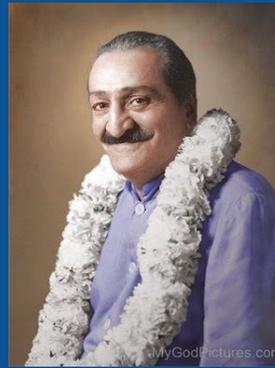


The Circle News

Avatar Meher Baba's Circle of Friends

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



April 23

DONATE

Volume 281

- Send community notices (left column items) to editor Chris Ott at christopherjonathanott@gmail.com.
- To propose an online event, contact our president Angela Lee Chen at angelaleechen@gmail.com.
- Contact Circle of Friends directors at ambcirclefriends@gmail.com.
- Our Facebook page is www.facebook.com/circlecenterMB.
- 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

Mimi Hay Design

I am making pleated cotton face masks
With assorted designer fabrics including
A poly filter as a third layer.

Take a look and be safe! 😊

Mimihaydesign.com/masks

Or call #843 283 3634

~Submitted by Mimi Hay

Moving, Condo For Sale

To our dear Baba community,

THIS WEEK AT THE CIRCLE CENTER

While the Circle Center remains physically closed, we are very much open, online. Our offerings have only increased since going virtual. Information about Circle-sponsored online events can be found in the [Circle Calendar](#). Please consult it regularly to keep up with late breaking online events.

Steven and I have made a difficult decision to move back to Pennsylvania to be with our family. We plan to return several times a year to treat our patients. We would like to sell our condo first and try to fit the other puzzle pieces together after that is in place. Where we would practice and live is flexible. The condo is 1700sq ft 3 beds 2 1/2 baths and deck. If anyone is interested please let me know we're asking \$235,000 furnished 2 miles from the center. Contact Elaine Goodman at email elg777@icloud.com or phone 843-877-2614.

~ Submitted by Elaine Goodman

Love's River CD, by Max Reif



Until Sheriar Books re-opens, you may order the physical LOVE'S RIVER cd by email: senseofwonder@yahoo.com. Digital down-loads continue to be available worldwide from Amazon and iTunes.

Click the above image to enlarge.

~ Submitted by Max Reif

For Sale

Large Dining room table 4 chairs. Very good shape, except the table has a few scratches. Dark wood. Nice pattern. \$125 OBO. Contact Phyliss Fillmore at 843-272-3071

Jerry Edwards Memorial Today at 4:00pm

The Avatar Meher Baba Circle of Friends will be celebrating the life of one of its distinguished founders, Jerry Edwards. This virtual event will take place on Thursday, April 23 at 4 pm on the Circle's Zoom platform. Here is the link:

<https://zoom.us/j/3894993058?pwd=dEpNdi9aOVBsQ0lOMUxPMehiVGc4UT09> or you can go to the AMB Circle of Friends calendar on that date, and click where it says join meeting, at 4 pm.

PRESIDENT'S REPORT

A hearty Jai Meher Baba to one and all!

It is clear Baba has His reasons for humbling humanity, with this period of worldwide seclusion. It is a time to remember Him ever more and hold on to His damaan ever tighter.

The AMB Circle of Friends, based in Myrtle Beach, SC, continues to add virtual programs and events almost on a daily basis! The calendar is the most up-to-date and complete record of meeting dates, times and all the login information needed. Things can change very fast, so check back frequently (ambcircleoffriends.com/calendar).

- Arti

*Our twice daily artis are attended on average 30 people and growing, some of them from far flung places: India, Singapore, Dubai, Israel, all parts of the US, even a drop-in from Paris! It is a deep honor and privilege to be in a position to serve the larger Baba community in this way. Meherabad time 7am/pm, which translates to 930am/pm EDT.



~ Submitted by Phyliss Fillmore

Free Music Samples By Cindy Lowe

*If you are interested in training to become a virtual Samadhi attendant, please reply to this email or simply show up to one of the regularly scheduled trainings. It is wonderful, fun, and full of Baba's love. You need just a little tech skill and a lot of heart! Scheduled training times are Saturday 1045am EDT or Sunday 8pm EDT. We especially need trained hosts for the 930pm EDT arti.

