

First Fridays & First Wednesdays

Fall 2011

Philadelphia Pathwork Region is part of a worldwide spiritual community whose purpose is to embody the principles and practices contained in the Pathwork Guide lectures

First Wednesday and **First Friday** are **free gatherings** which take place in several locations. Pathwork lectures are read and discussed and there is opportunity for meditation, prayer or exercises related to the lecture. These sessions are open to all who would like to become more acquainted with the Pathwork material. Participants can come to one or all the sessions.

Journey through the Self

First Wednesday & First Friday: 7:00-9:00 PM

- October 5, 7** **PGL # 73: The Compulsion to Recreate and Overcome Childhood Hurts**
November 2, 4 **PGL # 97: Perfectionism Obstructs Happiness**
December 2, 7 **PGL # 174: Self-Esteem**

Please call to register and get directions at least two days before the event. (Sometimes an event date may be changed or it may be cancelled due to bad weather etc. If you do not register you may show up and find there is no event.)

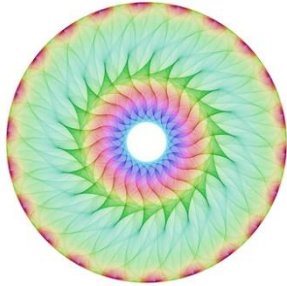
Visit our website at www.PhilaPathwork.org to download the lectures at no charge.

Pennsylvania		
First Friday		
Ambler	David Schwerin	215-793-0712
Philadelphia	Renee Whatley	215-472-6454
Garnet Valley	Donna Neilson	610-761-3583
First Wednesday		
Chadds Ford	Deb Mazza	610-793-2036
Pittsburgh	Sue Van Doeren	412-434-0400

New Jersey		
First Friday		
Hamilton	Pam Jones	609-631-6873
Hillsborough/ Montgomery	Mary Elliott	908-625-2238
Trenton	Carol Day	609-392-7855
First Wednesday		
Princeton	Amy Rhett	609-577-6336

Pathwork Studies

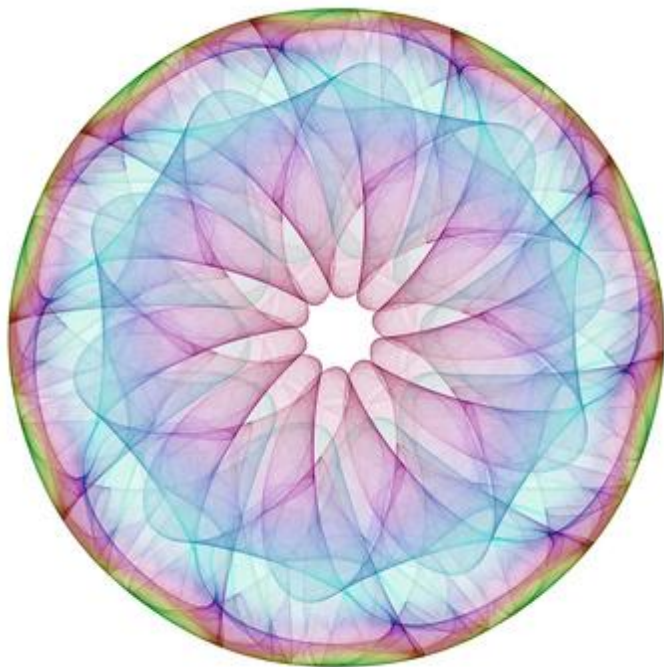
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Pathwork Studies is a program offering a deepening of the First Friday and First Wednesday lectures. These workshops are offered in all but the winter months. Education, prayer, meditation, exercises and personal process may be a part of the Pathwork Studies experience.

Journey through the Self

Pathwork Studies Follow-up Workshops:
Saturdays or Sundays: 10:00 AM – 4:00 PM Cost: \$50.00
To register, please call by the Wednesday before the workshop.



Saturday, October 15, 2011
**PGL#73: The Compulsion to
Recreate and Overcome
Childhood Hurts**

Carolyn Tilove 215-752-9894

Saturday, November 19, 2011
**PGL #97: Perfectionism
Obstructs Happiness**

Pnina Polishook 610-667-1176