It's All About Me, Until It's Not

Sunday, August 9, 2026

Rev. Diana Johnson, IM, RScM, with Chris Netto, RScP,
Chris Johnson, RScP & musician Marsh Brodeur

An Independent Interfaith Community
Practicing the Possible Through Prayer

Taizé

Call to Awareness – 3 Bells

Sherri – Opening Prayer

Rev. Diana – Good morning, and welcome. If you're new with us here this morning, my name is Rev. Diana Johnson, Pastor and Spiritual Director here at Mystic Heart. I invite you to settle in, bringing awareness to the breath, allowing it to ground you in this space and this time, as we begin our Taizé Experience this morning by joining our voices in musical prayer.

Chris J, Rev. Diana, Marsh Brodeur – Taizé Chants

- ***Welcome Home to Your Mystic Heart***, written by Diana & Chris Johnson
- ***O Great Spirit*** , written by Gary Lynn Floyd

Rev. Diana – There is no greater blessing than to live a life grounded in Love…trusting and knowing that Love is given freely in any and every moment that we remember…soften…open…and receive. Love *is* the Eternal Goodness of Spirit, forever flowing. We are connected by Love…in Love, we are One.

We take a moment now to bring conscious awareness to our Oneness with, our Global Community, using the Power of Imagination to envision the Light that we are…the Light that we share…to feel and know our Connection…all humans everywhere are our brothers and sisters…the two-legged and four-legged creatures…the swimmers, creepers, and flyers, as well…the plants that give us sustenance and purify our air…the lifeforms below the soil, and the soil itself…

…the water that flows freely, giving us our very lives…all of it family…our family…beings of Radiant Light, inextricable connected to and by the Great Mystery…the Spirit of Love.

There is strength in connection…there is safety and freedom in knowing we are not alone. As we come together in prayer and meditation, we are leaving an imprint of Love, of Peace, of Beauty on human evolution and on the world, for all time. Together, this morning, we serve as a conduit for Grace in the world.

Each of us, in our own lives, seeks ***Freedom from Discord***…freedom from internal and external conflict…and a greater sense of harmony both within, and without. We are told that this is an inside job…that we can only come to a sense of deeper Peace by looking

within…seeking, and ultimately finding, our own Divinity…our own Strength, Courage, and Goodness.

We engage in Practices that lead us to a greater sense of Love…Love of self, Love for others…Love for the process of Becoming…Love for Life Itself. This is the Sacred Journey that we call a human life. Making this Journey consciously…willingly…patiently…requires a lot of *self*-reflection and re-direction. In other words, ***It's All About Me, Until It's Not***. The flow of Taizé this morning will focus on the first half of that statement, ***It's All About Me,*** and lead us gently into the second half…***Until It's Not***. (pause)

It's All About Me…This Journey of Self-discovery that each of us is making, is an inside job. No one can do it for me. No one outside of myself has the answers I am seeking. No one else, no matter how close they are in my life, can ever really know what it's like to live this life as me…with all that I have experienced along the way. I might look to the saints and sages of the past, the modern spiritual masters, or the spiritual leaders or counselors that I share time and space with for clues. I might hear things that ring True for me or discover Practices that are helpful in getting to know myself better. But ultimately, it's up to me to do the Work. This is True for across the board.

Each of us has a Teacher within…a Divine Wisdom, ready to be revealed…ready to be asked…ready to be trusted …call It what you will – Great Mystery, Holy Spirit, Inner Knowing, Trusted Friend, God Within. In our heart of hearts, we all sense that this is True. But society, family, and other social systems have convinced us that the answers to life's questions and concerns lie outside of us. I invite you now to sit with this Spiritual Truth…the answers you seek lie within you. The *Guidance* you seek lies within you. The Peace, Joy, Beauty and Love that you seek, all lie within you. You are that Powerful, and somewhere inside, you know this is True. (Pause)

Musical Meditation – *God Is*, by Faith Rivera

https://youtu.be/wtWxRq0DnaQ?list=RDwtWxRq0DnaQ

Wherever I Am, God is. Wherever I Am, Wisdom is. Wherever I Am, Love is. Last week, we spent time in contemplation of this idea…that ***Freedom from Discord*** means freedom from fear. In order to have ***Freedom from Discord***, we must ground ourselves in Faith, consciously connecting with the Love that we are.

