



## March Message from the Rev...

Spring... the time of year when new life is springing forth from the earth in every direction. If we are open, practicing the Buddhist concept of Beginner's Mind, we may observe the changes in Nature and allow them to point us inward. The ancient teaching, "As within, so without" reminds us that like the world around us, we can bring a sense of renewal into our lives. In every moment, we have the chance to begin again...to choose a new direction...to become a new and more powerful version of ourselves.

The second part of the teaching is "As without, so within." We might understand this to mean that our environment...who and what surrounds us...is a reflection of who we are being (and becoming). In other words, it is in relationship that we can see ourselves most clearly and find the greatest opportunity for growth. And one of the most empowering places to build relationships is in a healthy Spiritual Community.

For the month of March we'll be exploring the **Power in Community**. We know that, as human beings, we are social creatures. We are born into families and are dependent on our caretakers for longer than any other species. We are literally born helpless, requiring around-the-clock care for the first several years of our lives. And maintaining that care is much easier when we have the support of a Loving Community. You've heard it said, "It takes a village..." And this is not only true with raising children. Being part of a Community has many benefits in every stage of our lives. There is **Power in Community**.

Join us every Sunday in March to actually *be* in Community...to experience the Joy and Beauty of Sangha...to share in the lives of other human beings...to be supported, and to offer the same in kind. Allow yourself the gift of time spent in Contemplation and Conscious Conversation. Our Sunday Gatherings include: Taizé Meditation at 9:30, Conscious Conversations at 10:30 and Breaking Bread together at 11:45. You are most welcome to come for one part or to spend the whole morning

- ♥ **March 1 – Rooted in Community**
- ♥ **March 8 – Breaking Bread Together**
- ♥ **March 15 – The Art of Building Sangha**
- ♥ **March 22 – Spirit As Community (Sherri Dotter, RScP)**
- ♥ **March 29 – How May I Serve? (Palm Sunday)**

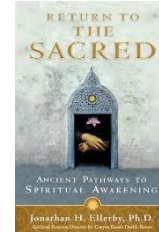
There are always new opportunities for growth, Service, and sharing in Community at *Mystic Heart*. Check our website, [mysticheart.org](http://mysticheart.org), for upcoming events. And if you like what we're up to, be sure to spread the word. We have lots of Love to share!

Love and Light,

*Rev. Diana*

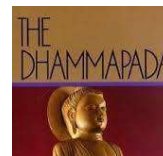
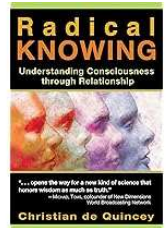


## What's Happening in March at Your



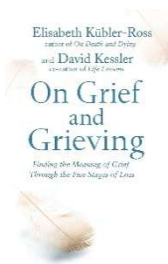
**The Mystic Heart Book Club** meets every Tuesday from 2:00 – 4:00 pm. The group is reading *Return to the Sacred: Pathways to Spiritual Awakening*. Are you looking for inner peace? Do you seek a deeper understanding of yourself and the spiritual world? Have you followed the popular prescriptions for enlightenment and still found yourself unsatisfied? *Return to The Sacred* is a fascinating guide that will help you understand the importance of spiritual practice and the great diversity of paths that are available to you. Please plan to have a copy of the book in any format, and to read a chapter ahead for a deep, meaningful, and lively discussion. **Suggested donation: \$10.**

**Radical Knowing: A Study in Consciousness** An accredited class facilitated by Rev. Diana, Tuesdays from 2 – 5pm, February 25<sup>th</sup> – June 2nd. Books required: *Radical Knowing* by Christian de Quincey; *Blind Spots* by Christian de Quincey; and *The Reflexive Universe* by Arthur M. Young. *Radical Knowing* takes us on a mind-stretching journey into the world of philosophy in search of an answer to the deepest mystery of all time: How does consciousness light up the world around us? Registration is required for this class, as Rev. Diana will be preparing handouts for each week's class. Not for the faint of heart...Due to the cumulative nature and depth of this material, there will be **no drop-ins**. **Last day to add: March 3<sup>rd</sup>. Cost: \$200/15 weeks, or \$15/class**



**Shining Light on Scripture: The Dhammapada** (translation by Eknath Easwaran)  
Led by Chris Johnson, RScP, Wednesdays from 11:30am – 1:30pm. The Dhammapada is a collection of the Buddha's teachings stamped with the power and practicality of one of the world's most appealing spiritual figures. Eknath Easwaran's introduction describes the Buddha's life, background, and teachings, including a particularly penetrating account of the Buddha's "four stages of meditation." Chapter introductions by Steve Ruppenthal provide background from relevant Buddhist doctrine.

