

The Des Moines Area Religious Council (DMARC), the Saint Joseph Educational Center, the Center for Social Ministry, the Jewish Federation, and the Masjid An-Noor Muslim Community presents . . .

Winter Thaw 2014

(formerly January Thaw)

A tradition in adult education and fellowship

January 28 & 30 and February 4 & 6, 2014

Tifereth Israel Synagogue • 924 Polk Blvd., Des Moines, IA 50312

Grow in faith . . .

Explore other faith traditions . . . Eat, Pray, Love!
Nurture your spirituality and health!

**Tuesdays & Thursdays
6:30-9:00 p.m.**

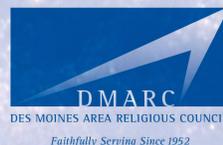
Cost for one class is \$15;
all four nights are \$50
(classes are scheduled for 1 night)

Registration forms are available at
www.dmreligious.org/events#winterthaw



Sponsorship or questions?

DMARC
3816 36th St., Suite 202
Des Moines, IA 50310-4710
515-277-6969 • www.dmreligious.org



Weather cancellations: Consult local radio/television/internet for announcements.

TUESDAY, January 28th

1. The Ethics of Eating – Why Eating is a Moral Act

Christians are called to be salt and light in the world, and to be committed to contributing to the common good within society. This responsibility includes concerns surrounding food and agriculture. We believe food is unique. Food sustains life itself; it is not just another product. Providing food for all is a Gospel imperative. Eating is a moral act because it is a human act, and human acts can be morally evaluated. As we have produced less of our own food in our communities, we have become disconnected from our food supply – a food supply that increasingly places short-term profit above all else. In this course, we will consider some important moral and ethical questions. We will examine the current food system and what is possible. We will examine what is at stake, both economically and socially, for people, animals, rural communities, urban centers and the environment.

James F. Ennis – executive director of the National Catholic Rural Life Conference. Jim also currently serves as the president of the International Catholic Rural Association based in Rome. He has worked in both the nonprofit and for profit sectors. He earned a M.B.A. degree from the University of Minnesota’s Carlson School of Management and a Bachelor of Science degree from the University of California, Davis, where he studied agricultural and managerial economics. Jim also served in Zambia, Africa, for two years working in student ministry at the University of Zambia in Lusaka.

2. Exploring Contemplative Prayer and Practice

Contemplative Prayer is a gift, a grounding and centering force in today’s chaotic world. Contemplative practices, such as Centering Prayer, support spiritual transformation by guiding practitioners to open themselves to God’s extraordinary love in all of the circumstances of ordinary daily life.

Kathy Reardon, RN, MS – trained spiritual director at the Des Moines Pastoral Counseling Center with professional backgrounds in nursing, counseling, and education. Kathy is a commissioned presenter of Centering Prayer and long-time participant in Contemplative Outreach of Central Iowa.

3. Christian Love and the Challenge of Inclusivity

Inspired by the words and conduct of Pope Francis, this class will explore the Gospel text and highlight its clarion call to radical inclusivity. Next, we will compare and contrast the different kinds of love found in the Bible’s New Testament, and explore the challenges and opportunities of adopting a more inclusive approach to love. Lastly, we will look at a few statements from Pope Francis which point to the need for a spiritual renewal in the Catholic Church—one that is based on a generous loving witness towards all people.

Matthew Halbach – director, St. Joseph Educational Center, in Des Moines, Iowa, and a Ph.D. candidate and Fellow in Religious Education and Catechetics at The Catholic University of America in Washington, D.C. Halbach has presented nationally and internationally on catechetical topics, and published articles pertaining to the incarnational dimension of catechesis and the need to strengthen parish communities as a first step towards a new evangelization.

THURSDAY, January 30th

1. Tikkun Olam (Changing the World): The Jewish Response to Hunger

Participants will explore various Jewish responses to the problem of hunger, looking at Biblical and prophetic texts and their application over several thousand years of Jewish history. We will also look at modern responses to Jews’ obligation to “tikkun olam” (“changing the world”) in both institutional and individual contexts.

