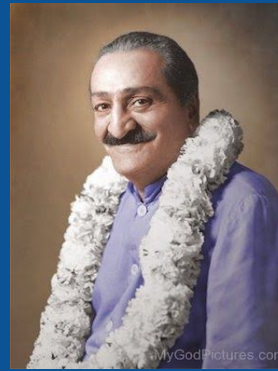


The Circle News

Avatar Meher Baba's Circle of Friends

[Website](#) [Calendar](#)
[Calendar SmartPhone View](#)



March 5

DONATE

Volume 274

- Send community notices (left column items) to editor Chris Ott at christopherjonathanott@gmail.com.
- To propose a Circle Center event (right column items) use our [Circle Center Reservation Form](#).
- Contact Circle of Friends directors at ambcirclefriends@gmail.com.
- Our Facebook page is www.facebook.com/circlecenterMB.
- The Circle Center is located in Myrtle Beach Mall, 10177 N. Kings HWY, Myrtle Beach, SC 29572; 843-273-0709. Its hours of operation are Fridays, Saturdays and Sundays from 2-6 p.m. or at other times by appointment. To schedule, go to www.ambcircleoffriends.com/calendar.html and fill out the online reservation form or contact Jeff Stearns at jstearns@sccoast.net.
- Items shared in this newsletter or presentations by speakers at the Circle Center are consonant with The Circle Center's mission to communicate information of interest to the Community. In no way shall they constitute endorsement of any kind, nor do they necessarily represent the views of the Board of the Circle of Friends. Readers and listeners should use their own best judgment in evaluating all content.

COMMUNITY NOTICES

Ambika at Myrtle Beach Manor

Ambika Sharan is now at Myrtle Beach Manor, room 231 and would welcome guests/visitors. She generally rests between 1 PM and 3 PM but anytime before or after would be great. Please

THIS WEEK AT THE CIRCLE CENTER

Larry Green CD Release Party

Sunday, March 8 · 3:00 – 4:30pm at the Circle Center.
Music for Meher Baba: the CD is named "Renditions." It contains interpretations of 7 original songs by Baba artists along with three instrumental medleys. Piano and vocals

call ahead at 843-446-8732.

~ Submitted by David Stoiber

Rides to Center Needed

If you live near Craig and Louise Smith and are willing to give them a ride to Center programs from time to time, please call them and let them know.

Then if they want to go to a program, they can call you and see if you can give them a ride that particular night. Any help is greatly appreciated. Please call: 843-272-4334.

~ Submitted by Laura Smith

Jerry Edwards Report

Jerry Edwards is in Myrtle Beach Manor. His new phone number is 843-241-5216.

He enjoys calls and visits.

~ Submitted by Laura Crabtree

Circle Center Videos

Check out ever new videos of Circle Center events at [Robin Vogel's YouTube Channel](#).

~ Submitted by Chris Ott, Editor

Food Donations

Food Donations CoF invites you to bring donations of nonperishable food to the Circle Center. Bins are located on either side of the couch by the back door.

Contributions go to the Racepath Community. The Circle Center is open Fri., Sat. and Sun. from 2 to 6 PM.

~ Laura Crabtree, Circle of Friends Secretary

HOUSING - RENT/OWN

by Larry Green and drums by Cliff Hackford.

PRESIDENT'S REPORT

Please note a schedule change for this week: our very own Larry Green is releasing his CD *this* Sunday, 3-4.30pm! Come out and show him some love.

Next weekend we are excited about Coastal Samaritan's presentation on free mental health services. They are an excellent resource for the community! Come out to hear about what they have to offer.

If there is a program you would like to see happen, we are excited to help organize it. Even better, if you have ideas for an event you would like to host, we have the space for you. We are here for you!

~ Submitted by Angela Chen, Circle of Friends President

UPCOMING and ONGOING EVENTS AT THE CIRCLE CENTER

Free Mental Health Resources

Saturday, March 14 · 3:00 – 5:30pm at the Circle Center. Coastal Samaritan Center provides free mental health services for the Grand Strand. This presentation will inform us of the full range of their services. Arranged by Dennis Wolterding.

The Work of Byron Katie, Session I

Sunday, March 15 · 2:00 – 5:00pm at the Circle Center.

