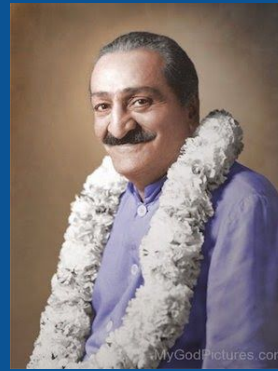


The Circle News

Avatar Meher Baba's Circle of Friends

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



January 21

DONATE

Volume 319

- A video that explains how to access all the resources of the CoF in 7.5 minutes:
<https://youtu.be/m9M13zjz9NI>
- Our website: ambcircleoffriends.com
- Send your community notices (left side column below) 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>
- 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

Mary-Kate Needs a New Home

CIRCLE OF FRIENDS NEWS

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



Mary-Kate's Asheville owner, my friend and fellow Baba Lover, Donna Robertson, can no longer take care of her beloved kitty. Donna was hospitalized recently and will be released soon. But she will not be returning to her apartment at Givens Estates - she has to move directly to Assisted Living (no cats allowed). Mary-Kate is very friendly and playful. She loves gentle petting and being brushed, she is litter-boxed trained and is current on all her shots.

Unfortunately, I am unable to keep Mary Kate. Please call or email me if you or anyone you know would be interested in adopting this sweet little cat.

In His Love, Cat sitter / Givens Estates resident Lois Breger
(828) 285-2502 / bregerlois@yahoo.com
-- Submitted by Catherine Riley

Two Service Opportunities:

Books for Wateree State Prison.

The ratio of books to prisoners could use improvement. Do you have books on your shelves that you would like to donate? Anything that encourages, uplifts, educates, entertains or acknowledges humanity is gratefully received. These inmates will benefit as will our communities when they are released.

Clothing and personal items for residents of Recovery Ranch

Looking for clothing suitable for outdoor work or for job interviews (and jobs) or integrating into new groups of friends. The Recovery Ranch can provide an opportunity for reorienting lives and you can view the program on their facebook page. Residents work with the animals, garden, or cook for approximately 80 residents, so outdoor/work clothing as well as some of that nicer clothing that you won't wear again is welcomed.

For both of these you may drop boxed or bagged items off on the porch at 1007 Anne Street in N Myrtle Beach during daylight hours. Collecting from now through the first week of February. Next collection time will be similar toward the end of a month and will be announced here. For questions you may email Corinne at cmerrill7@me.com.

My neighbors and I have made a group contribution and I'm satisfied that these items will be greatly appreciated.

-- Submitted by Corinne Merrill

My 9th album is officially released, thank

President's Message

Jai Meher Baba to one and all!

We live in a time when divisions and divisiveness are the norm. It's so unavoidable that in the name of eradicating them, we create divisions! How futile our human efforts are to solve our own problems. We have no choice but to turn to Him. He is the only One who knows the Truth, and we can trust only Him to be impervious to all of our differences.

Thank God we have Baba in our lives!

The Circle of Friends reiterates that we are here to serve everyone, equally. Per our Bylaws, "We are aspirants who strive to remember Avatar Meher Baba through love, fellowship and service to one and all." Our bylaws also state we will achieve our mission "In cooperation with others similarly disposed: providing help and loving support to those in need regardless of their race, creed, national origin, disability, sex, gender identity, lifestyle, politics, religious or spiritual persuasion, social or economic status, or worldly attainment."

We look forward to all of us pulling together to heal our differences, mend old wounds, and gather to remember the only real Truth – the One who has come to us in Human form.

May you feel Baba's loving and guiding hand more and more, each and every day. Jai Meher Baba!

- Submitted by Angela Lee Chen, Circle of Friends President

Live Circle Center Events

CC & Z Donna Long Concert (will also be Zoomcast)

Sat, January 23, 3:30pm – 5:30pm

Donna Long concert at the Circle Center in the Mall. Masks are mandatory for all public Circle events. Donna Long has lived and performed in NYC and Nashville. She has written many of her songs at the Meher Baba centers in SC and India. Her music is a combo of folk, blues, and country. She used to dance and now lives on the marsh 2 miles from the center. The physical space of the Circle Center is open to all for fellowship. Stop by to see who is around! Masks are mandatory for all public Circle events. For login info for the Zoomcast, please click on the "event" called Meeting Info, listed at 6am EST.

you Baba!

It's classic Gypsy/Cowgirl/ Folk/World/Rock Baba music from my heart to yours! It's also very much an album for and about these interesting, terrible, and in some ways, wondrous times.

Go [here](#) to hear 30 second samples from this album and two others. From there, you can stream or purchase single songs and albums from Spotify, Amazon Music, Apple Music, iTunes, etc. CDs are available in the US from Sheriarbooks.org.

Recorded with amazing musicians in Myrtle Beach, SC at Cliff Hackford's Parkhill Studios. Digitized cover painting by Meher Chand Jat, Cover design by Nad Wolinska

-- Submitted by Cindy Lowe

Mimi Hay Design



www.mimihaydesign.com

CC Crafting Event - Envelopes for Everyone !!

