

"Let us put our minds together  
and see what kind of world  
we can make for our children."

Tatanka Iyotanka  
Sitting Bull  
Hunkpapa Lakota

**PEACE** *and*  
**WELLNESS**  
**FESTIVAL**  
2024



# Don't Miss Out on Ruscombe Community's Silent Auction



1 YEAR FAMILY MEMBERSHIP TO THE AMERICAN VISIONARY ART MUSEUM



# 2024 Peace & Wellness Festival

WWW.PEACEANDWELLNESS.NET

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## Special Thanks to Our Raffle Donors

Wear It's At ♦ Maria's Reisterstown Restaurant  
 Dr. Mort Orman ♦ Dr. Christina Chambreau ♦ Val Bigelow  
 Santoni's Marketplace & Catering  
 The Good Guys NY Pizza Kitchen ♦ Alfeo's Italian Kitchen  
 The Boxwood Collection ♦ Nancie Rosenberg ♦ Robin Farinholt  
 We Are Stonehenge - Irwin Sternberg ♦ Carole Presnall

The Peace and Wellness Festival is co-sponsored by The Center for Spiritual Living™ Greater Baltimore and Ruscombe Community, Inc., both Maryland nonprofit organizations and 501(c)(3). Please take this opportunity to support our Silent Auction and Raffles, and to make a financial donation to help continue the good work they do year round in our local communities. For more about the CSLGB and Ruscombe Community, see pages 16 and 17.



Ruscombe  
Community



## Thank You to our Donors for your Generous Support

**Jennifer Cortner ♦ Laura & Kari Rogan ♦ Rebecca Hoffberger  
 Jane Bench ♦ Tessy Brungardt**

### Our Thanks go out to

Jefferson Breland ♦ Diana Keener ♦ Rachel Hirsch  
 Meagan Hughes ♦ Dixie Mullineaux ♦ Healing Self-Awareness  
 American Visionary Art Museum ♦ Drs. Zoh and Bob Hieronimus  
 The Quinn Family ♦ Irwin Steinberg ♦ Alden Caldwell  
 Sinai Hospital ♦ On Purpose Woman  
 Jericho Stage ♦ Brian Shortley, Sound Engineer  
 and our wonderful Volunteers and Security Staff

Special thanks to the Coldspring Newtown Community Association  
 and to our neighbors for permitting the use of their field.



WELCOME



TO THE

2024  
Peace & Wellness Festival

WWW.PEACEANDWELLNESS.NET

Here are a few things  
it will be helpful to know.

**Vehicle parking** is free at nearby Pimlico Employees Parking lot on Pimlico Road near the Racetrack. A shuttle will transport Festival folk back and forth from the festival grounds to the parking area several times each hour. Security guards will be on hand in the parking area to assist.

**Information** Tables are located near entrances to Ruscombe Wellness Village and Coldspring Newtown Field. They will be staffed all day by trained Volunteers, who can answer questions, provide assistance if needed, maintain a lost-and-found and provide a safe-place should a child become separated from their parent.

**Security** personnel will be on duty at various spots around the grounds, as well as the parking lot. They can be easily identified by their Security Tshirts, should you need assistance or have any concerns.

**Two first-aid stations** for minor issues are available adjacent to the Information tables. Should professional medical care be needed, an urgent care clinic is located about two blocks from the Festival, at the Sinai Hospital campus (at the corner of Greenspring and Cylburn Avenues).

**Portable Toilets** and Sanitation Stations are available on the north side of Ruscombe Mansion and near the Coldspring Newtown field entrance.

**A Quiet Pavilion** is available for mothers of babies or toddlers, or elders or neurodivergent friends who find themselves a bit overwhelmed. It is located in the Ruscombe Wellness Village.

**Pets** are welcome, but must be leashed and under your control at all times. Mind that they have enough water and of course pick up after them.



