

AWAKENING YOUR LEGACY

BIG IDEAS AND RICH CONVERSATIONS
WITH NORTH BAY WOMEN



We live in a remarkable time. It is a time for big, bold ideas about possibilities. It is a time where one person, one partnership, one idea can make a difference. It is a time to engage in conversations about visions that light up our own lives and inspire a brighter future for our world.

In 2010, we will host nine Awakening Your Legacy evening events with women. You will have direct access to Bay Area thought leaders and innovators who are passionate about something that became their personal destiny. We pair this with compelling conversations with other North Bay women around intimate tables at the beautiful Ramekins Culinary School in Sonoma (<http://www.ramekins.com>).

Each month we will enjoy a simple, freshly prepared supper by our Ramekins chef and experience an unforgettable encounter with our speaker. Each speaker's story reveals how action transformed the speaker's own life and contributed to the greater good in vital areas like sustainability, health, new business models, and education.

We will then engage in thoughtful conversations to discover and support the fresh ideas and longings we perhaps didn't even know we had. We will dive into the questions of how we might give our energy and attention so that our life imprint both fills our personal cup and ignites our greatest contribution to the world.

With each event, we will create fertile ground for big ideas to stir and awaken so that each of us can move toward our own unique legacy.

To take part in this spirited initiative, email sonomabigideas@gmail.com or call Carole Peccorini and Chalon Bridges at 707-996-2167.



A mother-daughter venture inspiring many women to discover their personal legacy and share it with the world.

Chalon is a publisher and enjoys sparking a passion for learning in the next generation. Sonoma mom of two, Sam and Lucy.

Carole offers science and arts background to inspire women to open up the vision of their lives and apply new choices under all circumstances.



SAVE THE DATES

4TH WEDNESDAY EVENINGS

6:00 – 9:00 PM

FEBRUARY 24

MARCH 24

APRIL 28

MAY 26

JUNE 23

JULY 28

AUGUST 25

SEPTEMBER 22

OCTOBER 27

CO-LEADERS

**Carole Peccorini RN, MA
and Chalon Bridges**



We have set a chair at the table for you.

AWAKENING YOUR LEGACY

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WEDNESDAY EVENING, JUNE 23

SPEAKER, TERCES ENGELHART
ENTREPRENEUR AND CO-FOUNDER, CAFÉ GRATITUDE
REAL FOOD AND SACRED COMMERCE

FOLLOWED BY RICH TABLE CONVERSATIONS

5:45 – 6:30 PM • ARRIVAL AND CASH BAR

6:30 – 7:15 PM • SUPPER

7:15– 9:00 PM • PROGRAM AND CLOSURE

RAMEKINS CULINARY SCHOOL, EVENTS AND INN
450 WEST SPAIN STREET, SONOMA

PRIX \$60

Advanced Registration Only - Deadline Monday, June 14

Checks Payable To: Carole Peccorini, Sonoma Big Ideas

Mail To: 18398 Riverside Drive, Sonoma, CA 95476

Register online at <http://sonomabigideas.blogspot.com>

Ramekins is providing a gift certificate for cooking classes for two at each event.

Drawing will take place following dinner and winner must be present.

No refunds. Cancellation a full 4 days in advance will be applied to the next month's event.

*For information, contact Carole Peccorini and Chalon Bridges at
(707) 996-2167 or email sonomabigideas@gmail.com*



What are you grateful for? Terces Engelhart asks this question often as she and her husband Matthew tend to growing seven Café Gratitudes and 280 employees in the Bay Area.

Café Gratitude is not just about great healthy food. It is also a business about growing people, especially young people in their 20's and 30's. They invite everyone who steps inside to enjoy being someone who chooses – loving their life and themselves, accepting the world, being generous and grateful every day, being provided for. You can order *I Am Refreshed* and a goblet of house lemonade arrives. *I Am Vivacious* is a stuffed avocado and *I Am Kind* brings Refried Beans. *I Am Amazing* is Lemon Meringue Pie.

Terces calls this a great experiment. *Can we merge sacred principles with commercial profit?* Love is the bottom line. Love of this business translates into profits that give livelihood to hundreds and sustenance to thousands. Love of transformation is awakening. Are employees inspired by their lives? At Café Gratitude employees are encouraged to train themselves to choose their thoughts, the ones that empower and inspire them. They spend about \$230,000 a year (in time) or 1/3 of their profits to invest in the daily practice with employees to get clear and present so they can be creative, powerful and generous. This prepares the space for the highest customer service, love of community. Love of the Earth is sustainability with environmentally friendly products, sustainable agriculture and the finest local organic ingredients. With these principles they have become business magnets.

How did this Big Idea happen? When Terces and Matthew married ten years ago, combining a family that would now include 5 children, they decided to start something new and to trust inner guidance and inspiration to guide the way. They discovered the nourishing power of living foods and they also decided to create a board game to provide both learning and the experience of transformation. Once they created the Abounding River Game, they felt they wanted a place for people to play the game. While walking one day in SF, they saw a sign, a restaurant site was available, and the first Café Gratitude was born.

Terces has created and re-created herself many times. Her father was a Navy pilot and her childhood meant moving 30 times. Her mother was creative and her love of cooking opened Terces' heart to her own love of food. Her later life lessons come from twenty years of an eating disorder and being a single mom of three children. She has expressed herself in many ways as a dental hygienist, flight attendant, Mary Kay cosmetics executive, business owner, massage therapist and eating disorder counselor. Today she lives on their organic farm growing food for the Cafes and offering monthly workshops on relationship, abundance and creating an alive, awake community at work.

Check <http://sonomabigideas.blogspot.com> for a list of all upcoming events and speakers.

