

Catherine Campanaro

CELEBRANT



Drumming Events – January 2025

Friday January 10th 6:30 pm

Drumming Circle

The Zen Den, Jill's home studio
1911 Diamond Street Sellersville, PA



Hope is the light that guides us through life's challenges, the spark that fuels our dreams, and the anchor that keeps us steady in uncertain times. It is the belief in brighter tomorrows and the resilience to keep moving forward, even when the path is unclear.

Hope connects us, inspires action, and reminds us that no matter how difficult the moment is, there is always a reason to believe in the possibility of change and growth. It is the quiet strength within us all, waiting to shine. A single beat can spark endless possibilities. Join us in creating hope, one beat at a time.

Djembe drums will be provided.
Catherine Campanaro will lead this drumming circle.
\$30

To register, please use Zelle (267-556-7038), Venmo (Jill-Suzanne-3), or send a check or cash beforehand.

[Facebook link](#)

College Hill Moravian Church
72 West Laurel St.
Bethlehem, PA 18018



PLEASE NOTE:
THIS DRUM CIRCLE IS CANCELLED UNTIL APRIL

Please see the next page for our
"Drum in the New Year"
at the Allentown Public Library

Saturday January 11th 11:00 am

OASIS Community Center
3410 Bath Pike
Bethlehem, PA 18017



Join your friends at OASIS for our next drum circle! Through rhythm, we will relax, reduce stress, and build connections. Drumming has also been shown to improve cognitive functions like memory and attention.

Led by Catherine Campanaro. She is a trained Remo HealthRhythms® Facilitator with additional training in drum circle facilitation.

[CLICK to Register](#)

Saturday January 18th 3:00 pm

**Beginnings are powerful moments
brimming with promise
and possibility . . .**

Kirkridge Retreat Center
at the Sync office, Bangor, PA



They mark the start of a journey, whether it's a new chapter in life, the first step toward a dream, or the dawn of an idea. Beginnings carry the weight of anticipation and the thrill of the unknown, urging us to embrace change and step beyond our comfort zones. They remind us that every story, no matter how grand, starts with a single action or decision. In their simplicity, beginnings hold the potential to reshape our lives, offering fresh opportunities to learn, grow, and create something extraordinary.

[CLICK to Register](#)

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Campanaro*
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**DRUM IN THE NEW
YEAR**

Celebrate 2025 by being part of
a Drum Circle



Catherine Campanaro, experienced local
drum circle leader, helps participants with
self-care and brings people together
through drums.

Tuesday, January 21, 2025 at 2:00pm
in the Community Room



1210 Hamilton Street
Allentown, PA 18102
610-820-2400