

# SAN's Sacred Circle

## Reflections, Music, & Events

Volume 3, Issue 1

JULY 7, 2013

2013

### First Sunday Potlucks

2:30—5:30 p.m.

Relaxation Retreats for  
Stress Release  
“How Do You Heal?”  
March thru October

### Third Sunday Workshops

2:00—5:00 p.m.

“Life Makeovers”  
March thru October

### Join Us!

The Nature Center at  
Shaker Lakes  
2600 South Park Blvd.  
Cleveland, OH 44120

### Questions . . .

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*Inside this issue:*

The Many Faces of Prayer 2

Sacred Music 2

SIT-UP ~ Stay Tuned 2

Water the Seeds Not the Weeds 3

What About the Monkey Mind? 3

Sacred Spaces for Rest, Restoration 4

Retreat Schedule 5



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



### *Is This You? . . .*

Following is a reflection that was originally titled *Quarter-life Crisis* but I have renamed it to *I Don't Know Land*. It is similar to a place that many of us have been when life dramatically changed or you began to realize that it no longer works in the same old way. The author is unknown however any one of us could have written this.

*I Don't Know Land* is when you stop going along with the crowd and start realizing that there are a lot of things about yourself that you didn't know and may or may not like.

You start feeling insecure and wonder where you will be in a year or two, but then get scared because you barely know where you are now.

You start realizing that people are selfish and that, maybe, those friends that you thought you were so close to aren't exactly the greatest people you have ever met and the people you have lost touch with are some of the most important ones.

What you do not realize is that they are realizing that too and are not really cold or catty or mean or insincere, but that they are as confused as you.

You look at your job. It is not even close to what you thought you would be doing or maybe you are looking for one and realizing that you are going to have to start at the bottom and are scared.

You miss the comforts of college, of groups, of socializing with the same people on a constant basis. But then you realize that maybe they weren't so great after all.

You are insecure and then secure. You laugh and cry with the greatest force of your life; You feel alone and scared and confused. Suddenly change is the enemy and you try and cling on to the past with dear life but soon realize that the past is drifting further and further away and there is nothing to do but stay where you are or move forward.

You get your heart broken and wonder how someone you loved could do such damage to you or you lay in bed and wonder why you can't meet anyone decent enough to get to know better. All this while you had been convincing yourself that you didn't want to be tied down to any person; Now suddenly you have moments of self-doubt when you wonder if you waited too long and let someone special get away.

You love someone but maybe love someone else too, and cannot figure out why you are doing this because you are not a bad person! Random hook ups start to look cheap and getting wasted and acting like an idiot starts to look pathetic.

You want to be independent but suddenly the idea of having the stability of a special someone to trust and lean on doesn't seem all that bad. You want to be your own person and yet be taken care of at the same time.

You go through the same emotions and questions over and over and talk with your friends about the same topics because you cannot seem to make a decision.

You worry about loans and money and the future and making a life for yourself and while winning the race would be great, right now you'd just like to be a contender.

We are in our best of times and our worst of times, trying as hard as we can to figure this whole thing out. However, there is another way. We don't have to figure it all out—we simply need to surrender and trust that it's all working out for our highest good. Join us in the Circle and discover who you really are!



## The Many Faces of Prayer

### Walking on Water

*Once a man was about to cross the sea. A wise man tied a leaf in a corner of his robe and said to him: "Don't be afraid. Have faith and walk on the water. But look here—the moment you lose faith you will drown."*

~ Sri Ramakrishna

Like the man in this story, we sometimes lose faith when we're dealing with issues and we're struggling to get through situations. No matter how much we twist and turn trying to make things right, they just don't seem to change. It's a funny thing, but as soon as

you surrender, things start moving in ways you could not have anticipated.

It's not easy walking on that water unless you can keep your thoughts buoyant and focused. Otherwise, you sink. The spirit of grace that sustains us is not visible but it's always there. As a result, we walk by faith and not by sight.

Metaphorically speaking, walking on water symbolizes an ability to maintain even when it seems to be impossible. How do you stay afloat? How deep is your faith? Have you

allowed space for grace? Do you want to live more effortlessly? You can if you see your troublesome situations as positive potentials for growth instead of aggravating issues to deal with.

Try it the next time you are stuck, anxious, unhappy, or angry. Instead of allowing the situation to beat you up, ask how it can lift you up. Wait. Listen. Trust the answer. What do you know now that you didn't know before? Are you more compassionate? Do you feel better? Did you walk all over that water? If so, give thanks and move on!