**Tree Baltimore** Pick up pre-ordered free trees at the Tree Baltimore table located at the Marketplace right next to Ruscombe Wellness Village. They will have a limited number of free trees available for folks who didn't have a chance to pre-order. *Note: Free trees are available to City residents only and are to be planted on private property within Baltimore. Other limitations may apply.*

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## The Peace Pole at Ruscombe Mansion

The Center for Spiritual Living™ Greater Baltimore and Ruscombe Community dedicated this Peace Pole on the south lawn of Ruscombe Mansion on September 21st.

Established in 1981 by unanimous United Nations resolution 36/37, the U.N. General Assembly has declared this as a day devoted to “commemorating and strengthening the ideals of peace both within and among all nations and peoples.” **The International Day of Peace** (“Peace Day”) is now observed around the world each year on September 21st.

Peace Poles are an iconic symbol of *May Peace Prevail On Earth International*, founded in Japan over fifty years ago. Over the decades, Peace Poles carrying the message *May Peace Prevail On Earth* have been planted by supporters the world over.

It is estimated that over the decades more than 200,000 Peace Poles have been planted on every continent. *The Center for Spiritual Living™ Greater Baltimore and Ruscombe Community, Inc.* have dedicated our Peace Pole on the south lawn of Ruscombe Mansion as a silent reminder to us all to remember to give peace a chance.

## “We the People” by Dr. Robert Hieronimus



3

This is your chance to see the rarely exhibited Art Car “We the People”, a 1983 Mercedes Benz sedan handpainted by legendary Baltimore artist/muralist Dr. Bob Hieronimus. It will be parked in front of the Mansion for most of the Festival. Meet the artist and learn about the portraits and symbols on the car that share the message of unity in the United States and the influence of the League of the Iroquois Nations.





# Performers

# Peace Stage Schedule

## Tribe Baltimore



TRIBE was born from a shared dream of movers, teachers, and community builders in Baltimore. We offer a space where we're free to explore, express, and connect through the art of embodiment. We hope to attract and build a community that unites through a shared passion for holistic health, wellness, and spirituality. TRIBE isn't just a gym or studio, but a school. We help develop discipline and consistency with embodiment practices that support you in this wild journey called life.

attract and build a community that unites through a shared passion for holistic health, wellness, and spirituality. TRIBE isn't just a gym or studio, but a school. We help develop discipline and consistency with embodiment practices that support you in this wild journey called life.



## Aaron Hill

A true Renaissance man, Aaron Hill is a piano artist, composer, producer, audio engineer, talk show host, educator, entrepreneur, and more. His music moves easily from hip hop to gospel and jazz. His 5M uses Music, Movement, Meditation, Mindfulness and Mantras to deal with stress, anxiety and depression, and to improve sleep and increase overall peace and well-being.

## Sarah Paz Hyde

SARAH PAZ HYDE is a Sound Alchemist, handpan musician, vocalist, calm UNITY organizer and visual artist currently based in Maryland. Her creative spirit derives from a multicultural upbringing and holistic, spiritual approach to engaging life, fused with a connection to curiosity.



## Ama Chandra

Sanahara Ama Chandra has a lifelong relationship with sound. From her roots in Southern Gospel and 90's R&B to her journeys through world music, neo-soul, jazz, and songwriting, her heart and soul have shared the healing power of music. On her path of seeking, she has acquired many skills and experiences, and is an Usui Reiki Master, sound healer and holistic nurse. She brings to her work an embodied expression of emotion, healed trauma, and unconditional love.

11:15	Sarah Paz Hyde: Handpan
12:15	Tribe Baltimore
1:15	Sahffi
2:15	Aaron Hill Group feat. Ama Chandra
3:15	5M with Aaron Hill
4:00	Xaala Mainama



## Sahffi Lynne

Sahffi has been a musician her entire life, although her road hasn't always been without challenges. During a visit to Peru, she learned to integrate her work with healing plants into her music, which she now refers to as 'medicine music', imbued with healing and wisdom. She also teaches voice at her Ellicott City studio, 'Vocalize Your Soul'.



