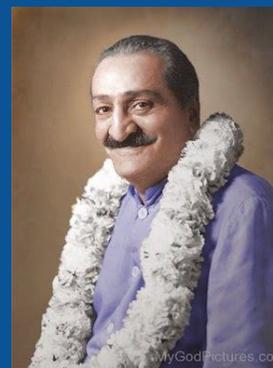


# The Circle News

Avatar Meher Baba's Circle of Friends

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



May 14

DONATE

Volume 284

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

### Carpenter/Painter needed

Looking for someone, or two different someones, to do 2 small jobs.

1. Sand a small size pine TV stand, stain it a darker color and apply polyurethane. I have tools and materials.

2. Install a ceiling fixture in a space made for a spotlight. Not sure I have everything needed. I will happily pay the going rate and be very grateful. Call or text 843 999 4899.

## 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.

~ Submitted by Cindy Lowe

## 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

## Online Music Lessons

## PRESIDENT'S REPORT

A loving Jai Meher Baba to one and all!

" I have emphasized in the past, I tell you now, and I shall age after age forevermore repeat, that you shed your cloak of Life and realize Existence which is eternally yours."

— Meher Baba, Lord Meher pg. 3427

We hope that all are well during this pandemic. Myrtle Beach is entering Phase 2 of opening up. As a result, the Circle Center's physical space is open to small groups by request, as long as attendees are very clear that sanitation and level of risk is their sole responsibility.

We will continue the virtual meetings indefinitely, as long as individual hosts are available to continue. The calendar is the most up-to-date and complete record of any meetings, and virtual meetings are indicated by the word "Zoom" in the title. All details of events and any needed login info is available here:

[www.ambcircleoffriends.com/calendar.html](http://www.ambcircleoffriends.com/calendar.html). Below is a summary of the ongoing virtual meetings.

- Arti (prayers and live sharing from the heart)

\*We host prayers recited to a recording of the Samadhi prayers, followed by sharing by attendees: music, poetry, readings, prayers in other languages... all love and creativity for Baba is celebrated! These meetings are food for the soul, and every day is different and rich.

Meherabad time 7-8 am and pm, which translates to 930-1030am/pm EDT. Our twice daily artis are attended by an average of 25-30 people and growing, some of them from far flung places: all parts of the US, India, Singapore, Dubai, Israel, Paris! Absolutely everyone is warmly welcome.

Keight (Kate) Brown is teaching music lessons on line--- socially safe- easy and fun. Piano and guitar. Keight has been teaching music lessons for over 20 years. For more info and testimonies go to her website [www.voicethemusic.com](http://www.voicethemusic.com) - or call Keight @ 843-503-8772.

*-- Submitted by Keight Brown*

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### Local Delivery Solutions

Keight Brown is available for curbside pickup- groceries or picking up take out meals to go, or just running errands for you. Socially safe service without contact. Stay home - stay safe. -- 843-503-8772. NMB and MB. [Website](#)

*-- Submitted by Keight Brown*

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### Circle Center Videos

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

*-- Submitted by Chris Ott, Editor*

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## HOUSING - RENT/OWN

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### SERVICES

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#### 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](mailto:bradleyjco@gmail.com) or by text at 301-910-1563.

\*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 an honor to host arti, it's fun, and full of Baba's love. Scheduled training times are Saturday 1045am EDT or Sunday 8pm EDT.

#### --Special One-time Events:

\*The Northeast Gathering is going to host a day-long live Sahavas on Zoom on June 13, 8am to 10.30pm EDT. Special highlights are Peter Nordeen's debut appearance on Zoom at 10.45am-12.15pm EDT, and Adrienne Shamszad from 1.30-2.45pm EDT! More details of individual events of the Sahavas day are as shown on the calendar.

#### --Concerts:

\*Adrienne Shamszad has scheduled another concert on Zoom for this Sunday, May 17, 330-430 pm EDT! The last concert was attended by over 70 people. The recording is available for viewing here: <https://youtu.be/Ln8aNI9S4vg>

\*A weekly Bhajan series, LIVE from India! Every week, a different musical family or guest will perform Baba bhajans for us (details of this week's guest will be on the calendar). Thursdays 11am-noon EDT. Hosted by Prashant Dadar in Meherabad, MS, India. A recording of last week's concert: <https://youtu.be/6BI9HLnAqR8>

#### --Reading and discussion groups:

\*Check out weekly Effort and Grace with Jeff Wolverton in North Myrtle Beach, SC, live on Zoom Sundays 5-7pm

~ 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.

