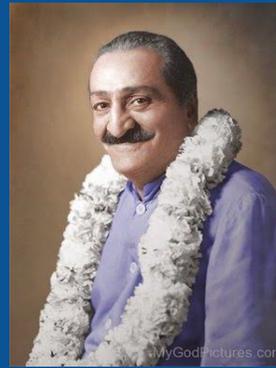


The Circle News

Avatar Meher Baba's Circle of Friends

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



October 29

DONATE

Volume 308

- Our website: ambcircleoffriends.com
- For those who are intrigued, here is a link to the Guidelines for using Circle Zoom for your event:
<https://docs.google.com/document/d/1f4WCpiHftqMCnPPGoI7O3KyopDA2wkmWaHQQPsFeVnY/edit?usp=sharing>
- NEW: The calendar in iCal format for iPhone/iPad/Mac (will translate into your own time zone):
<https://calendar.google.com/calendar/ical/ambcirclefriends%40gmail.com/public/basic.ics>
- NEW: You can view our Circle calendar right next to your own Google calendar by clicking here (will translate into your own time zone): <https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xlZnJpZW5kc0BnbWFpbC5jb20>
- Our recorded Zoom meetings are on Youtube: <https://www.youtube.com/c/avatarmeherbabascircleoffriends>.
- You are welcome to join our Community Directory: please email ambcirclefriends@gmail.com with your name, anyone else in your household, phone, email, and address.
- We are also very active on Facebook: <https://www.facebook.com/groups/ambcirclefriends> as well as on WhatsApp:
<https://chat.whatsapp.com/CigRhRQZdnH1GLurVeHPvY>
- **Disclaimer: Items shared in this newsletter 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

New Rule

We have a problem with the Circle News. It is becoming too long and in some browsers

CIRCLE OF FRIENDS NEWS

Links to Circle-sponsored online Zoom events can be found in the [Circle Calendar](#).

it gets clipped. Therefore, we are instituting a new rule, where services (like classes, lessons, handyman) must be renewed every 4 weeks. Otherwise they will be deleted until they are. We will start deleting next week. Please email me to keep them instated. christopherjonathanott

-- Submitted by Chris Ott - Circle News Editor

Marla's New Book available through Sheriar Books

<https://www.sheriarbooks.org/product/the-diver-and-the-pearl/>

Dodge Caravan For Sale

2010 Dodge G. Caravan, 3.3L 6 cyl., 7 seater, they fold flat into floor, all new brakes 1 month old, new firestone tires 1 week old!, 73,000 mi. \$9,000 Great vehicle! (It just won't pull camper!)

Call Don McBride - 843-333-7770



-- Submitted by Don McBride

Items For Sale

iPad 9.7", retina, Wi-fi, 128 G storage!! (2017), \$290 (compare Amazon refurb. \$355 +) Office desk real wood, oak dovetail drawers, mahogany veneer (no particle board!), glass top \$125, Chair \$40
truthlovepuritybeauty@gmail.com

iPhone - 843-333-7770

-- Submitted by Don McBride

President's Message

Jai Meher Baba from Myrtle Beach, Meher Baba's Home in the West!

Avatar Meher Baba's Circle of Friends (CoF) is an all-volunteer, non-profit organization dedicated to bringing forth truth, love, purity and beauty. Per our Bylaws, "We are aspirants who strive to remember Avatar Meher Baba through love, fellowship and service to one and all."

Almost 5 years ago, we acquired a 3600 sq foot space in the Myrtle Beach Mall, which we call The Circle Center, directly across the street from the Meher Spiritual Center. We are open to host meetings of just about any kind: we have hosted speakers and musicians traveling through the area on pilgrimage, crafting or dance parties, book releases, Sahavas and reunions, just to name a few... before COVID we were host to 8-10 events a week. Anyone with an idea for a meeting or with something to share with the community could reserve our space. We met our obligations entirely through donations from participants or through regular contributions from donors like you.