## Xaala Mainama

African drumming is incredibly life-affirming, healing and powerful, and Xaala Mainama brings it to full life. Xaala Mainama, Inc., though, is more than a talented and exciting African drumming ensemble. Founder Baba James "Djuann" Ray oversees their work in the community guiding youth and young adults, instilling pride by teaching cultural history and life skills. The power of their drumming is mind-blowing - not to be missed!



# Wellness Village Schedule

Ongoing from 11 - 2	<p><b>Ear Acupuncture with Marina Gan</b></p> <p>In this auricular (ear) acupuncture offering, Marina will employ five points, each one corresponding with a major organ system, to regulate and bring balance to the whole body. This treatment supports relaxation and detoxification, and participants will leave feeling calm and grounded.</p>
Ongoing from 11 - 5	<p><b>The Four Energy Gates Qi Gong with Jefferson Breland</b></p> <p>Drop in to sample the Four Energy Gates Qi Gong with Jefferson Breland. The Four Energy Gates are powerful energetic intersections in the body, each working with the others to stimulate the body's energy flow. This form of healing allows the client to experience energy healing without needles. It's an excellent option for those who prefer not to use acupuncture or touch healing.</p>
Ongoing from 11 - 2	<p><b>Homeopathy and Naturopathy Q&amp;A with Bharati Devkota and Dr. Janene Martin</b></p> <p>Bring your questions about Homeopathy and Naturopathy to two of Baltimore's most experienced healers.</p>
Ongoing from 11 - 5	<p><b>Mini Vibrational Healing Sessions with Maureen (Bianca) Henderson</b></p> <p>Sign up early for a chance to experience for yourself this soothing method of relaxation, or drop by to observe and learn how sound implements such as the tuning fork, sound bowls, hand drum and crystal bowls are used in a sound healing session.</p>
Serving from 11 - 5 Mansion Kitchen Porch	<p><b>Lunch is Served from the Mansion Kitchen Porch</b></p> <p>Ruscombe Co-op Cafe favorites, the Onyx Chef Collective, will be serving cuisines from nations seeking sovereignty, peace, and well-ness worldwide.</p>
Serving from 11 - 5 Hill House Deck	<p><b>Lunch is Served from the Hill House Deck</b></p> <p>Chefs Jahari SweetRaw, Josie Brown &amp; Bae Baker (JJ&amp;B) specialize in using "food as medicine," including both raw vegan selections and whole foods choices. Come be educated and empowered about your diet and be surprised how simple non-cooking can taste so good.</p>
11:30	<p><b>Qi Gong Demo with Diana Keener</b></p> <p>In this participatory demo of Qi Gong from the Lotus Nei Gong School, Diana will share a 20-minute session of this ancient system of physical movement that is designed to enhance the body's capability to move its vital force with the best possible efficiency and ease.</p>

