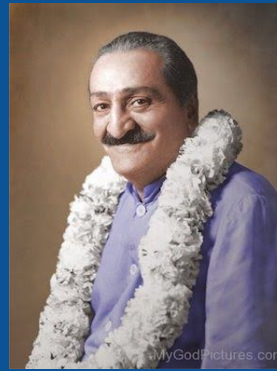


The Circle News

Avatar Meher Baba's Circle of Friends

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



December 10

DONATE

Volume 313

- Our website: ambcircleoffriends.com
- Send your Circle News events (left side column items) directly to Chris Ott at christopherjonathanott@gmail.com.
- Guidelines for using Circle Zoom for your own event:
<https://docs.google.com/document/d/1f4WCpiHftqMCnPPGoI7O3KyopDA2wkmWaHQQPsfEVnY/edit?usp=sharing>
- **NEW:** You can add our Circle calendar right on your desktop (and it will translate into your own time zone):
<https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xlZnJpZW5kc0BnbWVpC5jb20>
- 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

Vegetarian Meals for Pickup

Vegetarian meal, pick up, \$14. Thurs., Dec. 17th, to order call or text Donna Stewart before Wed, pick up between 12:30 & 2:30. Organic ingredients as much as possible. Veg. soup, quinoa salad, nan bread (specify garlic or plain) hot chai drink."

CIRCLE OF FRIENDS NEWS

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

President's Message

donna contact: 843-902-5230, to order & when you arrive, curb side service.

-- Submitted by Donna Stewart

Free bedspread and 2 pillow covers

FREE! Beautiful reversible king quilt with matching dust ruffle and pillow covers, from Bath and Beyond, used very little, almost new. Very warm! I think it's 100% cotton but can't promise. Pick up at Land's End next to Meher Center. Text or leave voice message 843 999 4899. - Cindy Lowe



-- Submitted by Cindy Lowe

News About Ambika Sharan

Ambika Sharan was transferred to a nursing facility in Mount Pleasant, SC, to be in close proximity to her daughter Patti; she would

Jai Meher Baba from Myrtle Beach!

I am busy this week, preparing for the Annual General Meeting this Saturday! Dec 12 5pm EST start. **The entire event will be live on Zoom.** Please look forward to a President's Address on that day!

And as mentioned elsewhere in this newsletter, look forward to Larry Green/Jeff Wolverton in person at the Circle Center, as well as Peter Nordeen live from Asheville!

- Submitted by Angela Lee Chen, Circle of Friends President

In-Person Events

SAVE THE DATE: DECEMBER 12, 2020 ***The 15th Annual Meeting of Avatar Meher Baba's Circle of Friends***

*The Circle's 15th Annual Meeting will take place on December 12, 2020 beginning at 5:00 p.m. **The Entire Meeting will be transmitted via ZOOM**, but some events, including a light dinner of pizza and snacks; **a concert by Larry Green and Jeff Wolverton** and Election of Directors, will take place **live** at The Circle Center in Myrtle Beach Mall. **The Keynote Address will be delivered by Peter Nordeen via ZOOM.***

Since social distancing will be observed at The Circle Center, so attendance may be somewhat limited and reservations will be requested.

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 changes. **Everyone from anywhere is welcome**

love to hear from her old friends by mail or by phone (843.329.2838). Visits are not possible at this time, but you can check later on with Olivia at the facility:

Mount Pleasant Manor, 921 Bowman Road, Mount Pleasant, SC 29464; Tel.

843-884-8903

-- Submitted by Astrid Vollmann

Clothes by Mimi Hay

New Biz "Panache"

Redesigned Originals

At Consignment prices

Pre - Holiday Gift Event

Also featuring local designer Sonja Alvarado, jewelry, handbags and more.

New "Beau-Ties" guys & gals

Steampunk jackets

Outdoors on the Deck

Mimi Hay *271 Cherry Lane

Briarcliffe Acres, Myrtle Beach

Saturday, Dec. 5th, 10-4pm

Or by Appt. 843-283-3634

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!)