Rental Available

Four miles north of Meher Center, a few blocks from beach, quiet, spacious, one bedroom. Contact Donna Stewart 843.902.5230



~ Submitted by Donna Stewart

Rental Wanted

Retired NY policeman looking to move back to Myrtle Beach. Looking for temporary or long term rental

Workshop: Meher Baba on Mind and The Work of Byron Katie presented by Anne Haug

“This whole creation is the result of imagination, the outcome of the mind. It is the mind which binds you and it is the mind which is also the means of your freedom.”
Meher Baba

Baba says God-realization occurs when the unconscious is made fully conscious. Jungian psychology tells us that it is the nature of the unconscious to project and that once a particular projection is made conscious, that projection ceases. Self-inquiry is a process that helps us to systematically withdraw and integrate our mind's negative projections through growing awareness of what it is that we have been unconscious of inside ourselves. We gain self-knowledge through utilizing projections as mirrors of our inner state. Through the regular practice of self-inquiry, we come to realize more and more that the world we have projected is all for our awakening. It takes time and patience to wear out old habits and patterns of thinking, but it is well worth the effort. The outcome is a growing experience of a kinder and gentler way of living.

Workshop overview:

- *Review of The Work of Byron Katie together with Baba's corresponding words on the mind
- *Inquiry practice through a group facilitation on a universal belief
- *Guidance in completing a Judge-Your-Neighbor worksheet on someone in your family of origin-father, mother, sister, brother

(We will not work on community members in our sessions.)

under \$900. He is here now.
Quiet, non-smoker. Can help with
maintenance. Will take good care of
your place. Has a small fixed female cat.
Please contact Joe Corbett at 843-957-7180.
Thanks!
~ Submitted by Phyllis Fillmore

Rental Needed

I will be moving to MB in March..if
anyone has or knows of a rental
available please let me know...I don't
need much studio, one bedroom, will be
only me, would love to be near Baba
Center, but have transportation, so not a
must...my email akiick@msn.com
208-908-8115
~ Submitted by Alice Kiick

Winter Rental

Winter Rental: newly remodeled home,
with view of ocean, four bedrooms, fully
equipped and furnished. 5 minute walk to
beach. \$500/week, \$2000/month, from
December 15-30, 2019; February 1-March
31, 2020. Contact: Glenn Fox; email:
foxportctr@att.net; phone 910.995.2497
~ Submitted by Glenn Fox

SERVICES

Experienced Pet Care

My name is Bradley and I am looking for
work as a dog walker and or pet sitter. I
have worked with all kinds of animals
and even spent a summer volunteering at
a wildlife rehabilitation center. I have
also volunteered at the Humane Society
and worked at a dog kennel. Rates

*Pairs take turns as client and facilitator

*Closing comments, Q&A

Two workshops are on the calendar~Sundays, March 15
and April 19, 2 to 5 p.m. You are welcome to attend one or
both. One does not necessarily build upon the other.

Inquiry /circle for the work of Byron Katie by Anne Haug
Wednesday, March 18 · 2:00 – 3:30pm at the Circle Center.
Inquiry Circle: One inquiry circle is on the
calendar~Wednesday, March 18, 2-3:30 p.m.~where we
come and practice the work, have discussion and Q&A. If
there is enough interest, we could have a weekly inquiry
circle on Wednesday afternoons.

Preparation:

There are many free resources on www.thework.com
that you can review before the workshop.

In addition, Jeff Stearns has a loaning DVD through The
Circle Center on The Work called Turn It Around.

For avid readers, I highly recommend Byron Katie's book
Loving What Is. She calls it the textbook for The Work
and it is much more thorough than the audios by the same
name.

You can also watch the presentation I gave last April at
The Circle Center.

To know more about me, visit my website
www.kindreality.com. I will be offering sessions for
individuals at no charge throughout the months of March
and April. Email me at anne@kindreality.com, or text me at
406 223-1796 to arrange private sessions.

negotiable. The best way to reach me is by email at bradleyjco@gmail.com or by text at 301-910-1563.

~ Submitted by Bradley Cohen

Bach Flower Remedies

Heidi Becker-Share, MSW, ACSW, LSW, QCSW, BFRP(certified)
40+ years experience. Bach Flower Treatment naturally /gently removes negative emotions and thoughts which interfere with living a balanced, happy life. Confidential, Baba focused phone consultations to restore emotional well-being, mind-body health, and spiritual fitness in all life arenas.
Call: 856-287-5400.

~ Submitted by Heidi Becker-Share

Massage

Massage makes everything better . Deep Tissue, Craniosacral and Reiki.

Emily Meyer 8434678988

~ Submitted by Emily Meyer

Birth Charts

"If you've never had your birth chart read, or if you have and would like a second opinion, call me at 843.410.9636, or email me at ekaterinaflynn@gmail.com. To see what kind of work I do, go [here](#). I don't do predictive astrology."