# Wellness Village Schedule

12:00 From the Hill House deck	<p><b>Candy Making Demo with JJ&amp;B</b></p> <p>Jahari, Josie, and Bae (JJ&amp;B) will demonstrate how to make a delicious candy, made with five ingredients in just 10 minutes. Come join us to see how you can make a candy that gives energy with scrumptious - and healthy! - ingredients.</p>
12:00	<p><b>Holistic Aesthetician Demo with Rachel Hirsch</b></p> <p>Watch Ruscombe's holistic aesthetician demonstrate an organic peel and polish followed by Q&amp;A. Lemonade Boutique Skincare helps men and women find a look that they feel expresses their best self, instilling confidence and breaking down old barriers.</p>
12:30	<p><b>Gentle Eco-Yoga with Elizabeth McCarthy</b></p> <p>Elizabeth will show us how Gentle Eco Yoga uses your five senses to engage with all the elements of the Earth, relaxing your nervous system and allowing you to find a sense of interbeing with your true Nature.</p>
1:00	<p><b>Holistic Aesthetician Demo with Rachel Hirsch</b></p> <p>Watch as Rachel demonstrates her training in Organic Skin Care with a Fall Fresh Facial. Although personalized for every client, Rachel's consultations address lifestyle, hormones, stress, nutrition, medication, sleep, sun exposure, and environmental factors and are as restorative for the skin as they are nourishing to the spirit.</p>
2:00 Hill House Community Hall, enter from Ruscombe's parking lot entrance.	<p><b>Introduction to Focused Music Imagery Meagan Hughes</b></p> <p>Focused Music Imagery is a therapeutic method using the power of music to connect your imagination and inner wisdom. Come learn about its benefits, tapping into resources for health, wellness, and personal growth.</p>
2:30	<p><b>Somatic Experience demo with Jeannine Olson</b></p> <p>Somatic Experiencing is a body-centered therapy that helps people process and heal from trauma by focusing on the body's natural responses to traumatic events. Jeannine's practice focuses on releasing old patterns which limit freedom in the body, the psyche, and the nervous system.</p>
3:00 Hill House Community Hall, enter from Ruscombe's parking lot entrance.	<p><b>Ayurveda Talk with Susan Weis Bohlen</b></p> <p>Susan Weis Bohlen, the owner of the legendary Breathe Books (Hampden 2004-2014), joins us with an engaging visual presentation on Ayurveda, self-care and seasonal rituals to boost and support health and wellbeing. Susan Weis Bohlen has been a practitioner for over 15 years and has spoken around the world on Ayurveda. Come with curiosity and leave with a sense of empowerment - plus an easy to-do list to begin your journey.</p>







# Marketplace

## **Aligned Wire**

Manijeh Hart  
*Handmade Copper and Crystal Healing jewelry including rings, bracelets, necklaces, earrings, anklets, cuffs, and hair accessories.*

## **Anushka Jajodia**

*Original personalized portraits using pastels on different paper sizes.*

[WWW.INSTAGRAM.COM/ANUJOJO/](http://WWW.INSTAGRAM.COM/ANUJOJO/)

## **Apurva Wellness**

Ileana Gonzalez  
*Information about Ayurveda with ayurvedic products such as teas and oils.*

## **Baha'i's of Baltimore City**

Ann Booth  
*Literature and conversation about the Baha'i faith and our belief in the oneness of all religion and all humanity*

[HTTPS://WWW.BALTIMOREBAHAIS.ORG](https://www.baltimorebahais.org)

## **Baltimore Homa Community**

Ann Couto  
Henry Gregory  
*Community members will offer information about the Ayurvedic practice of sunrise and sunset Agnihotra to mitigate air pollution and therefore offer stress relief for practitioners and the environment.*

## **Breathe Books**

Susan Weis-Bohlen  
Larry Bohlen  
*Mini-consultations on Ayurveda and three books from the owner of Breathe Bookstore Café, talking about self-care and seasonal rituals to boost and support health and wellbeing.*

## **Chakra Charms**

Holly Higgins  
Hunter Higgins  
*Handcrafted jewelry using chakra balancing stones*

[WWW.ETSY.COM/SHOP/CHAKRACHARMSBYHOLLY](http://WWW.ETSY.COM/SHOP/CHAKRACHARMSBYHOLLY)

## **Coffee Karma Cafe**

Elizabeth  
*We sell organic reishi mushroom coffee tea and hot chocolate as well as flavored coconut oil creamers. We also sell an assortment of gluten-free snacks.*

## **Cogia**

Katrina Sparks  
*A variety of fitness apparel and accessories.*

## **Cosmic Karike**

Michelle Hayward  
Garfie Godot  
*Charged Crystals, books and paper goods, upcycled goods. Tarot reading, divination, energy healing ceremonies.*

## **Cylburn Arboretum**

Molly Hoopes  
*Information about events and opportunities at Cylburn Arboretum, and art supplies for attendees to borrow to paint a picture at the festival.*

[WWW.CYLBURN.ORG](http://WWW.CYLBURN.ORG)

## **Detox with Sandy**

Sandra Woods  
*Herbal formulas, kale chips, snacks, cold pressed juices and sea moss*