Since COVID and concerns about meeting in enclosed spaces, we have moved our attention to Zoom, with the same universal mindset – that anyone with an idea for a meeting or with something to share with the community could create events on Zoom, and we would provide the platform to help them deliver it. The number and range of meetings has skyrocketed to about 40 meetings a week and growing, with everyone's pooled creativity, energy and dedication. Just as in our physical space, most events are not "sponsored" by the Circle of Friends, and what happens within meetings is the responsibility of the event anchors. But, their enthusiasm, and the love and attention of those who participate, is what makes our Circle so dynamic. **The Circle is YOU.** Welcome to the Circle, friends. Make yourselves at home!

Our website: ambcircleoffriends.com

For those who are intrigued, here is a link to the Guidelines for using Circle Zoom for your event:

Moving. All items TO GO. Time is ticking!

Free or Donation Accepted.

Shells, throw rugs, bath rugs, french coffee press, weathered rocking chair, wicker round table, 2 Italian salad/pasta bowls made in Italy, various size storage bins, 3 drawer plastic dresser, organizers (all Plastic), 2 specialty ornamental Xmas trees (8"H), and 5 lb ball weight, +. Would like ALL to go by end of weekend. Christina Bella. (910) 880-8213.

-- Submitted by Christina Bella

Dear Women who love Meher Baba

The archive here in Asheville (MAC) is sponsoring a women's story project related to the women mandali. See the letter attached to the bottom of this email.

-- Submitted by Evie Lindemann & Anne Barker

Oktoberfest



20% off all mask orders for October
Reusable, washable lined face masks
For safety and ease of wear. New
lightweight

Curved masks with nose wires as well as
Adjustable pleated masks are on sale during
The month of October.

Check my website for details:

<https://docs.google.com/document/d/1f4WCpiHftqMCnPPGoI7O3KyopDA2wkmWaHQQPsFeVnY/edit?usp=sharing>

NEW: The calendar in **iCal** format for iPhone/iPad/Mac (will translate into your own time zone):

<https://calendar.google.com/calendar/ical/ambcirclefriends%40gmail.com/public/basic.ics>

NEW: You can view our Circle calendar right next to your own **Google calendar** by clicking here (will translate into your own time zone):

<https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xlZnJpZW5kc0BnbWFpbC5jb20>

Our **recorded** Zoom meetings are on Youtube:

<https://www.youtube.com/c/avatarmeherbabascircleoffriends>.

You are welcome to join our **Community Directory**: please email ambcirclefriends@gmail.com with your name, anyone else in your household, phone, email, and address.

We are also very active on **Facebook**:

<https://www.facebook.com/groups/ambcirclefriends> as well as on

WhatsApp: <https://chat.whatsapp.com/CigRhRQZdnH1GLurVeHPvY>

Jai Meher Baba!

-- Submitted by Angela Lee Chen, Circle of Friends President

In-Person Events

Halloween Concert

Z Laurece West in Concert

Saturday, October 31 · 3:30 – 4:30pm

Songs of Love & Celebration for Baba

More Details to Come

-- Submitted by Dr Angela Lee Chen

Zoom Events

Our virtual meetings continue to grow, bringing together people from all over the world - every day. The calendar is the most up-to-date and complete record of all events and any last-minute

Www. Mimihaydesign.com/masks

843-283-3634

-- Submitted by Mimi Hay

Circle Center Videos

Check out [Robin Vogel's YouTube Channel](#).

And the Circle's new video for online events here.

[youtube.com/c/avatarmeherbabascircleoffriends](https://www.youtube.com/c/avatarmeherbabascircleoffriends)

-- Submitted by Chris Ott, Editor

HOUSING - RENT/OWN

SERVICES

Online Music Lessons

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

Bach Flower Remedies

changes. Everyone from anywhere is welcome to attend meetings – and to create them – because YOU are the friends that comprise the Circle!

On the calendar, Circle Zoom meetings are preceded by the letter “Z” in the title, and they all use the same meeting ID and password. Zoom meetings by other organizations are indicated by a Z* (if you would like your event listed on our calendar, just let us know!)

