

Reflections, Music, & Events

Volume 3, Issue 4

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



Not My Table . . .

Shirley A. Nelson (San)

Retreats and workshops for 2013 are coming to an end. The First Sunday potluck on October 6th and Life Makeovers on October 20th are the last of our programs for this year. If you are not a regular attendee and want to join us for either of the last two sessions, please contact me and a place at the table will be reserved for you.

Included in this writing is a slice of life from author, Meg Barnhouse. It is a piece of work that's witty and wise and seems to hit right between the eyes while extolling the virtues of waitressing. Meg's reminder that we can't fill every empty cup that's waved in our face is sobering. All too often, we rush to fill another's cup before we fill our own and wonder why we come up empty handed.

Saying "no" and allowing those cups to pass is an art form to be perfected. There are many reasons why we can't seem to say "no" but perhaps the most compelling reason is that we're simply not on to ourselves. We are unaware of what's driving us and often it is our deepest need.

What if we turned that around? Instead of being blindly driven by our

needs, how about identifying what they are and using that information to steer us in a different direction? For example, if it's acceptance that you're looking for, check in with Spirit and ask: "What is it in me that I need to accept about myself?" You fill in the blanks...love, respect, admiration, appreciation, etc. etc. As you become aware of why you do the things you do, you are not as distracted by the many empty cups trying to get your attention and you lose the disease to please. Just remember, as you begin to wake up be gentle on yourself. We're all just doing the best we can.

Waitressing in Sacred Kitchens

by Meg Barnhouse

I love for a waitress to call me "Hon." It's comforting. She doesn't know me, and I don't know her, but we fit into well-worn, ancient categories: I am the "Hungry One" and she is the "One Who Brings Nourishment From the Unseen Source."

When I was younger, I worked as a waitress in Philadelphia and New Jersey. I learned useful things while serving food to strangers. I know how to rush around with my hands full, thinking about six things at the same time, which has stood me in good stead as the working mother of two small sons.

I know that people are not at their best when they're hungry. That knowledge helps me to understand world events. If the citizens of the world were well fed, we'd have fewer wars and less mayhem.

The most helpful thing I grasped while waitressing was that some tables are my responsibility, and some are not. A waitress gets overwhelmed if she has too many tables, and no one gets good service. In my life, I have certain things to take care of: my children, my relationships, my work, myself, and one or two causes. That's it.

Other things are not my table. I would go nuts if I tried to take care of everyone, if I tried to make everybody do the right thing. If I went through my life without ever learning to say, "Sorry, that's not my table, Hon," I would burn out and be no good to anybody.

I need to have a surly waitress inside myself that I can call on when it seems everyone in the world is waving an empty coffee cup in my direction. My Inner Waitress looks over at them, keeping her six plates balanced and her feet moving, and says, "Sorry, Hon, not my table."





The Many Faces of Prayer ~ A Healing Balm in the 21st Century

Shirley A. Nelson
Author

Click here to read an
↓ excerpt ↓

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

The Many Faces of Prayer

Prayer in Motion

While watching my friend practice Tai Chi, I was struck by the beauty, serenity, and fluidity of his motions. This particular form has 108 movements but it appears as though all parts move as one, and it is a 15 minute ritual that he has practiced daily for more than 35 years. For all intent and purposes, it is a prayer. It is simple, but not easy.

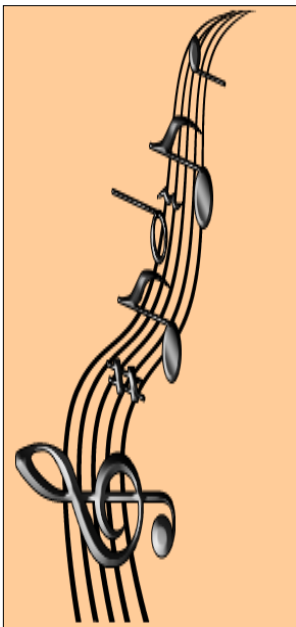
As his hands glide thru the air with the lightness of a feather and his legs and feet move gracefully in harmony with his arms and hands, it appears to be a dance of the

inner man done in slow motion and I was filled with a sense of awe. Once again, I was struck by the concept of the many faces of prayer. Sometimes there are no words to express that which is in the heart and mind and the Tai Chi that he practices seems to convey thru movement what words cannot.