[WWW.DETOXWITHSANDY.COM](http://WWW.DETOXWITHSANDY.COM)

## **Diabetes Self Care Management Institute**

Marjorie Madikoto  
*Diabetes Self Care Information*

## **Flourish Baltimore**

Nilajah Brown  
*A wellness boutique featuring locally made self-care products, such as plant based candles, organic tea blends, sage, journals and more.*

## **Free Body Mobile Massage**

Cierra Washington  
*Mobile massage services offering chair massages*

[WWW.FREEBODYMASSAGE.COM](http://WWW.FREEBODYMASSAGE.COM)

# Marketplace

## **Free Season Co**

Kontessa Roebuck  
*Natural body butters with essential oils*

## **Green Burial Association of Maryland**

Betsy Sexton  
Jennifer Downs  
*Dedicated to providing information to the public about the right and opportunity for Green Burial, defined as no embalming, no vault, biodegradable container and a flat stone flush with the earth.*

[WWW.GREENBURIALMARYLAND.ORG](http://WWW.GREENBURIALMARYLAND.ORG)

## **Harmony Works x Crystals with Nereus**

Leah Moon  
Leah Goldstein  
*Ethically sourced crystals, jewelry, Reiki*

[WWW.CRYSTALSWITHNEREUS.COM](http://WWW.CRYSTALSWITHNEREUS.COM)

## **Healing for Mind Body and Spirit**

Queenie Puryear  
*Therapeutic massage*

## **Heart Healing Reiki by New Hope Counseling Group**

Marcia Ellis  
*Reiki Healing*

## **Heather's Handwork**

Heather Lemkelde  
Blake Porter  
*Fiber artist with handmade pieces such as hats, scarves, small bags, ribbon banners and small creatures, as well as projects, kits, quick tutorials, and opportunities for private knitting lessons.*

## **JoNa Enterprises**

John Archield  
Segrid Archield  
*Hand crafted jewelry and accessories Also hand crafted bowties and pocket squares, hand crafted calligraphy customized cards created on site. Hat, T-shirts, etc.*

## **Maryland's Marvelous Mushrooms and MycoForge**

Benjamin Saunders  
Taylor Martin  
*Mushroom and hemp products; Maryland-sourced natural goods*

## **Mazwi Holistic Institute**

Joi Fisher  
Angel Mazwi  
*Holistic Behavioral Health, Meditation and Mindfulness Instruction, Meditation Retreats, Supplements*

[MAZWIHOLISTICINSTITUTE.ORG](http://MAZWIHOLISTICINSTITUTE.ORG)

## **NatureKind**

Cassie Blinker  
Brian Merino  
*Locally foraged/pressed mushrooms and wild flower creations in non-toxic sealant, handmade heat and cold therapy packs, and Henna.*

## **NES Health Bioenergetics Practitioner**

Deborah Foch  
*Offering a bioenergetic wellness scan, demonstrating healing with pulsed electromagnetic frequency device.*

## **NSAA African Creations**

Marjorie Foster  
*African Clothes and Accessories*

## **Partner.Co**

Tonya Ryle  
*We help people balance their hormones and release unwanted fat with a homeopathic product.*

## **Partners In Peace Unlimited**

Nancie Rosenberg  
*Learn about the woman called Peace Pilgrim, books, pamphlets, and other Peace Pilgrim paraphernalia, and a video called "Peace Pilgrim: An American Sage Who Walked Her Talk"*



# Marketplace

**Plantation Park Heights Urban Farm**  
Farmer Chippy  
Karma Francis  
Fresh produce, herbs, PPHUF merchandise  
WWW.PLANTATIONPARKHEIGHTS.ORG

**Respectful Ceremonies**  
Tess Veloso  
A Life-Cycle Celebrant and Officiant, trained in ritual and ceremony, with a focus on end-of-life ceremonies.