Saturday, January 30 · 2:00 – 5:00pm

Myrtle Beach Mall

10177 N Kings Hwy # 11A, Myrtle Beach, SC 29572, USA

Description: This is not a card-making session, it's an envelope-making session !! Come spend the afternoon with others (all wearing their masks) and learn to make your own envelope templates, to hold whatever envelope-less cards you may already have. We'll use the templates to then make original envelopes from beautiful paper and pictures. This is a pure fun event. What to bring: a scissors, a newspaper (to cover your workspace), large pictures (a \$1 annual picture calendar, magazine pages, etc.), and bring your inner child! Glue sticks will be provided. Hosted by Christina Riley, with assistance from Judy Mangold. Held at The Circle Center, in the Myrtle Beach Mall



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

New Masks on Sale.

New colors and curved designs allow more breathing room for all day wear. For guys and gals, \$2.00 off each mask for January and February. Alterations are also available for reviving your old favorite clothes !
Call for a fitting: 843 283 3634

-- Submitted by Mimi Hay

Bake Sale For Meher Fund



Brownies! Blondies! Cookies! Granola! Laurel is baking for Meher Fund which provides support to Meher Free Dispensary, near Meherazad.

All proceeds will be donated to Meher Fund. Please call or text 908-334-4114 for list of baked goods.

For more information about Meher Fund, please go to MeherFund.org

-- Submitted by Glenn & Laurel Magrini

Giclee For Sale

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

calendar, just let us know!)

****NEW Zoom password started last Friday ****

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=YW1iY2lyY2xlZnJpZW5kc0BnbWFpbC5jb20>

-- 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/xNa866jLKLw>

--This week featured events:

*Jan 23, 11.30am EST: A celebration of Suhas Ram Ginde, son of Dr Ginde, who went to Baba on Dec 7, 2020.

*Jan 24, 11am EST: Celebrating Francis Brabazon's Birthday. Raine Eastman-Gannett will anchor. Please bring essays, poetry, music and Francis stories!

*Jan 26, 7pm EST: Poet Spotlight: Brian Darnell. Bring your favorite Darnell poems and songs to share with all of us! Hosted by Gayle Merrill in NC.

*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 Joe DiSabatino, playwright, poet, artist and musician! Last Saturday Kalyani Deshmukh, a wonderful singer and CD Deshmukh's



Call Radhabai. 860 368 8327.

-- Submitted by Betsy Tomasso

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

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

daughter-in-law: <https://youtu.be/uBTgGgs5JeQ>

--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. Last week Meher Vinisha and others from Hyderabad: <https://youtu.be/v8uF6W8sRwM>

*Vinyl Hour with Marvin, Fridays 6pm. Come enjoy Marvin Winick's tremendous collection!

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

*Jan 23, 3.30pm Donna Long in-person concert at the Circle Center, will also be Zoomcast

--Notable Upcoming Special Events next 4 weeks:

*Jan 28, 7pm EST Raine Eastman Gannett will sing Latin Baba songs by Francis Brabazon - Sam Saunders - Raine!

*Jan 30: throughout the day, we will watch sections of the virtual Amartithi celebrations hosted by the Trust.

*Jan 31: A live Amartithi concert by the Arti Gang! A round robin of (alphabetical order): Abhishek Shaw, Angela Lee Chen, Joe Stewart, Michelle Shafer, Ruth Appel, Tim McAllister. After the first round, other musicians are welcome to jump into the mix!

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

*Feb 14 Celebrating Arnavaz Dadachanji

*Feb 20 Celebrating Margaret Craske

*Upcoming EastWest Satsang (Saturday morning) guests:

- Jan 30 Yadav family (wonderful musicians) for Amartithi

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

- Feb 13 Your Baba stories

- Feb 27 Live tour of the Meherabad Museum

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

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

--Discussion groups

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

*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 Sahana leading an inspiring project: <https://youtu.be/6UTtHFtnvCs>

*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/xHKp2cQEsqk>

*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=PLhOXa4xSVdtxU3zhGO1jlaBiWriUC8IOU>

*Baba's Mystical Messages through Norina in the *Meher Baba Journals*, led by Scott Makeig in Asheville NC, Mondays 7-8.45pm EST. We are journeying through the 19 mystical articles written and contributed by Norina while she was living in India with Baba and the women mandali (1937-1941).

*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



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

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

*Study 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 first lesson, Hindi arti (Divya Sanatana): <https://youtu.be/6B0IQT-3Fi8>

*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_wLOsTPO

*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>

*Cooking Class with Surekha Dadar in Meherabad, 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:

*Meditations based on the Seven Realities. Hosted by Roshani Shenazz in Mumbai, India. Sundays 7.30am EST. A recording of an introductory session:

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

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

<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 EST, check calendar for exact dates. A recording of part 5:

<https://youtu.be/DAIV5skfK9w>

*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, 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.

--New notable videos:

*Jan 16, Tina Holmes in "Typhoid Mary:" a solo play, live on Zoom. A true tour-de-force! <https://youtu.be/0p7yC17aoA0>

*Jan 17: A live concert by the Arti Gang! A round robin of (alphabetical order): Abhishek Shaw, Angela Lee Chen, Joe Stewart, Michelle Shafer, Ruth Appel, Tim McAllister. After the first round, other musicians jumped into the mix! <https://youtu.be/u4beTdbRWx8>

*Jan 14, Gabriella Tal in concert: <https://youtu.be/vjV-o2l69do>

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>

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

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

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.

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

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](#)