



March Message from the Rev...



The Sacred Masculine, counterpart to The Sacred Feminine...both human constructs that help us to better understand the Qualities of Spirit that reside in each and every one of us, no matter our gender identification or expression. These constructs, so popular in modern culture, are based on the archetypes named by Carl Jung and others. Archetypes are said to be universal, inborn patterns of personality and behavior...archaic forms of innate spiritual wisdom that pre-exist creation, and present in the collective unconscious. They are thought to be the basis of many of the common themes and symbols that appear in stories, myths, and dreams throughout time.

This month, we are inviting **The Sacred Masculine** with its strength, logic, action, protection, assertiveness, and creativity. It is important to remember that Great Spirit is not gendered...or we might say that Source is a perfect and complementary blending of energies. Each of us is created in the image and likeness of the Creator and are made to show forth that same balance. How can we call forth both masculine and feminine qualities in equal measure?

This month offers a great opportunity to look deeply into ancient myths and traditions for the birth of the patriarchy we are currently living in. We will discover a time before the *flowering wand* was transformed into the *sword*...ponder what it means to allow our true masculine voices to be heard...explore the ancient stories Jesus of Nazareth...and move into a time of resurrecting our true and balanced nature. We will celebrate on Easter Sunday with lots of music and a Flowering Ceremony to celebrate a new way of walking in the world.

Join us each week for a time of shared Meditation, Prayer, Conversation, and Fellowship. Find the love and support of Spiritual Family as together we experience **The Sacred Masculine**. And bring a friend...we have a lot of love to share.

♥ **March 3 – Back to the Roots**

♥ **March 10 – Healing the Wound**

♥ **March 17 – Myths Need to Move**

♥ **March 24– Rewilding Jesus**

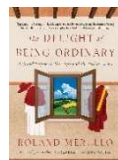
♥ **March 31 – The Hero's Journey Re-Written (Easter)**

There are always new opportunities for growth, Service, and sharing in Beloved Community at *Mystic Heart*. Check our website, mysticheart.org, for upcoming events. And if you like what we're up to, be sure to spread the word.

Love and Light,

Rev. Diana

What's Happening in March at Your



The Mystic Heart Book Club is reading **The Delight of Being Ordinary** by Roland Merullo on Tuesdays from 3:00 – 5:00 pm. What happens when the Pope and the Dalai Lama decide they need a secret vacation? Roland Merullo's playful, eloquent, and life-affirming novel finds the world's two holiest men teaming up for an unsanctioned road trip through the Italian countryside--where they rediscover the everyday joys and challenges of ordinary life. **Join Michael Bordeaux and Chris Netto in lively discussion. Donations gratefully accepted.**

Fast Track to Wellness Support Circle meets on Thursdays, 12 - 2 pm.

Our discussions serve two functions: we find support as we *check in* with others, and we gain knowledge as together we listen to audio and video presentations by an array of health experts. If you'd like to have the regular support that a group setting can offer, we welcome you!



Also, we have added something new...on the first Thursday of every month we are Mindfully Cooking together. While this group is normally drop-in, there is an RSVP requested for this session, as some materials are provided and others brought by you. Contact Rev. Diana to reserve your space on March 7th. AND special guest Dr. Sharon Brisolara will be leading a *Mindful Eating Workshop* during our time on Thursday, March 14th. Sharon is working on the Shasta Resilience Project, leading an array of workshops offering Tools for Overall Wellness...you won't want to miss it! Snacks will be provided.

Donations gratefully accepted!

Metaphysical Bible Study beginning Thursday, January 11th from 3:00 – 5:00 pm.

Join Prayer Practitioner Chris Johnson for a metaphysical romp through the New Testament! We're currently reading the Book of Acts. Drop-Ins Welcome. Donations gratefully accepted. BYOB...bring your own Bible!

