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Rumi'Nation

November 2011 E- Newsletter



Z'harmony

Balance of heart, self & soul



Greetings!

It's the time to give thanks and enjoy our families. Here's to another year of growth from our family to yours.

Sincerely,
The staff at
S'eclairer

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Broken Sleep May Be Natural Sleep

By Walter A. Brown, MD | March
1, 2007

Submitted by Zahida Chaudhary, MD



S'eclairer Services

Depression
Women's Health
Eating Disorders
Bipolar and Psychotic Disorders
Men's Health
Anxiety & Anger Management

Disrupted sleep patterns may be more natural than many believe. Before artificial illumination was widely used, many of our ancestors typically slept in 2 bouts, which they called first sleep and second sleep. Several lines of evidence suggest that this archaic sleep pattern may, in fact, be the natural sleep pattern-the one most in tune with our inherent circadian rhythms and the natural environment.

Read more---- Psychiatric Times November 4, 2011

Autism and Schizophrenia

By Yael Dvir, MD and Jean A. Frazier, MD | March 15, 2011



The patient's age at the onset of symptoms and the clinical presentation distinguish autism from early-onset schizophrenia. Also, the disorders are treated differently. Schizophrenia is thought to develop at a chance rate in individuals with autism. It is noteworthy, however, that children who have childhood-onset schizophrenia show fairly high premorbid rates of early developmental abnormalities.

Read more---- Psychiatric Times November 4,

2011

The Secret World of Fungi

Submitted by Mariangela Mancuso

Fungi are fascinating. They really are! If a

Anxiety & Anger Management
Wellness & Recovery
Forensic and Legal Consultation

S'eclairer Fall Clinical Calendar

December 2 at Noon
Effective Responses to Disclosures of Intimate Partner Violence
Terry Stewart
Blackburn Center Against Domestic and Sexual Violence

[Facebook Event](#)

Steppin' Out Cafe



[Check out the preview video here!](#)

Come and Enjoy singer/songwriter James Buckley as he hosts an evening of entertainment with

Fungi are fascinating. They really are! A fungus were posting a description of itself in a personals ad it would say; chummy, good at networking, and able to get along well with others and enjoys close relationships. So what is this group of organisms all about? Probably the most familiar fungi in our lives are the mushrooms we eat. But there is more to the Kingdom Fungi than a tasty mushroom since some fungi provide numerous drugs such as penicillin and antibiotics, and there are other "fungi foods" such as truffles, morels, and the bubbles in bread, champagne and beer .



Read more of this article at the [S'eclairer Blog](#)

Mariangela Mancuso is a Yoga instructor at S'eclairer. She has several classes and sessions open to the public. Find more information on our Yoga page, including videos to learn more, here!

Giving Up to Give Back

*Submitted by James Buckley
Rumi'Nations Issue 2*

It was the American Poet Ralph Waldo Emerson who once said, "You cannot do a kindness too soon because you never know how soon it will be too late." Like the eruption of a volcano, on a mild autumn day in October 1999, the life of former Springdale Magistrate Gigi Sullivan exploded into a fierce fury of complete chaos and tragedy. The



special guest performers beginning Friday, Dec. 2nd at 7pm and the first Friday of every month Everyone is welcome!

Location: S'eclairer, 341 Story Road, Export, PA 15632.

Call to confirm 724.468.3999

28th Annual Pittsburgh Schizophrenia Conference

December 9, 2011
Sheraton Station Square
Pittsburgh, Pennsylvania

Course Director: K. N Roy
Chengapa, MD

Contact: 412-802-6917
E--mail: penajordanmi2upmc.edu

An Evening of Mindfulness

On the 1st and 3rd Wed at Luthern
Campus Ministry
7 PM

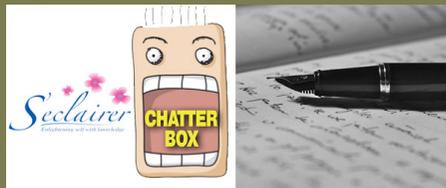
On the 2nd and 4th Wed
S'eclairer
7 PM

headlines in the local newspaper read "Gigi Sullivan's cocaine and heroin use turned the Springdale District Justice office into A HIGH COURT". A two year investigation netted 21 suspects, including the former Judge, for their involvement in drug dealing and a cover up.

