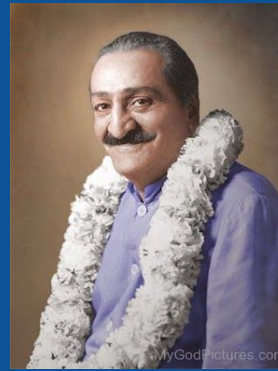


# The Circle News

Avatar Meher Baba's Circle of Friends

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



January 7

DONATE

Volume 317

- Our website: [ambcircleoffriends.com](http://ambcircleoffriends.com)
- Send your Circle News events (left side column items) directly to Chris Ott at [christopherjonathanott@gmail.com](mailto:christopherjonathanott@gmail.com).
- Guidelines for using Circle Zoom for your own event:  
<https://docs.google.com/document/d/1f4WCpiHftqMCnPPGoi7O3KyopDA2wkmWaHQQPsfEVnY/edit?usp=sharing>
- 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](mailto: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

### Giclee For Sale

Selling this Laurie Blum "conference of the birds" giclee I believe. \$200.

## CIRCLE OF FRIENDS NEWS

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

## President's Message



Call Radhabai. 860 368 8327.

-- Submitted by Betsy Tomasso

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### Massage Chair For Sale

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

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### 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

We wish for everyone to have a new year wealthy in Meher Baba's love!

A reminder, if you haven't seen this video yet, it explains how to access all the resources of the CoF in 7.5 minutes:

<https://youtu.be/m9M13zjz9NI>

Last Thursday at midnight EST, you should have received a personalized New Year Baba Quote!

Jeff Wolverton started a tradition at the Meher Spiritual Center of handing out folded slips of paper with a Baba quote - at the stroke of midnight on New Year's Eve - representing your quote for the year ahead. The Circle of Friends was tasked with taking this tradition into the virtual world! We enjoyed a deeply moving quote-sharing meeting on Jan 1: [https://youtu.be/DfC\\_CJ0FA4w](https://youtu.be/DfC_CJ0FA4w)

If you have not received your own quote, please reply to [ambcirclefriends@gmail.com](mailto:ambcirclefriends@gmail.com) and Angela will look into it.

May Baba's wish and will manifest ever more in the year to come! Jai Meher Baba!

- Submitted by Angela Lee Chen, Circle of Friends President

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## Live Events

Saturday 3:30-5:00PM

Music Concert featuring Donna Long at the AMB Circle Center in the Mall, Myrtle Beach

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## 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



-- 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

### 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

“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=YW1iY2lyY2xIZnJpZW5kc0BnbWFpbC5jb20>

### -- 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/erwXyk383yc>

### --This week featured events:

\*Jan 8, noon EST: **Celebrating A.K. Kasthuri**, author of *A Mischievous Chicken*

\*Jan 9 **Celebrating Sarosh and Viloo Irani** We will start with an hour of stories from Gulnar and Freny, their daughters, as part of the EastWest Satang. Here is the program for Sat morning: 9am EST arti (prayers and sharing by participants), 10am EST Gulnar and Freny Irani speak about their parents, 11am EST floor opens for "potluck sharing" about Sarosh and Viloo! Anyone with a story, however big or small, is invited to share... after everyone's contribution, we will have had a feast of love!

\*Jan 10 Celebrating **Mansari Desai**, hosted by Susan Smith and Ruth Appel, a “potluck sharing” meeting.

\*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 Saturday, Gulnar and Freny Irani as mentioned above. Last Saturday some special Baba stories from participants: <https://youtu.be/erwXyk383yc>

please contact: [urreichstein@comcast.net](mailto:urreichstein@comcast.net).

-- Submitted by *Roxy Naraghi*

### 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*



### --Concerts and music:

\*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.

\*Jan 9, 3.30pm **Donna Long** live concert at the Circle Center, will also be Zoomcast

\*Jan 13, 20, 27, 10.30am EST a short series of Singing Baba's Name with **Debbie Nordeen!**

\*Jan 14, 3pm EST: **Gabriella Tal** in concert. More details on the calendar!

