

# SAN's Sacred Circle

## Reflections, Music, & Events

Volume 3, Issue 6

DECEMBER 7, 2013

### 2014 Sacred Circles

**First Sunday**

**Potlucks**

2:30—5:30 p.m.

**March 2**

Introduction to  
The Art of Stress Relief

**April 6**

Yoga for You! Creating  
Optimum Health at Any Age

**May 4**

Ahhh... Aromatherapy!

**June 1**

Writing Wrongs

**July 6**

Reiki for Relaxation and  
Healing

**August 3**

Creative Crafts to Release Stress

**September 7**

STRESS! Let It Go So You Can  
Flow

**Join Us!**

**Our Father's House**

26210 Emery Road

Suite 309

Warrensville Hts., OH 44128

**Questions? ... contact**

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## ~ Creating a Beautiful World ~ One Sacred Soul at a Time



### *Dear Santa, I'd Like Some New Clothes...*

*Shirley A. Nelson (San)*

People are sitting around and they don't even know how they got through the year, and they're worried. We don't have to look back at the past year and dwell on the way it could have been, should have been, or would have been. We don't have to suffer. What is done, is done. Let it go. Give yourself a break, forgive, and see through the eyes of love and compassion. Be gentle with yourself and be kind to others. Don't waste one moment of your precious time looking back with regret. We have one life to live and it is our gift to give. Live it victoriously!

One day we will learn to undress in front of others and celebrate the naked truth of who we are. One day we will discard those old clothes that no longer fit such as fear, judgment, criticism, jealousy, blame, and guilt.

One day we will celebrate the gift of who we really are and will dress as one of God's creations. We will put on the fabric of authenticity and dance with joy and welcome new seasons. We will be ourselves. We will release tight, restrictive thoughts because we realize we do not look good in them.

One day we will look back and instead of pain, we will remember the beauty of a summer's rain, sun shining on the keys of a piano, children laughing, people dancing, fireside chats, a walk through the park on a glorious autumn day, catching snowflakes on our tongue, and eating watermelon in the sun.

Don't wait. Celebrate today! Start wearing your new clothes and allow the following reminders to help you remember who you really are:

- You are not one of your mistakes.
- You are exactly where you need to be to live the life that is best for you.
- Whenever you wish to, you may borrow from your very rich and varied past experience.
- Learning how to love, be loved, see love, and appreciate love will prove to be as vital to you as the air you breathe.
- Always near at hand, the art of facing things openly and honestly can, in an instant, return us to what is holy.
- When you are able to avoid being seduced by your past, you live in the moment.
- A wound seldom remains open unless you keep opening it.
- With practice and self-discipline, you can train yourself to go to a place deep within—a place where creativity, imagination, knowledge, inspiration, love, and great wisdom abound.



*"Don't opt for revenge, go for reconciliation"*

**Nelson Mandela**

born 18 July 1918

died 5 December 2013

*"I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death."*

— Nelson Mandela,  
*Long Walk to Freedom:  
Autobiography of Nelson  
Mandela*

*"Every time Nelson Mandela walks into a room we all feel a little bigger, we all want to stand up, we all want to cheer, because we'd like to be him on our best day."*

— Bill Clinton



**The Art of Stress Relief** starts March 2 and ends September 7, 2014. We'll meet the first Sunday of each month at Our Father's House for a mini retreat at 2:30 to 5:30 p.m. See attached flyer for details.

**Merry Christmas and  
Happy New Year!**



## The Many Faces of Prayer

### Appreciative Prayer

*"...when all seems broken and we can't bear to feel one more thing, the heart is always deeper, larger, stronger than we think; it is ready to hold us like a great substantial shore. And when we feel we have nothing left to give, this is just when the gift that only we contain is about to show itself, like an edible flower breaking ground after the storm."* —Mark Nepo

Finding words to pray during times of despair and disheartenment can be difficult. However, regardless of how deep our sense of sadness, distrust, and fear, we can find our way back to what is good and true and holy by remembering what is precious and moving towards that.

Prayers of appreciation will shift your focus and lift you out of the disheartening influence that drags you down. Although we cannot escape pain and suffering, we can search for the meaning in it and ask to be shown what is holy.

If you want to give birth to the Christ within, open your self to a life force that is sustained by love and filled with an energy that honors and lifts you up.

Every day we have the chance to choose again whether or not to honor who we are. In expressing gratitude we "re-member" and we pull ourselves back to a state of wholeness.