The days, weeks and months to come proved to be a continuous media battering of a young woman who had made very unwise choices in her life. It would be easy to say that she came from a home where she was exposed to alcoholism, drugs and abuse -- a typical life story for most addicts but her life growing up had no such drama and no one or any event to blame it on. In contrast, Gigi's childhood was normal in most ways. She was a person with love, optimism and compassion who chose a selfdestructive path that was to control her for some time before it all came crashing down. Her story could also have ended with incarceration and a life lost without salvation. Fortunately, this was not to be the script that was written for Gigi.

Read more of this article On RumiNations.biz

Chatterbox Podcast



Join us live in the chatroom as we record upcoming episodes of The

Zumba Comes to S'eclairer!

Every other Wednesday (check the [calendar!](#))
28th Annual Pittsburgh Schizophrenia Conference
December 9, 2011

DBT Groups

Tuesdays 9-10:30 am
Tuesdays 7-8:30 PM
(*Adolescent Group*)
Wednesdays 10-11:30 pm
(*Women's Group*)
Thursdays 6-7:30 am
[More info](#)

Winter Silent Retreat: "The Beauty of Silence"

Silence has ways to heal the soul.

You are invited to celebrate its beauty at S'eclairer on February 4, 2012 beginning at 9:30 AM until 3:30PM.

Mark your calendars and stay tuned for more information!

S'eclairer Chatterbox! Recordings take place on the 2nd Friday of every month!

Want to submit a topic idea, feedback, or even participate on our soap box live on th show? Email mike@seclairer.com

Check out all past episodes on the S'eclairer Blog!

The Despacho Ceremony

at S'eclairer

Sunday, December 11, 2011 at 2:00 PM



Despacho describes the Andean practice of making offerings to the mountains (apus), Mother Earth (Pachamama), and other spirits of nature in reciprocity, reverence, and thanksgiving. A despacho is an act of love and a reminder of the connections we share with all beings, elements, spirits, and sacred places. At the deepest level, it is an opportunity to enter into the essential unity of all things, the living energy of the universe.

A despacho is created during a celebratory ceremony. In the cosmology of the Andes, all life is perceived as one grand, infinite ceremony. Because physical survival is so hard in the high mountains, life is experienced as a true gift to be lived, not a

problem to be solved.

Presented by: Anthanasius Cherry, MSN, CNRP

Seating is limited

R. Valentine Registrar

Cost: \$ 10

412-372-1465

[Register Online!](#)

[Facebook Event](#)

Autumn 2011
Where Science, Culture and Traditions Meet

Rumi'nations



PROSTITUTE
Taking The Time
to Explore Our
Inner Self
PAGE 6

FIBROMYALGIA
A Prisoner In Your
Own Body
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GREG SULLIVAN
Once a Judge with
an Addiction, Now
Doing Time Helping Others
PAGE 10

FREE PUBLICATION

Rumi'Nations

The second issue is now available online or in your mailbox! Find out more at Ruminations.biz!

Want to Contribute?

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Care to contribute an article, photograph artwork or poetry?

How about a scientific article review or book review?

If your submission is accepted, you could win a Free Retreat, Self-Soothing Basket, Health Related Gift Card or a T-Shirt!!!

Just call Ruminations at 724.468.3999 or email rumi@seclairer.com and lets us know What's On Your Mind!



About S'eclairer

A commitment to strengthening individuals and communities through personalized treatment and educational programs for mental health and behavioral health. [See Video about S'eclairer](#) and the [S'eclairer Experience!](#)

About Z'Harmony

Tuesdays from 11 AM until 3 PM

Fridays from 11AM until 3PM

Massage

Chiropractic Services

Mindfulness Based Stress Reduction

Women's Health & Wellness

Counseling services

Reiki

Relax, Rejuvenate

Books, Photography Services, Art, Gifts, & More...

Come visit or Call for Appointments @ S'eclairer: 724-468-3999