**Rosicrucian Order AMORC**  
Michael Bull  
Debi Bull  
The Rosicrucians are a community of philosophers who study Natural Laws in order to live in harmony with them.  
WWW.ROSICRUCIAN.ORG

**Sekhmet's Nectar Herb Shop**  
Alicia Hooks  
Medicinal tea blends, infused herbal honeys, and other herbal remedies to help common and chronic illnesses.

**Solistic Crystals**  
Brittney Porrini  
Matthew Simonetti  
Crystals and related products A 100% ORGANIC + pesticide, non-irradiated, and toxin free apothecary.

**Sonja's Secrets Aromatherapy & Wellness**  
Dr. Maria Talton  
Soaps, tinctures, pain creams, herbal teas, herbs, jewelry.

**Soul-utions Hypnosis**  
Beverly Hamilton  
Certified hypnotherapist specializing in Hypno-fertility, Hypno-childbirth and pain management

**Sominbo Wellness**  
Chrii Altoal Sthijo  
Integrative Healing Somatic Unraveling, a unique style of psychosomatic bodywork, as well as Oracle Card assisted Channeled Readings.

**Sukyo Makihari**  
Bryant Shortley  
Free sessions of Light Energy for spiritual purification

**Sweet Nothings, The Bookish Company**  
Jade Banke  
A mobile romance bookstore, featuring small batch, hand poured candles and a rotating selection of handmade and locally sourced bookish goods.

**Talii Hypnosis**  
Talita Martins  
Certified Hypnotist, ThetaHealer and NPL practitioner

**TreeBaltimore Department of Recreation and Parks Baltimore City**  
Ted Martello  
Autumn Native Tree Give-Away. Adoption trees are for planting in private yards in the City only. WWW.TREEBALTIMORE.ORG

**Tribe Baltimore**  
School of Embodied Arts, with a display of movement equipment and games  
WWW.TRIBEBALTIMORE.COM

**U'neekly-D'Zigned**  
Deric Newkirk  
Unique Hand-crafted Jewelry

**Waldorf School of Baltimore**  
Children's Space  
Waldorf School of Baltimore welcomes children to enjoy their own space at the Festival.  
WWW.WALDORFSCHOOLOFBALTIMORE.ORG

**What the Sprout**  
Quandra Gray  
Live microgreens in convenient self-watering containers, and microgreen kits for growing at home



**SINAI HOSPITAL**  
A LifeBridge Health Center  
**CARE BRAVELY**



**Really Raw HONEY**  
STRAIGHT FROM THE HIVE!

Honey naturally offers the following healthful properties: antibacterial action, wound-healing effects, dietary antioxidants, anti-inflammatory effects. Raw honey also contains bee pollen and bee propolis, which has been scientifically proven to have extraordinary healing benefits.



**BRANSFIELD MOTOR CO.**

**Complete Automotive Repair & Maintenance for over 50 years.**





# Healthy Foods

Fresh, real food, packed with nutrients necessary to build and maintain a thriving body, isn't something we can take for granted in today's mass-produced fast-food culture. Ruscombe has from its inception promoted a diet rich in fresh, garden grown produce, learning from the time-tested nutritional wisdom of other cultures, and experimenting with old and new ways of incorporating joy and beauty in our daily meals.

In recent years, western medicine has come around to the realization that how we nourish ourselves has a great deal to do not only with our general daily health, but also how our body heals itself in both acute and chronic illnesses and recovery from injuries, surgeries, chemotherapy and more.

Ruscombe Community, Inc. is developing programs to educate and support our communities with skills and knowledge required to get the most out of what we eat each day, as well as greater access to fresh, healthy locally-sourced foods.

Our "pop-up" co-op cafe, with healthy meals provided by a variety of chefs from the community, provides a chance to experience how delicious a truly healthy meal can be.

## Plantation Park Heights

Plantation Park Heights Urban Farm is a truly unique non-profit oasis in the heart of Baltimore, only minutes from Ruscombe Mansion. The dream of visionary founder Farmer Chippy (right), the Farm raises organic fruits, veggies and herbs for sale and distributon, while providing local young folk the skills, wisdom and knowledge needed to create a life-path of their own. As the farm grows, so do the values of sustainable urban living, stewardship of the natural world, and



peace and caring for our fellow humans. We couldn't be more excited to have Plantation Park Heights as neighbors and friends.

