weave, carve, knit, etc... use this creative time together to be inspired and share your artistic expression/passion/insights. Consciously create what you emotionally react to for wellness and healing. Create with others with the intention of expressing what is important to you at this moment for healing with a different theme each month.

Stephanie Siddiqui
10:00am - 11:00am

Exploring Isolation & Connection (Virtual)

Mon., May 20, June 24

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude and loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? What types of connection do we require to thrive? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? Why is service to others an antidote to loneliness? In this group, we will explore these questions and more.

Barbara McCleary
2:00pm - 3:15pm

Handwriting That Heals with The Vimala Alphabet (Virtual)

Thurs., May 2, June 6

Did you know that your handwriting is a gateway to healing and self-fulfillment? This session will provide you with the tools and technology to transform old thought patterns into new and supportive ones that will result in exciting new ENERGY in all areas of your life! Just by choosing to make a few changes to the way you write! Learn a simple practice that has NOTHING to do with handwriting analysis (I promise) and was not created to improve penmanship; it was created to improve lives! All you need is a pen, unlined paper and a desire for change.

Shannon Poppie
12:00pm - 1:15pm

Healthy and Simple Meals (Virtual)

Fri., June 28

In this online cooking presentation, you will learn how to prepare simple and tasty meals for yourself and others. Most of the recipes will be based on a plant-based diet. Gluten-free and low carb alternatives will be mentioned as needed.

Mariola Minta
1:00pm - 2:15pm

Holding Difficult Emotions with Kindness & Compassion (Virtual)

Thurs., May 23

Learn simple tools to hold your inner and outer life with more gentleness, reduce stress and fear and promote a kinder way of being. Together we will explore and try on different ways to take care of ourselves during challenging times. Often just recognizing what our inner truth is can be the first step. Acceptance is not about liking how things are but simply recognizing how things are and how, out of that recognition, we can we respond with more kindness and compassion. Have some paper and colors (crayons, markers, etc) handy, for a simple written exercise.

Spruce Krause
10:30am - 12:00pm

Missing Our Moms (Virtual)

Wed., May 8

Mother's Day is coming up and all the ads are about flowers and chocolates and breakfast in bed. No matter what our relationship, losing our mothers can be disorienting and the loss profound. Join others as we use art and poetry as a framework to tell stories about our moms, our grief and our wisdom.

*Maia Twedt &
Anne Supplee*
4:00pm - 5:00pm

Sculpting Your Energy (Virtual)

Wed., May 15

Managing your physical, mental, and spiritual energy is a survival skill for people who don't feel well. What if we think of each days' energy as a ball of clay we need to sculpt? We'll use creative journaling prompts to explore how to sculpt our energy more skillfully. Journaling helps us become aware of our thoughts and feelings and sharing our discoveries helps us understand we aren't alone on our healing journeys. Bring your journal and something with which to write. You may want to have colored pencils -or markers available.

Kate Wolfe-Jenson
11:00am - 12:00pm

Sing and Share Freely (Virtual)

Tues., June 18

Sing and share freely virtually for a healing community singing circle and open mic. Participants are invited to join in song together and space will be created for individuals to share in an open mic format (but not required!). Come to listen, participate and have fun!

Stephanie Siddiqui
10:00am - 11:00am

Spiritual Self Talk (Virtual)

Tues., May 28

Create a deeper knowing of the spirit's voice of love and be able to override the negative inner critic and/or stressful voice of the "ego." You can stop old belief systems by growing the voice in your heart, cultivating new feelings of worthiness, trust and self-acceptance. The spirit speaks from love and possibility and offers a whole new experience of life. Learn to be free from fear and negativity and better handle any challenge that life throws your way.

Lisa Venable
11:00am - 12:00pm

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon., May 6, 20, June 3, 10, 17, 24

Please join us as we gather to share our Love Energy with each other and balance our energy. You will be guided as you practice the simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and can be done standing or sitting.