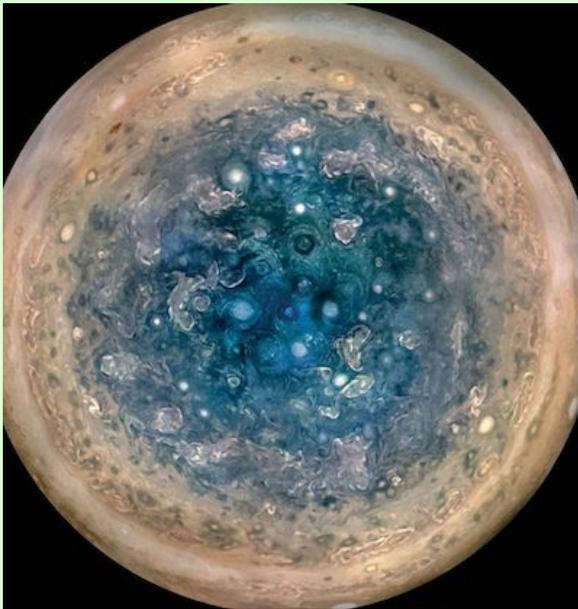
~ Submitted by Heidi Becker-Share

### Massage

Massage makes everything better . Deep Tissue, Craniosacral and Reiki.  
Emily Meyer 8434678988

~ Submitted by Emily Meyer

### Birth Charts



Jupiter, courtesy NASA

EDT. Here is a link to the recording of last weekend's session, the eighth of the series, attended by about 60 people from all over the country:  
<https://www.youtube.com/watch?v=6B19HLnAqR8&t=10s>

\*Sharing meeting on Saturdays 3-4.30pm EDT continues to be popular – it is a chance to be together informally, reminiscent of conversation around the Refectory kitchen. Hosted by Betty Lowman in Oregon.

\*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. A recording of the last session is here: <https://youtu.be/UerB4SiFYD8>

\*Baba through Norina, led by Scott Makeig in Asheville NC, will now meet Mondays 6-730pm EDT. Details about this week's reading is in the calendar.

\*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.

~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.

Tired of wondering about your destiny? Me too. Curious to know more about yourself? Writing your autobiography? I read birth charts, without any fortune telling or prediction. I charge a lot, and there's a wait. You can see an example of my work [here](#).

*~ Submitted by K. E. Flynn*

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### **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*

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### **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*

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### **Home Help**

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

linsonner@gmail.com

*~ Submitted by Lin Sonner*

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### **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](mailto:angelaleechen@gmail.com). Ask for the

\*Hafiz/Rumi hour, this week 12.30-1.30 (normally Fridays 2-3pm), hosted by Reza Abrahamzadeh in CA and Feresteh Azad in SC. A link to the last event: <https://youtu.be/ALeD67gVJe8>

\*Limited series of Art Appreciation classes with Joe DiSabatino in SC, who has taught this course for OLLI. Every other Monday, next class May 18, 2-4pm. See calendar for more details.

-Health, Wellness, Meditation:

\*Ongoing Inquiry Circle weaving Meher Baba on the Mind with The Work of Byron Katie, led by Anne Haug in Montana, Certified Facilitator, Wednesdays 3:30-5 EDT. Here is a link to the recording of last week's session <https://youtu.be/0vsxjdwAvug>. All the session recordings can be found on Robin Vogel's YouTube channel.

\*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 unless otherwise indicated on the calendar.

\*Weekly Japa, Saturdays 2-3pm EDT led by Marilyn Seides in Myrtle Beach, SC.

\*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. Details on the calendar.

Baba lover discount! For more info, visit  
Angelacupuncture.com.

*~ Submitted by Dr Angela Lee Chen*

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### **Piano Lessons**

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

*~ Submitted by Betsy Tomasso*

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### **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*

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### **House Painting, Pressure Washing, Carpet Cleaning & Window Washing**

Call Jim West at 843 222 7507

*~ Submitted by Jim West*

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~Fun

\*Weekly Baba dance party, now meeting on Mondays  
8-9pm EDT! Roxy in CA plays us her awesome  
international/disco 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,  
Tuesdays 7-8pm EDT. Hosted by Fereshteh Azad in  
North Myrtle Beach, SC.

\*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!

\*Karaoke on Zoom! Sing while accompanied by a musical  
track of your choice. Now meeting on Tuesdays  
11am-noon. Hosted by Tina Holmes in NY.

