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Rumi'Nation

January 2012 E- Newsletter



Greetings!

The cold of winter is here. Take the time to enjoy the silence of the snow, or the beauty clinging to the trees. Stay safe and warm!

Sincerely,
The staff at
Seclairer

Edges of Mystery: Conflicts and Pakistani Mangos

Selection by

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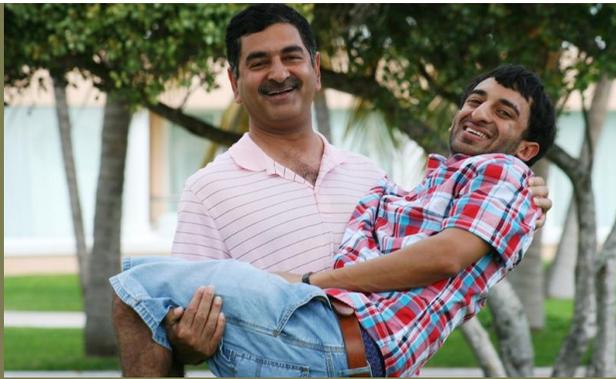
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Safdar I. Chaudhary, MD

Will you be safe going to visit your family in Pakistan? How was your trip and what do Pakistani people think about us? Where you

safe? How was your family and what is it like there? As I embarked and returned from a trip to visit my elderly mother, my colleagues in various settings, expressed their well wishes and curiosity. They shared their sweet concerns for me. Ongoing war and conflicts in and around Pakistan were not the norm when I was growing up in the agricultural land of Sufi's and Sweet Mangos. Conflicts in Vietnam and Middle East were the headliners on the paper and airwaves. Pakistani folks were pretty content with warmth, sounds of animals and raindrops. Sweet aroma of nature in the meadows, laughter of women in the field, call of the street hawker, young and old gathered around snake charmer and puppet show were the riches of all. Richness of hearts mixed with dust of land perfectly. Some energy mysteriously had made the mangos, aroma and people of world residing in USA and Pakistan sweet and caring.

Read more from this article in the Winter 2012 edition of RumiNations coming soon!



The Colorblind Painter By Ryan McCormick

S'eclairer Services

Depression
Women's Health
Eating Disorders
Bipolar and Psychotic Disorders
Men's Health
Anxiety & Anger Management
Wellness & Recovery
Forensic and Legal Consultation

DBT Training

Friday, January 27
8:30 AM - 4 PM

IUP Monroeville Graduate and
Professional Center

[Event Flyer](#)

S'eclairer Winter Clinical Calendar

January 20 at Noon
Effective Treatments for Bipolar
Spectrum Disorders
Dr. Parapally



When I tell people that I am red-green colorblind they have an endless list of questions.

"How do you match your clothes?"

"Can you tell what colors the street lights are?"

"How strange is it to live without all the colors?"

"Well," I say. "It's hard for me to explain. I've never known any different, so it not that strange to me."

Then, I pause, and debate whether or not to tell people that I am a artist; specifically, a painter. I waver because I know my confession will further drive people into wilder inquiries. I do tell, though; knowing very well that I don't know the answers to most questions concerning color.

What I do know is that I love to paint.

I paint to share my world which I can't explain through words. For me, my paintings speak more clearly about my perceptions of the scenery than any other form of communication.

It is my job as an artist to express my view of the world in a logical way to an audience, even though my audience doesn't see my work the same as myself.

Although, I do give my audience a sneak peak into my colorblindness through my paintings. For example, I use a heavy contrast between dark and light because I am unable to see as many grays, or in-between colors. Specifically, in my painting, "Rainy Day in Polish Hill," there are many places where the painting is just black or white. I believe that this heavy use of black and white heightens the others colors of the landscape. Well, at least, I hope you enjoy the painting and wish that it gives you an insight into the world of a colorblind painter.

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 special guest performers beginning Friday, Feb 3rd 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

Winter Silent Retreat: "The Beauty of Silence"



Read more from this article in the Winter 2012 edition of RumiNations coming soon!

Hajj - The Journey of Abraham

By Zahida Chaudhary

"The warmth of the sun spreads across the desert. An excitement fills the air. An ocean of people, clothed mainly in white, covers the land. The feeling of getting

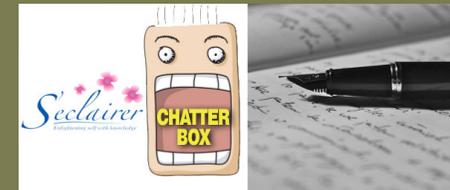


Silence has ways to heal the soul.

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!

Chatterbox Podcast



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

An Evening of Mindfulness

On the 1st and 3rd Wed at Luthern

nearer and nearer to the Ka'ba (in Mecca), nothing of any importance any longer resides in his heart except the remembrance of his Friend.