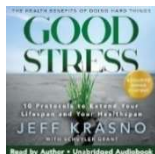
This is a drop-in book study group – come whenever you like.  
**Suggested donation: \$10 – Any donation is always gratefully accepted.**



**On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss**, by Elisabeth Kubler Ross and David Kessler. Join Rev. Diana on Wednesdays from 2:00-4:00 pm for this powerful book study and support circle. No one escapes loss. Grief touches every life. This book offers practical advice and emotional validation for navigating loss, emphasizing that grief is not a linear, time-limited event. It will help you to understand the stages of grief that naturally arise anytime there is a loss of any kind. This is a drop-in group...come as you are. **Suggested donation: \$10**

**Fast Track to Wellness Support Circle, Thursdays,**

**11:30am – 1:30pm.** Join Rev. Diana every Thursday as our group discussions serve two functions: we find support *checking in* with others, and we gain knowledge as together we listen to/discuss audio and video presentations by an array of



Body/Mind/Spirit Practitioners. We are currently listening to segments of *Life in the Fasting Lane* by Dr. Jason Fung, Eve Mayer, and Megan Ramos, to learn how intermittent fasting can be used as a tool for optimum health, not just weight loss; we are looking at the effects of clean whole foods on overall wellness; and spending time with Jeff Krasno's *Good Stress: The Health Benefits*

*of Doing Hard Things*. No matter where you are on your journey toward Radiant Health and Wholeness, of body, mind, or spirit, you'll find the support and sense of Community that makes the path easier. The first Thursday of the month is Community Cooking Day. This month we'll be making Wholesome, Yummy Cookies. Bring a friend...you'll be glad you came. **Suggested Donation: \$10**

**Mad Hatter Spring Tea Party, March 7th , Noon to 3pm.** Join us at the Mystic Heart Gathering Place, 3613 Bechelli Ln., for our Spring Tea. Tickets are on sale for only \$25. The cost of admission includes: musical entertainment, a homemade lunch, coffee, homemade lemonade, a yummy selection of tea or desserts, a basket raffle (1 Complimentary ticket), and a prize for the best costume! (costumes optional) Additional tickets are available for purchase: \$1 each or 12 for \$10. This is a Mystic Heart Community FUN-Raiser, a perfect time to invite friends and family to our Gathering Place! For more information, or to purchase your tickets, please contact: Chris Netto (469)964-9369 OR Lucinda Alton (530)604-7294



**Join April and Maile on Wednesday, March 18<sup>th</sup>, 6:30 – 7:30 pm for a quarterly Healing Sound Bath.** As the Spring Equinox approaches and the light returns, sound and vibration guide you from winter's stillness into warmth, balance, and renewal.



**Mexican Train Game Day on March 23<sup>rd</sup> from 1-3:30 pm** for an afternoon of fun and games. **Upcoming game dates: April 27<sup>th</sup>, May 18<sup>th</sup> due to Memorial holiday, June 22<sup>nd</sup>, August 24<sup>th</sup>, September 28<sup>th</sup>, October 26<sup>th</sup>, November 30<sup>th</sup>. No games in December.** Contact Chris Netto by email at ([nettowoman@gmail.com](mailto:nettowoman@gmail.com))

**Uniquely You: A Jewelry-Making Workshop with Kimberly McIntosh. Saturday, March 28<sup>th</sup>, 1:00-4:00 pm.** Join Mystic Heart for this meditative journey of Creation. Rev. Diana will begin with a guided meditation to open the Creative Centers. Then Kimberly will demonstrate her stone-wrapping technique, and guide you in making your own beautiful necklace and earrings. Bring a favorite stone, gemstone, or pendant... bring a couple... All other materials will be provided. There will be time to share our creations, and to snack and visit with friends toward the end of the Gathering. **Payment of \$25 is required in advance** so that we have materials, snacks, and beverages. You won't want to miss this... This is a perfect time to bring friends and family to our Gathering Place.



**Looking Ahead**



**Mark Your Calendars**



**Easter Sunday Release and Renewal Ceremony**

Join Mystic Heart and the House Music Team on **Easter Sunday, April 5<sup>th</sup>, 9:30 – 11:00 am** for a special Sunday Celebration. This year's Gathering will begin Taizé-style, weaving contemplation, readings, music, and silence into a beautiful and meditative experience. We will follow up with a powerful Releasing of what is no longer serving our lives, and complete our time together with a bit of Celebration, joining our voices in song and prayer. Use this time in Sacred Community and Ritual to make a new beginning in your life. This is a perfect time to bring friends and family to our Gathering Place. Please reserve your seat with Rev. Diana, as space is limited. **Potluck Brunch to follow!**