Neil Salowitz – retired member of the board of directors for MAZON: A Jewish Response to Hunger. MAZON (Hebrew for “food”), based in Los Angeles, is the only Jewish organization focusing solely on the issue of hunger. MAZON makes grants to hunger relief and advocacy organizations around the world, and advocates for hunger relief programs on the federal, state and local levels.

2. Singing our Prayers: The Chants and Prayers of Taizè

Participants will explore prayer through song and chant with the beautiful, meditative songs and prayers of Taizè. Taizè is an ecumenical lay religious community in France dedicated to interfaith and ecumenical fellowship worldwide. It is known for its contemplative spirit and unique worship resources.

Rev. Paul Wütemer – pastor and spiritual director, serving Covenant Christian Church in Urbandale. Paul is active in the contemplative community teaching and facilitating centering prayer through Contemplative Outreach of Central Iowa. He also leads retreats, often making use of the arts and music to bring people closer to God.

3. Love is a Verb

Love: It’s complex. It is easy to profess, and difficult to practice. It wounds, and it heals. It can be bursting with joy and crammed with pain. Love involves yourself, your God, your allies, your enemies . . . often simultaneously. Love is what we are most created for. As Dr. Brené Brown says, “A deep sense of love and belonging is an irreducible need of all women, men, and children.” Elizabeth Gilbert, in her book *Eat, Pray, Love*, puts it this way: “. . . love is always complicated. But humans must try to love each other, darling. We must get our hearts broken sometimes. This is a good sign, having a broken heart. It means

we have tried for something.” Dianne and Nancy invite you to an evening of exploring the healing power of love through the practices of self-compassion, empathy, authenticity, and courage. Our discussion will be guided by Dr. Brené Brown’s research and writings.

Dianne Morris Jones, LMHC, CDWF, and Nancy Schornack, LMHC, CDWF – individual and couple therapists at Family Legacy Counseling in Des Moines and certified Daring Way™ facilitators with Dr. Brené Brown. Dianne is a trained spiritual director and author of *I’m Fine, a real feelings journal* and is the author of the forthcoming book, *Stop Breathe Believe™*. Nancy is a speaker and facilitator for retreats and seminars related to women, parenting, marriage and spiritual growth and writes a monthly blog for www.supportinasplit.com.

TUESDAY, February 4th

1. The Art of Jewish Cooking

This demonstration course will provide participants with an opportunity to engage in the best of Jewish cooking. Participants will have the opportunity to “get their hands doughy” and create their own Jewish dish. Limited to the first 10 registrants.

Louise Kaufman, Ann Blumberg, and Judy Gregerson – members of Tifereth Israel Synagogue. Louise, Ann and Judy are anxious to share their experience cooking Jewish food with others.

2. Introduction to Meditation and Mindfulness

Participants will practice a universal meditation technique. Why meditation and mindfulness practices are so beneficial will be explained.

Charles Day – retired psychologist who has been studying, teaching, and writing – www.DesMoinesMeditation.org – about

meditation, Buddhism, and Eastern philosophies for over 45 years in the U.S., India, Thailand, and Japan. He is founder and teacher of the Des Moines Meditation Group and a weekly meditation group at the Iowa Correctional Institute for Women in Mitchellville.

3. Sit. Stay. Love. An Introduction to Pet Therapy

This course is an overview of animal assisted therapy, also known as pet therapy. We will discuss the benefits of pet therapy and how to select and train the therapy dog. We will also discuss different areas utilizing pets. Trained therapy dogs will be used in this course.

Rhonda Crane and Faith Jones – Therapy Dogs International evaluators with over 35 years of combined experience. Active volunteers with dogs in local Animal Assisted Therapy programs.

THURSDAY, February 6th

“Eat, Pray, Love” Religious Tapestry of Des Moines’ Faiths panel

- Vipin Bhanir, Jain Center, Des Moines
- Rabbi Steven Edelman Blank, Tifereth Israel Synagogue in Des Moines
- Pramod Mahajan, Hindu Temple & Cultural Center of Iowa, Madrid
- Rev. Rachel Mithelman
- Robert Nye, Des Moines Church of Jesus Christ of Latter Day Saints, in West Des Moines
- Dr. Rizwan Shah, Muslim Community Organization Masjid An-Noor, Des Moines
- Baljit Viridi, Iowa Sikh Temple, West Des Moines

Sponsorships

If you are interested in sponsoring this event, please contact the DMARC office at: 515-277-6969.