******PLEASE READ: All meetings marked Z have the same login.** On the calendar, look for the "event" called Meeting Info at 6am EST, click on it, scroll down to the blue type "click here." That is the login link, and the line below that gives the meeting passcode. **Please NEVER share meeting password on Facebook or other social media.*******

Online Calendar: <https://www.ambcircleoffriends.com/calendar-list-view.html>

You can add the Circle calendar to your desktop for instant updates, and in your own time zone (click "save calendar" when prompted):

<https://calendar.google.com/calendar/u/3?cid=YW1iY2lyY2xlZnJpZW5kc0BnbWVpbC5jb20>

- CoF Annual General Meeting, Dec 12 on Zoom, a portion also in person at the Circle Center

Virtual elections of four Board members whose term is due, a live concert at the Circle Center with **Larry Green and Jeff Wolverton**, followed by a Zoom keynote address by **Peter Nordeen!** More details soon!

- 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 **9am/pm EST (6am/pm PST, 7.30am/pm IST)**. Everyone is warmly welcome. A recording of last Saturday's arti here: <https://youtu.be/EwZFC-PYEgw>

--This week featured events:

*Every Friday 10.15am 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. More details on the calendar.

*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 9am EST, followed immediately at 10am EST by a guest speaker.



-- Submitted by Mimi Hay

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

HOUSING - RENT/OWN

Room Available

Furnished room in condo with own

This weekend, YOU are the special guest! Bring your Baba stories. Last weekend, Meher Akshay Bundellu: <https://youtu.be/ueSwHVf5F3Q>

--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 10.15am EST. Organized by Prashant Dadar in Meherabad, MS, India. Last week's concert was performed by Mehera Ramdohkar: <https://youtu.be/CMEmbCk84y4>

*Buz Connor Dec 20

*Christmas Jam Dec 25, 3pm EST – all are welcome!

*Jim Meyer Dec 27

*Gabriella Tal Dec 31

--Notable Upcoming Special Events

*Dec 13 a discussion of the prayer, “**You Alone Exist**”

*Dec 19 A celebration of **Adele Wolkin**

*Dec 19 The Best Christmas Pageant Ever: a reading

*Upcoming EastWest Satsang (Saturday morning) guests:

Dec 12 Nana Kher's nephews

Dec 19 Roshani Shenazz

Dec 26 Mehernath Kalchuri

--Discussion groups

*Difficult Conversations: How to Discuss What Matters Most, hosted by Greg Dunn in NC. We are living in a challenging time. In the world generally, and the U.S. in particular, viewpoints are starkly divided, even among Baba-lovers. People of diverse viewpoints are actively sought for this group! Mondays 4pm EST.

*Tween Sahavas (ages 8-15) every Sunday 4-5pm EST, organized by Shilpa Kalavapudi of NJ. Here is the latest recording: <https://youtu.be/9oxg0xx31Tk>

*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

bathroom. Shared common kitchen, living/dining, shared study with two desks. Washer/dryer use, cable internet accessible, heat and electric all included. Centrally located right off of Route 17 between Bare Foot Landing and Myrtle Beach Mall, in Myrtle Beach SC. Ground floor condo with porch, right on Intercoastal Waterway, with front and back door entrances. Best idyllic view in the entire complex. Plenty of parking, unit next to association pool and close to major shopping. I am a calm, friendly male with healthy lifestyle. I am retired but assuredly not needing companionship in this arrangement. I keep busy with projects, friends and exercise. The main thing I am looking for in a male roommate is honesty, respect and kindness. Also someone who is quite amenable to Covid Protocol. Asking \$657 with one month security deposit.

-- Submitted by Edward Henkel



of free chat). Feel free to drop in without having attended previous sessions. Last week's discussion: <https://youtu.be/CxAdJZigZIs>

*Informal chats with Jeff Wolverton: these are 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=PLhOXa4xSVdtxU3zhGO1jlaBiWrlUC8IU>

*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.

*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.

--**Reading Groups** (primarily focused on reading the book out loud together)

*Silent Word by Francis Brabazon meets on Mondays at noon EST, hosted by Marvin Winick in NJ.

*Discourses Reading Group Fridays at 2pm EST, hosted by Michele Corley in Myrtle Beach.

