



## April Message from the Rev...



Everywhere I look, seeds are sprouting and flowers are blooming. There are so many frogs in the creek behind the park that their beautiful song finds its way into the house in the evenings. And Mother Nature is not the only one busily creating. I am delighted to see the people in my life exploring new paths, following their hearts' desires as they plant their first-ever garden or complete that once-started project. Each of us is bringing a dream into form as we re-invent ourselves and our lives. We are supporting one another in letting go of habits and patterns that no longer serve us and stepping into the creation of **A Love-Soaked World!**

April's theme will invite us to consider what it means to **Cultivate New Life** as we boldly step into our Next-Yet-to-Be. On Easter Sunday, we will share an Interfaith Message, woven through with music and Sacred Ritual. Will be invited to release something that has been holding us back, and to claim a new way of seeing and being in the world. Later in the month, we'll be invited to consider authenticity...what it means and what it doesn't. We will explore how authenticity opens up a space for creativity. We'll look with fresh eyes at humility, coming to see it as necessary to walking a genuine Spiritual Path. And on April 26<sup>th</sup>, join Chris Johnson as he offers reflections around **Planting Seeds of Vulnerability**.

This is lining up to be a thought-provoking month of deep diving. Join us every Sunday in April to experience the Joy and Beauty of Spiritual Community. Allow yourself the gift of time spent in Contemplation and Conscious Conversation. Maybe stay for Breaking Bread together at 11:45. You are most welcome to come for one part or to spend the whole morning

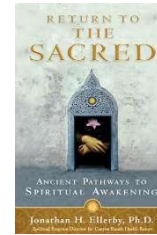
- ♥ April 5 – **Planting Seeds of Renewal (Easter)**
- ♥ April 12 – **Planting Seeds of Authenticity**
- ♥ April 19 – **Planting Seeds of Humility**
- ♥ April 26 – **Planting Seeds of Vulnerability (Chris Johnson, RScP)**

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 April at Your

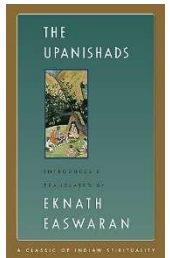


**The Mystic Heart Book Club** meets every Tuesday from 2:00 – 4:00 pm. The group is reading *Return to the Sacred: Pathways to Spiritual Awakening*. Are you looking for inner peace? Do you seek a deeper understanding of yourself and the spiritual world? Have you followed the popular prescriptions for 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. This is a drop-in group...you can join anytime.

**Suggested donation: \$10.**

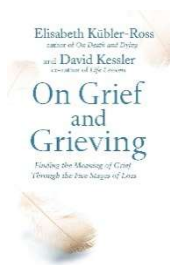
### **Shining Light on Scripture: The Upanishads (translation by Eknath Easwaran)** Led by Chris Johnson, RScP, Wednesdays from 11:30am – 1:30pm.

In the Upanishads, illumined sages share flashes of insight, the results of their investigation into consciousness itself. In extraordinary visions, they experience directly a transcendent Reality which is the essence, or Self, of each created being. They teach that each of us, each Self, is eternal, deathless, one with the power that created the universe. Easwaran's best-selling translation of selections taken from the principal Upanishads and five others is reliable and accessible. It includes an overview of the cultural and historical setting, with chapter introductions, notes, and a Sanskrit glossary. But it is Easwaran's understanding of the wisdom of the Upanishads, and their relevance to the modern reader, that makes this edition truly outstanding. Each sage, each Upanishad, appeals in different ways to the reader's head and heart. As Easwaran writes, "The Upanishads belong not just to Hinduism. They are India's most precious legacy to humanity, and in that spirit they are offered here."



This is a drop-in book study group – come whenever you like.

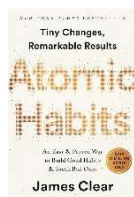
**Suggested donation: \$10**



**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...You can join anytime. **Suggested donation: \$10**

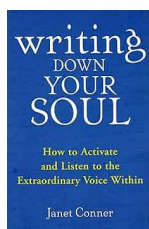
**Fast Track to Wellness Support Circle, Thursdays,**

**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 just beginning James Clear's *Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*. 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 homemade pizza. Bring a friend...you'll be glad you came.

**Suggested Donation: \$10**



**Writing Down Your Soul: How to Activate and Listen to the Extraordinary Voice Within, by Janet Connor.** Join Rev. Diana on Thursdays from 2:00-4:30 pm, April 2<sup>nd</sup> – June 4<sup>th</sup>, for this powerful book study/support circle where you will learn insightful tools for tapping into your Deepest Wisdom. This book will take you further than daily journaling ever could.

Last day to add is April 9<sup>th</sup>. Suggested donation: **\$125.00, or \$15/week.**



**Easter Sunday Release and Renewal Ceremony**

Join Mystic Heart on **Easter Sunday, April 5<sup>th</sup>, 9:30 – 11:00 am** for a special Sunday Celebration. This year's Gathering will weave contemplation, message, and music into a beautiful and meditative

experience, followed by a powerful Releasing of what is no longer serving our lives. We'll end in Celebration, joining our voices in song. Use this time in Sacred Community and Ritual to make a new beginning in your life. **Potluck Brunch to follow!**

**Mexican Train Game Day on April 27<sup>th</sup> from 1-3:30 pm**

for an afternoon of fun and games. **Upcoming game dates: 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))



**Our Gathering on Sunday, May 3<sup>rd</sup> will be held at our Retreat location at The Gathering Place at Shasta Lake, 18100 O'Brien Inlet Road in Shasta County.** We will Gather around the fire at **8:30 am**,

followed by a simple brunch and cleanup.

**Looking Ahead  Mark Your Calendars**

**Uniquely You II: Another Jewelry-Making Workshop with Kimberly McIntosh. Saturday, May 16<sup>th</sup>, 1:00-4:00 pm.**

Join Mystic Heart for this meditative journey of Creation. Kimberly will demonstrate her stone-wrapping technique, and guide you in making your own beautiful bracelet or ring. If you missed part one, she will also be reviewing her technique for making a beautiful pair of spiral earrings and a pendant. Bring a favorite gemstone, or... bring a couple. All other materials will be provided. There will be time to share our creations, toward the end of the Gathering. **Payment of \$25 is required in advance** to reserve your seat.