Much occurs in our day-to-day existence in the realm of the invisible that is holy that we are not aware of. However, sacred movement helps us to speak the language of the soul and, in a sense, acknowledges the presence of the holy and

the abundant blessings that are bestowed upon us.

In order for our prayers to cover the unspeakable—the things that have broken us or opened us in ways that we do not have words for, movement prayer is an option. You may not be familiar with Tai Chi, but if your body can move that is sufficient enough to create another way to approach the Divine. The next time you find it hard to find the words to express the longing in your soul, create a sacred movement or dance and see what happens. It may give your prayer life new dimensions of joy! *San*



Sacred Music Pick of the Month

Various Tunes . . .

Like many of you, I listen to Pandora music when I'm on the computer and I love having the option to create favorite stations. But no matter how many stations I create, I turn to instrumentals when I'm working that are deliciously haunting, mellow, relaxing, jazzy and smooth and I consistently tune in to my Steven Halpern station. However, if you are among the ranks of those who have down-

loaded over a thousand songs, or more, into an electronic gadget, then my little list of sweetness might not be very interesting. But if you're still building and open to explore something different than your norm, check out some of these:

Swimming in a Lovely Sea of You
by Michael Whalen
on My Secret Heart

The Only One For Me
by Earl Klugh
on Wishful Thinking

Just Because
by Bernie Williams

on The Journey Within
Lovesong from the Mountains
by Deuter
on Koyasan

Strange Allure
by Aurah
on Kismet

Pure Essence
by Maneesh De Moor
on Sadhana

Living in Blue
Joe Sample & Lalah
Hathaway
on The Song Lives On

What are you listening to?

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



Mid-Life Rising . . .

At a certain time in life when our point of view drastically shifts and we no longer relate to life as we've known it, it is called a mid-life crisis. Suddenly the spouse is too old, too fat, too out-of-date, etc. etc. and they're traded in for a fancier model along with the car and the wardrobe.

It's not uncommon to make abrupt changes if one has a near death experience or an extremely challenging issue in life. But to wake up one day and realize that you no longer fit the world you created, that's different.

Can it be avoided? Probably not. No more than an earthquake can be avoided which is upon us before we even realize it.

However, if it happens to you, don't get tricked into re-arranging the furniture. Go for the deep. Instead of experiencing a mid-life crisis, work on creating a mid-life rising. Go to the inner most aspect of your being and ask to be shown what needs to be done to rise up and be the best you that you can be. And then make it happen. *San*



You were born to shine your own unique light and share your own unique gift . . . When you own your purpose, your life will become like a flower opening in the warmth of the sun.

~ Jane Beach ~

Water the Seeds Not the Weeds



The Basics

What you focus on comes into your life. The outside world is a reflection of your inner life, so how is your inner life? Do you worry about finances, relationships, career prospects, and health?

Let us re-establish our identity and see what we can do about these concerns. You are love. You are whole and perfect. Begin to think this consciously and your life

will begin to reflect the same back to you. If you are looking for evidence outside of yourself for a fuller life, you are missing the point. The evidence is not outside of you, it is inside of you.

Your thoughts about the state of your life are more important than your life. Take some time, sit still, and listen to your interior dialogue about yourself. Can you see that what you think about tends to show up in your life? Change your inner talk to reflect who you really are—an eternal, limitless, changeless, perfect child of God.

Begin to understand that what shows up in your life

is not made of the things seen. We are always writing our story. Stop blaming others for what you are not.

I say, again, make time to listen to your inner dialogue. Change your thoughts from a negative to a positive. Begin to believe you are already wonderful, accomplished, and worthy of experiencing the joy and wonder of life. Make this a daily habit.

Take time to get to know the real you. As thoughts about your life shift, your life will begin to change. The ball is in your court so let's start bouncing.

*Peace ~
Rashid*



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

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Spiritual Practice

Crafting Calm

You know we're all junkies. We're addicted to our books and getting us to give up reading would be like trying to get someone to give up cigarettes. I don't know how bad you got it, but I've got it bad. No sooner than I put down one, I'm picking up another. It used to be that I had four or five going at the same time. I've changed some since those days but I still have to get my fix.