One of the things that brings the most discord into our lives is clinging to what no longer serves – roles, routines, successes, ways of seeing and being…out of fear that releasing them means some kind of loss. And yet Faith invites us to trust Divine Timing and Intelligence. Release is not an ending; it is a clearing…a way of making space for something more life-affirming to be born in us. When we bring this level of awareness into our relationships with self and others, into the way we navigate through life, we begin to live less from the edge of our wounds, and more from the heart of our Wholeness.

Chris J – Guided Meditation

As children, we learn about our world by spiraling out from our center… we learn first about family relationships… the roles of parents, siblings, and ourselves… Then we expand our awareness to include our neighborhood… perhaps our Family's spiritual community… our parent's friends, and their families…

In school, we learn about the structures that facilitate larger areas… town, city, and county governments… As we grow we expand our awareness to the level of our state, our nation, and the world… From our perspective, we are still at the center of the Universe… but we are growing in our understanding of others…

Similarly, in our spiritual work, we begin focused on ourself… we may have a teacher that we look to… but effective spiritual guides always point us inward… to the Holy Sanctuary of the Spirit of God within us… we begin to explore *inner space*… to exercise our intuition… to open our consciousness to Divine Inspiration…

And then we find that it *is* all about me… *only I* can heal my resistance… *only I* can let go of my resentments… *only I* can give up my judgments of others… No one else can ever remove the false beliefs and feelings that make me feel separate from others… from my environment… from Spirit… It's totally up to *me*…

Your heart is the Temple of God… the Holy of Holies… the place where your Divine Self lives… where you access your Higher Wisdom… As we share our three minutes of Sacred Silence this morning, I invite you to search within… to find this shrine and enter into it… Ask for guidance… even if it seems there is nothing there… ask… and listen for inspiration… it may come as a still small voice… more likely a seemingly random thought or feeling… Let it guide you to the next step on your spiritual path…

Silence – 3:00

O Great Spirit of the Living God within me, thank you… For this beautiful day… for the inspiration that springs up from within me… for this time of communion with you… and with these beautiful souls gathered together in Beloved Community… May we never forget how blessed we are to have each other's love and support…

Our inward exploration inevitably leads us to the realization that we are all One in the Spirit… all unique avatars of the Divine… that in some way my destiny is bound up with yours… and everyone else's… When we recognize that, we remember that now, it *isn't* all about me… It's about all of us… and this beautiful planet…

Returning now to the wisdom and inspiration of Rev. Diana, we open our hearts, minds, and souls to receive her message in a more profound way… to allow ourselves to be transformed… to fully accept this truth… It *is* All About Me… Until It's Not.

Rev. Diana – Returning to today's theme…***It's All About Me, Until It's Not***…points us towards another set of reflections. Coming into deeper connection with my God, with my Higher Wisdom, is my Work to do. But it is easy to see that as I Am transformed by this

process, so are the people and relationships around me. There is a ripple that moves out from the heart of every being and affects the Whole. When the ripple I send out carries Love, Peace, Caring, Compassion, and Kindness, so is the world changed forever. So, it's not just about me. It's about who I'm being in the world…whether I'm a beneficial Presence on the planet or not…whether I Am in Service to something greater than myself.

In the words of Spiritual Teacher Soni Cantrell-Smith, "Love expresses itself most powerfully when it flows through us into compassionate service. Compassion is love in action, not a duty born of obligation but a deep willingness to meet others where they are and offer kindness without expectation…Service rooted in love doesn't keep score. It doesn't tally how much was given or received. It simply blesses."