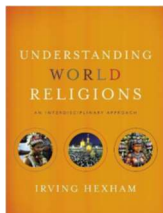


*** Donations gratefully accepted.**



A Survey of World Religions with Rev. Diana, beginning Wednesday, February 28th from 10:00 am – 1:00 pm. Using the book *Understanding World Religions: An Interdisciplinary Approach* by Irvinb Hexham, and its accompanying video series as our guides, we will delve into

an exploration of African religions, which have frequently been absent from religion texts. We will then move into a study of the varieties of Hinduism, Buddhism, Judaism, Christianity, and Islam. We will look for the Common Threads that unite these spiritual traditions, as well as their unique beliefs and practices. Don't be scared off by the length of the text...it will be broken down into a bite-sized format that lends itself to no more than five pages of reading each day over the course of the 15 weeks. And it is available in print and on Kindle! The suggested donation for the series is \$140, or \$10/session. **Contact Rev. Diana for more information.** revdiana@mysticheart.org or 530-356-1227.



The Master Gardener Spring Workshop at The Redding Public Library, Saturday, March 9th from 10:30 am – 1:00 pm.

Join Rev. Diana and a host of Master Gardeners and plant enthusiasts for a morning of workshops designed to prepare you for your spring planting and summer gardening. Contact Rev. Diana for more information.



Medicine Wheel Workshop with April Jiménez WinterSky, Saturday, March 16th, 1:00-4:00 pm at the Mystic Heart Gathering Place, Suite H. Come and join April in a deep dive into the spiritual season of spring. Explore the Indigenous understanding of rebirth and new life and how we can tap into this beautiful time to promote balance and *Spring into Life*. This is one of four up-coming workshops in the Spokes of the Wheel Series. Snacks will be provided.



Suggested Donation: \$20, All donations gratefully accepted.



Join Ellie Thompson and Kris Fortier for the 2024 Spring Tea Party and Easter Basket Raffle! The ladies are at it again...this will be their 3rd annual tea party. Mark your calendars early... **SOLD OUT, but raffle tickets on sale March 10th!**

Lots of Opportunities to Help Out at Mystic Heart



Family Sunday: the first Sunday of every month, Heidi could use an assistant (for safety, we need two people with the children) as she leads the children in Mindful Gardening Activities.

Food Ministry: each Thursday, we pick up bread from the From the Hearth Bakery on Twin View and deliver it to the Good News Rescue Mission. Any time of day works. All Thursdays but the third Thursday of the month are open. Can you deliver bread once a month?

Cleaning Team: our cleaning fairies could use some help taking care of our beloved Gathering Place. Might you be able and willing to clean our suites once a month, or join others in the work?

Sound Team: we just purchased some new equipment and now is the time to bring anyone who is interested up to speed on how to run the sound desk for our Sunday Gatherings. Might you be interested in learning, and personing the desk once a month?

Music Team: are you a musician looking for a Spiritual outlet for all that talent? We are seeking to have live music every week (eventually) and would love to have you share the Love through Music.

Contact Rev. Diana for more information, or to get on the sign-up list.

Mark Your Calendars...

Led By Spirit, the 3rd Annual Mystic Heart Spring Retreat, this year at the Gathering Place at Shasta Lake!

Please join Rev. Diana and Prayer Practitioner **Chris Johnson**, and the **Mystic Heart Beloved Community**, Thursday, May 16 through Sunday, May 19 at the



Gathering Place at Shasta Lake for a deeply peaceful and heart-opening time...one filled with meditation, prayer, music, and celebration. This new location offers a 5000 sq. ft. cabin for our comfort. And the outdoor fire pit is calling for April's Ceremony and drumming, singing, and dancing. You won't want to miss out.

The cost for the 3½ days, including housing, nine wholesome home-cooked meals, and all retreat supplies is **\$275/per person. Reserve your spot with a \$100 non-refundable deposit/per person. Payment in full must be made by May 1st, 2024, at the Mystic Heart Gathering Place.** There are a few spots left.



Please contact Rev. Diana at 1-530-356-1227 or email at revdiana@mysticheart.org for more

information.