

# Classes, Groups, & Workshops

## **Spiritual Art**

*Every 4<sup>th</sup> Saturday in the Gathering Place, 10 AM – 1 PM*  
Appointment basis (call Valerie Rogers at 714-375-1192), \$20 fee.

## **Paint From the Inner Knowing—TOMORROW**

*Meets on the 2<sup>nd</sup> Monday of the month, 4:00 – 6:30 PM*  
Gathering Place--\$20 fee, Guided by Artist Linnea Haley

## **Don's Rock Guitar School—THIS FRIDAY**

Don Eisentraut is teaching guitar classes at Sangha!!  
**Meets in the Gathering Place every Friday afternoon.**  
*Intermediate & Advanced: 3:30 – 4:30 PM; Beginners: 4:30 – 5:30 PM*  
*Love Offering—Everyone of all ages & levels of experience invited to attend!*

## **A Course in Miracles—THIS WEDNESDAY**

*Every Wednesday 5:30 – 6:30 PM, Room 201, Love Offering*

## **Stillness Speaks—THIS SATURDAY**

*A meditation experience with Karen Schaefer based on Eckhart Tolle's tapes & books.*  
Meets in the Sanctuary **every Saturday at 9-10:30 AM.** *Love Offering*

## **Treatment & Meditation**

*Accredited 10-week Course from United Centers for Spiritual Living*  
Taught by Practitioner Shem Sandefur, Carol's Room.  
**June 7th – August 16<sup>th</sup>; Saturdays, 1-4 PM**  
\$200 (take 10% off when paying in full at registration)  
*Counts toward entry into Practitioner study.*

## **Visioning**

*Accredited 4-week Course from United Centers for Spiritual Living*  
Taught by Rev. David Phears, Carol's Room.  
**Mondays, June 9 – 20, 6:30 – 9:30 PM**  
\$125 (take 10% off when paying in full at registration)  
*Counts toward entry into Practitioner study.*

## **The Power of Your Word**

*Accredited 8-week Course from United Centers for Spiritual Living*  
Taught by Practitioner Sue Sparkman, Room 210  
\$155 (take 10% off when paying in full at registration)  
*Counts toward entry into Practitioner study.*

# Next Sunday—May 18<sup>th</sup>

Rev. Ivory Webb

**"Change Your Direction"**

**Affirmative Reading and Centering Meditation**  
By Practitioner Shem Sandefur

**Beautiful Musical Inspiration by HeartSong**

## **TODAY through May 25<sup>th</sup>—Community Outreach!**

Our current program is Working Wardrobes of Fountain Valley.  
Please bring your **donations** to the Outreach Table under the canopy outside the foyer. Suggested items include:  
*Business clothing for men & women, Shoes, Accessories, Toiletry items, Cash or Checks made out to "Working Wardrobes."*

## **SUCCESS EVENT—MAY 31<sup>st</sup>**

***Calling for 20 volunteers from Sangha!!!!***

Please sign up at the table outside to assist at the all-day interviewing/job training/preparation event for veterans who are returning to the workforce. See Cathy Brady for more information.

## ***Practitioner Candidate Graduation Ceremony***

Honoring our graduating students—Edith Heilan, Lynne Fiedler, and Sir Frederick—along with other practitioner and ministerial candidates.

**Sunday, June 1<sup>st</sup>, 4:00 PM**

At Holmes Institute, Seaside Center for Spiritual Living in Encinitas.  
Everyone is cordially invited—please speak with one of our graduating students.

## **Animal Kinship Ministry of Sangha**

Stop by The Gathering Place to visit the Ministry's table at the statue of St. Francis of Assisi for pet prayer request forms and emergency care information as well as books and notes from the team meetings.  
Or talk with Dr. Michelle Coran, team leader, for insight & support.

**The Animal Kinship Team meets every 1st Sunday morning in the Conference Room from 9 – 9:30 AM. We welcome you to attend.**

# Exercise Groups

## Hatha Yoga

Tues, 6:30-7:45 PM, or  
Thurs, 4:00-5:30 PM

Led by Certified Yoga Instructor Lisa Brooks  
(714-962-3362) on love offering basis  
Carol Armour Room

## T'ai Chi Chih

Wednesdays, 6 – 7 PM, Room 205

Taught by Camilla Gartland (714-856-0455)  
Love Donation

## Qi Gong

Every Saturday 10-11:30 AM

Master Chinese Healer Margaret Zhao  
(714-323-3238) teaches self-healing techniques  
of Qi Gong, Traditional Chinese Medicine,  
and acupuncture. Love Offering, Room 205

## Journey Thru the Chakras

Tuesdays, through June 17<sup>th</sup> (no class 5/27)  
5:30 – 6:45 PM, Room 205, \$12 per session  
Register with Marilyn Valenzuela at 714-642-9888.  
Yoga, dance, chanting & the Oneness Blessing

## Church Picnic

August 24th

Our next Planning meeting will  
be held at Edison Park on  
Sunday, June 1<sup>st</sup> at 1:15 PM.