Barb Palmer
1:00pm - 2:00pm

Summer Meditation (Virtual)

Mon., June 3

Join others for a guided meditation. We'll begin with a gentle breathing exercise and allow the energy of the sun to warm us inside and out. This will be about 20 minutes long.

*Maia Twedt &
Anne Supplee*
10:00am - 10:30am

VIRTUAL GROUP SESSIONS

Continued



Tai Chi Chih (Virtual)

Marlena Vernon

Fri., May 3, 17, 24, June 7, 14, 21, 28

10:00am - 11:00am

This Tai Chi Chih ongoing group deepens fundamental knowing of Tai Chi Chih principles in this movement meditation practice. We focus on deepening the experience of the basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, and establish a foundation for integrating the practice into our lives.



Tai Chi Chih: Joy Through Movement (Virtual)

Marlena Vernon

Tues., May 7, 21, 28, June 4, 11, 18, 25

10:00am - 11:00am

This introductory practice consists of a series of gentle, simple movements that develop inner awareness of energy flow within the body which can open up Chi blockages and can be done at all levels of ability. The repetitive mindful movements are designed to allow a balancing and circulation of Chi and may be done standing or seated. It has been described as "acupuncture without needles."



Tai Chi for Rehabilitation (Virtual)

Stephanie Siddiqui

Tues., May 7, June 4

10:00am - 11:00am

This is a wonderful Tai Chi for Health form that is a mix of Sun, Yang, and Chen Styles and it is great for beginners and intermediate levels. Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes on practice, and 15 minutes on cool down and reflection.



The Four Movements of Chronic Illness (Virtual)

Kate Wolfe-Jenson

Fri., June 21

11:00am - 12:00pm

As Kate Wolfe Jenson sought to understand how to live with her own chronic illness (MS), she developed a model. Learn about her four movements in the dance of chronic illness: overwhelm, incubation, reconciliation, and rededication. We'll use creative journaling prompts to identify and explore our personal choreographies. Journaling helps us become aware of our thoughts and feelings and sharing our discoveries helps us understand we aren't alone on our healing journeys. Bring your journal and something with which to write. You may want to have colored pencils -or markers available.



Two Old Women: Book Club

Christine Smith

Sanchez-Peterson

Wed., May 22, 29, June 5, 12, 18 (Tues.), 26

1:00pm - 2:30pm

Two Old Women: An Alaska Legend of Betrayal, Courage and Survival by Velma Wallis is about two elderly Native American women who must fend for themselves during a harsh Alaskan winter. Based on an Athabascan Indian legend passed along for many generations from mothers to daughters of the upper Yukon River Valley in Alaska, this is the suspenseful, shocking, ultimately inspirational tale of two old women abandoned by their tribe during a brutal winter famine. Though these women have been known to complain more than contribute, they now must either survive on their own or die trying. In simple but vivid detail, Wallis depicts a landscape and way of life that are at once merciless and starkly beautiful. She has created two heroines of steely determination whose story of betrayal, friendship, community, and forgiveness "speaks straight to the heart with clarity, sweetness, and wisdom."



Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin

Mon., May 6, 20

9:00am - 9:45am

Start the week mindfully with an online meditation practice mostly using the practices from the Mindfulness-Based Stress Reduction (MBSR) program. Session led by a facilitator who is a qualified MBSR teacher and is also trained in Trauma Sensitive Mindfulness and Mind-Body Skills. Participants will be guided to listen to what is needed and/or use the time to support their own ongoing practice.



Writing for Healing (Virtual)

Wendy Brown-Baez

Thurs., May 9, 23, June 13

1:00pm - 2:30pm

Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we write in short bursts of 7- 8 minutes and share what we wrote, followed by supportive, positive feedback. The purpose is to tap into our inner voice and to spark conversation. This is ideal for those with health challenges and caregivers. All levels of writers welcome.

The very least you can do in your life is figure out what you **hope** for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof.

— Barbara Kingsolver



On behalf of all of us here at **Pathways**, thank you for over 35 years of your continued support.

