

Evenings at Saint Patrick's 2011
Dream Classes by Lynne Larson
Saint Patrick Elementary School
Norfolk, Virginia



117: The Joy of Dreaming

TUESDAY, FEBRUARY 1, 7 – 9 P.M.

What do St. Francis of Assisi, Abraham Lincoln, Helen Keller, and Stephen King have in common? They all listened to their dreams. And you can listen to yours for information, insight, and inspiration. The Divine Creator formed us as beings who dream with purpose. Your dreams reveal the life force energy within you that only you can claim. Learn from Lynne Larson, who has been studying dreams for over 30 years, how to become more proactive in listening to your dreams with some basic tools to help you remember, record and reflect.

133: The ABCs of Dream Power-All About Symbols

Thursday, February 10, 7 - 9 pm

Daniel and Matthew did it. Joseph and the Magi did it. And so can you – listen to the empowering guidance of your dreams. While our conscious minds are at rest, we experience dreams that provide a link between our personalities and our higher selves. Dreams provide practical information, guidance, and direction. The symbolic images and emotional feelings serve as a bridge to enhance positive influences and neutralize negative attitudes. Learn the basics of the logic of symbols and guided imagery to unleash the power of your dreams with Lynne Larson, who has studied dreams for over 30 years.



173: Sleep on It - Dreams and Problem Solving

Saturday, February 26, 11 a.m. – 1 p.m.

Have you ever gone to sleep at night wondering how to solve a problem and woke up in the morning with an answer? Would you like some help in discernment and decision making? The higher level of the unconscious is a wise caretaker, always looking out for our best interests. Dreams mirror our behavior and attitudes and help us resolve issues from job choices to relationship questions.

Come learn how your dreams will evaluate your decisions and help you move forward, taught by Lynne Larson, who has studied dreams for over 30 years.

Support St. Patrick's Elementary School!

These classes are part of the financial aid fund raising campaign for Saint Patrick Catholic School and each cost \$30. Come out to help support Saint Patrick's and learn about the exciting world of dreaming.

Directions to the school are at the end of this document and on the website. QUESTIONS? CALL Lynne Larson at 420-3825 or e-mail her at llarson24@cox.net.

For catalogue and sign-up information, you can google Evenings at St. Patrick's Norfolk, slide your mouse over "Register Online" or use the following address:

<https://app.etapestry.com/cart/StPatrickCatholicSchool/default/index.php>

- [Register online](#)
- *Mail or deliver in person:*
Saint Patrick Catholic School
1000 Bolling Avenue
Norfolk, VA 23508 Phone 440-5500 FAX 440-5200

Classes are \$30, offered weeknights 7-9 p.m. or Saturdays 11 a.m.-1 p.m., and take place onsite, unless otherwise indicated. You may register at any time and walk-ins are welcome. It will be helpful to register in advance because of class material. All funds are used toward financial aid. Credit cards accepted. See website information or call the school to register.

Evenings at Saint Patrick is now in its sixth year, offering entertaining opportunities to pass cold winter nights in the company of friends—old and new—and to explore shared interests. The concept is simple: Experts from the community share their passions by offering mini-courses or workshops, and community members sign up for courses that interest them. Proceeds go toward financial aid at Saint Patrick Catholic School, helping us realize our school's goal of making our unique educational program available to students of all economic means.

This year we are proud to offer more than 100 courses spread over a 7-week period. With choices from haute cuisine, to home and garden, to crafts and hobbies, to self-help, we're betting you'll find a number of topics you'd like to learn more about. So take a look at the course names under the categories listed on pages 4-6 of [the catalog](#). Then reference the course number to find a description and date(s) offered on pages 11-49. You can register by completing the registration form on page 51 or [online](#).

Saint Patrick Catholic School is proud and honored to have so many volunteers dedicate their time to teaching our "Evenings" classes. The views expressed in these classes are the views of the individual instructors, and do not necessarily reflect the views or policies of STPCS, its faculty, staff, or employees. We hope you enjoy Evenings at Saint Patrick, where we "Adults have never had so much fun at school!" We look forward to seeing you soon.

- Directions

From Chesapeake: Take I-464 North toward Norfolk. Proceed over the Berkley Bridge – left lanes toward Norfolk. Turn right onto St. Paul’s Blvd. Road name will change to Monticello Avenue. After approximately 1.3 miles, turn left onto 21st Street. Turn right onto Hampton Blvd. Turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

From Hampton: Take I-64 East through the Hampton Roads Bridget Tunnel. Take exit 276 onto I-564 West toward VA-406/Naval Base/Terminal Boulevard. Merge onto Terminal Boulevard toward Hampton Boulevard. Travel approximately 2 miles. Turn left onto Hampton Boulevard. Turn left onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

From Portsmouth: Take the Midtown Tunnel toward Norfolk. Turn slight left onto Hampton Boulevard. After approximately 1.9 miles, turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.

From Virginia Beach: Take I-264 West toward Norfolk. Take Exit 10 only City Hall Avenue. Turn Right onto St. Paul’s Boulevard. Road name will change to Monticello Avenue. After approximately 1.3 miles, turn left onto 21st Street. Turn right onto Hampton Blvd. Turn right onto Bolling Avenue. Saint Patrick Catholic School will be on the left.