November Message from the Rev…

Wake Up Grateful. This is the theme for the month of November at Mystic Heart. It reminds us that no matter the appearances in the world, we can always choose to find something to be grateful for. Grace is always freely given. Our job is to look for it…uncover the blessings that shower down upon us every day, and give thanks.

With the celebration of Thanksgiving each year, we are reminded to acknowledge the countless gifts we enjoy as citizens of a first world nation. Those who are reading this message are likely safe and warm in a comfortable dwelling…have a bed to sleep in, a warm shower and a mug of something warm in the morning, food in the fridge, and a warm coat for the winter. All of our true needs are met, and more! During the month of November, join me in spending some extra time counting our blessings. Let's look for ways to ***Wake Up Grateful*** every day. At our Sunday Gatherings, we will plunge into deep reflection and Conscious Conversation, making it our business to live thankfully, sharing our gratitude with the people who touch our lives every day.

I close this month's message with a prayer written by Taz Tagore in his book *Seasons of Thanks*. "May we join hands around the dinner table to pray for the strength and patience to love one another. May our circle grow with every birth and union into a community united by love... May every hardship make our circle stronger. May it teach us that whenever we reach out in need, our hands will always be clasped in the palms of others." May we, at Mystic Heart, feel and know the support of Spiritual Family. May each of us be blessed this Holy Day Season, and may we share our blessings with others. **Join Our Sunday Gatherings – Taizé, Conscious Conversations & Breaking Bread:**

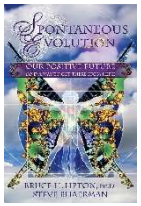
- **November 1– *The Grace in Belonging: El Dia De Los Muertos***
- **November 8 – *Practices for Waking Up Grateful (Rev. Cat Cox)***
- ***November 15 – Grace Can Lead Us Home***
- **November 22 – *Thanks Giving*** (Sherri Dotter, RScP)
- **November 29– *Grateful for Absolutely Everything!***

There are always new opportunities for growth, Service, and sharing in 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. We have lots of Love to share!

Love and Light,

Rev. Diana

What's Happening in November at Your



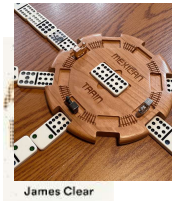
The Mystic Heart Book Club meets every Tuesday from 2:00 – 4:00 pm (excepting Nov. 3 – election day). In celebration of the completion of ***Theo of Golden*** by Allen Levi, we will be watching ***It's A Beautiful Day in the Neighborhood***, which addresses a similar theme, on November 10th. We will begin our next book, ***Spontaneous Evolution: Our Positive Future and a Way to Get From Here to There*** by Bruce Lipton and Steve Bhaerman, on November 17th. In collaboration with political philosopher Steve Bhaerman, Dr. Lipton invites readers to reconsider: the "unquestionable" pillars of biology, including random evolution, survival of the fittest, and the role of DNA; the relationship between mind and matter; how our beliefs about nature and human nature shape our politics, culture, and individual lives; and how each of us can become planetary "stem cells" supporting the health and growth of our world. By questioning the old beliefs that got us to where we are today and keep us stuck in the status quo, we can trigger the spontaneous evolution of our species that will usher in a brighter future. Prepare yourself for a deep, meaningful, and lively discussion. **Suggested donation: $10.**

Shining Light on Scripture: Mythos with Joseph Campbell

Led by Chris Johnson, RScP, Wednesdays from 11:30am – 1:30pm. This is a series of Lectures given by mythology scholar Joseph Campbell, capturing his final teaching sessions on the universal patterns of human mythology and storytelling. It was derived from archival footage recorded in the 1980s before his passing in 1987, and later developed into a multi-volume series narrated by Susan Sarandon.

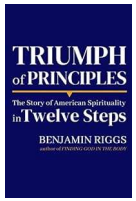
This is a drop-in viewing and discussion group – come whenever you like.

Suggested donation: $10 – Any donation is always gratefully accepted.