# In the Kitchens Today...

## Serving from Hill House



## JJ&B Raw and Whole Foods

Chefs Jahari SweetRaw, Josie Brown & Bae Baker (JJ&B) are seasoned Health Promoting Coaches who make healthy foods amazingly scrumptious. They specialize in using 'food as medicine,' particularly the sweet and tasty prolific super-foods that heal. Some of the trio are Raw Foods Vegan Chefs and have witnessed people from all over the world being successfully treated of numerous ailments by simply changing to a raw vegan diet and whole foods choices. Come be educated and empowered about your diet.

### JJ&B Festival Menu

- ◆ Balsamic Portobello Burgers w/Caramelized Onions
- ◆ Chick Pea Yum Salad
- ◆ Rollups w/ Peanut Sauce
- ◆ Artisan Tuna Boats
- ◆ Best Kale Salad
- ◆ Gimme Butternut Soup
- ◆ Vegan Taco Balls
- ◆ Seafood Balls
- ◆ Watermelon Nectar
- ◆ Pineapple Ginger Juice
- ◆ Sea Moss Juice Variety
- ◆ Snickers Gold
- ◆ Turtle Caramel Love

## Serving from Ruscombe Mansion



## Onyx Chef Collective

Onyx Chef Collective is a queer and BIPOC led worker-owned and operated cooperative. Our chefs are a diverse collective of culinary artists offering unique, culturally robust, ever-changing menus. We are a collective of chefs, farmers, social justice advocates, and community leaders. Above all else, we are a group of individuals from marginalized backgrounds, and have decided to do this work TOGETHER.

Onyx Chef Collective will be featuring cuisines from nations seeking sovereignty, peace and wellness worldwide.

### Onyx Chef Collective Festival Menu

#### Meals

- ◆ Chicken Moambe and Rice - Tender chicken stew simmered with peanut butter, palm oil, and delicious warming spices
- ◆ Shrimp and Grits - Charred corn & poblanos, spiced tomato cream sauce, herb and smoked gouda grit cake

#### Sides

- ◆ Tostones
- ◆ Beef and Vegan Kibi/Kebbeh

#### Desserts

Desserts by various chefs in the Collective and Community



# ABOUT



The Center for Spiritual Living™ Greater Baltimore (CSLGB) is a progressive spiritual community that encourages individuals to explore their spirituality and develop a sense of connection with their inner selves, others, and the universe. Founded on the principles of love, acceptance and transformation, CSLGB offers a variety of programs, workshops and services that promote spiritual growth and personal well-being. The Center's welcoming and inclusive atmosphere fosters a sense of community and belonging, making it a vibrant and supportive space for individuals seeking spiritual exploration and personal transformation.



We are a radically inclusive, welcoming and affirming community.

We Live, We Love, We Serve



**CSL Greater Baltimore**  
Telephone: (443) 357-1431  
Mail: 2916 Walnut Avenue, Owings Mills, MD 21117  
eMail: CLSGREATERBALTIMORE@GMAIL.COM  
website: CSLGREATERBALTIMORE.COM



# ABOUT *Ruscombe Community*

Since 1984, Ruscombe has served as a Community Health Center providing direct holistic integrative health services to families and individuals, together with educational programming and celebratory events in the beautiful historic setting of the Ruscombe Mansion. The non-profit organization Ruscombe Community, Inc. was established in 2023 as a 501(c)(3) with the intention of expanding our mission of individual healing into the community. Our mission is to preserve the historic mansion and produce community wellness programming for the public, such as healthy cooking classes, mental health and wellness workshops, and providing holistic services to the community.



Ruscombe Mansion (1903) was built by noted Maryland suffragist and social justice advocate Madeleine LeMoyne Ellicott and her husband, Charles E. Ellicott. In the late 1960's, it became the home of a meditation and esoteric studies commune, where Dr. Robert Hieronimus established the AUM school, and the seeds of Waldorf School of Baltimore sprouted. Dr. Zohara Hieronimus founded the Ruscombe Mansion Community Health Center in 1984.