-Special One-time Events:

*Adrienne Shamszad had a concert last weekend on Zoom – her first show since she sliced the top of her finger last December! A moving exhibition of musical passion and virtuosity, it was attended by about 75 people from all over the US and abroad. It was recorded and will hopefully be made available soon.

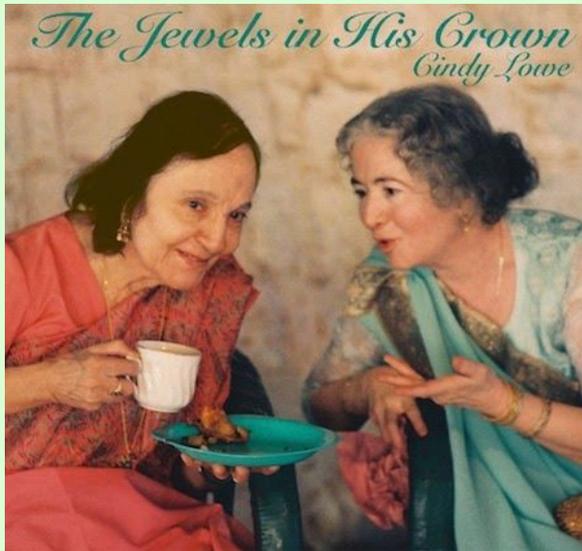
*Memorial for Jerry Edwards TODAY: a virtual gathering to remember a unique and colorful life-long Baba lover, a neighbor and friend to many. Thursday April 23, 4-6pm EDT. It will be recorded for those who cannot attend live.

*Financial Planning Seminar May 8, 2-4pm EDT, led by representatives of NY Life Insurance in Myrtle Beach, SC.

-Reading and discussion groups:

*Check out weekly Effort and Grace with Jeff Wolverton in North Myrtle Beach, SC, live on Zoom Sundays 5-7pm EDT. Here is a link to the recording of the fifth of the series, attended by about 70 people from all over the country: <https://youtu.be/Do-6-f4bz8Y>

*Sharing meeting on Saturdays 3-4.30pm EDT continues to be popular – it is a chance to be together more conversationally. Hosted by Betty Lowman in Oregon.



“The Jewels in His Crown” is a compilation of new and previously recorded songs for and about Baba’s Mandali, especially Mehera and Mani. You can listen to free samples at www.cindylowe.com as well as at Spotify, iTunes, Apple Music, Amazon and other sites. Also available at Sheriar Books.

~ Submitted by Cindy Lowe

Circle Center Videos

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

~ Submitted by Chris Ott, Editor

HOUSING - RENT/OWN

Rental Wanted

Retired NY policeman looking to move back to Myrtle Beach. Looking for temporary or long term rental under \$900. He is here now. Quiet, non-smoker. Can help with

*Rich Blum in Myrtle Beach, SC continues his discussion groups every other Tuesday at 4-5pm EDT, organized by topic rather than focused on a specific book. See the calendar for more details.

*God Speaks reading group Mondays 11am-noon EDT hosted by Eugene Nowacki in NY.

*Mehera-Meher Reading Group meets on Thursdays at 2-3pm EDT, hosted by Tina Holmes in New York.

*Francis Brabazon’s Stay with God, Fridays 11pm-midnight EDT, led by Max Reif in CA.

*Baba through Norina, led by Scott Makeig in Asheville NC, will meet Thursdays 7-830pm EDT.

~Poetry and Art

*Poetry Series: Tracey Schmidt in Asheville, NC has planned seven poetry nights, featuring a different Baba lover poet each night, every Wednesday 7-8pm starting April 14. Check the calendar for more details.

*NEW a Hafiz/Rumi hour, Fridays 2-3pm, hosted by Reza Abrahamzadeh in CA and Feresteh Azad in North Myrtle Beach, SC. (Only May 8 will be at 12.30-1.30pm.)

*Poetry Workshop by Tracey Schmidt in Asheville, NC, details TBA. Limited to 12 participants.

*NEW Limited series of Art Appreciation classes with Joe DiSabatino, who has taught this course for OLLI. Every other Monday starting April 20, 2-4pm EDT. See calendar for more details.