\*NEW Acting/Improv classes Mondays 430-530 pm EDT,  
taught by Tina Holmes in NY, an actor who has done  
years of improv in a murder mystery company and  
appeared in 4 Broadway shows. Improv helps you to be in  
the moment and think on your feet, which is useful in  
many life situations.

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*

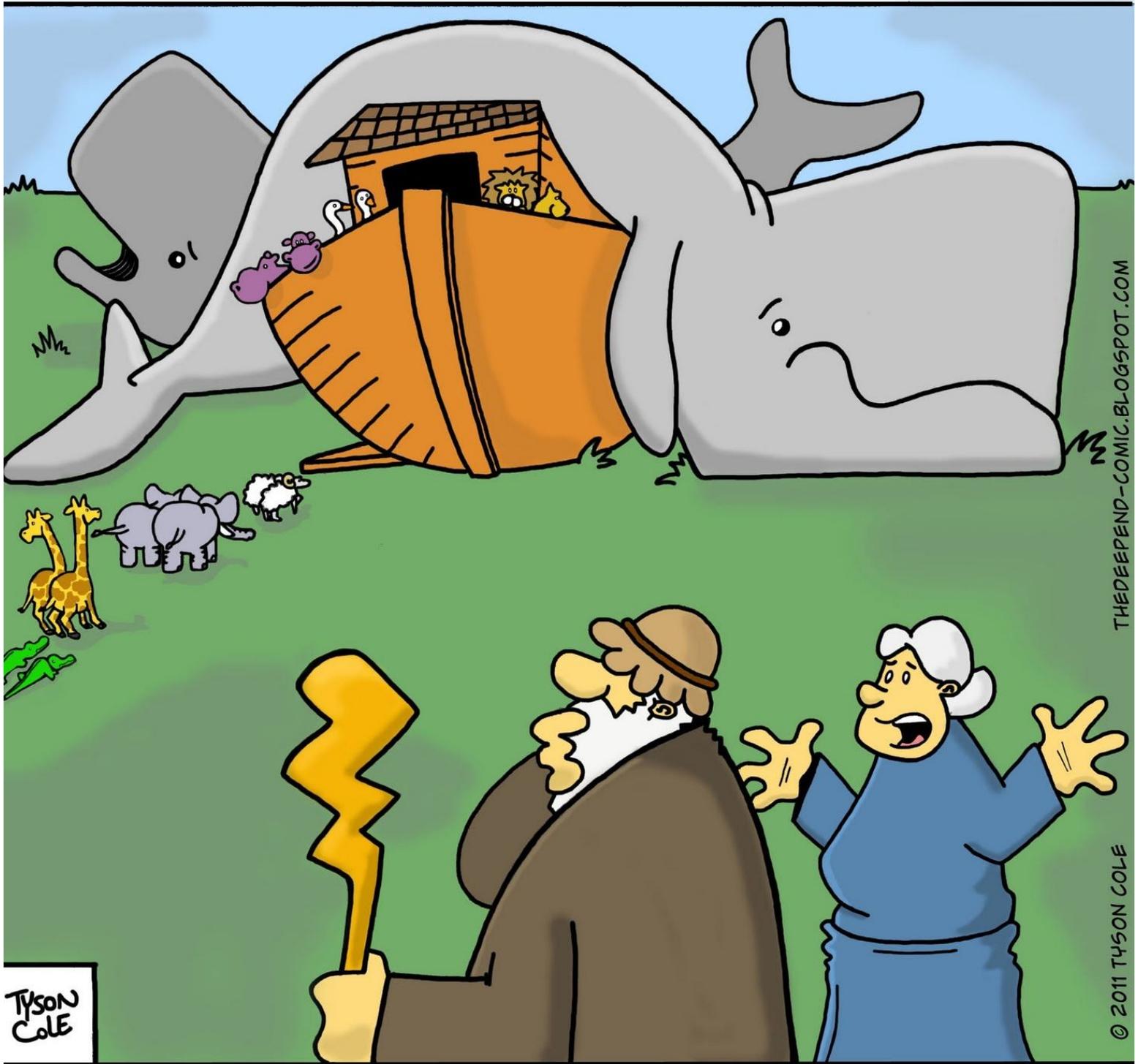
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## STAY INFORMED

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](http://www.facebook.com/circlecenterMB). Our events are very rarely on Mall pages.

# THE DEEP END

TYSON COLE



"MAYBE THE WHALES WOULD BE OK STAYING IN THE WATER."

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