

Pathways

Healing Within. Renewing Life.

NOVEMBER & DECEMBER 2024

CALENDAR OF SERVICES

 PO Box 19361, 5500 Nicollet Ave, MPLS, MN 55419  www.pathwaysminneapolis.org  scheduling@pathwaysmpls.org  651-300-2432

PATHWAYS & JOY LAB COMMUNITIES!

We are thrilled to let you know that we are partnering with the team at the Joy Lab podcast and Joy Lab program to continue our mission to bring holistic healing to those in need. The Joy Lab podcast and Joy Lab program come from long-time Pathways' friends and partners Dr. Henry Emmons and Dr. Aimee Prasek, along with Lorri Weisen. Their mission is grounded in the value of mind-body-spirit systems and they are well known and respected in the integrative care community. Please check out this link for a welcome to you from Henry and Aimee: <https://www.pathwaysnorth.org/pathways-minneapolis>

A new organization will be formed from this partnership - a new version of Pathways' 501 (c)(3) - to be called PATHWAYS NORTH. Pathways North will officially launch January 1 2025 and will offer the Joy Lab podcast and program, along with integrative/holistic programs and resources similar to Pathways - all with a focus on thriving.

We are working closely with this team to ensure that our providers and participants will continue to have access to virtual healing modalities. We will use the time between now and January 1 to introduce you to the new Pathways North, including how you can participate in the new version of the organization. Please stay tuned for updates in the coming weeks and months.

While Pathways North will be a new and updated version of both Pathways and Joy Lab communities, we believe the combination will provide even more access and opportunity for holistic healing.

As always, we thank you for your patience and support in every step of this journey.

THE PATHWAYS TEAM

Betsy Knapp (she/her)
Operations Manager
Betsy@pathwaysmpls.org

OUR CURRENT CONTACT INFO



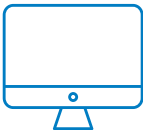
PO Box 19361
5500 Nicollet Ave
MPLS, MN 55419-1930



(651) 300-2432

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.

Note: Due to the upcoming integration with Joy Lab, new participants and providers are currently not being accepted into the program.



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 one-on-one and group in-person sessions of acupuncture only. Our building is open to those with scheduled sessions/appointments only; *drop-in visits are not permitted*. For more information on our in-person guidelines, [please visit our website here](#).

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.



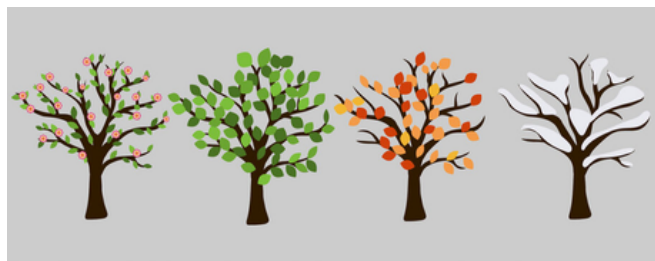
MANAGING YOUR PARTICIPANT ACCOUNT

From your Participant Account you will still 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.

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.



In any given moment, we have two options: to step forward into growth or step back into safety.

– Abraham Maslow

IN-PERSON ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Individual Acupuncture (In-Person)

NWHSU

Mon, Nov 4, 11, 18, 25 (Series) 1:00pm - 2:15pm
 Mon, Dec 2, 9 (Series) 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 - must be available for all dates in the 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, Nov 4, 11, 18, 25 (Series) 1:00pm - 2:00pm
 Mon, Dec 2, 9 (Series) 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 - must be available for all dates in the 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



Compassionate Listening (Virtual)

Sue Salmela

Mon, Nov 18 10:00am - 11:00am

This session offers a presence and a listening ear. Feel free to prepare for the session by coming with a focused intention and know you may receive feedback to what you are experiencing and discovering. This process can help you discover tools to navigate the difficulties you are experiencing.



Guided Imagery (Virtual)

Mary Ellen Kinney

Tues, Nov 5, 19, Dec 3 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, Nov 7, 14, 21, 27, Dec 5, 12 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, Nov 5, 19, Dec 10 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.



Healing Touch (Virtual)

Niels Billund

Wed, Nov 13, Dec 11 5:00pm - 6:00pm

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)

Liz Flavin

Wed, Nov 6, 20, Dec 4 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.