*This year's picnic will be a  
shared event with*

**The Center for Spiritual  
Discovery of Costa Mesa.**

*For information, call  
Veronica at 949-241-6581.*

# Awesome Authors

Fridays, 7-9 PM

*In the Sanctuary, Love Offering*

Fascinating talks & book-signings by  
published authors:

**George Catlin**, "The Masters & the Path"  
(5/16)—**cancelled this Friday**

**Paula Brown**, "Fur Shui: Feng Shui for Pets  
and Their Human Friends" (6/6)

**Keith Leon**, "Who Do You Think You Are?  
Discover the Purpose of Your Life!" (6/20)

**Mark Romero**, "Harmonic Alignment," (7/18)

## Relationships and The Power of Kindness

### Wonderful Wednesdays

A weekly series exploring the  
nature of human relationships  
*with*

Rev. Dr. David Phears

Wednesdays, Now Through June 11  
7:00 – 8:30 PM

*Based on the book The Power of  
Kindness by Piero Ferrucci, the DVD  
"Song of Songs," and inner-views with  
various couples and singles.*

In the Sanctuary, Love Offering

## Family Lifeshop: The Mirror of World Peace

Sundays through May 25,  
12:15-1:30

With Rev. David

*Our festive format includes  
family style potluck lunches,  
prayer, laughter, and learning!*  
In Room 205, Love Offering

# Meditation & Healing Groups

## Sunday Morning Meditation Circle—NEXT SUNDAY

Every Sunday, 9:15-9:45 AM—Room 201

## Visioning

The first Sunday of the month, 11:30 AM in Carol's Room (206)

## Insight Meditation

Meets on the 2<sup>nd</sup> & 4<sup>th</sup> Saturdays every month from 10-11:30 AM  
*Vipassana with Buddhist Monk Sunim—Love Offering Donation—Room 209*

## Life Beyond Loss

Grief Support & Study Group led by Licensed Practitioners.  
Meets 2<sup>nd</sup> & 4<sup>th</sup> Thursdays each month Room 201, 7-8:30 PM, Love Offering

## Reiki Circle

Experience the healing light with Reiki Practitioner Mary Hill.

Every first Thursday at 7:00 – 8:30 PM

For information, call 714-840-1678. Room 209 (Library); Love Offering

## Energy Balancing—Pranic Healing—THIS THURSDAY

Meets every third Thursday (5/15) in Room 205, 7-8:45 PM  
Facilitated by Sheevaun Moran, Love Offering of \$10 Suggested

# Social Activities

## UnSerious Couples

Saturday, May 17<sup>th</sup>, 6 PM—Dinner at Mimi's Café followed by an evening at the theater ("Gift of Murder," a comic thriller at Long Beach Playhouse). **RSVP** with payment for tickets (\$16 each) must be received by May 7<sup>th</sup> to Pauline Tedford at 714-539-4252. Come join the fun!!

## Spiritual Cinema

Second & fourth Fridays at 7:30 – 9:30 PM: May 23—"Snow Walker"  
*in the Sanctuary, Love Offering, Fresh Popcorn!*

## Grandmother's Baby Shower for Pauline Tedford

Sunday, May 18<sup>th</sup>, 12 Noon to 2 PM, Carol Armour Room  
*Everyone is invited to welcome Pauline's brand new grandbaby with items to be kept  
at grandma's home, including used baby furniture, toys, clothing, etc. Hosted by  
Madelyn Fielding, Darlene Kean, & Linda Klein. Call Madelyn at 714-828-7966.*

## Volunteer Nation Potluck Lunch

Sunday, May 25<sup>th</sup> at 11:30 AM in Carol Armour's Room.  
*Bring a dish to share with fellow volunteers and anyone else who's interested in  
finding out more about volunteer opportunities at Sangha. Team updates &  
information. All are invited to enjoy the fun. Just show up!*