She continues, "Every day, life invites us to serve in ways large and small through a generous word, a listening ear, a helping hand, or simply a presence that communicates, 'I see you and you matter.' When we serve from a heart of love rather than obligation or judgment, our actions become offerings of Spirit that dissolve barriers and invite healing."

When you let Love lead the way, you are released from discord and limitation of every kind. You are free to actively engage in becoming who Spirit created you to be…the Divine fulfilling Itself by means of you.

Let's pray…

Our prayer is a statement of affirmation of Spiritual Truth…that there is, has always been, and will forever be, One Life expressing and experiencing Itself as creation. This One Life is called by many names…Great Spirit, Universal Presence, Divine Intelligence, Higher Power, God. But it doesn't matter what we call It. This Life Force is responsive…sentient…intelligent…and responds to our Call, no matter the name or the language. It is the longing of our hearts to feel and know our Connection with the Sacred that the Spirit of Life hears, feels, and responds to.

How good to know that my desire for more Peace in my life, and my willingness to trust and to listen, leads me to Guidance in becoming more Peaceful. The responsive Universe feels my heart's desire to be free from discord, and it points me in the direction of people and circumstances that bring greater harmony to my heart, mind, body, and soul. What a blessing to know that as I commit to a life of greater Love, Compassion, and Kindness, and *demonstrate* that commitment through my actions, so do I receive the same in kind.

Thank you, Loving Presence, for my growing awareness, my deepening Wisdom, and my willingness to follow Divine Guidance. I know that by my Faith and Love, all fear is dissolved, melts into the native nothingness from whence it came. I let it all go, here and now.

Thank you, Spirit, for my healthy body and the freedom it affords me…for the enriching experiences that move me along my path gracefully…even when it may not look or feel

graceful. Thank you for stretching me and growing me in ways that I could never have imagined…and may this continue until the end of my days on this planet.

Thank you for the abundance that moves freely through my life and through the life of this community, and for the shower of blessings that Grace our world every day. I am humbled by Your Generosity and Goodness.

It is from this place of deep gratitude that I release this prayer now, laying it gently on the altar of my heart…trusting that a prayer powerfully spoken and deeply felt, is a prayer answered. May I have the eyes to see everything that unfolds from this moment forward as answered prayer. And so it is…Amen!

Musical Meditation – *Pray Me* by Chris and Diana Johnson

Let's bask just a little bit longer in this prayerful space…(pause)…

And now returning our awareness to this moment, to our bodies…our senses…the atmosphere in the room…gently opening our eyes and taking in whatever is before us. Look around at who is sharing in celebration this morning…your Spiritual Family…your Sangha…and honoring each one for sharing space with you this morning.

Love Offering

As we prepare to close our Taizé Meditation, we offer the opportunity for you to share of your financial good in support of the work we do. Circulation is a Sacred Practice that supports your Mystic Heart.

It is by your generous gifts that we can continue the Good Work of supporting you and engaging in the greater Community.

If you're joining us online, at mysticheart.org you can use a Donate Button, a Venmo qr code, or our mailing address to make your contribution. We thank you in advance for your heartfelt generosity.

We're going to do something a little bit different today. We're going to sing another song together. It's a simple, but powerful chant. The lyrics are up on the screen…it's simple, but feel free to stand up and sing out. Here we go.

Chris J, Rev. Diana, Marsh Brodeur – Offertory Music

I Am as God Created Me, written by Michael Stillwater.

I Am as God created me, in the Light, in the Love, in the Glory (x2)

In the Light, in the Love, in the Glory,

In the Light, in the Love, in the Glory,

In the Light, in the Love, in the Glory, I Am. (all 3, x2)

Rev. Diana – Blessing for the Offering

Chris J, Rev. Diana, Marsh Brodeur – Taizé Closing Song

- ***A Soul's Blessing***, written by Chris Johnson.