~ Submitted by K. E. Flynn

Dr. Brad Mandell, Chiropractor

Now accepting new patients. Over 40 years experience helping sick people get well. Non-force full spine and extremity

Circle Foreign Film Afternoon

Saturday, March 21 · 1:00 – 4:00pm at the Circle Center.
WADJDA (2013)

Haifaa al Mansour, Saudi Arabia's first feature film director, modeled this story on her experiences growing up in that country's restrictive religious culture. In some towns, bicycles and a young girl's virtue don't mix! But Wadjda rolls her eyes like any young teen, and sets her mind to win the Koran competition and its cash prize. Through her engaging subversiveness, we observe social laws forcing family to put religious dogma before love and happiness. The dusty streets of Riyadh cannot stop everyday people's self-determined hope, and change, no matter the cost. How this moving and fascinating film was made, by a woman director (!), in a country where cinemas are banned, will be explored in the "making of" documentary after the film. Presented by Christina Mehera Riley.

Nowruz: Persian New Year Celebration

Saturday, March 21 · 5:00 – 7:30pm at the Circle Center.

Come join us for a great gathering to celebrate the first day of spring and the Persian New Year:

Persian-themed Potluck dinner.

Hafiz poetry translations by Fereshteh Azad accompanied by Keith Sheridan on flute,

A talk and meditation by Farshid Namiranian.

Music by Jamie Newell.

Art Appreciation Course

Sunday March 22, 2:00 - 4:00pm at the Circle Center.

Joe Disabatino Presents: Art Appreciation Course Art lovers, this class is for you. We'll be studying the work, lives and cultural/historical context of the great painters and sculptors in the European and American tradition. We'll explore the most significant artists and their times, starting with the Renaissance right up to the

treatment. Organ, nutrition and energy analysis. Laser and ultrasound therapy. Chronic and difficult conditions. Call 843-957-0943

~ Submitted by Brad Mendell

Computer or Cell Phone Problems?

Laura & Tommaso's son Uli, who is 15 years old, has a knack for computers and cell phones. He's helped many in the community already with technical issues. \$10 an hour and has his own transportation. Call or text 843-655-1988.

~ Submitted by Laura Smith

Home Help

Lin Sonner still available for part time work, home help of various kinds.

linsonner@gmail.com

~ Submitted by Lin Sonner

Acupuncture and Chinese Medicine

Angel Acupuncture 607 Briarwood Drive, Suite 4 behind Sheriar Books. Walkins possible, but appointments are recommended. Call 843.655.4629 or email angelaleechen@gmail.com. Ask for the Baba lover discount! For more info, visit Angelacupuncture.com.

~ Submitted by Dr Angela Lee Chen

Piano Lessons

Piano lessons in N. Myrtle beach. 30 years experience, all levels, reasonable fee. Call Radhabai 843-281-0814

~ Submitted by Betsy Tomasso

Experienced Caregiver Available

Social worker, former assisted living

present. Instructor: Joe DiSabatino taught this course for 3 years (2016-2019) at Coastal Carolina University's OLLI program. Next scheduled classes: Sunday, Feb. 16, 2-4 pm, Sunday March 1, 2-4 pm, and Sunday, March 22, 2-4 pm.

How to Love God – A Facilitated Discussion

Sunday, March 29 · 2:00 – 4:00pm at the Circle Center.

Avatar Meher Baba gave a message we call "How To Love God" on September 12, 1954, at Wadia Park in Ahmednagar, at the beginning of the Three Incredible Weeks. That day's darshan event opened with a number of messages (including Meher Baba's Call). The section we refer to as "How to Love God" was given as the last section of the first part of two initial messages. As such, it is part of a larger message, and part of a series of messages, and part of an event with many other messages, including Meher Baba's opening words: "Not as man to man, but as God to God, I bow down to you, so as to save you the trouble of bowing down to Me." "To make you all share My feeling of being one with you and one of you, I sit down beside you."

Though not given as a stand-alone message, it has become common to print the "HTLG phrases" separately. These phrases can be read as a directive for daily living, and also as a personal response from God to those who would ask that titular question. Its wordings seem as meant for both explicit instruction and subjective application – indicative of the value of thoughtful awareness to our more subjective motivations and complex actions as we seek to develop morally, and on a spiritual path / journey to finding God.

This discussion event will be facilitated to ensure all can participate, but mostly it will be round-the-room discussion following the progression of the HTLG message. We will sit beside each other and share our insight and

manager and caregiver extraordinaire will take care of you or your dog at very reasonable rates. Contact: Cynthia Wolterding cwolterding@gmail.com 612 849-0599

~ Submitted by Dennis Wolterding

House Painting, Pressure Washing, Carpet Cleaning & Window Washing
Call Jim West at 843 222 7507

~ Submitted by Jim West

understanding. Please bring your own copy of the How To Love God message, which can be obtained at Sheriar Bookstore. Please read the message before the event, and please be prompt to the event. Presented by Christina Mehera Riley.