*Listen, Humanity, Saturdays 7.30pm EST. Hosted by Cassandra Bramucci in CA.

*God Speaks reading group Mondays 10.15am EST hosted by Eugene Nowacki in NY.

*The Nothing and the Everything, Wednesdays 2-3pm EST hosted by Cassandra Bramucci in CA.

*Mehera-Meher meets on Thursdays at 2-3pm EST, hosted by Tina Holmes in NY.

--**Poetry and Art**

*Learn Baba's Artis: we will learn melody, meaning and correct pronunciation of Baba's artis in their original languages. Tuesdays 10.15am. Taught by Gopi Meher in Hyderabad.

*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. Hosted by Mary Ellen Lynch in Myrtle Beach. A recording of the last one, with Max Reif: https://youtu.be/Ajk_wGThdXs

*Poetry Series: Tracey Schmidt in Asheville, NC organizes weekly poetry nights,



Condo For Sale in Myrtle Beach

If you are looking to move to Myrtle Beach, directly across from Meher Center in Briarcliffe West, my next door neighbor is selling her condo. It is two bedrooms, two baths with a common shower, and everything but everything in it is new: appliances, windows, balcony doors, sinks, fixtures, cabinets, countertops, etc, you name it. I have seen many apartments here in this development, and none is as well appointed as this one. Her asking price is very reasonable, and keeping in line with the going prices for apartments here this size, but with far more to offer than just the four walls, etc. Unless you want to change

featuring a different theme each week, every Wednesday 7pm EST.

*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, check calendar for exact dates. A recording of the last session: <https://youtu.be/f3DgZSSWDp4>

*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, now every other Saturday 2-3pm EST led by Marilyn Seides in Myrtle Beach, SC.

*Sharing Meeting every other Saturday 3pm EST, hosted by Betty Lowman in OR.

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

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

*Guided Sufi heart meditation, with a laser focus on Meher Baba, let 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

*Vinyl Hour with Marvin Winick! He's pulling out all the most wonderful

the paint colors(the paint job is recent also), this place is move-in ready, and beautiful. If you are interested, contact me here via message and I will give you the contact information of the lady who is selling.

Please don't call after 7PM EST.

Eric Teperman

landline 843-273-4418

cell phone 917 494-9972

-- Submitted by Eric Teperman

Housesitting for Jan and Feb



Lovely home in Briarwood across from the Center available to a tidy Baba lover or Baba couple while I'm away from approximately Jan 8 through Feb 25. Beautiful house for your home away from home, including guest bedroom but not maser. Your cost is expenses of \$350 per month plus watering plants and help with mail. No pets (please don't ask). Now that the Baba Center is open for visitors outdoors, this is a lovely opportunity to be nearby and to immerse in the incredible silence and energy of our Beloved. Call Carolyn 843-272-4114.

-- Submitted by Carolyn Ball

SERVICES

memories and weaving them into an hour of pleasure every Wednesday at noon EST!

*A Cooking Exchange! Surekha Dadar in Meherabad cooks for us, live on Zoom! Her enthusiasm is thoroughly charming! Every Wednesday at 11am EST. Most recent recording: <https://youtu.be/FD67ZuBP1Yk>

*A Zoomulele Uke Jam led by Frank Eaton, III, in Myrtle Beach, SC meets every other Friday 4-5.30pm EST, details in the calendar. All instruments welcome!

--New notable videos:

*Last Saturday, the in-person concert with **Jeff and Nan**, Cliff Hackford on percussion; Al Grasso and Fereshteh Azad: <https://youtu.be/MtQZays8onQ>

***Nikki Acharya** shared plays she has been in, songs on stage and stories: <https://youtu.be/D7K3P8tPPBY>

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 landline. 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.

Fundraiser

Christmas gift ideas: this fundraiser benefits the Circle of Friends! <https://www.customink.com/fundraising/meherbaba>

Five different choices of long sleeves, hoodies, tshirts, vneck and a tote... within each choice, scroll through for colors and sizes available! Items can be conveniently shipped directly to you and to all your recipients in time for a cheery holiday season!

~ Submitted by Angela Lee Chen

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

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

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.



(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, 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

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