NEW: You can add our Circle calendar directly into your own Google calendar by clicking here (will translate into your own time zone):
<https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xIZnJpZW5kc0BnbWFpC5jb20>

NEW: The calendar in iCal format for Mac (will translate into your own time zone):
<https://calendar.google.com/calendar/ical/ambcirclefriends%40gmail.com/public/basic.ics>

- Arti (prayers and live sharing from the heart)

*We host prayers recited to a recording of the Samadhi prayers, followed by sharing from attendees: music, poetry, short readings... all love and creativity for Baba is celebrated! Every day, twice a day at 9.30am/pm EDT. As of November 1, our timing will change to 9am/pm EST (7.30am/pm IST). Everyone is warmly welcome. A recording of last Saturday's arti here:
<https://youtu.be/VqpkIz0R0wM>

--This week featured events:

*Oct 31 Celebrating Robert Dreyfuss (a potluck meeting). Noon EDT

*Oct 31: Halloween Costume Ball – all on Zoom! Costumes encouraged – and heck, if you can't decide, wear them all sequentially – you are at home! And your pets are invited, too! Costume “parade” at 7pm EDT, followed by a dance party at 7.30pm EDT, right in your own living room. Let's have some fun!

*Every Friday 11am EDT (as of Nov 6, start time will be 10.15am

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

Birth Charts

(no predictions)

"It is a scientifically acknowledged fact that the stellar regions, planets and stars do exert an influence on the life and activity of this planet, the Earth." – Meher Baba, before February 1939, Meher Baba Journal, 1:4, p.76-77

If you'd like to see my notes for a birth chart, go [here](#).

ekaterinaflynn@gmail.com

-- 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

Home Help

Lin Sonner still available for part time work,

EST), a weekly talk and music from the Pune Bhajan Mandali! Digambar Gadekar and Pratap Ahir will alternate weeks, telling stories and taking questions from the audience.

*Every Saturday, an EastWest Satsang (gathering): a collaborative effort with the Constant Companion group in Mumbai, India. We will share arti as the Circle always does at 9.30am EDT (new start time as of Nov 7 will be 9am EST), followed immediately by a guest speaker.

--New notable videos:

* Vijay Bhalekar recounts his family's Baba stories (he met Baba as a child) and sings ghazals and bhajans that were sung before Baba <https://youtu.be/c-3ZHfZ64xk>

*How Can the Circle Center Serve You? A conversation about how we can better utilize the physical space in the Mall during this time of COVID. <https://youtu.be/Hef6OxmVnSY>

*Celebrating Bhau Kalchuri Sunday Oct 25 (a potluck meeting). Oct 23 was the anniversary of Bhauji's reunion with Baba. <https://youtu.be/a9sJYiS3vjc>

--Upcoming Events

*Celebrating Pendu on Nov 8, time TBD.

*Upcoming EastWest Satsang guests:

Nov 7th Your stories

Nov 14 Marla Faith Poetry and stories

--Concerts:

*Oct 31 Terry and Laurece Live Zoomcast of the in-person concert happening at the Circle Center! 330pm EDT.

*Nov 1 Michelle Shafer Zoom House Concert 10.15am EST.

*A weekly house concert series, every Tuesday, 10.15am EST.

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

Each week will feature a different musician. This week Telley Leimbach of Asheville NC! Last week Janice Rieman of Meherabad: https://youtu.be/bAAmdH_lbqY

*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 10.15am EST. Organized by Prashant Dadar in Meherabad, MS, India. Last week's concert with Meher Tej and family: <https://youtu.be/uIDMWO8UXI>

--Reading and discussion groups:

*NEW Discourses Reading Group Fridays starting tomorrow at 2pm EDT. A shared, sequential reading of Meher Baba's Discourses, hosted by Michele Corley in Myrtle Beach.

*NEW A group to read Listen Humanity together, Saturdays 7.30pm EST starting Nov 7. Hosted by Cassandra Bramucci in CA.