Volunteer Thank You Party

Saturday, April 4 · 1:00 – 3:00pm at the Circle Center.
1:00 pm lunch celebrating Dennis, Don, Robin, our volunteers, and ourselves! Gifts for Dennis, Don, Robin and all active volunteers who take shifts 145 pm quick tune-up training - review list of duties, get familiar with new AV equipment 2.30 pm Sharing around the circle what works/doesn't work at the Circle All are welcome to participate, but our focus will be on the volunteers. Hosted by Angela Lee Chen.

Karen Cherish Noel

Saturday, April 18 · 4:00 – 6:00pm at the Circle Center.
Karen Cherish Noel Presents: Ecstatic Dance is playing world music and allowing yourself to move as your inner self wants to. It is essentially a meditation with movement. A variety of music will be played--some known and some unknown, as well as some from our favorite Baba Lovers! Come and set yourself free!

The Work of Byron Katie, Session II

Sunday April 19 · 2:00 - 5:00pm at the Circle Center.
Workshop: Meher Baba on Mind and The Work of Byron Katie presented by Anne Haug

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(We will not work on community members in our sessions.)

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- *Closing comments, Q&A

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Poetry of Hafiz, Rumi, and Tracey Schmidt

Saturday, May 16 · 3:00 – 4:30pm at the Circle Center.
Performed by Tracey Schmidt with Cliff Hackford on tabla.

Tracey Schmidt is an award-winning poet and performer whose work has been published in numerous journals and anthologies. She has performed poetry around the country, at TED-X, and currently teaches creativity, poetry, and photography in such facilities as the NC Center for the Advancement of Teaching, Julia Cameron's Creativity Camp, the JC Campbell Folk School, and in her hometown of Asheville, NC. Her performances were inspired by Meher Baba.

Her book of poetry, *I Have Fallen in Love with the World*, Turtle Dove Press, 2011, was published to rave reviews, as well as a CD of the work of Rumi, Hafiz, and her own poetry. She has facilitated poetry writing around the country: in schools, prisons, to adults, and those on a healing journey.

Her award-winning touring museum exhibit, *The Awakening of Turtle Island: Portraits of Native Americans* opened for the Olympics in 1996, won the Regional Designation Award in the Humanities, and has toured over 18 museums and cultural centers in the Southeast.

She attended the prestigious Portfolio Center in Atlanta, where she won numerous awards for her work. More of her work, touring schedule and classes can be seen at www.traceyschmidt.com.

She has fallen in love with the world. She is still not sure how it happened.

Finding ground for writing spiritual poetry: A workshop
Sunday, May 17 · 2:00 – 5:00pm at the Circle Center

Facilitated by Asheville-based poet Tracey Schmidt In this workshop we will use inspired techniques to find words that ground spiritual imagery into our own poetry. We will explore ways to suspend our inner critic, and create a safe space to allow our writing voice to emerge. No experience necessary, just a willingness to put pen to paper. Limited to 17. RSVP to Angela, angelaleecheen@gmail.com

ONGOING EVENTS

Digital Responsibility Study Group, Ongoing

Every Friday, 2:00 – 3:00pm at the Circle Center.

The topics for Part III will be Captology (computer aided persuasion technology), and how Microsoft responds to data subpoenas (via 'Tools & Weapons' by Brad Smith). Presented by Richard Ward

ACA Meetings

Every Saturday 9:30 – 10:30am at the Circle Center.

Adult Children of Alcoholics (ACA) is a Twelve Step, Twelve Tradition program of men and women who grew up in alcoholic or otherwise dysfunctional homes. The ACA program was founded in the belief that family dysfunction is a disease that affected us as children and affects us as adults. Our membership also includes adults from homes where alcohol or drugs were not present; however, abuse, neglect or unhealthy behavior was. We meet to share our experience and recover in an atmosphere of mutual respect. We discover how alcoholism and other family dysfunction affected us in the past and how it influences us in the present. We begin to see the unhealthy elements of our childhood. By practicing the Twelve Steps, focusing on the ACA solution, and accepting a loving Higher Power of our own understanding, we find freedom. Moderated by Denny Moore.