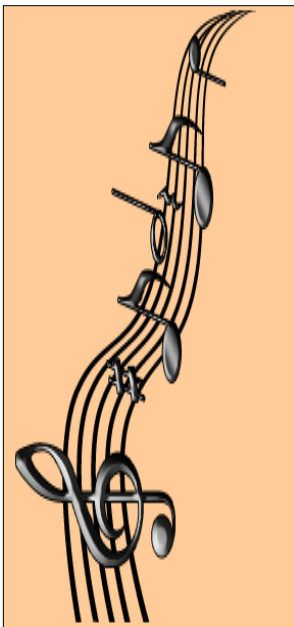
Prayers of appreciating all that you are and all that you have will rearrange things inwardly and, in so doing, you will gift yourself and the world one heart beat at a time. *San*

*The Many Faces of Prayer ~ A Healing Balm in the 21<sup>st</sup> Century*

Shirley A. Nelson  
Author

Click here to read an  
↓ excerpt ↓

<http://tiny.cc/53f07>



## Sacred Music Pick of the Month

### The Trans-Siberian Orchestra

A few years ago I saw the Trans-Siberian Orchestra at Quicken Loans Arena and, since then, I've never been the same. For 2-1/2 hours they held the audience spell bound and I left there feeling as though I'd been set on fire. It is an amazing experience that will get you out of your seat and have you screaming and begging for more. By the time you leave the concert, you will

feel like you've run a marathon. TSO is incredible!!!

They'll be here again on Saturday, December 14th, performing "The Lost Christmas Eve" for the last time in Cleveland and I plan to be there. Let me tell you, it is theatre at it's absolute best.

Although you might not be able to relate to the idea of the sacred in a bunch of rock guitarists and eclectic musicians, I guarantee you

will be transformed and you will feel it in your soul.

Formed in 1996, Trans-Siberian Orchestra consists of three talented songwriters—Paul O'Neill, Robert Kinkel and Jon Oliva—and an incredibly diverse collection of musicians, ranging from rock guitarists to R&B singers to classically trained instrumentalists who combine the grandeur of an orchestra with the energy of a hard rock group. Listen... <http://www.youtube.com/watch?v=wQNrj6lbGY>



## SIT-UP ~ Stay Tuned Spiritually In Tune for Universal Peace



### Stress Busters

"One channel is the Stress Channel and the other is the Peace Channel. We really do have a choice about what we listen to. The Peace Channel can only be heard when we are present in the moment, when we are in the now. To tune in to the Peace Channel, all we have to do is be, experience,

notice, and naturally respond to what is arising in the moment. To tune into the Stress Channel, we just have to start believing our thoughts again. [...] Eliminating stress is just a matter of tuning out the negative and tuning in the positive and just being, experiencing, and dancing to that music instead of the mind's chatter."

"Try giving up all the thoughts that make you feel bad, or even just some of them, and see how doing that changes your life. You don't need negative thoughts. All they have ever given you was a false self that suffers. They are all lies."

— Gina Lake, *What about Now?: Reminders for Being in the Moment*

*"When we give freely, we feel full and complete; when we withhold, we feel small, petty, impotent, and lacking. We are meant to learn this great truth, that giving fulfills us, while withholding and trying to get causes us to feel empty and even more needy. This truth runs counter to our programming, which drives us to try to get something from others to fulfill our neediness . . ."*

— Gina Lake

# Water the Seeds Not the Weeds

Just a Thought



## The Gift

In all of your running around this holiday season, don't forget the gift you already have. It is said that our outer life is a reflection of what is going on inside of us. So, have you slowed down this year to contemplate the above statement? Have you set aside time to be still and know and to understand at a deeper level that you are the perfect child of God? This observation does not need proof from outside of you. You could be unemployed and

going through some trials and tribulations or just plain angry. This does not change the gift you already have.

We all have times in our lives when living from our gift is very hard. Things seem to fall apart and we lose our balance. There appears to be a lack of understanding about the direction our lives have taken. Those who have taken the time to think about this inner gift have discovered the wonderful side effects. The need to figure things out dissipates. Living in the present moment versus living in the past or future is much more powerful. This presence is the Christ in you, the Way

Shower, your Inner Guide.

This gift is not on the shelf at Walmart's. You will not find it at J.C. Penney or Macy's. It is within you to be discovered. So take some time this holiday season to get to know your gift. You can start by having some quiet time. Observe yourself without judgment or guilt. This can start a chain of events that can transform your life. After all, this is the only gift that keeps on giving.