Conscious Conversation

Sherri – Opening Prayer

Rev. Diana – Welcome or welcome back. If you're new with us here this morning, my name is Rev. Diana Johnson, and I am the Pastor and Spiritual Director here at Mystic Heart Spiritual Center. We are an Independent Interfaith Community that teaches Universal Principles and Practical Spirituality, tracing the common threads of Truth that run through all the world's great spiritual traditions. Our job is to point you inward, to the Wisdom that lives within your own Mystic Heart.

Are you ready to get this Conversation going with a little bit of music? Here we go.

Chris Johnson, Rev. Diana, and Marsh Brodeur – Opening Music

- ***Welcome to the Mystic Heart***, written by Diana & Chris Johnson
- ***One Big Family***, written by Robin Hackett & Gary Lynn Floyd
- ***We Stand Strong*** by Mitchell Miller and Alyssa Narum

Rev. Diana – Each one of us has all that is required to stand strong on our own, but how much more powerful we are when we stand together…shine our Light as one, spread our Love as Community. And so we're going to take a few moments to collectively direct our Creative Energies toward a Powerful Vision…a Vision of the world we wish to live in. Visioning is a Powerful form of prayer that gives the Creative Power of the Universe a blueprint…it sets an intention for the creation of what Charles Eisenstein would call *The More Beautiful World Our Hearts Know is Possible*, or what I refer to as a ***Love-Soaked World***. As I said last week, it's not that I am delusional, that I don't see the world as it currently is. It's that if it's ever going to change, it needs to start somewhere. Someone needs to *create* the Vision, needs to *speak to* the Vision, needs to *live into* the Vision. Why not us? So I invite you now to settle in…take a couple of deep breaths and consciously engage every bit of creative power at your command. Are you ready?

We envision ourselves now in a world of our creation…where all humans recognize, and are living from, their inherent Freedom…their deepest Wisdom and Generosity, and their most Loving nature…thoughtful of the impact their thoughts, words, and actions have on one another, the community, and the planet…a world without greed, where there is abundance in having enough…where nutritious food, clean water and air are readily available to all beings…where warm, comfortable, and affordable housing is a given…where all beings feel a sense of safety, belonging, and contribution…To these blessings, we say Yes!

Ours is a world where leaders practice integrity and ethical behavior, leading by example and inspiring trust and engagement among the people…a world where policies and

social systems support mental and physical health, education, and healthy relationships, and encourage ecological responsibility and sustainability.

Ours is a world where all beings work and play at whatever feeds their soul and are well compensated for their Service…where authenticity and vulnerability are not only welcomed but celebrated…where the Peace we cultivate within ourselves shows up as a world free of violence, hatred, or indifference…where freedom of thought and open, respectful conversation is modeled, supported and promoted.

Ours is a world where there is respect among people of all nations, and for the fundamental dignity of every human…where the Love that we are here to share is given freely to whomever our hearts are called to love…where we have moved beyond all lines of separation, and live as one human family, caring for one beautiful planet with the reverence she deserves. To these blessings, we say Yes!

We recognize that transformation is an on-going process, and especially in times of great change, people benefit from working, playing, and simply being together.

And so this Community stands as an open and welcoming place for all who seek support, belonging, and a sense of Family. …it redefines *Church* as a place of Self-Discovery, Authenticity, Kindness, Radical Inclusion, and Unconditional Love. To these blessings, we say Yes!

It is by the Power and Intelligence of the Great Mystery moving through each one of us that this prayer is acted upon, answered even as it is spoken. As one by one, we commit to living *into* and *from* this Vision, it cannot be otherwise…we live in a Responsive Universe! Our Word carries Power. And so it is with deep faith, profound gratitude and great Joy that I release my Word to the One Who Gets It Done…And so it is!…Amen!