Now I read just two at a time and maybe a magazine.

For many years, reading was my passion like nobody's business. I loved how easily I could escape without paying a dime or barely lifting a finger. I loved the places my mind would roam to even with those books that were not meant to entertain but were primarily for becoming enlightened. Don't ask me what happened, but at some point I turned a corner.

Don't get me wrong, I still read but mainly for information, wisdom, and validation and have now turned to something else for relaxation—crafting.

Have you ever crafted calm? Sure you have. Our parents, especially our mom's, made a lifetime of it by sewing on buttons, mending socks, making quilts, etc. I'm learning that it's not always in the books. A good craft will get you hooked and calm you down. Ask your elders. *San*



What About the Monkey Mind?

Why Is It So Elusive?

Does it sometimes seem like getting the perfect breath is elusive? No matter how deep you breathe, you don't look anything like those people in the magazines or in the commercials sitting on a soft cushion in the midst of a yoga class. What are we missing? Could it be we're

simply trying too hard to relax? For some reason, that seems like an oxymoron. It's like trying too hard to play!

But how often, as adults, do we do that? Go take a class on something new and unfamiliar or pick up a new sport. Notice how tense you are. That drive to get it right is wicked! Can we do it differently? Can we relax first and

then try that new thing? Instead of focusing so hard on getting it right, let's just focus on "getting it". Bet it goes much easier.

Perfecting that breath is not as elusive as it seems. It's just that we're conditioned to getting things right, no matter what. And sometimes that gets in the way of getting it in your spirit.



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

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SAN's Sacred Circle

*Logic will get you
from A to Z, but
imagination will get
you everywhere.
~ Albert Einstein ~*

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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If you are not currently receiving this newsletter electronically and you want to be on the monthly distribution list, send your request to sanscircle@gmail.com.



*Unless you
leave room for
serendipity,
how can the
divine
enter?*

~ Joseph Campbell ~

Sacred Spaces for Rest and Restoration

Serendipity Retreats

I am always on the lookout for interesting spaces for rest and restoration and continue to find some real jewels to add to my list. This one is no exception.

Serendipity Retreats is located on the beach in Nags Head, North Carolina which is a string of barrier islands gracefully sweeping out into the Atlantic Ocean. I've never been there before, but the photos, workshops and descriptions on their website are simply divine.

On October 23-27, they're having a retreat and someone is going to read this and say: "I wish I would have known about it earlier" because even though there may still be time to register, a lot of the classes have already filled up.

Here is a description from their website:

"Each October a troop of women gather on the beach at the edge of the earth in North Carolina. In an experience that is always a little hard to express they find their inner light again...they bathe in the moonlight, warm themselves with firelight, laugh (a lot), photograph the beauty around them (in the natural and human forms), sit in comfy chairs – coffee mug in hand – gazing far out across the open sea to the horizon, participate in some beautiful classes with incredible women as guides, hang out, dine on amazing food, reconnect to their soul's voice and in short, have a lot of fun with kindred souls from all over the country.

We call this gathering Serendipity...we intend it to be a playful celebration of spirit and the sea. True to the meaning of

the word, you might not find what you think you are seeking here, but we promise that what finds you will be well worth the journey. We would love for you to join us!"

I'm not going to get there this year but plan to do so in 2014. If you find that it resonates with you, let me know, and perhaps we can put a group together for next year's Serendipity Retreat which will tie in nicely with the 2014 Circle retreats that will be based on the book "The Artist Way" by Julia Cameron. You may have already done it, but not like this—it will be "The Artist Way" with a twist. More information to follow in upcoming newsletters. *San*

For more information about Serendipity Retreats go to: www.serendipityretreats.com

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 8 • October 6th

Creating Sustainable Joy!

Guest Presenter: Chanelle R. McCloud

Founder of Professional Inspiration, published writer, experienced educator, and award-winning speaker and poet.

I am a beautiful, unique being and treat myself accordingly. I joyfully fill my own needs and have the courage to ask for what I want and need from others.

~ Sue Patton Thoele ~

\$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

Jacqueline Owen at 216-692-3388 or email jacquietango@aol.com