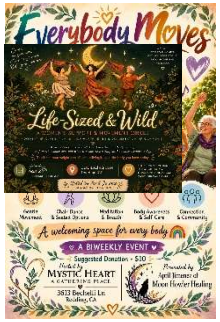
Mexican Train Game Day

Join Mystic Heart on November 30th from 1-3:30 pm for an afternoon of fun and games. ***No games in December.*** Contact Chris Netto at (nettowoman@gmail.com)



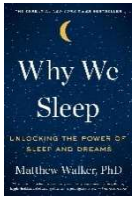
***Triumph of Principles: The Story of American Spirituality in 12 Steps,* by Benjamin Riggs.** Join Rev. Diana on Wednesdays from 2:00-4:00 pm for this powerful book study and support circle. No one escapes the feeling of powerlessness. Most of us have at least one thing that leaves us feeling defenseless. This book walks readers through America's storied intellectual past to arrive at the Twelve Steps. Riggs explores the influence of democracy, pluralism, egalitarianism, Transcendentalism, and American Pragmatics, revealing a practical approach to spirituality that benefits everyone. He also provides in-depth commentary on 12 Step Practice, inviting the reader to experience its simplicity and effectiveness firsthand. Drop-ins Welcome.
Suggested donation: $10

***Everybody Moves* with April Jimenez is now meeting weekly!**



Join Mystic Heart and Moonhowl Healing on Wednesdays from 4:00 – 5:00 pm for an hour of gentle movement, accessible dance, meditation and breath work. Improve your body awareness and self-care practice…find connection and community. Let yourself be lifted by the power of collective movement. Using a chair for support, this activity is appropriate for all physical ability levels. **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 ***Why We Sleep*** by Dr. Matthew Walker, unlocking the power of sleep and dreams. We also look at the effects of clean whole foods on overall wellness. And we are in the final chapter of 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.
Bring a friend…you'll be glad you came. **Suggested Donation: $10**

Looking Ahead 👀 *Mark Your Calendars*

The Goodwater Crossing Micro-Shelter Project. The Mystic Heart Garden Project at Goodwater Crossing will be offering **a *Garden Lunch and Garden Clean-up* on Tuesday, November 10th from 10:30 am – 1:00pm**. The residents and staff are encouraged to join in the fun. We will also provide and share **dinner with the residents on Friday, November 13th at 6:00 pm**. In addition, we will be focusing our ***12 Days of Kindness*** on sharing our love in the form of Christmas packages, music, conversation, and goodies with the residents and staff of Goodwater Crossing on **Friday, December 11th from 6:30 – 8:30 pm** in the St. James Community Room & Social Hall. See Rev. Diana to receive a *Wish List* from one of the current or past residents, or for the facility itself. Rather than purchasing items for gift bags for the unsheltered population, we'll be supporting those in transition as they move toward permanent housing. Thank you in advance for joining in support of this worthwhile endeavor.

Life-Sized and Wild Join April Jimenez on **November 21st from 10:00-11:00 am** for a women's support and movement circle. This is a place to explore our relationship with food, body image, self-worth, and what it means to be fully present in and accepting of, the bodies that we have been given. It isn't about weight loss or getting into better shape…the shape you have is perfectly and uniquely yours. It's about developing a healthier relationship with, and living fully in, the body you have today. Find meaningful connection, and a whole lot of fun. You'll be glad you came.
Suggested donation: $10. All donations are greatly appreciated.

Our Spring Retreat has been scheduled for this coming year at the Gathering Place at Lake Shasta. The retreat will begin at 4:00 pm on Thursday, March 11th, 2027, and will end with Church in the Wild and a delicious brunch on Sunday, March 14.
We have been able to keep the cost to $300 this year, due to the earlier time frame scheduled. There are 20-24 spots available, depending on the make-up of the group and available lodging. A $150 non-refundable deposit is due by November 1st to hold your space, with the remaining $150 due on or before February 1st, 2027**.** The price includes eight delicious and nutritious meals, all materials, and lodging. You will never find a spiritual retreat of this length and caliber for this price…you won't want to miss it.
Contact Rev. Diana for more information.