



# SAUSALITO VILLAGE

AUGUST 2018 - NEWSLETTER

**Smell the sea, and feel the sky. Let your soul and spirit fly. - Van Morrison**

## **Holly Bacuzzi: Attitudinal Healing Group Beginning August 13**

Almost 20 years ago, I began to practice Attitudinal Healing, which was then based in Sausalito. Over the years, I was trained as a group facilitator and worked with groups such as Peer-to-Peer, Families of Soldiers, and most recently, my long-term group at San Quentin State Prison. Because of mobility issues, I am no longer able to continue practicing Attitudinal Healing with the San Quentin inmates.

Attitudinal Healing is my own spiritual practice, and I love to practice it with others who are also seeking inner peace and healing in their lives. Our groups follow a specific format and can be of any size, from 3 to 30. The people I envision wanting to give it a try would be those who are feeling the need to be heard about such things as health issues, family issues, etc. The intention of the group is not to sit around and gripe (!), but to give the other group members our full attention while they are sharing a concern of theirs.

The focus is not on "stories," but on *feelings*. It is NOT a therapy group, and any advice-giving or feedback is strictly discouraged. We are there to listen to each other. Often what happens when one person opens up and shares with the group, it triggers an issue for someone else, who may then share from their own experience. Confidentiality of what is shared is paramount.

One of the premises of Attitudinal Healing is that we each have our own best answers. Also that giving and receiving are one and the same, and that we are all students and teachers to each other. If this type of group sounds of interest to you, join us for a 4 session trial.

DATES: Mondays, August 13 & 27, September 10 & 24

TIME: 3:00 - 4:30 pm

PLACE: Chamarita Room, 501 Olima Street (corner of Coloma Street)

**Meet the Mayor**

Honorable Mayor Joan Cox will be our guest speaker! Join us to hear all about the City's happenings. She will be giving us an overview and answering audience questions.

**Tuesday, August 15, 3:00 pm**  
**Edgewater Room (downstairs in City Hall)**  
**No RSVP Necessary**

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### **Memoir Group**

#### **Help Us Build A Future For The Past**

The Sausalito Village Memoir Group, originally organized by Jackie Kudler, has been meeting for six years. The Group has provided an outlet for the creative process and generated much truly exciting and provocative writing. Members have developed their skills and have had the pleasure of recapturing past events, relating them to the group, and receiving constructive feedback on what they have written.

Although the Memoir Group has been highly successful, its numbers have been dwindling, and we are now looking forward to some changes in structure. The membership is roughly divided between those who are looking to improve the quality of their writing and those who are more interested in relating to the content - in essence, telling stories and relating their own similar experiences.

After much discussion, it has been decided that the best thing to do is have two groups meeting on alternate months - the Memoir Group and the Memoir Workshop.

The Memoir Group will continue to be coordinated by Rick Seymour and will focus more on story telling and sharing than on writing skills - a format for learning about one another's lives and affording the opportunity to connect and make new friends both through writing and telling our stories and listening to one another, even if you are not particularly concerned with discussion of writing skill.

A second group, led by Judy Holmes, will be focused more on composition skills, where members would give and receive helpful feedback on their writing.

Participants will be welcome to attend both the Workshop and the Group sessions. Perhaps developing materials in the Workshop to then be presented to the Group as a whole.

With this new format it is important that we grow in number for both. We are now looking to Sausalito Village as a whole for new members. We ask you to

consider joining our exciting exploration of what Marcel Proust called *Recherche du Temps Perdu*—or recapturing lost times.  
*Interested in learning more? Contact the Concierge at 415-332-3325.*

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## **JOIN THE BOOK CLUB**

What recent book impressed you, gave you insight, or excited you? Would you like to share your love of reading with others? Why not join the Sausalito Book Club.

We meet once a month on the third Wednesday from 3:00 - 4:30 p.m., in a Sausalito Village member's home near the Christ Episcopal Church. Parking is at a premium, but we are able to park and walk two short blocks to the meeting.

We'll meet next August on the 15th.

This month "Strangers in Their Own Land" provides some insight into how Louisiana's oil and gas industry affects the Bayou region's populace as the governor diverts public funds from education and health to bringing more and more multinational companies to the State. Recent books have been "Enchanted April" and "A Gentleman in Moscow."

For more information please call Colette Pratt at 415-331-0801

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**Carole Angermeir - Mardi Brayton - Larry Clinton - Joan Creed -  
Ninfa Dawson - Jeanne Fidler - Jennifer Flynn - Carolyn Ford -  
Rhonda Friedberg - Mary Ann Griller - Edmund Jacobson -  
Rita Kahn - Phyllis Kinimaka - Karen Moeller - Rick Seymour -  
Sharon Seymour - Shelby Van Meter**

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## **EVENTS HAPPENING IN August**

**Contact the Concierge at 332-3325 for more detail and to RSVP**

**Chair Yoga** - Every Monday 10:15am, Campbell Hall

**Breathexperience** - Every Wednesday 10:30am, Private Home

**Chinese Mah Jong** - Most Wednesdays at noon or 1, Chamarita Room

**Bocce** - Every Thursday 4pm, Dunphy Park

**August 5 - Tales of the Trails**, 7pm, Private Home, RSVP needed

**August 6 - Safeway Trip**, 1pm, RSVP needed

**August 8 - Birthday Toast**, 4pm, Chamarita Room

**August 8 - Supper Club**, 5pm, Presbyterian Church, RSVP needed

**August 13 - Memoir Group**, 1pm, Contact Concierge for more information

**August 14 - Trip to Costco**, 11am, RSVP needed

**August 14 - Attitudinal Healing Group**, 1pm, RSVP needed, Chamarita

**August 14 - Meet the Mayor**, 3pm, Edgewater Room

**August 15 - Book Group**, 3pm, Private Home

**August 20 - Piano Cabaret**, 3pm, Chamarita Room

**August 21 - Trip to Mare Island**, 10am, RSVP needed

**August 22 - Trip to Dollar Tree and Sprouts**, 10:30am, RSVP needed

**August 23 - Lunch About Town at F3**, noon, RSVP needed

**August 27 - Attitudinal Healing Group**, 1pm, RSVP needed, Chamarita

**August 28 - Trip to Trader Joe's**, 10:30am, RSVP needed

**August 28 - Hike at Tennessee Valley**, 10am

**August 28 - Don't Get Hacked**, talk in Edgewater Room, 11am

**Special THANKS! To Sherrie Faber and her team at First California Realty** for printing and mailing the newsletter for all of the Sausalito Village members who do not have computers. Thank you Sherrie for keeping our snail mailers 'connected'! Please think of Sherrie for your real estate needs.