

Care Through Touch Institute

Touch that Transforms
Body, Mind, and Spirit

Fall 2018

Beginning A New Chapter



Over the years I've wondered what I would say and how I might feel when the time came to pass the leadership of CTI on to someone else. Now I know! It feels RIGHT!

Heather had been volunteering with us for several months. In addition to her massage skills, though, it was her manner of connecting with people, listening to their stories, respecting their choices, recognizing their potential, and sharing her joy in being with them that held our attention. One afternoon in early April, while having lunch together, I suddenly saw this young woman sitting across from me as the one we'd been looking for! Thus, on the morning of July 1st, 2018, Heather stepped into her role as CTI's new Executive Director.

Today I continue to be very involved in the life of CTI, but I know it is no longer mine to hold. As I slowly untangle myself from its day-to-day operations, I feel the pull to let my mind, heart, and spirit lie fallow for a while and take to heart the advice German theologian, Deitrich Bonhoeffer, once offered, "...become clear...how you want to think, who you want to be from this point on." In CTI, I found my vocation, my calling to CARE for people at the margins. That vocation remains the same, but for a while I need to pull myself back from my own margins to rest, reflect, and reimagine my commitment to CARE!

I am asking you, our faithful friends and supporters, to embrace and support Heather and Care Through Touch as you have for me all these many years!

With Gratitude,
Mary Ann Finch
Founder & Practitioner

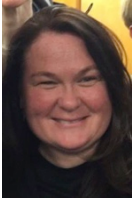


I got into this work by way of a strange path. I graduated from U.C. Santa Barbara with a B.S. in Mechanical Engineering in 2008, during the worst financial crisis in this country since the Great Depression.

After working as an Engineer in the field of Alternative Energy for a few years, I went back to McKinnon Body Therapy Center in Oakland, CA to learn the art of massage. No single event has ever affected me more deeply. I found myself grounding and coming into myself in a way that I had never experienced before. The power of giving and receiving loving touch was transformative and I found myself wanting to share this with those in our community desperately in need of touch.

I had been volunteering with CTI and Project Homeless Connect for about a year when Mary Ann asked if I wanted to lead the organization. Not only was I honored, but it strangely felt like all the challenges and odd jobs I'd had up to this point had prepared me for this role. I love what Mary Ann has built, admire her tenacity and spirit, and look forward to carrying its legacy forward. Focused on community and emanating love and acceptance, our volunteers go out to the streets so that they can lovingly touch those in our community that are most looked down upon. This is not only the most sacred and beautiful work I have been in the presence of, but also the most inspirational and moving. Thank you for continuing to support our cause and for helping us through this time of transition within the organization.

Heather Dickison
Executive Director & Practitioner



We are thrilled to have Heather Dickison serve as our new Executive Director at Care Through Touch! Heather took over as ED from Mary Ann this past July and she has hit the ground running! We have all marveled at her energy, kindness, care for the community, innovative ideas, and focus. We have so much hope under her leadership and we are excited to see what this upcoming year will bring as we work on board development, strategic planning, volunteer recruitment, financial development, and sustainability under Heather's leadership.

Jen Roy
CTI Board President & Practitioner



I began working with Heather in December of 2017 at Project Homeless Connect and then at Martin de Porres House of Hospitality. Heather brings fresh perspectives, creativity, energy and wonderful people skills to the role. I am particularly impressed with how pastoral she has been with the volunteer staff, always checking in to make sure that we are not overburdened or feeling unappreciated. She has reached out to new partners in the neighborhood and opened up new opportunities for our work. I feel confident that we are in good hands with Heather as Executive Director.

Sister Pamela Clare Magers
CSF, Program Assistant & Practitioner

Congratulations to our most recent graduates!



Five years ago, I left a smugly serene, leafy neighborhood in search of something more gritty and challenging - something more 'real'. I had been serving as an Episcopal priest in a wealthy congregation in Menlo Park, where everyone was 'just fine', but I knew that just wasn't enough. In moving to my new congregation in San Francisco, I knew the city was struggling with people who were marginalized and barely housed, but I didn't have a way to offer the love and acceptance I felt filled with.

Then, through Sister Pamela Clare, I heard about the foot massage training offered at CTI in preparation for the foot massages given throughout the Tenderloin on Holy Thursday, a day when we remember Jesus' act in washing the disciple's feet. It was everything that I had hoped it would be and more! It was such a privilege to be able to touch another person in that extraordinarily holy and intimate way. I knew I wanted to learn more about 'caring through touch'. This past summer Mary Ann, Pamela, and Maureen offered the 100-hour training in Massage Therapy, Social Responsibility, and Spiritual Practice. It was a transforming gift!