## The Egyptian Meditation Room



**Tours of Ruscombe Mansion and  
The Egyptian Meditation Room  
begin at 12:00 and 2:30.  
Meet at the Mansion south porch.**



*Dr. Zohara Hieronimus, visionary founder of Ruscombe Mansion Community Health Center. Opening in 1984, this unique collective was the largest holistic care center on the East Coast.*



## Ruscombe Mansion Community Health Center Practitioners

### Jefferson Breland, M.Ac., L.Ac., Dipl.Ac. (NCCAOM)®

Acupuncture and Qi Gong  
410-336-5876  
jeffersonacupuncture@gmail.com  
www.jeffersonbrelandacupuncture.org

### Tessy Brungardt, Certified Advanced Rolfer®

Rolfing®  
410-803-6010  
Tessy@aol.com

### Karen Burd, LCSW-C

Licensed Clinical Social Worker and Psychotherapist, Focus on couples  
(443) 613-4152  
www.karenburdlcsw-c.com

### Alden Caldwell, RYT 500, LMT

Craniosacral, Reiki, Yoga Therapy, Bodywork  
aecaldwell@comcast.net  
www.soultouchtherapies.com

### Daniel Caycedo, M.D.

Psychiatry  
Offices in Maryland, Delaware and Pennsylvania  
(302) 285-9748

### Heather Dorst, RN, M.Ac., L.Ac., MQP

Acupuncture, Medical Qi Gong  
(443) 831-9901

### Katherine Dunn, M.Ac., Dipl.Ac., B.Ac., L.Ac.

Acupuncture and Meditation  
(410) 215-5317

### Curtis Ewing, Certified Advanced Rolfer®

Rolfing®  
(443) 928-9760

### Marina Gan, L.Ac. M.Ac.

Acupuncture and Yoga Therapy  
(443) 739-5100  
ganmarina@gmail.com  
www.marinaganacupuncture.com

### Maureen (Bianca) Henderson

The Quaint Essential Wellness Company: Massage Therapy, Sound Healing, Life Coaching  
(410) 793-2244  
feelwellstudio@gmail.com

### Rachel Hirsch

Aesthetician  
Holistic Skincare  
(443) 478-0047  
www.Vagaro.com/LemonadeBoutiqueSkincare

### Benjamin Israel, M.D.

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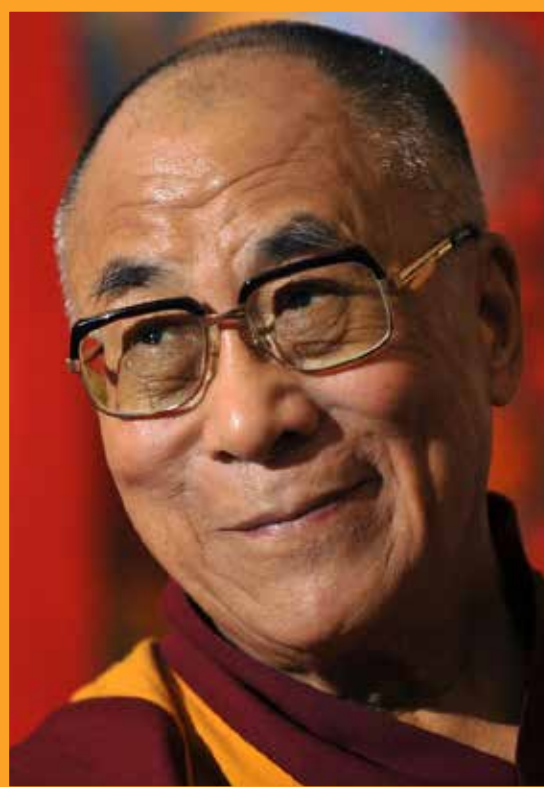
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