

Client Comments:

"I asked Kate to help me design a ritual to "unstick" me. I had been stalled for months on a project. Just going through the process of designing the ritual put me back on track and helped me to see what was hanging me up. Kate has an sixth sense for asking the right questions. It's been four weeks since she met with me and I've been so involved with my work, I haven't even had time to do the ritual yet."

Kate Cholewa

"Kate helped me and my friends-family support group channel our love, commitment and fear before I went in for mastectomy surgery. She helped us all "do" something - express ourselves at a time when no one knew really what to say and words weren't the communication I needed."

Judy Smith, Missoula

"We chose Kate to perform our wedding ceremony. Kate's very presence helped to create the environment in which the ceremony enveloped the moment and became deeper and more profound than the words or structure themselves. She made us feel as though something greater than ourselves had happened, an event that still brings comfort and inspiration years later. We were lucky to have her."

Fred Sargeson, Helena



We change. The world around us changes. Some changes are anticipated. Some are not. Some give cause for celebration. Some bring hardships, fear or sadness.

Rituals and ceremonies mark these passages. Rituals help individuals, couples, families, or organizations link what was and what can be. They aid us in aligning the spiritual and the practical, the conscious and the unconscious. Rituals allow us to honor both losses and new beginnings. They can help us navigate change, or bring change about. Rituals and ceremonies focus our energy thereby giving our efforts greater power.

Ritual and ceremony:

- ✦ Allow for a sense of control when facing the uncontrollable
- ✦ Release those experiences that no longer serve you
- ✦ Marshall the powers of the unconscious by speaking its language
- ✦ Allow for celebrations that are uniquely meaningful
- ✦ Allow for recognition of the enormity of a specific change
- ✦ Acknowledge "once in a lifetime events" with reflection and meaning
- ✦ Help navigate unanticipated events with purpose and clarity
- ✦ Create an enhanced sense of connection to your inner wisdom and values
- ✦ Enhance your ability to create healing environments for self and others

When ritual is helpful:

- ✦ Rites of passage (graduations, marriage, divorce, anniversaries, birthdays, funerals, memorials, menarche, menopause)
- ✦ Home blessings
- ✦ Struggling to break from the past
- ✦ Starting over (career, move, school, relationship renewal)
- ✦ Embracing challenging health circumstances
- ✦ Marking a time of spiritual deepening
- ✦ Developing a new organizational vision and mission or energizing the existing ones
- ✦ Aligning energies to give more power to particular efforts

Services offered:

- ✦ Conversation that assists individuals engage in meaningful action and deepen spiritually
- ✦ A supportive environment to explore personal meaning and develop a customized process that facilitates embracing the change
- ✦ Ritual and ceremony facilitation
- ✦ Classes, workshops and group

offerings
Kate Mrgudic, M.A.
Personal statement

I hold a Masters degree in Psychology and have extensive training and experience in embracing transitions and change. Since 1979 I have provided ritual and ceremony opportunities in a variety of settings including hospice programs, cancer and pulmonary rehabilitation services, women's groups, personal growth workshops and classes, and with individuals and families. I bring sensitivity, keen insight, compassion and a light-hearted energy to our work together. I know the power of ritual in navigating my own transitions and am passionate in helping people successfully manage the changes they face or wish to create.

I have conducted marriage ceremonies, memorial services, and rites of passage in Oregon, Arizona, California and Montana. I am committed to supporting individuals and families through the "seasons" that are the markers in



our lives.

Please contact me for a free personal consultation regarding a ritual for you, your family or your organization.

Call (406) 442-4140
or email