Bringing awareness back to the body, to the room, to this beautiful life, and to the Spiritual Family that is sharing this space with you this morning…

There has been a shift in energy… We have just set a Powerful intention… Our prayer is rippling out into the race consciousness, doing its Good Work. And there's nothing that anyone can do about it…our loving act of defiance for this week. Doesn't it feel good?

Our theme this month is ***Freedom from Discord***, and the topic of Conversation this morning has been ***It's All About Me, Until It Isn't.*** If you were here for Taizé, this will be a bullet-point review, so that we can use it as our starting place for a Conscious Conversation.

We began by recognizing that each of us, in our own lives, seeks ***Freedom from Discord***…freedom from internal and external conflict…and a greater sense of harmony both within, and without…that this is an inside job…that we can only come to a sense of deeper Peace by looking within…seeking, and ultimately finding, our own Divinity…our own Strength, Courage, and Goodness. We acknowledged that making this Journey

consciously…willingly… patiently…requires a lot of *self*-reflection and re-direction. That's why ***It's All About Me***.

We said that no one outside of myself has the answers I am seeking. No one else, no matter how close they are in my life, can ever really know what it's like to live this life as me…with all that I have experienced along the way. Teachers might point us toward ideas and Practice that are helpful, but ultimately it's my Work to do…that each of us has a Teacher within…a Divine Wisdom, ready to be revealed, asked, trusted…but that our domestication has convinced us that the answers to life's questions and concerns lie outside of us.

And finally, we reflected on how easy it is to see that as I Am transformed by this process, so are the people and relationships around me. There is a ripple that moves out from the heart of every being and affects the Whole. When the ripple I send out carries Love, Peace, Caring, Compassion, and Kindness, so is the world changed forever. So, it's not just about me. It's about who I'm being in the world…whether I'm a beneficial Presence on the planet or not…whether I Am in Service to something greater than myself.

Chris offered a beautiful meditation, and there was musical meditation, and more. So if you missed it, you can tune into Taizé on our website or our You Tube Channel later this week. But for now, let's jump into our Conversation.

As I was speaking and listening to members of our Community this week, it became clear that something I said last week might have been received in ways that it was not intended. So I thought I'd speak briefly to what was said and maybe bring clarity and get your feedback. I believe the statement I made was something like, "This Community may not be right for, or a good fit for, everyone." How this may have landed with some is that this Community is in some ways exclusive…that not everyone is welcome here. The concern was that someone attending for the first time, or previewing us on Zoom, might here such a statement in this way.

In case you might have left with that same feeling, I'd like to clarify what I meant. All people are welcome here. We make these statements in our online description of our Community, and in our printed material, and more importantly, those who walk in the door often express feelings of being able to relax, be themselves…kind of like coming Home. That said, no matter which community or organization you're talking about, spiritual or otherwise, no one place or group is going to be a good fit for everyone, and as a leader, I need to know that, accept it, and not feel disappointed or take it personally. My job is to listen to my Calling, to be True to that Calling, and offer what is mine to offer. It is my job to be in Service to whomever walks through that door, and to do so with the greatest Integrity and Love that I can muster in any given moment. I believe that each of us, once we have identified ourselves as members of this Spiritual Family, have that responsibility.

What are your thoughts about that?

Is there anything else that wants to be spoken on that subject?

Okay, then I'll pivot here to another topic related to ***Freedom from Discord***, and in its own way speaks to today's topic…***It's All About Me, Until It's Not***.

I was reading a beautiful piece written by Rev. David Ault. It was called *Especially Looked After*. He was speaking to a quote by modern mystic Ernest Holmes. Although, being Interfaith, we don't follow any particular teacher, it is important to consider the Wisdom wherever we find it…not exclude anyone out of hand. Here is the quote that sparked his reflections:

"We may contemplate our relationship with the Infinite by thinking of ourselves as especially looked after." I have heard this same idea in different words within these very walls. "Spirit's got my back…I Am Guided and Guarded."