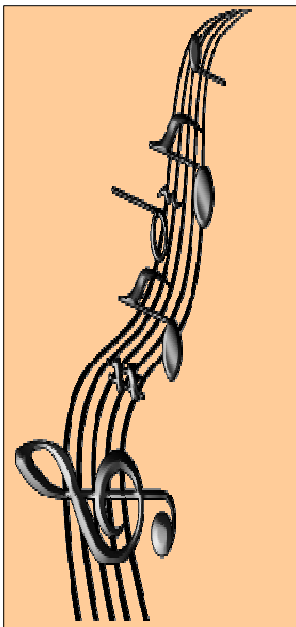
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*The Many Faces of Prayer ~ A Healing Balm in the 21<sup>st</sup> Century*

Shirley A. Nelson  
Author

Click here to read an  
↓ excerpt ↓

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



## Sacred Music Pick of the Month

### Peter Kater

A few weeks ago I was given a copy of a CD by Peter Kater that was aptly titled "Healing Music". That may or may not be the actual name of the CD but it is certainly music that helps you to heal at a level that's so subtle you don't realize it until it's way, deep down under your skin. I've worn it out and copied and passed it along to several others who also love it.

Ordinarily, I wouldn't men-

tion it if I couldn't give you the title, however there's more to this message than providing you with the name of another musician and CD that I enjoy. It's all about healing thru music.

In order to create a space for healing within, we need a certain type of music to help open those doors. If you're not familiar with Peter Kater, and you like music that feels like a gentle breeze in the heat of the night, it is a soothing balm.

San

### Inner Music

*"There is an inner music that corresponds to the natural rhythm of our lives. Even when we ignore it, abuse it, or think we have lost it, we discover that it is still present. In the stillness this rhythm reasserts itself—bringing us into alignment with our natural wisdom and balance so that "we can find our way to what is good, necessary, and true". When we refuse to stop and listen to the cadence of rest, we never fully rest until we die."*

~ Wayne Muller ~

*Who's to say the effort to be real isn't the beginning of wings?*

*The Book of Awakening: Having the Life You Want by Being Present to the Life You Have.*

~ Mark Nepo ~

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



### Authentic Living...

Who's to say that the budding wings from the ribs of small birds doesn't begin with the impulse within them to live? Who's to say that the butterfly breaking through its cocoon isn't the result of its being tired of living in a tight weave of its own making?

Who's to say that the migration of flamingoes from South America to Africa doesn't begin with a yearning to eat the yellow ribbon that keeps lining the horizon?

And who's to say the color of passion doesn't line our faces the instant we grow tired of living in a tight

cocoon of our own making? Who's to say the journey to love doesn't begin the instant we give voice to that loneliness that no one wants to hear? Who's to say the journey to peace doesn't sprout like a small wing the instant we let our feelings find their place in the world?

~ Mark Nepo



## Water the Seeds Not the Weeds

Just a  
Thought...



### Power Tools

You are a wonderful, beautiful perfect child of God. You are also eternal, limitless, and changeless. Did I tell you that nothing on the outside of you should have to change in order for you to be happy? You create the life you have and if it doesn't suit you, you can create another. That's right, I'm talking about you. Not the "you" reading this, but who you really are.

You are a spiritual being going through a human experience. You have tools you can use to assist you on your journey. A communication system is within all of us so that we may contact the spirit that lives within. You are to discover and utilize your intuition to power these tools. Next, you must understand that your thoughts about a thing are more important than the thing itself. You also have a powerful belief system. What you truly believe will come to pass.

Activating this tool will cause all that is not in alignment with your beliefs to

come before you. When this happens, you are instructed to ask the power within you for an action plan. Your next step will be to use your major power tool, love! Remember you are love—not the emotion, but the thing itself. Love is all encompassing. The use of this tool will cause you to need "you" more than anything or anybody. Thus you have activated the supreme magnet that draws all of these tools to work in harmony for your highest good. Study well. There will be quizzes along the way. Enjoy!

Peace ~ Rashid



**Rashid Reaves,**

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

*Email  
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## What About the Monkey Mind?

### CONFESSIONS OF A RELUCTANT CATERPILLAR

*Notes from a pup tent cocoon*  
by Mary Grigolia

I'm not big on camping. I'm a city girl. I like the *idea* of sleeping under the stars. But it's the mosquitoes and twigs and pebbles and finding my way to the bathroom in the middle of the night that put me off. Oh, and the raccoons and skunks and ticks and burrs.

So I was surprised when a camping image intruded on my meditation. Or, my resistance to meditation. I had arrived at a meditation group half an hour early. I set up the room. Got water. Still twenty minutes until anyone got there. What should I do? Meditate was the obvious answer. Instead, I sat in my usual place and started to think about all the things on my to do list.

Some inexplicably wise part of my mind/heart/soul said, "Whoa! Do you really want to think about your email now?" And for good measure, threw in an image of tent stakes. I followed the directions (a first for me) and constructed a little tent.

The metaphor hit home: Each item on my to do list was another stake, for defining and securing my safe little tent. Once in place (i.e., given sufficient attention), I climb right in. Moment and meditation forgotten; I'd be accomplishing something!