Islamic praises pound in the ears, drumming out the realization one has arrived at the site so many pious Muslims have gathered in throughout the generations....." and not only once but always at the same center every year.

Labbaik Allah humma labbaik O my Lord, here I am at Your service, here I am..

Read more from this article in the Winter 2012 edition of RumiNations coming soon!!

This Month in The Chatterbox

By Michael Sorg



Welcome back to my monthly check in from our world of podcasting/netcasting, and the like!

In January we've already had some tremendous conversations with our students, including James telling us about his dog's Facebook page, Donald Valentine talks about pain and chiropractic methods, discovered Zumba, and will talk upcoming about teenage drug use and therapy with Christina Weimer.

We also have a great talk about touch with your clients with Dr.

Campus Ministry
7 PM

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

Zumba Comes to S'eclairer!

Every other Wednesday (check the calendar!)

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

Chaudhary on deck in the next few weeks to look forward to and a great talk with a medical student attending here at S'eclairer. Stay tuned, and please send your topic suggestions to mike@seclairer.com.

You can follow the show, which updates weekly, on our S'eclairer Blog, or subscribe in [iTunes](#) or [Youtube!](#)

Stay tuned to our [Facebook](#), [Google+](#) or [Twitter](#) for upcoming details on our next live recordings on February 10 from 1- 4 PM ET!

...The Use of Mindfulness in the Journey of an Adult with Asperger's Syndrome

Ricardo Marsili, M Div



Children, teens and adults with Asperger's Syndrome (AS) have a different way of thinking and communicating. AS is a condition on the autistic spectrum. Those with AS have multiple talents and strengths. They have a strong desire to seek knowledge, truth and perfection. They solve problems in a very direct fashion rather than seeking the need for approval from others. Many individuals with AS prefer to be creative rather than cooperative. They may perceive errors that are not apparent to others as they give considerable attention to detail.

Individuals with AS may also have mood related struggles. They may struggle with anxiety or depression. They may have difficulty expressing emotions such as anger or sorrow. Some individuals report with having a "busy mind" which can lead to obsessive and compulsive thinking and behavior.

Mindfulness offers another "way of being" that assists individuals with AS to calm a busy mind, increase self awareness and be "at the present moment." Mario's journey into "Mindful Living" offers insights regarding the powerful impact of daily Mindfulness practices in the life of an individual with AS. Please join me for an interview with Mario.

Read more from this article in the Winter 2012 edition of RumiNations coming soon!!

The Beauty of Silence: A Winter Glow

at S'eclairer

During this winter retreat, you will be invited to consent to silence and celebrate it's beauty by moving away from your everyday self-awareness and moving toward your innate capacity to letting go of it. Within this beauty, you will experience a winter wellness ritual that will create a transforming winter glow within you. This winter glow will flow deeply in your body, mind, and spirit forming an inner sanctuary of Wellness Ritual in the Beauty of This winter glow of fullness will gently expand your consciousness so you can use your innate potential for goodness sake.

Faculty:
Safdar Chaudhary, M.D.
Athanasius Cherry, O.S.B.; CRNP
Donald Valentine, D.C.; MSW



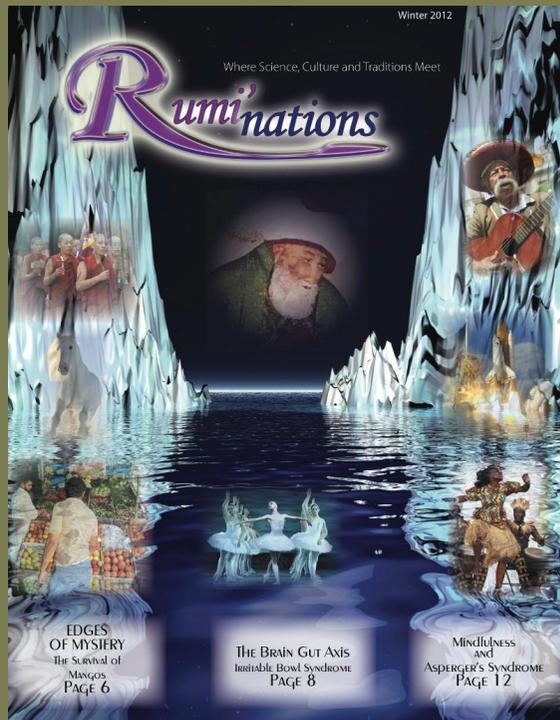
Julie Margo, Reiki Master; Artist

We hope you will join us and be among friends!

Call 412.609.6059

[Register Online!](#)

[Facebook Event](#)



Rumi'Nations

The third issue is to go out the door online or in your mailbox!
Find out more at Ruminations.biz!

Want to Contribute?

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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