The author took this quote into meditation and came to a deeper understanding, and I wanted to share it with you because I think it's valuable.

We call ourselves a Spiritual Family…a chosen family.

First of all, how do you interpret that quote… "We may contemplate our relationship with the Infinite by thinking of ourselves as especially looked after."?

Here are the initial impressions made by this statement…that we are cared for, loved unconditionally… that we are located within a benevolent Universe… protected… wrapped in a warm blanket.

He makes the point that as we mature and develop spiritually, the teachings we have been exposed to have a way of deepening…that "Being especially looked after is not a one-dimensional comfort. It is not the cosmic equivalent of a warm blanket. It is something far more demanding, far more alive than that…(It is) the precision of a love that tracks you accurately enough to name the exact costume you're still wearing." Wow! I'm going to repeat that quote and give us a few moments of silence to reflect before sharing.

> Being especially looked after is not a one-dimensional comfort. It is not the cosmic equivalent of a warm blanket. It is something far more demanding, far more alive than that…(It is) the precision of a love that tracks you accurately enough to name the exact costume you're still wearing.

Let's start with what does that mean for you? What is he saying?

It is so tempting for some of us to want to revert back to an earlier, less demanding and more comfortable version of being especially looked after…

that of a Love, or God, that protects us, spares us from unpleasant conditions.

In the author's words, "a kind of Cosmic Caretaker, smoothing our path, cushioning our falls."

While there is an element of protection and comfort that comes from listening to Inner Guidance, that is not the whole story, and as it turns out, it is not what we often experience.

What is it that we often experience?

We get the very challenges that will grow us, that allow us to evolve to our Next Yet To Be.

The author says it this way:

> …to be especially looked after is to be tracked with a love precise enough to see what the prayer underneath the prayer actually is – not what the ego asks for, but what the soul reaches for…when that deeper prayer is heard, what arrives is not comfort. What arrives are the exact conditions required to dissolve whatever is standing between you and what you actually asked for…

In other words, what your soul longs for. That can be terrifying, painful, or at least, very uncomfortable.

What is moving in you right now? What wants to be spoken?

It seems that the Spirit back of all that is, the Infinite Intelligence at work in, through and as all circumstances is not indifferent to your heart's deepest desires, to your soul's deepest Calling. It is unerringly responsive…It receives the prayer beneath the prayer and responds with something more accurate than comfort – with the precise conditions required for the mask to come off…for the layers of the onion to fall away, one by one, so that we can step more fully into who we've come here to be. The invitation is that we bring willingness to the table…that we meet whatever comes to grow us, without inserting our preferences and meeting it with resistance.

This is a willingness that says, "So, this is my challenge," and then takes it on, gently, mindfully, prayerfully. It is the willingness to ask, each step of the way, "What would Love have me do?"

What are the things that can get in the way of this level of willingness?

What happens when we meet such challenges with resistance?

Do you have any tools to share that help move you through resistance, and into willingness?

Is there anything else that wants to be spoken right now?

Let me close with this…to be especially looked after is not one-pointed. It does not necessarily protect us from all harm, or from all discomfort. Spirit Guides and Directs, Guards and Protects. But Its Protection requires us to receive and follow Its Guidance…and It reminds us that we are both human and Divine…and that *Divinity* ensures that we have all that is required, already within us, to meet the challenges.

Let's pray…

This morning, I offer a prayer of recognition and gratitude. I bring conscious awareness to my connection with Source, knowing that there truly is only One Thing going on here, and that is the One Life forever expressing and experiencing Itself as creation. That leads me to the unquestionable Truth that I Am, you are, one of those Divine Expressions…here on purpose, with a Purpose…perfect in all of our human imperfections. We are born as expressions of Original Goodness, Original Blessing, with all the Qualities of Spirit already present. Our job is to remember, so that those Qualities might be revealed in our lives.

