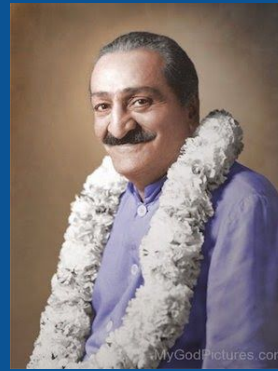


The Circle News

Avatar Meher Baba's Circle of Friends

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



May 28

DONATE

Volume 286

- 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 angelalee.chen@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

Baba House in Oregon For Sale

We are selling our home in Scotts Mills Oregon, hoping to find a Baba Lover who will love it as much as we have. It was the home of the Northwest Sahavas for about 20 years, until 2013, when sahavas moved closer to Portland. The Portland Baba group is active, fun-loving and welcoming.

For Baba lovers, we're asking \$469,000

THIS WEEK AT THE CIRCLE CENTER

Circle Center 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.

PRESIDENT'S REPORT

for our 2,400 sq. ft. 4-bedroom, 2-bath home, with 2 barns on 3 gently sloping acres. Bhauji has been here, he named our home Baba House. Meheru and the twins Sohrab and Rustom were also visitors, as well as many sahas guests over the years.

Scotts Mills is about an hour south of Portland, and 1/2 hour east of Salem, so commuting to work is reasonable. Photos and more details about the house are at this Redfin link:

<https://www.redfin.com/OR/Scotts-Mills/135-8th-St-97375/home/26389761>

Bonus: we are a 10-min walk from a beautiful county park with a big creek and waterfall, a daily highlight for us and our dog. For more details, and perhaps a video tour, call us at (503) 507-0274.

In Baba's love, Betty and Dave Lowman
~ Submitted by Betty Lowman

Signs

I have seen the great white mourning
dove circling above my head
i have been kissed on my cheek
by the ruby throated hummingbird
Just before day's end

I have also glimpsed the angry dark cloud
and have been startled by its proximity the
din and drone of the machines
which quieted for a time
Are becoming louder now than before
Signs you might ask

A loving Jai Meher Baba to one and all!

"If you realized but a particle of that knowledge which I know, you would experience inexpressible bliss. Every object would impart happiness to you. Every object would tell you its part in the story of knowledge, and all the misery that's in the world would shine forth as heaven."

~ Meher Baba, Meher Baba Calling

Greetings to all, from Myrtle Beach, Baba's Home in the West! Myrtle Beach is busy with tourists, pouring in from all corners after months of quarantine... The Circle Center is slowly opening up our physical space to very small groups by request, as well as starting up drop-in hours on Sundays from 3-5pm. Our volunteers will wear masks and handle sanitation. Everyone else is encouraged but not required to follow suit.

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. 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! Meherabad time 7-8 am and pm, which translates to 930-1030am/pm EDT. Absolutely everyone is warmly welcome.

omens you might surmise
and all might probably agree
I have also seen
children play like there is no tomorrow an
elderly couple clasp hands
before sleep unites them
a neighbor who has forgotten who he is
and blessedly forgot his past also
I forgot to tell you
before i put pen to paper
before i even thought to write this
i saw an ant carry it's brother on it's back
and i knew without doubt
all would be well

By John Dennison 5/16/2020

~ Submitted by John Dennison

Cafe Open

La Bon Cafe has reopened and
welcoming their loyal customers.

~ Submitted by Elaine Goodman

Mimi Hay Design

*An amazing community has built up around twice daily virtual Arti on Zoom! As a token of the love we have developed for each other, a t-shirt has been designed. If we sell more than the minimum, we will be able to split the proceeds between the Circle of Friends and the Meher Spiritual Center, which needs our support in this difficult time. The shirt is available in three colors and three styles (short sleeve, long sleeve, hoodie sweatshirt). Order yours here:

<https://www.customink.com/fundraising/arti-circle-tshirts>

*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:

*Harper Lee, a solo show written and performed by Tina Holmes in NYC tells the secrets of Harper Lee's inscrutable life. June 2, 2-3pm EDT.

*Once a month, George Chen and Meher Baba House in NY have been inviting guest scholars to read a discourse with us. The next meeting is June 6, 7-9pm with special guest Charles Haynes. Details for how to log in are on the Circle calendar.

*The Northeast Gathering will 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 Circle calendar.



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

Keight Brown is teaching music lessons
online ~ socially safe, easy and fun. She
is also teaching lessons outside on her

~Concerts:

*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 the Madhukar Dadar family concert:
<https://youtu.be/6B19HLnAqR8>

*Concert: Michelle Shafer of Chicago, IL will play for us live on Zoom! June 7, 3.30-4.30 EDT

~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 last weekend's session, the tenth of the series, attended by about 50 people from all over the country: <https://youtu.be/m3mwlj2l6GQ>

*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.

*Baba through Norina, led by Scott Makeig in Asheville NC, will now meet Mondays 6-8pm EDT. Details about this week's reading is in the calendar.

porch and patio, weather permitting. Piano and guitar. Lessons for Baba lovers half price. Keight has given music lessons for over 20 years. For more info and testimonies visit www.voicethemusic.com - or call Keight @ 843-503-8772.

~ Submitted by Keight Brown

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

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

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

*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

*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/UwugZdTFS8s>

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

-Health, Wellness, Meditation:

*Ongoing Inquiry Circle interweaving 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/HRgJCfXxUIE>. 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!

*Japa, Saturdays 2-3pm EDT led by Marilyn Seides in

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.

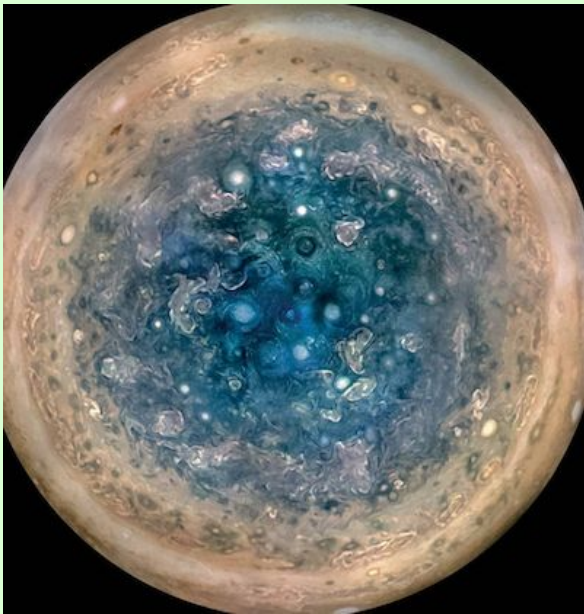
~ Submitted by Heidi Becker-Share

Massage

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

~ Submitted by Emily Meyer

Birth Charts



Jupiter, courtesy NASA

Tired of wondering about your destiny?

Myrtle Beach, SC.

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

*NEW Feelings Check-in, hosted by Thia Griffin-Elliott in Boston, MA. Fridays 7-8pm EDT.

*A seven-week series of "Shadows to Light" meditation classes hosted by the Bombay Center starts this weekend. Sundays 8-930am EDT. See calendar for more details.

*NEW guided Sufi heart meditation, with a laser focus on Meher Baba, led by Joe DiSabatino in Myrtle Beach SC, Thursdays 7-8pm EDT to start June 11.

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

~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!

*Acting/Improv classes Mondays 430-530 pm EDT, taught

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

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. 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

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

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.

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



“ The Answer you seek is ‘No.’ When asked, ‘Does this make me look fat?’ the Universal Answer is invariably ‘No.’ ”

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