VIRTUAL ONE-ON-ONE SESSIONS

Continued

Integrative Health & Well-Being Coaching (Virtual)

Mary Dobish

Wed, Nov 27, Dec 4, Dec 11 (Series)

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. This is a series of three sessions. Only the first session of each series is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. **(Multi-Session Series - must be available for all dates in the series.)**

Life Coaching (Virtual)

Carla Beach

Wed, Nov 6, 13, 20 (Series)

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. This is a 3 session series. Only the first session is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. **(Multi-Session Series - must be available for all dates in the series.)**

Speaking of Death: Exploring Options & Conversation (Virtual)

*Marilaurice Hemlock
or Anne Archbold*

Thu, Nov 7

10:00am - 10:45am

11:00am - 11:45am

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

Spirit Allies (Virtual)

Jan Page

Thu, Nov 7, 21, Dec 5

1:00pm - 2:15pm

2:30pm - 3:45pm

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.

Stress Less Now (Virtual)

Linda Duncanson

Mon, Nov 4, Dec 2

10:00am - 11:00am

You will be guided through a session with me supporting you as we look at why you feel stress, stuck, have anxiety, depression or keep repeating the same old habits that you don't want any more. Once we identify those core limiting beliefs we will shift them to beliefs that support your wishes, desires and goals.

Too Much Togetherness (Virtual)

Barbara McCleary

Mon, Nov 4, 18, Dec 2, 9

11:00am - 11:45am

12:00pm - 12:45pm

1:00pm - 1:45pm

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)

Myo-O Marilyn

Habermas-Scher

Wed, No 13, Dec 11

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

Asking for Help Successfully (Virtual)

Kate Jackson

Wed, Dec 4

1:00pm - 2:30pm

Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

Dying ToBe Me: My Journey from Cancer to Near Death, to True Healing by Anita Moorjani (Virtual)

Christine Smith

Sanchez-Peterson

Wed, Nov 6, 13, 20, 27, Dec 4 (Series)

11:00am - 12:30pm

In this truly inspirational memoir, Anita Moorjani relates how, after fighting cancer for almost four years, her body began shutting down. As her organs failed, she entered into an extraordinary near-death experience where she realized the actual cause of her disease. Upon regaining consciousness, Anita found that her condition had improved so rapidly that she was released from the hospital within weeksâ without a trace of cancer in her body! Within these pages, Anita recounts stories of her life that she believed led up to her cancer diagnosis. After years of struggling to forge her own path, she understood, as a result of her epiphany on the other side, that she had the power to heal herself . . . and that there are miracles in the Universe that sheâ d never even imagined. Anita freely shares all she has learned about illness, healing, fear, "being love," and the true magnificence of each and every human being! This is a book that definitely makes the case that we are spiritual beings having a human experience . . . and that we are all One! **(Multi-Session Series - must be available for all dates in the series.)**

VIRTUAL GROUP SESSIONS

Continued

Exploring Isolation & Connection(Virtual)

Barbara McCleary
2:00pm - 3:15pm

Mon, Nov 18, Dec 9

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.

Fall Meditation (Virtual)

Anne Supplee
4:00pm - 4:30pm

Mon, Nov 4

The fall season inherently includes the letting go (of sunlight, leaves and gardens), but this may also invite a new time. How does what you let go of become mulch in the ground of your life? This 20-minute meditation will invite you to sink into this seasonal shift, acknowledging darker days and longer nights, and make peace with letting go of what no longer serves you.

Fun with Gratitude Journals (Virtual)

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

Wed, Nov 20

Practicing gratitude is one of the most effective ways of increasing happiness. It decreases anxiety and depression, boosts the immune system, and lowers blood pressure. In this class, we will play with practicing gratitude through creative journaling prompts. Journal writing helps us gain insight and awareness. Sharing the process, we will inspire each other and build connections.

Grieving Our Losses (Virtual)

Karen Greer
12:30pm - 2:00pm

Thurs, Nov 14

Change requires adjusting to the loss and the grief. These are challenging times with many new losses. How can we manage through all of these losses, and all of the grief? We may be grieving on a micro and a macro level. We will explore our reaction to loss, how that impacts us and how we might go about healing. There will be a ritual at the end so we might practice "letting go". Join us!

Light as Daylight Wanes (Virtual)

Anne Supplee
5:00pm - 6:00pm

Tue, Dec 3

This can be a tender time of year as we close out one year and anticipate a new one (in the Gregorian calendar). Some feel stress, others loneliness, others excitement, others all of these and more! Join others in the Pathways community in sharing our experiences, losses and a ritual to set those down. You'll be invited to notice ways in which you hope to grow as we move into longer days and a new year.

Meditations for Self-Compassion (Virtual)

Fri, Nov 8

Lisa Venable
11:00am - 12:00pm

Experience Self-Compassion as the most powerful medicine available for any challenge. During these times, compassion for self and others is paramount and helps calm emotions. Learn nurturing heart healing techniques and find deep peace within. If you have an active self-critic or are attempting to battle your illness or stress, try a more powerful approach to healing.