And so, right here and right now, in this Perfect Moment, I rest in Spirit…accepting my Divine Nature, even as I accept all that is mine to grow and evolve as a human being on this planet.

I give thanks for this deep understanding…for the Guidance and Protection of the One Source, even as It may present challenging circumstances and people in my life as a Perfect Response to my deeper prayer…to my soul's longing.

I give thanks for this Spiritual Family…people with whom I can be myself…who support my growth and exploration, even as I support theirs…for this beautiful and comfortable, safe space to learn, to share and to grow. And I Am grateful for the authenticity and vulnerability that we share with one another…real people living real lives with real passion and having real conversations.

And thank you for this life and the thousands of blessings that are forever showering down upon us…for every hand that played a part in bringing the food to our table this afternoon. May each one be blessed and know they are a blessing to this world. And may I never forget the interdependence that it takes to make our world go around.

Here and now, I breathe in the blessings, remembering Who and Whose I Am. Thank you, Spirit, for opening my heart and mind, making me more and more willing to embody and live from that Truth.

Thank you for my evolving faith and keeping me grounded in Love…I know that it allows me to welcome and embrace the changes that are forever within and around me.

In this holy moment, I bask in the Life that fills me to overflowing so that I might bless all who cross my path in this coming week. Knowing the immense Power of my Word and knowing that it creates my experience here and now, I release this prayer to the Wisdom and Intelligence that I call God, knowing beyond all doubt that it is already active and moving my words into form, in more Beautiful ways than I can imagine…in ways that serve the Whole of Creation. And so, I rest, calling it done…And so it is! Amen!

Take a moment to allow your awareness to return to your body, to this space, to this beautiful gathering…welcome back.

Love Offering

Thank you so much for joining me here today. We're going to bring this part of the morning to a close, but before we do, we'd like to invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good. If you are at home, you can go to **mysticheart.org** to use our Donate Button or to find our mailing address. We also have a Venmo qr code.

We are an independent, self-supporting organization, and your financial gifts are what make it possible for us to do our work and provide this beautiful and safe space to gather. We thank you in advance for your generous hearts and gifts. We acknowledge and give thanks for the Infinite Abundance of Spirit moving through you.

Offertory Music Video – *I'm So Grateful I'm Alive*, by Jami Lula (Live at the Spiritual Living Retreat, Asilomar, July 26, 2026)

https://youtu.be/QVONgda5GjM?list=RDQVONgda5GjM

Sherri – Blessing for the Offering

Sherri – Invitations

- **All regularly scheduled classes and groups are taking place this week. You can see them on the slide and find out more in the summer bulletin or online.**
- **Tuesday Book Club is presenting a movie, *The Shack* during its regularly scheduled time. You're all invited. Real stove-top organic popcorn and beverages will be provided. Your donations are gratefully received. Chris, would you like to talk about the new book coming up?**
- **April (and Maile?) will be offering a Sound Bath Healing Meditation on Wednesday, August 12th from 6:30-7:30pm right here in our Sanctuary. She will be using the Powerful Sounds of Nature to bring deep peace and a sense of renewal. These are only happening quarterly right now, so you won't want to miss it.**
- **Namaste Café is coming up on Friday, August 28th from 6:00-8:30 pm. Tickets are $25 and include a spread of appetizers, beverages, and desserts. Plus, there will be a raffle for some great homespun food and jewelry items and more. We have 13 tickets committed, awaiting payment, and 11 more available. Get yours today!**

Watch your email or get on the WhatsApp Group Chat for more information on new events coming up this month and in the months ahead. If you're not on the WhatsApp group and want to be, please let Rev. Diana know.

Information Cards

Prayer Requests: I am available after service for prayer, in our beautiful Prayer Room or fill out a prayer card and I will get your request to our Prayer Team for daily prayer.

Chris J, Rev. Diana, Marsh Brodeur – Closing Song

Love Be With You, written by Lainey Bernstein, RScP, & Gary Lynn Floyd

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