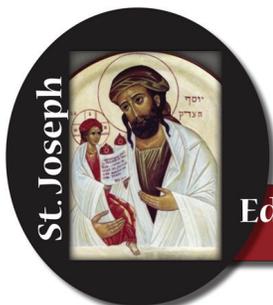
Co-sponsors include:



**Muslim Community Organization
Masjid An-Noor**



**Jewish Federation
OF GREATER DES MOINES**



**St. Joseph
Educational
Center**



DMARC
DES MOINES AREA RELIGIOUS COUNCIL
Faithfully Serving Since 1952

**move
THE food
.ORG**



sowing seeds for social change

Important Things to Know

Dates/Schedule

Tuesdays & Thursdays

January 28, 30, February 4 & 6, 2014

Time/Schedule 6:30-9:00 p.m.

6:30 – Entertainment & refreshments

7:00 – Classes begin

8:00 – Short break with refreshments

8:10 – Classes continue

9:00 – Classes conclude

Class Location

Tifereth Israel Synagogue

924 Polk Boulevard

Des Moines, IA 50312

Parking/Building Logistics

Parking is available in the main lot north of the building or on Polk Blvd. All entrances and classrooms are handicap accessible.

Inclement Weather

Tune in to local radio and television stations for cancellation announcements.

Cost

One class is \$15, all four nights are \$50

Thanks to the Winter Thaw Committee:

- Rabbi Steve Edelman-Blank, Tifereth Israel Synagogue
- John Eft, Covenant Presbyterian Church
- Colin Faux, Church of Jesus Christ of Latter Day Saints
- Matthew Halbach, St. Joseph Educational Center
- Rich Martel, Maple Grove United Methodist Church
- Susie Paloma, executive director, Center for Social Ministry
- Nate Reagen, First Unitarian Church of Des Moines
- Rev. Sarai Schnucker-Rice, executive director, DMARC
- Brendalyn Shird, Des Moines Intentional Eucharist Community

Entertainment & Fellowship 6:30-7:00 p.m.

- Jan. 28 – Bob Duitch, pianist
- Jan. 30 – George Work, cellist
- Feb. 4 – Brian Congdon, guitarist
- Feb. 6 – Rebecca Whitlow, harpist

Volunteers

Volunteers are always welcome! Please plan on arriving early and staying a little later to assist with hospitality and clean-up. Indicate interest on your registration form.

Questions?

Contact the Des Moines Area Religious Council Office at: 515-277-6969, or info@dmreligious.org.

REGISTRATION: WINTER THAW 2014

Name _____

Address _____

City/State/Zip _____

E-mail address _____ Telephone _____

Place of worship (if applicable) _____ City _____

Send me future brochures by E-mail Postal How did you hear about this event? _____

Winter Thaw 2014 registration fee is \$15 per class or \$50 for all four nights. Please list which class(es) you plan on attending (class size subject to space limitations):

TUESDAY, Jan. 28 Class Title _____ Fee enclosed \$ _____

THURSDAY, Jan. 30 Class Title _____ Fee enclosed \$ _____

TUESDAY, Feb. 4 Class Title _____ Fee enclosed \$ _____

THURSDAY, Feb. 6 Interfaith Panel _____ Fee enclosed \$ _____

ALL 4 DATES _____ \$50 Fee enclosed \$ _____

I wish to be a volunteer!

____ Tuesday, Jan. 28 ____ Thursday, Jan. 30

____ Tuesday, Feb. 4 ____ Thursday, Feb. 6

Make checks payable to DMARC. In memo line, please note: "Winter Thaw" and mail with this form to:
DMARC Office Des Moines Area Religious Council • 3816 36th St., Suite 202 • Des Moines, IA 50310-4710
(Or call with credit card information: 515-277-6969)