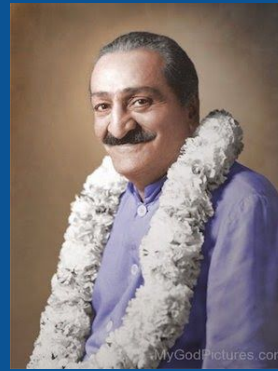


The Circle News

Avatar Meher Baba's Circle of Friends

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



December 170

DONATE

Volume 314

- 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=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

Betty Grant's family is asking that if anyone is so inclined, to please send Betty a card.

It makes her very happy to receive cards in the mail. Her address is:

Betty Grant

Peabody Retirement Community

400 West 7th Street

CIRCLE OF FRIENDS NEWS

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

President's Message

North Manchester, Indiana 46962

-- Submitted by Laura Crabtree

Lodging Outside Washington DC in Exchange for Assistance

Elderly and independent lady and longtime Baba lover is offering free permanent lodging outside of Washington DC, in exchange for light duties and personal assistance. There will be plenty of free time to pursue their own interest! If interested please contact: urreichstein@comcast.net.

-- Submitted by Roxy Naraghi

Painting For Sale

6 foot 4 inch Phyllis Ott painting of Baba as Krishna. Beautiful painting. Call Radhabai. 860 368 8327.



-- Submitted by Betsy Tomasso

Massage Chair For Sale

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

Last weekend, we hosted our 15th Annual General Meeting. It was a hybrid event, entirely live on Zoom for four hours, attended by about 50 people and already viewed on Youtube by over 200! A portion of it was also in person at the Circle Center, attended by another 25, where we served free pizza as we observed pandemic safety precautions.

Here are links to watch the event on Youtube:

Part 1 of the Annual General Meeting (includes a welcome, Beloved God prayer all together, the 2020 CoF President's Address, a short Baba movie by Bob Fredericks): <https://youtu.be/K0ToyQPvuhM>

Part 2 is Larry Green/Jeff Wolverton's concert:
<https://youtu.be/a8q26dnwqn4>

Part 3 is Peter Nordeen's talk and Q&A: youtu.be/7Mkn2WOUjoQ

Please share this link widely – the following President's Address includes a quick rundown of how to use all the virtual resources that the Circle of Friends has to offer. (7.5 minutes):

<https://youtu.be/m9M13zj9NI>

Every year, half our board comes up for election/re-election, with the other half coming due the following year. The results of this year's elections confirms our current Board membership as follows:

- Angela Lee Chen – President
- Dennis Jan Wolterding – Vice President
- Sheri Oor – Secretary
- Jeff Stearns – Treasurer
- Fereshteh Azad – Fundraising Director
- Judy Mangold – Service Director
- Heidi Becker-Share – Community Outreach Fellowship, and Education Director
- John Leiter – Director-at-Large I
- Jim Knutson – Director-at-Large II

The best is yet to come: we look forward to more growth of your Circle of Friends, as we co-create the future!

- Submitted by Angela Lee Chen, Circle of Friends President

New Homedics Zero Gravity massage chair for sale. Tony Little design, very comfortable. Call or text Radhabai at 860 368 8327.

-- Submitted by Betsy Tomasso

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

Clothes by Mimi Hay

New Biz "Panache"

Special Message

"The deadline for submitting offers for the four Baba paintings featured at the COF Annual General Meeting art auction has been extended until Christmas Eve, midnight, Dec 24th. We have already received multiple inquiries and offers. The paintings will go to the highest bidder. Please note that the packing, shipping and insurance costs are not included in the offer price. Please contact Fereshteh Azad, Fundraising Director, at meherazad@gmail.com.

The video of the art presentation is **(please include the YouTube link to Chris's video here)**.

Zoom Events

Everyone from anywhere is welcome to attend Circle Zoom – and to create meetings – 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!)

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=YW1iY2lyY2xZnJpZW5kc0BnbWVpbC5jb20>

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



-- 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!)

- 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/NfpZP4doLRQ>

--This week featured events:

*Dec 17, 3pm EST First of a series of three sessions to watch the documentary, "HUMAN" and discuss. Three Thursdays in a row, to show all three parts of the extended version. View the trailer: <https://youtu.be/0-Retnj3TsA>

*Dec 19, noon EST. A celebration of **Adele Wolkin**: some short presentations, followed by potluck sharing

*Dec 19, 3pm EST The Best Christmas Pageant Ever by Barbara Robinson: a group reading. Join us in a wild, hilarious account of the Christmas Advent play, as it unfolds in a small town where everyone knows everyone, and some too well... and comes to a truly heartfelt conclusion. Read with us if you have a book, or listen and laugh as we go along.

***Mehera's Birthday**, Dec 20, 11am EST: bring a song, poem, story to share – it's a party in honor of Mehera!

*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. This weekend, **Roshani Shenazz** tells her Baba story! Last weekend, **Nana Kher's nephews, Sanjay and Mohan Kher**: <https://youtu.be/WBKr1QG9KD8>

--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 we did not have anyone available for a live concert, but we showed this video: <https://youtu.be/iVWLktCmenU>

*Christmas Jam Dec 25, 3pm EST – all are welcome to join in or just enjoy!

*Abhishek Shah Dec 26

*Jim Meyer Dec 27

Call Don McBride - 843-333-7770



-- Submitted by Don McBride

HOUSING - RENT/OWN

Room Available

Furnished room in condo with own 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

*Gabriella Tal Dec 31

*Buz Connor Jan 17

--Notable Upcoming Special Events this month

*Dec 29 Celebrating **Robbie Basho**. We will show the documentary "Robbie Basho: Voice of the Eagle" and follow with potluck sharing about Robbie.

*Jan 2 Celebrating **Laura Delavigne** (a potluck sharing meeting)

*Upcoming EastWest Satsang (Saturday morning) guests:

- Dec 19 Roshani Shenazz

- Dec 26 Mehernath Kalchuri (special 2-hour session)

- Jan 2 Your Baba stories

- Jan 9 Gulnar and Freny Irani, followed by potluck sharing about their parents, Sarosh and Viloo Irani

- Jan 16 Paul Williams

- Jan 23 Joe DiSabatino

--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/Y-j91CJfyGY>

*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). Feel free to drop in without having attended previous sessions. Last week's discussion: https://youtu.be/LCu2Up2_IUI

*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



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

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. A recording of the second lesson, Gujerati arti:

<https://youtu.be/okXzzosDwYo>

*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, 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 5-part workshop, 44-minutes each, Exploring the Healing Power of the Australian Arti. Led by Cindy Gough James in PA. Tuesdays 7.30pm

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 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

SERVICES

Home Help

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

linsonner@gmail.com

-- Submitted by Lin Sonner

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 @

EST, check calendar for exact dates. A recording of part 1:

<https://youtu.be/D9-U9fyXcmU>

*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 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:

*A link to the 7.5-minute President's Address by **Angela Lee Chen**: <https://youtu.be/m9M13zjz9NI>

*The Annual General Meeting is in three parts on Youtube. Part 1: <https://youtu.be/KOToyQPvuhM>, Part 2 (**Larry/Jeff concert**): <https://youtu.be/a8q26dnwqn4>, Part 3 (**Peter Nordeen**): <https://youtu.be/7MkN2WOUjoQ>

*A conversation about Meher Baba's Silence: An original film produced by Roshani Shenazz in 2015, followed by discussion. The movie "The Unique Silence of Avatar Meher Baba" https://youtu.be/tQyr_9jalQo and the live discussion on Zoom last weekend: <https://youtu.be/sqZs42EDUiw>

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

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



(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,

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

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.

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](#)