*Teen/Preteen Sahavas (ages 8-15) every Sunday 4-5pm EST, organized by Shilpa Kalavapudi of NJ.

*Check out weekly Effort and Grace with Jeff Wolverton in North Myrtle Beach, SC, live on Zoom Sundays 5-7pm EST (after 7pm there is usually about an hour of free chat). Here is a link to the recording of last weekend's session, the 32nd of the series, attended by people from all over the US and parts of the world: <https://youtu.be/DT7dr93xBH0>

*Informal chats with Jeff Wolverton: these are fairly impromptu, now Sunday and Tuesday nights, after evening arti, starting about 10pm EST. Past recordings of Jeff's informal chats: <https://www.youtube.com/playlist?list=PLhOXa4xSVdtxU3zhGO1jlaBiWriUC8I0U>

*Baba through Norina, led by Scott Makeig in Asheville NC, Mondays 7-8.45pm EST. Details about this week's reading is in the calendar.

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

*Reading Beams, Wednesdays 2-3pm EST hosted by Cassandra

Bramucci in CA.

*Rich Blum in Myrtle Beach, SC continues his discussion group every other Tuesday at 4-5pm EST. Currently, he is leading a reading of The Everything and the Nothing.

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

--Poetry and Art

*An Artist's View: a series of conversations with visual artists! Generally, the first Tuesday of the month, 7pm EST, we will have a conversation with an artist about their work and process. This month, Max Reif on Nov 10. Hosted by Mary Ellen Lynch in Myrtle Beach.

*Poetry Series: Tracey Schmidt in Asheville, NC organizes weekly poetry nights, featuring a different Baba lover poet each week, every Wednesday 7-8pm EST. Check the calendar for more details. Last week's poetry by Marla Faith:
<https://youtu.be/rBthuEvh0z4>

*Drawing the Beloved: an opportunity to be guided by artist/art teacher Marla Faith, in capturing His essence in pencil, and improving your looking skills as you accurately draw what you see! Tuesdays 2:30-4pm EST.

*Art Appreciation classes with Joe DiSabatino in SC, who has taught this course for OLLI, takes place every alternate Monday, 2-4pm EST. See calendar for more details.

--Health, Wellness, Meditation:

*Meditations on the Seven Realities by Meher Baba. Each week we will discuss one Reality. Hosted by Roshani Shenazz in Mumbai, India. Seven Sundays, 7.30am EST. A recording of the first session: <https://youtu.be/S8ryg6eUCmM>

*Radiant Health: a 44-minute immersion into the energies that can create radiant health on every level of our beings. 5-part workshop led by Cindy Gough James in PA. Tuesdays 7.30pm EST starting Oct 13. A recording of the last two sessions:
<https://youtu.be/8FEPKguGMTw> , <https://youtu.be/UIOvMMDNzZE>

*Don't Worry, Be Happy, I Will Help You. Learn simple heart-focused, somatic and energetic techniques and practices that reduce worry/stress and reorient us to our heart's wisdom. Taught by Mary Barrett in MA. Every other Wednesday, 4-5pm EST. A recording of a recent session: <https://youtu.be/2sjKb3aBhxA>

*Naam Jap, Saturdays 2-3pm EST led by Marilyn Seides in Myrtle Beach, SC.

*Light Meditation with Jackie Boyce in SC on Sundays, 2-3pm EST.

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

*Guided Sufi heart meditation, with a laser focus on Meher Baba, led by Joe DiSabatino in Myrtle Beach SC, alternating Thursdays 7-8pm EST.

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

--Fun

*A Cooking Exchange! Surekha Dadar in Meherabad cooks for us, live on Zoom! Her enthusiasm is thoroughly charming! Every Wednesday at 11am-12.30pm EST.

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

*Suspended for a couple of weeks: Acting/Improv classes Mondays 430-530 pm EST, 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 everywhere, and meetings that run the gamut.

Everyone from absolutely 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 frequently, as we add/edit events daily:
<https://www.ambcircleoffriends.com/calendar-list-view.html>

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

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.

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