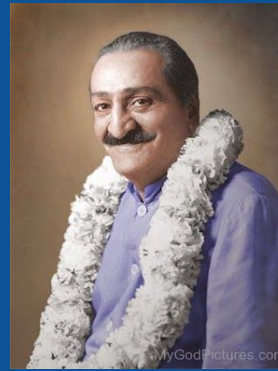


The Circle News

Avatar Meher Baba's Circle of Friends

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



January 28

DONATE

Volume 320

- 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

Painting By Charlie Mills for Re Sale

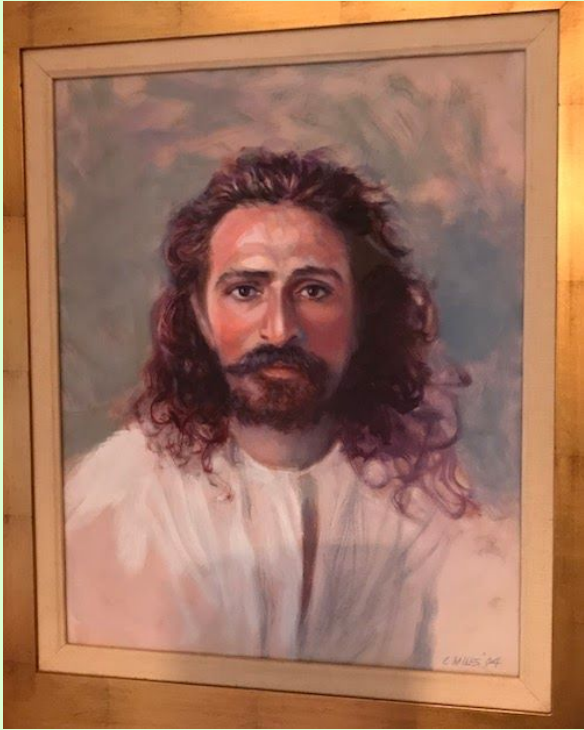
This lovely painting belongs to Gordon and Renn Campbell who have downsized to a smaller home in Maine.

For Sale \$1,800.

CIRCLE OF FRIENDS NEWS

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

Please contact: Mimi Hay
To view the painting or for more
information # 843 283 3634.



-- Submitted by Mimi Hay

Roommate wanted

Priscilla (Pris) VanBuskirk has large 2
bedroom elegantly furnished apartment to
share in Carolina Forest. Call Priscilla at 864
345 0005.

-- Submitted by Faith Knox

Omega Veggie / Fruit Juicer

For Sale: An Omega 4000 Juicer/Pulp
Ejector. Nearly new. In box with paperwork.
\$60. Sylvia Payne: 561-542-3658.



-- Submitted by Sylvia Payne

Looking for Live-in Caregiver (Monroe, New York)

Looking for a full time Live-in Caregiver for an 81 year old Irish woman who had a stroke in 2019. Private - \$700 per week. Caregiver will have large private bedroom and car for occasional appointments.

Duties would include:

assisting with activities of daily living; assisting walking with quad cane (uses wheelchair for outside distance); meal prep; manage medication; driving or accompanying to occasional appts; providing supervision; companionship; physical and mental stimulation i.e. reading, flash cards, facebook; household upkeep and pet care.

If interested please contact Patrick Culhane at Pculhane100@gmail.com or 914-400-8360.

-- Submitted by Patrick Culhane

Two Service Opportunities:

President's Message

A very happy Amartithi to all! Let's keep our date with Baba!

The following is from the Meher Spiritual Center about Amartithi:

On January 31, 1969, at 12:15 PM, Meher Baba dropped His physical form. It was an inconceivable moment for so many who loved Him. Despite knowing Baba's serious health challenges and suffering in the last decade of His life, His close ones could never imagine that their beloved God would one day no longer be physically present in their lives, as their friend, companion, and Master in the form of Meher Baba.

This was the message sent out around the world: "Avatar Meher Baba dropped his physical body at 12 noon 31st January at Meherazad to live eternally in the hearts of all his lovers."

Lovers from around the world flocked to Meherabad, India, to pay final homage to Baba's physical form, which, to the amazement and joy of all present, remained fresh in the Samadhi (the tomb shrine site chosen by Baba Himself in 1927) for seven days before being covered in flowers. The interment took place to resounding shouts of "Avatar Meher Baba ki Jai" and the strains of "Begin the Beguine," Meher Baba's favorite song.

