



April Message from the Rev...



Divine Union...the perfect and harmonious blending of the Sacred Masculine and the Sacred Feminine...that ideal state of being that is achievable by all, at least in moments. **Divine Union**...the Holy Act of taking time to consciously experience the Sacred Sentience and Radiant Aliveness of all that is, and to experience oneself as *That*.

With mindful Awareness, focused attention and intention, we move closer and closer to our Native State...pure Awareness...and to the embodiment and expression of our Divinity. Our human aspect learns to ebb and flow between action and rest, between thinking and feeling. As we grow into more of ourSelves, we sense when openness is called for, and where boundaries are needed. And we approach both with acceptance, respect, and Love. We come to understand that this whole event that we call our life is not about us alone.

Of course we begin within, because until we have a certain degree of mastery over our own thoughts, feelings, emotions, and actions...until our own lives are in some semblance of order...we cannot contribute in a meaningful way to anyone else. The beautiful thing is that by *mindung our own real estate*, we *are* contributing to the lives of friends and family, to our neighbors, and to the evolution of humanity. Even as we move through the various stages of growth, we find that we are here to Serve, and we do.

In every moment, we are (or can be) making a new start. How does the *Harmony* inherent in **Divine Union** support us in renewal? Does *Honoring the Journey* affect our lives in powerful ways? Let's take a look at what the mystics have always known...that there is no difference between Spirit and Matter...that I Am, You Are, the Light of the world.

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

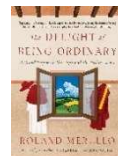
- ♥ April 7 – *Harmony to Wholeness*
- ♥ April 14 – *Honoring the Journey*
- ♥ April 21 – *What the Mystics Knew*
- ♥ April 28 – *I Am Light*

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 April 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. **There is no meeting on April 9th**. The group will finish this book on April 16th, and take a break, reconvening with a new book on May 2nd. New title to be discussed by the group and announced soon. **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 April 4th. AND special guest Dr. Sharon Brisolara will be leading an *Expressive Writing Workshop* during our time on Thursday, April 11th. 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, Thursdays from 3:00 – 5:00 pm.

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



*** Donations gratefully accepted.**

Special Announcement...Our Spring Retreat at Shasta Lake has been cancelled for this year due to lack of registration. Rev. Diana will be reaching out to each one who left a deposit. Now that we have a location, we'll try again next year 😊



**Hawaiian Spirituality: a Common Threads Event
Thursday, April 18th, 6:30 – 8:00**

Come join Mystic Heart in welcoming Jill Matthews back for another evening of meditation and discussion. She will be leading us in an exploration of ancient Hawaiian Spiritual Practices and the three levels of consciousness, taking us deeply into the spiritual and mystical side of meditation practice. In addition, she will share photos from her recent trip to a number of sacred sites in Hawaii. This should be a beautiful evening of Connection.

Suggested Donation: \$10

The Master Gardener Garden Fair at the Redding Public Library, Saturday, April 19th from 11:00 am – 3:00 pm.

Join Rev. Diana and a host of Master Gardeners and plant enthusiasts for a morning of information and fun. The event “kicks off” with a presentation by garden author and national award-winning public radio host, Jennifer Jewell, speaking about her new book “What We Sow” from 11a.m.-12 p.m. in the Community Room at the Redding Library. The garden fair will take place at both the Redding Library and the Softball Park field across the street on Parkview Ave. This family-friendly event will include garden activities for children, composting demonstrations, and basic gardening advice. Come see educational displays or demonstrations from Ghost Pine Nursery, Cal Fire, Shasta Environmental Alliance, Shasta Mosquito and Vector Control, Clean California, Gold Leaf Nursery, Ag Commissioner, Plantable Redding, Redding Compost Tea, Redwood Seeds, Shasta Bee Club, Shasta Master Gardeners, Citizens Climate Lobby, Shasta Wildlife, the Garden Co-Op plant/seed swap, the Shasta Seed Library and Shasta College Horticulture Department, and College Corps.



This is a free event and everyone is welcome!



Lots of Opportunities to Help Out at Mystic Heart

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.

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? Contact Michael or Chris Johnson for more information.

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



Mark Your Calendars...

**Prayers in the Wind with Ellie Thompson
Saturday, May 4th 10:00 am – 1:00 pm**

The Tibetan people and others use Prayer Flags as a powerful form of prayer, sending positive energy and one's deepest prayers into the heavens...in living color! Join in community as we each create our very own, absolutely unique, set of prayer flags. For more information or to reserve your seat, please call or text Ellie Thompson at 530-515-6793. Reservation is required so that we have enough materials! Snacks will be served. Suggested Donation: \$20

Sacred Hoop Workshop with April Jiménez WinterSky, Saturday, June 22nd, 11:00 am-1:00 pm at the Mystic Heart Gathering Place, Suite H. This is the second of four workshops in the Spokes of the Wheel Series. More information to come. Text April at 562-440-3785 for more information. ***Suggested Donation: \$20***

ALSO

Family Fishing Day with April and Maile, Saturday, July 6th 10:00am to 1:00 pm – Lunch included \$20 suggested donation - More information to come.