~Health, Wellness, Meditation:

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

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 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

* Anne Haug in Montana will be leading Inquiry Circles for The Work, as she relates it to Meher Baba, on Wednesdays 3.30-5pm EDT.

*Yoga classes, with our own Adrienne Shamszad in CA, continue on Wednesdays at noon-1pm EDT. We bet you didn't know that she is an awesome yoga teacher!

*Daily gentle morning yoga led by Diantha Bovey in Myrtle Beach, SC, certified yoga instructor, happens every day 8-8:45am EDT!

*NEW: Recipe Exchange and Conversation about food: hosted by Martha Clancy in NY, Thursdays 11am-noon.

*Weekly Japa, Saturdays 2-230pm EDT led by Marilyn Seides in Myrtle Beach, SC.

*Regular EFT tapping classes continue, led by Christina Bella in Little River, SC, Fridays 7-730pm EDT.

*Weekly Light Meditation with Jackie Boyce in SC on Sundays, 2-3pm EDT has just moved to Zoom.

*A weekly ACA meeting with Denny Moore in Myrtle Beach, SC on Saturdays 930-1030am EDT, by teleconference.

~Fun

*Weekly Baba dance party, Saturdays 8-9pm EDT! Roxy in CA plays us her awesome international music playlist. So much fun, a great way to shake off the cobwebs! Come shake a tail feather with us.

*A music video sharing hour: share your favorite Youtubes, mp3's, etc with each other, right in Zoom,

~ 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. 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 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.

Tuesdays 7-8pm EDT. Hosted by Fereshteh Azad in North Myrtle Beach, SC.

*And, a Zoomulele Uke Jam led by Frank Eaton, III, in Myrtle Beach, SC meets every other Friday 4-6pm EDT, details in the calendar. All instruments welcome!

*NEW Karaoke on Zoom! Sing while accompanied by a musical track of your choice. Saturdays 630-730pm. Hosted by Tina Holmes in NY.

Join us online at the virtual Circle Center - we can be together in this pandemic, holding onto Baba's damaan with both hands. The Circle's schedule is busier than ever, with hosts from all over the country, and meetings that run the gamut.

Absolutely everyone from anywhere is welcome to attend. If you do not have access to a computer, you can even call in with a phone. Check the calendar very frequently, as we add events almost daily:

<https://www.ambcircleoffriends.com/calendar.html>

PS we have list of tech savvy people who are happy to help you get online. Reply to this and we will get you tech help.

~ Submitted by Angela Lee Chen, Circle of Friends President

Give Us Two Minutes and We'll Give You The Circle

As they say, Necessity is a mother. And COVID 19 has forced all us children to evolve.

So, just because The Circle Center is closed during this Coronavirus Crisis does not mean that The Circle is closed. Au contraire, we are very much ALIVE and

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 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

GROWING!

In fact, more things are happening now than have ever happened before—they're just taking place "online."

The Circle of Friends uses a FREE program called ZOOM to communicate with our Community—and the World.

ZOOM is super-easy to use, but, like most computer things, can seem intimidating to the uninitiated.

That's why The Circle's Tech Team is here to help. Just contact Dennis Wolterding at dennisjanwolterding@gmail.com or call him at 843-421-1479 ,and we'll get you up and running quicker (almost) than you can say The Master's Prayer.

By the way, to see The Circle's many offerings (literally, there's something everyday to help you feel connected), go to our Calendar at <https://www.ambcircleoffriends.com/calendar.html> and click on any Event that interests you. (For those already experienced with ZOOM, the sign-in information, including the Website Address, Meeting I.D. and Password are all there, as are the telephone numbers for those wishing to connect by phone).

So folks, PLEASE don't be afraid to call Circle Tech Support so that we can embrace you in our virtual arms and bring you to where it's happening.

Again, that contact information is:
dennisjanwolterding@gmail.com or 843-421-1479

CALL US!

P.S. For the visually-oriented among you, GREAT and

SHORT instructional videos for using ZOOM are available at its Website at:
<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>.

For many, the “Join a Meeting” Video is the only one you’ll need to see in order to know how to connect with any Circle Event.

- Submitted by Dennis Wolterding, Community Outreach Fellowship, and Education Director

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.



B. Smaller

*"I've found that there are times in a person's spiritual journey
when prescription drugs are entirely appropriate."*

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