Many of those who knew of Baba before 1969 describe the dropping of His body not as a death, or an ending, but rather a powerful release of His love into their lives. The word Amartithi itself means "the eternal date". Thus, Amartithi is seen not as a day of mourning, but of celebration—a celebration of the truth and of the everlasting presence of God. Baba's lovers across the world gather on January 31 each year, both in their home communities and at His Samadhi, many keeping fifteen minutes of silence from 12 to 12:15pm in reverence and connection to the One who lives eternally in our hearts.

- Submitted by Angela Lee Chen, Circle of Friends President

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

Live Circle Center Events

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

Amartithi – our Date with the Beloved – this weekend!

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

My 9th album is officially released, thank 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



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=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/43GNxQ88PrE>

--This week featured events:

*Jan 30: 11.30am-7.30pm EST, we will watch excerpts of the virtual Amartithi celebrations hosted by the Trust. Almost 400 people from around the world submitted a video of song, dance or other entertainment for Baba! Together, we will enjoy about 8 of the 20 hours' worth of programming.

*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, the wonderfully talented and lovable Yadav family will sing bhajans. Last Saturday Joe DiSabatino, playwright, poet, artist and musician: <https://youtu.be/Ap7lOQKKmDQ>

www.mimihaydesign.com

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

Giclee For Sale

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



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!,

--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 Shruti Mulay and family from Ahmednagar: <https://youtu.be/Ap7lOQKKmDQ>

*Every Monday, 10.30am EST: Singing Baba's Name with Debbie Nordeen!

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

*Jan 31, 12.15pm EST: 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 11 Tricia Alexander

--Notable Upcoming Special Events next 4 weeks:

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

*Feb 14 Celebrating Arnavaz Dadachanji

*Feb 20 Celebrating Margaret Craske

*Upcoming EastWest Satsang (Saturday morning) guests:

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

- Feb 13 Your Baba stories

- Feb 20 Cyrus Khambata

- Feb 27 Live tour of the Meherabad Museum

--Discussion groups

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

*Women's Tea with Mehera, alternate Tuesdays at 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!

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 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

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 Ayan leading an inspiring project: <https://youtu.be/z7E7VLL303g>

***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/tpbiHXeOvh4>

***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).

***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)

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

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

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

***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.

***Silent Word** by Francis Brabazon meets on Mondays at noon EST, hosted by

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



Marvin Winick in NJ.

--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/Cd7XqISw9ag>

***Baba Art Class:** an opportunity to be guided by artist/art teacher Joe DiSabatino, in capturing His essence in pencil, and improving your looking skills as you accurately draw what you see! Tuesdays 2-4pm 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

***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. Feb 2 guest: Joe DiSabatino. Last session with Marla Faith: <https://youtu.be/nxsUKIYg4nl>

--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: <https://youtu.be/S8ryg6eUCmM>

***Radiant Health:** an ongoing workshop, 44-minutes each. Led by Cindy Gough James in PA. Second Tuesday of the month, 7.30pm EST.

***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



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 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

930-1030am EST, by teleconference. Details on the calendar.

Fun

*NEW Games! Wednesdays 3pm EST, Join Elizabeth for some games and laughter as we put aside some of our Heavier burdens and focus on just being together and having fun. More details on the calendar.

*Vinyl Hour with Marvin, Fridays 6pm. Enjoy Marvin Winick's tremendous collection, as he weaves us a tapestry of audible memories!

*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.

--New notable videos:

*A celebration of Suhas Ram Ginde, son of Dr Ginde, who went to Baba on Dec 7, 2020: <https://youtu.be/DRrA6DTj13k>

*Celebrating Francis Brabazon's Birthday. Raine Eastman-Gannett anchored, Ruth Appel hosted a potluck sharing of Francis: <https://youtu.be/bs84uT7JPaI>

*Poet Spotlight: Brian Darnell. We were all invited to bring our favorite Darnell poems and songs to share! Hosted by Gayle Merrill in NC: https://youtu.be/_1_6CGEKmRs

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.

STAY INFORMED

SERVICES

Massage and CranioSacral Therapy

Cheryl Garnant, LMT. SC #1506

COASTAL THERAPEUTIC MASSAGE and
CRANIOSACRAL THERAPY

1113 24th Ave. South, North Myrtle Beach

Exactly 3 1/2 miles north of the Gateway.

By Appointment: 843.902.7687

For more info:

coastaltherapeuticmassage.com

-- Submitted by Cheryl Garnant

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

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

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.

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.

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](#)