It used to be that I would walk the streets fearfully, feeling guilty that I couldn't do something to help. I was trained to be actively present with others as a priest, but with Care through Touch, that 'active presence' has been taken to a completely different level. I can see each person as someone of value who has a story that I want to hear, and I am able to listen and to love with my hands and my heart. Now I can offer a loving touch and a kind presence that might help someone remember that she/he is a precious child of the divine energy of the universe. I am so grateful!

Jane McDougel
CTI Practitioner



I am a married woman with four adult sons and two grandsons living in the East Bay. I am also a retired high school teacher. My friends and I had been asking ourselves what we could do to help the homeless population. In the spring of 2018, I found a way to do something. I participated in a foot massage training and gave foot massages on Holy Thursday in front of St. Boniface Church in the Tenderloin. When I learned there were more trainings available, I signed up for a 100-hour summer course with Care through Touch that included not only seated massage skills, but also the social and spiritual

perspectives I needed to remain grounded, open-hearted, safe, and compassionate when encountering some of the most vulnerable individuals in our society. As we sometimes discover, what I offer through massage pales in comparison to what I receive from our homeless and underserved clients.

Katie Hayes, CTI Practitioner

Upcoming Trainings / Workshops

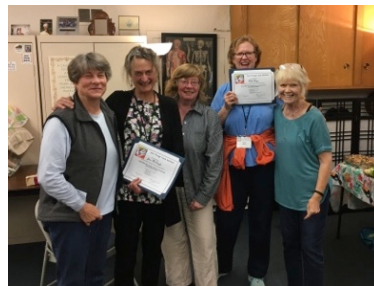
**The Art of Anointing
A Foot Massage Workshop
Saturday, April 13, 2019
9:30am—4:30pm**

Upon completion of the Foot Massage workshop, in the tradition of Holy Thursday, we will anoint the feet of people who are victims of poverty and homelessness in the Tenderloin on Thursday, April 18, 2019 11am – 3pm.



**CTI's 100 Hour
Integrative Certificate Program:
Seated Massage Therapy, Social Consciousness and Spiritual
Practice**

This training is offered when we have a minimum enrollment of 3-6 participants. It is offered over a three-month period and classes meet one weekend each month followed by a supervised internship at sites CTI provides massage in. If you would like to be placed on a list for our next training, email us and an application will be sent to you. Dates are determined based on a combined consensus of availability.



New Partnerships in the Community

Thank you to the organizations that have so graciously donated their products to our non-profit.



“The experience of gentle touch can be more powerful than a thousand words. When we touch, we become aware of our physicality and feel a deep sense of belonging. Now imagine going months, maybe even years, without it. The work that Care Through Touch does with our unhoused neighbors is profound. The sense of being cared for is a powerful thing to witness and makes this service an incredible addition to our Pop-Up Care Villages!”

Doniece Sandoval, Founder & CEO of Lava Mae



Ways to Support Care Through Touch

Donate: We operate on a shoestring budget and every donation, however small, helps us procure necessary supplies, train our volunteers, and store our supplies. Many employers will match your donation – check with your HR office to see if this is the case. You can mail us a check or click the donate button on our website <http://www.carethroughtouch.org>. We also accept gift cards for our homeless clients (e.g. Starbucks, Trader Joes, Burger King, Jack-In-The-Box, McDonalds, etc.)

Volunteer: If you are a grant writer, massage therapist, yoga instructor, sound healer, counselor, chaplain, photographer, filmmaker, or person who is deeply committed to our work, we are always looking for new volunteers. Whether you'd like to accompany us out in the field, do something nice for our volunteers to help them feel rejuvenated during our monthly meetings, or help in the office we would be grateful for your time.

Spread the Word: If you are part of an organization tell your friends and co-workers about CTI and encourage them to check out our website (<http://www.carethroughtouch.org>).

Become a Board Member: We are looking for individuals who have experience in finance, law, program management, volunteer recruitment and management, hands-on healing modalities, and/or who have community connections.

Host a Fund-Raising Event: Help support the work of CTI by planning a fundraising event.



Love is the light in a heart
filled with Gratitude

Every year CTI provides between 2,500-4,000 free massages to those in our community traumatized by poverty, homelessness, violence and life-threatening illnesses. Through your contributions by way of time, money, and encouraging others to support our work, we will be able to train more volunteers and extend our services to other vulnerable members in our community - the youth, elderly and the dying. Thank you for being part of our Care Community!



The MISSION of the

Care Through Touch Institute

- By way of seated massage therapy and compassionate presence, the Care Through Touch Institute: provides poor and homeless people with a healthy option for improving their physical, mental, emotional and spiritual health;
- provides massage practitioners and other volunteers with a social and spiritual option for serving the poor in ways that embody the values of respect, compassion, solidarity, justice and love.

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