Self-Care During the Holidays (Virtual)

Wed, Dec 4

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

The holiday season can be stressful, with invitations to gatherings, expectations of decorations or gift-giving, and added pressure to feel cheerful. That's why it's important to center and resource yourself. We will use creative journaling prompts to find circles of calm and rediscover ways to take care of ourselves during difficult times. Journal writing helps us gain insight and awareness. Sharing the process, we will inspire each other and build connections.

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon, Nov 4, 11, 18, 25

Barb Palmer
1:00pm - 2:00pm

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.

Tai Chi Chih (Virtual)

Fri Nov 1, 8, 15, 22, Dec 6, 13

Marlena Vernon
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 basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, & establish a foundation for integrating the practice into our lives.

Tai Chi Chih: Joy Through Movement (Virtual)

Tue, Nov 5, 12, 19, Dec 3, 10

Marlena Vernon
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 & circulation of Chi. It may be done standing or seated. It has been described as "acupuncture without needles."

The Enneagram & Our Health Journey (Virtual)

Wed, Nov 6

Kate Jackson
1:00pm - 2:30pm

The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>. We usually wrap up in 90 minutes, but I like to allow time for questions.

VIRTUAL GROUP SESSIONS

Continued



Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin
9:00am - 9:45am

Mon, Nov 4, 11, 18, 25, Dec 2, 9

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. Cass will pull from various trainings such as Integrative Guided Imagery, Integrative Restoration (IRest), etc.



Wellness Self-Care Community

Stephanie Siddiqui
9:00am - 10:00am

Wed, Nov 6, 13, 20, 27, Dec 4, 11

This class was designed to focus on community connection & self-care for mind-body wellness. The class is welcoming, personal, experiential, insightful, and healing. This new original programming is a combination of the other prior classes offered by Stephanie Siddiqui but into a weekly class with a format that is easy to sign up for and includes more things than before. The class will start with building connections with the group & doing a grounding meditation (10-15 Min), then one of the many topics (30-40 Min), and end with reflections and a self-care movement or lymphatic drainage massage (10-15 Min). Topics include but are not limited to:

"Mindful Movements" which includes Tai Chi for Health Programs (several programs), Tai Chi for Better Balance, Qigong like 8 Piece Brocade, or Shibashi, Spring Forest Qigong, and Tai Chi Chih.

"Adventure with Inspiration and Gratitude" which is a discussion group that includes jokes, inspiring words, art, and a song around inspiration and gratitude.

"Healing Vibrations" focuses on chanting, vocal exercises, drumming, and tapping self-lymphatic drainage Massage and massaging energy points on the body.

"Conscious Creating" uses your intuition for whatever artistic media you like. We share what we are working on or have worked on and create something artistic together depending on what people can do.

"Sing and Share Freely" is about singing community songs that are about connection and not perfection. Listen, participate, and have fun! No musical experience is required.

"The Art of Being" presents breathing techniques, mindfulness, reflective questions, or writing and sharing with others.



Writing for Healing (Virtual)

Wendy Brown-Baez
1:00pm - 2:30pm

Thurs, Nov 14, Dec 12

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.



Yoga for Mind, Body & Soul (Virtual)

Mary Sanders

Tues, Nov 5, 12, 19, 26

11:00am - 11:45am

The mind-body-soul connection refers to how our thoughts and feelings affect our physical well-being and vice versa. An integrated and balanced mind-body-soul connection is the pathway to being the best you can be. Prior experience is not necessary for this class. We'll engage in gentle and flowing movement to stimulate circulation of blood, energy, and oxygen throughout our bodies. A variety of meditation practices will be integrated into the class to help engage our hearts and minds as well as our bodies. This class includes seated (chair) and standing yoga. Adaptions will be offered to help make this class available and fun for everyone. Please wear comfortable clothing and have a chair available.



Yoga Nidra (Virtual)

Sue Salmela

Thurs, Nov 7, 14, Dec 5

10:00am - 11:00am

Yoga nidra is a relaxation technique for releasing stress and tension held in the body. Participants will experience a deep level of relaxation with this gentle flow of meditation and guided imagery while allowing the body to restore and balance itself. Please have available: yoga mat, blanket, pillow for your head and under your knees, if desired. We will begin with a seated guided meditation and then participants will lie on a flat surface, floor, bed, or sofa for yoga nidra.

BOARD OF DIRECTORS

Angie Lillehei - Board Co-Chair
Pam Lampert - Board Co-Chair
Kristyn Mullin - Secretary
Rufus Winton - Treasurer

Rev. Catherine Duncan, MA, BCC
Jeffery A. Dusek, PhD
Jenna Hobbs, PsyD, LP
Mary Johnson, RN, PhD
Riley Moynihan
Arti Prasad, MD, FACP, ABOIM
Christa Rymal, RN MSN
Carolyn Torkelson, MD

CARE COMMITTEE

Ann Agrimson &
Kate Wolfe-Jenson

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