Embarrassed, I pulled the stakes, packed up the tent, and meditated.

However, throughout the week, I could feel myself reaching for a stake, itching to retreat to my safe little tent. A couple of days with this metaphor, I realized that the tent is really a cocoon. And I, a reluctant caterpillar.

Do I *really* intend to stay in this deceptively safe cocoon?

Are my creativity, courage and kindness really intended for me alone, in these narrow confines?

I know we all need to retreat and restore from time to time. And I know the time is coming to leave my cocoon. I trust that I have what I need to find or co-create the opening. And to trust myself to stretch my still-wet wings in the ever-evolving unknown and to fly.



**Mary Grigolia**

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

**Meditate with Mary**  
*mary@marygrigolia.com*

*There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and be lost!*

~ Martha Graham ~



## SAN's Sacred Circle

*We need to stay  
current with each  
other.  
~ Angeles Arrien ~*

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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Certified Life Skills Coach  
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*Happy Independence Day!*

## *Sacred Spaces for Rest and Restoration*

### *Creative Explorations Yellow Springs, Ohio*

I love discovering new places, especially for quick getaways and retreats. Recently I learned about *Creative Explorations* in Yellow Springs, Ohio, a quaint little artsy town located between Cincinnati and Columbus.

What I like about *Creative Explorations* is that you can enjoy a retreat alone or with two or three friends. The facilitator, Jenny Horner, custom designs each retreat to fit the needs of those attending. She is an artist and a licensed independent social worker and she focuses your retreat on one of the following restorative gateways:

◇ **Visual Arts:** For those wishing to immerse themselves in

the creative process utilizing pastels, watercolors, and/or clay.

◇ **Nature:** For those wishing to enjoy the beauty, tranquility and invigoration that nature has to offer.

◇ **Symbols/Tarot:** Symbolic systems are **not** used to issue proclamations or forecast futures. They are offered as projective devices and gateways to help clarify aspects of your inner landscape.


◇ **Drumming/Music/Movement:** A variety of drums and small instruments are available for those who resonate with sound, vibration and physical movement.

◇ **Creative Journaling:** Through contemplation, and gentle prompting, tap into your inner knowing through creative writing exercises and imaginative dialoguing techniques.

*"Creative Explorations Women's Retreat* is both a process and a place. It is a beautiful "sacred space" located in the heart of Yellow Springs, Ohio. This retreat for women of all ages serves the needs of those seeking to relax the body and mind and reconnect to their guiding spiritual center. As a private retreat, when you come to replenish, you have the facility entirely to yourself, unless you choose to share your experience with one or two friends. *Creative Explorations* gives you the unique opportunity to be in nurturing solitude."

Next month I plan to go to *Creative Explorations* to celebrate my birthday. If you want to get away for a couple of days, come join me! [www.creativeexplorations.net](http://www.creativeexplorations.net)

*San*



*Rituals create moments  
where living becomes art.  
Poets, writers, painters  
and musicians aspire to  
heightened moments of  
awareness, times when they  
feel they have something  
unique and inspiring to  
give the world . . . We all  
have this instinct to create  
beauty, distinction, and  
meaning in our lives.*

*~ Alexandra Stoddard ~  
Living a Beautiful Life*

## *San's Sacred Circle 2013 Retreats*

*There are two ongoing retreats in 2013. All sessions will be held at the Nature Center at Shaker Lakes on the first Sunday and the third Sunday at 2:30—5:30 p.m. starting in March and ending in October on the following dates (\* 4th Sunday):*

### *How Do You Heal?*

|         |             |
|---------|-------------|
| March 3 | July 7      |
| April 7 | August 4    |
| May 5   | September 1 |
| June 2  | October 6   |

### *Life Makeovers*

|           |              |
|-----------|--------------|
| March 17  | July 21      |
| April 21  | August 18    |
| May 19    | September 15 |
| June 23 * | October 20   |

### *How Do You Heal?*

*First Sunday's*

#### *Session 5 • July 7th*

#### *Self-Compassion ~ Kissing the Hand that Feeds You*

Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties are inevitable, so they tend to be gentle with themselves when confronted with painful experiences, rather than getting angry when life falls short of set ideals.

~ Kristen Neff, PH.D. ~

\$15 per session ♥ Journal \$21

*The Art of Healing: A Journal for Creating Joy in Your Life*



### *Life Makeovers*

*Third Sunday's*

*We have fulfilled the maximum number of attendees for this session. If you are interested in when the next one will start, please contact Jacqueline or me.*

*Shirley Nelson at 216-978-2626 or [sanscircle@gmail.com](mailto:sanscircle@gmail.com)*

*Jacqueline Owen at 216-692-3388 or email [jacquietango@aol.com](mailto:jacquietango@aol.com)*