Far Side Cinema

Every Tuesday at 7:00pm - 8:30pm at The Circle Center. Far Side Cinema is a forum of exploration and education, thinking outside of the box. True education is: "Giving/availling information and teaching/allowing one to think for Themselves." In this dawning of the age of Intuition, Meher Baba's "Great Awakening" is upon us - Now, this is a struggle of the forces of Light and Dark. "What will the New Humanity look like" in the various institutions we now have? Areas of inquiry: Financial, Geopolitics, Inspirational, Exopolitics , Free Energy, Secret Space Program, Health - thru the filter of the Spiritual. We end our meetings with "The Light Prayer/meditation" by Jackie Boyce. . . and go in Peace.

Effort and Grace & Light Meditation are two programs that alternate Sunday Evenings. See [Calendar](#) for exact dates & times.

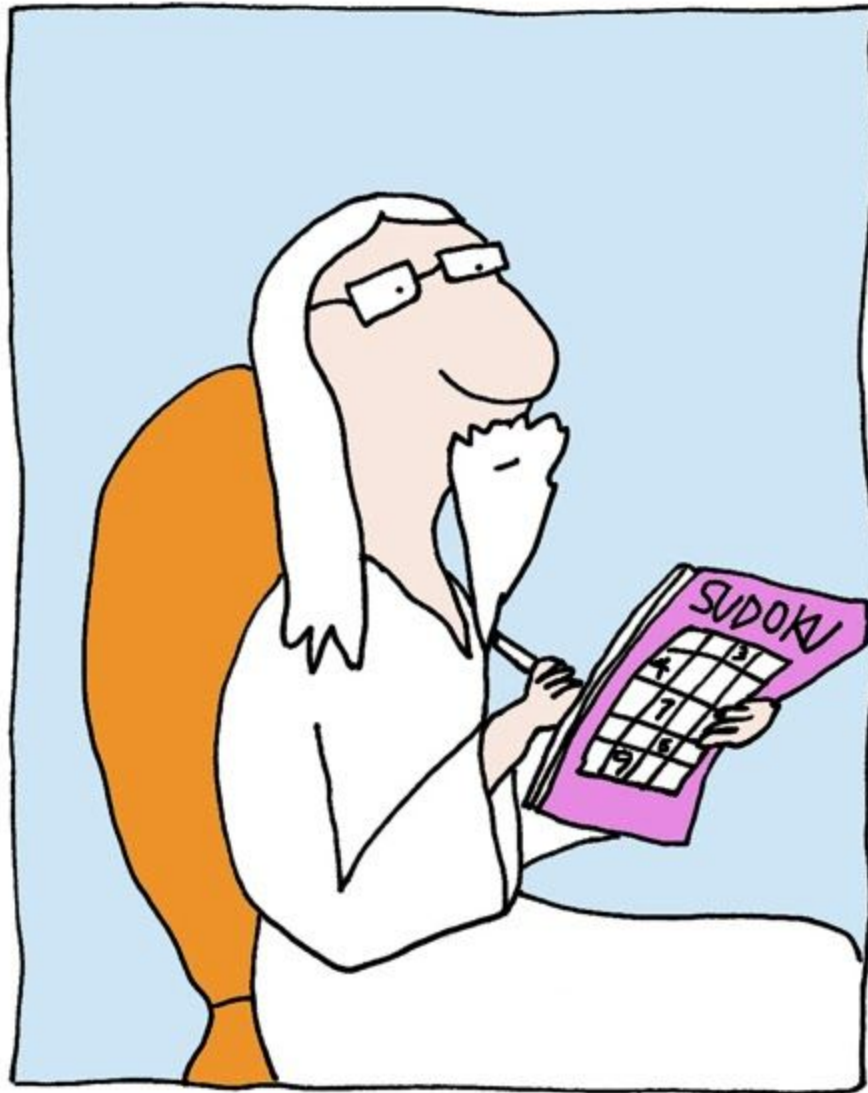
Drumming From the Heart

Ongoing class and celebration for spirit, awareness, dance. Mondays at the Circle Center from 7-8:30 PM: We bring out the spirit and joy from rhythms in West Africa, Haiti, Cuba, Brazil, American Jazz. Drums provided. It's a wonderful group of people, and always FUN. If you are beginning, that is fine, just show up, all you need is a smile, but it helps us if you first contact John at 617-967-2962. Whether new or ongoing, please "register" at our "meetup" website so you get announcements of events, class notes, date changes, as well as access to articles, advice, "wisdom", videos. Register as a member at our [website](#).

STAY INFORMED

You can learn what's going on at THE CIRCLE CENTER here on The Circle News, and at our [Calendar](#). Our events are often also featured on our Facebook page at www.facebook.com/circlecenterMB. Our events are very rarely on Mall pages.

©hills www.mycartoonthing.com



On the 7th day God
discovered Sudoku...
And Creation ground
to halt after that.

For More About the Circle News [Go Here](#)