### Wings of the Butterfly

*If you bring out what is inside you, what is inside will save you. If you fail to bring out what is inside you, what is inside will destroy you.*

— The Gnostic Gospels

Peace ~ Rashid



**Rashid Reaves,**  
*Retired fire fighter and paramedic... Planting sacred seeds to enrich your heart and soul. . .*

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## Spiritual Practice

### Giving Back Holiday Traditions

- Volunteer your time as a family at a soup kitchen or a food bank that hands out food to families in need.
- Find a giving tree that allows you to sponsor a family in need or purchase toys for children in need. Go shopping for the items together and donate them.
- Start a canned food drive in your neighborhood or at your child's school. Ask neighbors to donate canned and non-perishable foods, then donate them to a food bank.
- Go through closets and donate gently used clothing (coats are particularly useful this time of year) to a local shelter.
- Hold a book drive and ask coworkers, friends,

neighbors, and family to donate books for kids that you can give to your local library, elementary school, or family shelter.

- Deliver cookies and treats to your local fire station, police department, and even the staff at your local hospital. After all, they'll be working through the holiday.

Get more tips at: <http://www.cozi.com/live-simply/50-holiday-traditions>



## What About the Monkey Mind?

### Inspiring Words About Meditation Written by Remez Sasson

- Plant the seed of meditation, and you will reap the fruit of peace of mind.
- Meditation and concentration are the tools for a life of serenity and tranquility.
- Your mind is an instrument that you use every day. How you use it, affects your life and your future.
- The body needs material food every day. The soul needs spiritual food.
- When you are able to calm down your mind and your five senses, you become conscious of your always-present inner Self.
- When you relax your mind and let go, your Spirit soars high, and you enjoy the taste of inner peace and freedom from restless thinking.
- You get peace of mind not by thinking about it or imagining it, but by quietening and relaxing the restless mind. - Remez Sasson



**Mary Grigolia**  
*Spiritual Educator for 32 years, Unitarian Universalist minister, songwriter*

**Meditate with Mary**  
[mary@marygrigolia.com](mailto:mary@marygrigolia.com)



## SAN's Sacred Circle

"For God has not given us a spirit of fear, but of Power, and of love, and a sound mind."

— 2 Timothy 1:7

Be the Peace that you want to see . . .

SAN's Sacred Circle was established in 1998 as a lay ministry, grass roots, spiritual support group to nurture and develop sustainable practices for emotional healing and spiritual growth and to cultivate an overall sense of well-being within participants.

Inner wisdom is the compass that bridges your humanity and divinity and everyone has access to this amazing tool that lovingly guides and directs us. Access to the "still, small voice within" occurs through music, meditation, quietness, prayer, dance, and creative art inspired activities. In an environment that is sacred as well as playful, workshop participants connect body, mind, and spirit using their inner compass to transform their lives.

*Peace & Blessings ~*  
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I am now willing to accept the unexpected, unusual, and amazing happenings in my life. There is but One Presence in the universe, and I am one with that Presence. There is but One Power, and that Power is good, loving, and benevolent.

— John Randolph Price

## Sacred Spaces for Rest and Restoration

### River's Edge Cleveland, Ohio

River's Edge is located on Cleveland's West side and it's a short drive from downtown and the western suburbs. River's Edge offers a variety of classes that promote the health of the mind, body and spirit. All practitioners and teachers are trained and certified in their respective field.

River's Edge fosters the integration of personal wellness, spirituality, global and ecological responsibilities, and expanding consciousness in order to bring about personal and societal transformation. . . . housed in a century old, beautifully maintained building, renovated to include state-of-the-art meeting facilities, overnight

accommodations and an indoor pool. . . imbued with a peaceful and serene spirit and blessed with a warm and welcoming staff.

Although the grounds are not expansive, there is enough green space to sit and soak up the sun or to go for a quiet walk in the woods.

I've held several retreats at the River's Edge and have found it to be the perfect setting for rest and restoration. There are at least six meeting rooms of varying sizes and designs to accommodate large and small groups.

You can plan a personal retreat with a spiritual guide to help you customize it or you can participate and join in any of the retreats that are scheduled for groups.

Some of the services and classes that are offered include the following:

- Art Therapy
- Counseling
- Cranio-Sacral Therapy
- Healing Touch
- Jin Shin Jyutsu
- Massage Therapy
- Memorial Services
- Neurofeedback
- Hypnotherapy
- Reflexology
- Reiki
- Spiritual Direction
- Dreamworks
- Yoga
- TaiChi
- Meditation
- Stress Management

For a description of services and classes, and for more information go to: <http://www.riversedgecleveland.com/>