\*Jan 17: A **joint concert** by Joe Stewart, Tim McAllister, Ruth Appel, Abhishek Shaw, 11am EST.

\*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!

### --Notable Upcoming Special Events this month

\*Jan 16, Tina Holmes in "**Typhoid Mary:**" a solo play (video and discussion with Tina, the playwright).

\*Jan 23: A celebration of **Suhas Ram Ginde**, son of Dr Ginde, who went to Baba on Dec 7, 2020.

\*Jan 24: Celebrating **Francis Brabazon's Birthday**

\*Jan 30 and 31: we will watch sections of the virtual Amartithi celebrations hosted by the Trust.

\*Feb 7 Internment Day: A panel of speakers (Noasherwan Nalavala, Irwin Luck, Peter Nordeen, Jimmy Khan) to discuss the day Baba was interred.

\*Upcoming EastWest Satsang (Saturday morning) guests:

- Jan 16 Paul Williams?

- Jan 23 Joe DiSabatino

- Feb 6 and 7 Conversation about the prayer, You Alone Exist

### --Discussion groups

\***NEW Difficulties in Dealing with the Pandemic:** Wednesdays, noon EST. Hosted by Tina Holmes in NYC.



### 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

\***NEW Women's Tea with Mehera**, alternate Tuesdays noon EST, hosted by Priya Gangwani in Goa, India. Join us to evoke the feeling of having tea with Baba's Beloved. For this meeting, the room closes after 20 minutes, do not be late! See calendar for dates.

\***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, with guest Joe Carroll, teaching balloon twisting: <https://youtu.be/cBwnHQLYN8Q>

\*Come to weekly **Effort and Grace** (by Darwin Shaw) discussion group with Jeff Wolverton, 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/EH8dgYpfDsg>

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

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

\*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

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

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## SERVICES

### Home Help

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

linsonner@gmail.com

-- Submitted by Lin Sonner

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### Online Music Lessons

Piano and guitar. Keight has given music lessons for over 20 years. (Reduced rate for Babas.) Covid safety wearing masks , well ventilated room with air purifier. For more info and testimonies visit

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 and other odd jobs. Socially safe service without contact. Stay home - stay safe.

843-503-8772. NMB and MB.

-- Submitted by Keight Brown

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 10.30am EST. Led by Gopi Meher in Hyderabad. A recording of the second lesson, Hindi arti (Adi Sachetana): <https://youtu.be/GztBuTVRfr0>

\*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. Last session with Marla Faith: <https://youtu.be/nxsUKIYg4nI>

\*Poetry Series: Tracey Schmidt in Asheville, NC organizes weekly poetry nights, featuring a different theme each week, every Wednesday 7pm EST. Most recent session: <https://youtu.be/BunDkMBAUyM>

\*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. A recent session: [https://youtu.be/Wta\\_wLOsTP0](https://youtu.be/Wta_wLOsTP0)

\*A Cooking Exchange! Surekha Dadar in Meherabad cooks for us, live on Zoom! Her enthusiasm is thoroughly charming! Every Wednesday at 11am EST: suspended for a few weeks, see calendar for updates.

### --Health, Wellness, Meditation:

\*Dhuns and chants. Hosted by Roshani Shenazz in Mumbai, India. Three Sundays 7.30am EST. A recording of a recent session: <https://youtu.be/iIBBajBgVdc>

\*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 EST, check calendar for exact dates. A recording of part 4: <https://youtu.be/pkIhgSu0IrM>

## 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, 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.

\*Naam Jap, now every other Saturday 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 7pm 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.

### --New notable videos:

\*Jan 1, Sharing our **New Year quotes** with Jeff Wolverton

[https://youtu.be/DfC\\_CJ0FA4w](https://youtu.be/DfC_CJ0FA4w)

\*Celebrating **Laura Delavigne** (a potluck sharing meeting) hosted by Karen Talbot and Ruth Appel. <https://youtu.be/IQVyLUCVEbQ>

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, t-shirts, v-neck 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

Chronic and difficult conditions. Call  
843-957-0943

-- Submitted by Brad Mendell

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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. Ask for the 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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## 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.

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